

For health and food, for love and friends.  
For everything your goodness sends,  
Father, in heaven, we thank you.

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## **The Starving Students Survival Guide**

***Recipes, Tips and Tricks for  
eating well away from home***

## Introduction

You've unpacked your stuff, found the kitchen and now you are entering into unknown territory; cooking!

We hope that this guide will help you to eat well while you are away from home. In it you will find hints and tips on shopping for food, how to get your “five a day”, and some basic recipes.

## Apple Crumble

### *Ingredients*

150g self raising flour

75g sugar, plus 2 tablespoons

75g margarine

3 cooking apples

### *Equipment*

Mixing bowl

Knife

Chopping board

Oven proof dish

Heat oven to 200 °C gas 6.

Mix the flour and margarine in a bowl using your fingertips until the mixture resembles breadcrumbs.

Stir in the 75g of sugar.

Peel, core and slice the apples and place in an oven proof dish.

Sprinkle the sugar on the apples and mix in gently.

Pour the crumble mixture onto the apples.

Cook in the oven for about 40 mins, until the crumble is golden brown and the apples are soft.

This basic crumble mixture can be used with different fruits, e.g. plums and can also be used with tinned fruit (drain before using and omit or reduce the amount of sugar added to the fruit).

## Microwave Chocolate Mug Cake

serves 1 - 2

### *Ingredients*

4 tablespoons self raising flour  
4 tablespoons sugar  
2 tablespoons cocoa powder  
1 medium egg  
3 tablespoons milk  
3 tablespoons vegetable oil

### *Equipment*

Large coffee mug

Add the flour, sugar and cocoa powder to the mug and mix well.

Crack the egg into the mug and mix well (don't worry if there is still some dry mixture).

Add the milk and oil and mix until smooth.

Cook in the microwave for 4 – 5 mins, until the cake is firm and springy to the touch. This needs watching as all microwaves are different!

Allow to cool for a few minutes before eating, either straight out of the mug or turned out into a bowl, maybe with fruit and/or ice cream.

## 5 a day

We all know we are supposed to eat five or more portions of fruit and vegetables each day, but what is a portion? Does it have to be fresh? Can I count fruit juice? Are chips a vegetable?

Here is our handy guide to what's what...

A portion of fresh fruit or veg is around 80g. This equates to roughly:

- 1 medium apple, pear, orange, peach, nectarine, tomato etc.
- 2 clementines, satumas, plums or equivalent size fruit.
- 2 handfuls of blueberries or raspberries.
- a dessert bowl full of lettuce or salad leaves.
- 3 heaped tablespoons of chopped up or small veg (e.g. sliced carrots, peas, runner beans etc.).
- 3 heaped tablespoons of pulses (you can only count one portion of these towards your 5 a day).
- Around 1 heaped tablespoons of dried fruit (e.g. sultanas, fruit mix, cherries) is one portion.
- Tinned fruit and veg also counts, just try to equate to the portions outlined above.
- Only one of your 5 a day can be a 150ml glass of fruit juice or a smoothie, no matter how many glasses you actually drink.

...and no, sorry, chips don't count!

## Shopping

1. Make a list and keep to it! It is very easy to be tempted once you are there into buying things you don't really need.
2. Don't shop on an empty stomach – you will be much more tempted to buy stuff you don't need.
3. Try your local market for fresh fruit and veg, it can often be cheaper than the supermarket. If you go late in the day, stalls are often selling off produce cheaply to get rid of it. However, rule 1 still applies, don't buy what you don't need.
4. Club together to buy things you all use as bigger packs are often more economical.
5. Look out for supermarket own label and value ranges.
6. Larger supermarkets often have aisles devoted to world foods; you may find some staples (e.g. rice, tins of pulses), herbs and spices to be much cheaper here than in the standard food aisles.
7. Try out the cheaper supermarkets rather than just the big 4.
8. Every shop tries to tempt you with offers; 3 for 2, buy one get one free, remember that they are only really a bargain if you are going to be able to use it all before the sell by date!

## Quick Sausage and Bean Stew

**serves 3**

### *Ingredients*

- 4 – 5 cooked sausages
- 15 – 20 cm length chorizo sausage
- 1 x 400g tin baked beans
- 1 red or green pepper, sliced
- 1 – 2 teaspoons tomato puree
- 1 -2 teaspoons paprika
- 2 – 3 cloves of garlic
- 1 teaspoon oil

### *Equipment*

- Knife
- Chopping board
- Saucepan

Peel and chop the garlic and fry for 1 – 2 minutes then add the chorizo sausage and pepper. Cook for about 5 mins, or until the pepper begins to soften.

Add the cooked sausage, baked beans, tomato puree and paprika and simmer gently for 5 mins, being careful not to let the beans go mushy.

Add salt and pepper to taste and serve immediately.

If your budget doesn't run to chorizo sausage, look for spicy ordinary sausages, and add one extra in place of the chorizo.

Try and use the best quality sausages to can afford!

### 3 Bean Salad

serves 8

#### *Ingredients*

1 x 400g tin chickpeas  
1 x 400g tin red kidney beans  
1 x 400g tin green beans  
4 spring onions, chopped  
1 stalk celery, sliced  
4 tablespoons olive oil  
1 tablespoon honey  
½ teaspoon mustard powder  
100ml cider vinegar

#### *Equipment*

Large bowl  
Knife  
Chopping board  
Small bowl  
Whisk

Rinse and drain the tinned beans and place in a bowl with the chopped spring onions and sliced celery.

Place the olive oil, vinegar, honey and mustard powder in a small bowl and whisk thoroughly. Add salt and pepper to taste.

Pour over the salad, and refrigerate, ideally for at least 2 hours for the flavours to develop.

Mix gently before serving.

You can also use a shop bought french dressing.

### Cooking – before you begin

You don't need the equipment of Raymond Blanc to be able to rustle up a decent meal, but there are some things that make life so much easier:

- Knives – blunt knives are frustrating and can be more dangerous than sharp ones. It's worth investing in a small knife for preparing food and a larger one for slicing bread, meat etc. A knife sharpener is a very useful tool too.
- Chopping boards – ideally you will have two, one for raw meat and one for everything else. However if you only have one remember to wash thoroughly with hot water and detergent after using it for any raw meat or fish.
- Saucepans – try and use one that is the right size for what you are cooking; too large and it will be wasting energy. Use the lid while cooking as this also saves energy and stops the kitchen becoming like a sauna.
- Slow cookers are an excellent piece of equipment, use very little electricity and cook large amounts which you can portion up and freeze for another day. However, you need to be organised to use one; you need to start the meal off in the morning to be ready for the evening, so they are not suitable for everyone!
- Clean and tidy as you go! Remember to always wash hands before and after handling food, especially raw meat and fish; if you wash up and clean as you go along there is less to do once you have eaten your meal, giving you more time for socialising (or studying)!

## Recipes

### Pancakes

#### *Ingredients*

110g plain flour, sifted

pinch of salt

2 eggs

200ml milk mixed with 75ml water

#### *Equipment*

Bowl

Whisk or fork

Frying pan

Tablespoon and knife

Sift the flour and salt into a large bowl.

Make a well in the centre of the flour and break the eggs into it.

Using a whisk or fork, start whisking (mixing) the eggs, gradually incorporating the flour and milk, until you have a smooth batter.

Heat a small knob of butter/margarine/teaspoon of oil in the frying pan. When really hot, turn the heat down to medium and add 2 tablespoons of the batter. Swirl this around to get the base coated (you may need more batter depending on the size of the pan and spoon). After about 30 seconds try lifting the pancake up to see how it is cooking. When it looks done, flip over and cook the other side for around 30 seconds.

Pancakes can be served with savoury or sweet fillings, and can be made in advance; separate each one with greaseproof paper and either reheat in the oven or microwave.

### Vegetable Soup

#### *Ingredients*

800g of mixed raw vegetables e.g. Carrot, swede, turnip, onion, leek, celery etc. cut into small pieces

600ml water

Stock cube

1 tablespoon tomato puree

1 tablespoon oil

#### *Equipment*

Knife

Chopping board

Saucepan

Heat the oil in the saucepan and add the vegetables. Cover and fry for about 5 mins until they begin to soften.

Add the stock cube, water, tomato puree, salt and pepper. Bring to the boil, stir, and then simmer (cook on a low heat so that the liquid is bubbling slowly) for 30 – 40 mins, until all the vegetables are soft.

This is a good way of using up all the sad and limp looking vegetables that are lying in the bottom of your fridge! You can also add a tin of chopped tomatoes; use a little less water if you do.

## Tortillas with black (or red kidney) bean sauce

serves 4

### *Ingredients*

1 small onion, sliced  
1 clove garlic  
  
1 tablespoon olive oil  
2 x 400g cans of black eyed or red kidney beans  
2 x 400g cans chopped tomatoes  
1 tablespoon tomato puree  
dried mixed herbs  
1 teaspoon mild chilli powder  
175g grated cheese  
8 flour tortillas

### *Equipment*

Saucepan  
Large baking dish, lightly oiled  
Wooden spoon  
Can opener  
Knife  
Chopping board

Heat oven to 200°C gas 6

Heat the oil in a saucepan and cook the onion and garlic over a medium heat until soft.

Drain and rinse the beans under cold running water and add them to the pan, cooking for about 1 minute while stirring.

Stir in the tins of tomatoes, tomato purée, a pinch of mixed herbs, and the chilli powder; add salt and pepper here if you want.

Bring the sauce to the boil and then let it cook slowly (simmer) for 20 mins, until the sauce starts to thicken, stirring occasionally to prevent sticking.

Place the tortillas on a clean work-surface and spread the sauce onto the tortillas; sprinkle half the cheese over them and then roll up and place in the baking dish, join side down.

Sprinkle the rest of the cheese over the tortillas and bake for 15 minutes.

## Basic Bolognese Sauce serves 4

### *Ingredients*

1 tablespoon oil  
500g beef mince (can also use lamb or pork)  
1 heaped tablespoon tomato purée  
1-2 cloves of garlic  
1 medium onion  
2 carrots  
1 level teaspoon mixed herbs  
1 x 400g can whole or chopped tomatoes  
Salt and pepper

### *Equipment*

Knife  
Chopping board  
Can opener  
Frying pan  
Wooden spoon

Peel and chop onion and carrots. Peel and crush, or finely chop the garlic.

Fry the mince in the oil until lightly browned. Add the onion and garlic and continue frying until the onion is also lightly brown, stirring all the time.

Add the carrots, tomato puree, tinned tomatoes and herbs. Bring to the boil and then turn the heat down until just simmering. Cook for 20 – 30 mins. Add salt and pepper to taste.

Serve with a pasta shape of your choice (traditionally spaghetti).

For **Lasagne**, layer the sauce with lasagne sheets (check to see whether they need cooking first as they vary). Top with a jar of white or cheese sauce, sprinkle with grated cheese and cook in the oven at Gas 4/350F/180C for 30 – 40 minutes.

For **Chilli**, add chilli powder instead of the herbs and a tin of red kidney beans that have been drained and rinsed.

For a **vegetarian** option, replace the mince with soya mince.

You can also replace some or all of the mince with a selection of tinned pulses (beans, lentils etc.)

## Basic Jacket Potatoes

### *Ingredients*

1 medium potato for each person

1 teaspoon of oil for each potato

### *Equipment*

Foil

Baking tray

Heat oven to 200 °C, gas mark 6

Wash the potatoes and stab with a knife 4 times.

Rub with the oil and wrap in foil

Place on the baking tray and bake in the oven for approximately 40 – 50 mins, or until they feel soft.

To serve, cut an “X” in the top of the potato and with thumb and forefinger of both hands push upwards on the skin to expose some of the flesh.

These can also be cooked in a microwave. Just wash and stab with a knife a couple of times. Place on a microwave suitable plate and cook for initially 6 minutes and then on 2 minutes bursts, they are ready when they feel soft.

## Jacket Potato filling ideas

Grated cheese

Baked beans

Coleslaw

Prawn mayonnaise

Tuna mayonnaise (small tin of tuna drained, with 2 tablespoons of mayonnaise)

Sour cream and chives (chop a handful of chives and add to a small pot of sour cream)

Chilli (see recipe above)

## Quick Pizza

### *Ingredients*

150g self raising flour

150ml milk

25g margarine

50g grated cheese

1 tablespoon tomato puree

3 mushrooms (sliced)

1 small onion (sliced)

Pinch of mixed herbs

### *Equipment*

Large bowl

Baking tray, lightly oiled

Rolling pin

Chopping board

Knife

Can opener

Heat the oven to 210°C, gas 7.

Put the flour in the mixing bowl and add the margarine.

Rub together with fingertips until the mixture resembles breadcrumbs.

Add 6 tablespoons of milk and mix in using the blade of a table knife.

Add another tablespoon of milk and mix well using your hands to bring the dough together; it should be soft but not sticky (if it is add a small amount of flour).

Turn out onto a floured work surface and roll into a circle. (If you don't have a rolling pin you can use a plastic bottle filled with water).

Place onto the baking tray.

Spread the tomato puree onto the pizza followed by the mushrooms and onion. Add the grated cheese and herbs last.

Cook in the oven for 10 – 15 mins until the base is firm and the topping golden brown.

Why not experiment with the pizza toppings!