

# GoodFood

**BBC**  
BOOKS

## 101 STORECUPBOARD SUPPERS

TRIPLE-TESTED RECIPES



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**GoodFood**  
**101 STORECUPBOARD**  
**SUPPERS**  
**TRIPLE-TESTED RECIPES**

Editor

**Barney Desmazery**





# Introduction

With our busy schedules and active families, it feels like we have less time than ever to prepare healthy home-cooked meals; readers often ask the *Good Food* team for quick mid-week meal ideas. So what's the solution? The good news is that a well-kept storecupboard can make life easier - with a few staples in the fridge, freezer and larder, a speedy meal is always moments away.

To help make cooking stress-free when you're short of time, we've picked 101 recipes from *Good Food* magazine that use everyday ingredients. The recipes can be created to feed one, two, or a hungry family or group of friends. Including complete storecupboard stand-bys, easy one-pot meals, quick snacks, midweek meals, special-occasion dishes and made-in-minute puddings, there's a clever, quick idea to suit every mealtime.

As well as providing new ideas for store-cupboard classics like pasta and eggs, the recipes in this book have also been chosen to inspire you to try something different. Each recipe has been created and tested by the *Good Food* team to ensure nutritionally balanced, economical and speedy dishes, so you can enjoy fast food that's good for you too.



Barney Desmazery  
*Good Food* magazine

# Notes and conversion tables

## NOTES ON THE RECIPES

- Eggs are large in the UK and Australia and extra large in America unless stated otherwise.
- Wash fresh produce before preparation.
- Recipes contain nutritional analyses for 'sugar', which means the total sugar content including all natural sugars in the ingredients unless otherwise stated.

## OVEN TEMPERATURES

| Gas | °C  | Fan °C | °F  | Oven temp.     |
|-----|-----|--------|-----|----------------|
| ¼   | 110 | 90     | 225 | Very cool      |
| ½   | 120 | 100    | 250 | Very cool      |
| 1   | 140 | 120    | 275 | Cool or slow   |
| 2   | 150 | 130    | 300 | Cool or slow   |
| 3   | 160 | 140    | 325 | Warm           |
| 4   | 180 | 160    | 350 | Moderate       |
| 5   | 190 | 170    | 375 | Moderately hot |
| 6   | 200 | 180    | 400 | Fairly hot     |
| 7   | 220 | 200    | 425 | Hot            |
| 8   | 230 | 210    | 450 | Very hot       |
| 9   | 240 | 220    | 475 | Very hot       |

## APPROXIMATE WEIGHT CONVERSIONS

- All the recipes in this book list both imperial and metric measurements. Conversions are approximate and have been rounded up or down. Follow one set of measurements only; do not mix the two.

- Cup measurements, which are used by cooks in Australia and America, have not been listed here as they vary from ingredient to ingredient. Kitchen scales should be used to measure dry/solid ingredients.

## SPOON MEASURES

Spoon measurements are level unless otherwise specified.

- 1 teaspoon (tsp) = 5ml
- 1 tablespoon (tbsp) = 15ml
- 1 Australian tablespoon = 20ml (cooks in Australia should measure 3 teaspoons where 1 tablespoon is specified in a recipe)

## APPROXIMATE LIQUID CONVERSIONS

| metric imperial          | AUS      | US            |
|--------------------------|----------|---------------|
| 50ml 2fl oz              | ¼ cup    | ¼ cup         |
| 125ml 4fl oz             | ½ cup    | ½ cup         |
| 175ml 6fl oz             | ¾ cup    | ¾ cup         |
| 225ml 8fl oz             | 1 cup    | 1 cup         |
| 300ml 10fl oz/½ pint     | ½ pint   | 1¼ cups       |
| 450ml 16fl oz            | 2 cups   | 2 cups/1 pint |
| 600ml 20fl oz/1 pint     | 1 pint   | 2½ cups       |
| 1 litre 35fl oz/1¾ pints | 1¾ pints | 1 quart       |

## Snacks and starters

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Seeded bagel tuna melt

Spicy falafels

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Hoisin wraps

## 10-minute steak and blue cheese wrap

Balsamic glaze is a rich, sweet syrup made from reduced balsamic vinegar. You will find it in large supermarkets, usually next to the vinegars. This recipe can easily be doubled.

Takes 10 minutes • Serves 1

**1 tbsp olive oil**

**1 × 140g/5oz sirloin steak**

**1 small red onion, thinly sliced**

**½ red pepper, seeded and sliced**

**squeeze balsamic glaze or drizzle of balsamic vinegar**

**1 small soft flour tortilla**

**25g/1oz Stilton or dolcelatte**

**handful of rocket or baby spinach leaves**

1 Heat the oil in a hot frying pan, season the steak, then fry with the onion and pepper for 4 minutes over a moderate heat. Stir in the balsamic glaze/vinegar, continue to cook for 1 minute, then remove from the heat.

2 Warm the tortilla. Slice the steak into thin strips, then tip it back into the pan with any meat juices and mix with the veg. Spoon the mixture over the middle of the tortilla, crumble over the cheese, then scatter with rocket or spinach leaves. Fold to make a wrap, cut in half and serve straight away.

• Per serving 686 calories, protein 48g, carbohydrate 66g, fat 28g, saturated fat 10g, fibre 5g, sugar 12g, salt 1.43g



10-minute steak and blue cheese wrap

# Barbecue pork buns

Bacon makes a brilliant alternative here to the more traditional Chinese barbecue pork. Serve these as a starter or a nibble.

Takes 50 minutes, plus rising Makes 12

**85g/3oz sugar**

**500g pack white bread mix**

## **FOR THE FILLING**

**1 tbsp sunflower oil**

**12 rashers rindless streaky unsmoked bacon, chopped**  
**knob of fresh root ginger, peeled and chopped**

**2 garlic cloves, chopped**

**2 tbsp soy sauce**

**3 tbsp clear honey**

**3 tbsp tomato purée**

**1 egg, beaten, to glaze**

1 Mix the sugar and bread mix in a bowl, add water according to the packet instructions. Bring the dough together and knead it on a floured surface until smooth. Put it into a large bowl, cover with cling film and leave in a warm place until doubled in size.

2 To make the filling, heat the oil in a pan and fry the bacon until crisp. Add the ginger and garlic and fry for 1 minute. Add the soy, honey and tomato purée.

3 Heat the oven to 220°C/fan 200°C/gas 7. Turn out the dough and knead, then pull into 12 balls. Flatten each one

with your hands, then put a teaspoon-sized blob of the filling in the middle. Draw the dough up and pinch it closed like a purse, then turn the bun over and sit it on a large baking sheet. Cover with oiled cling film and leave to rise. Brush with egg and bake for 20 minutes.

- Per bun 512 kcalories, protein 19g, carbohydrate 82g, fat 14g, saturated fat 5g, fibre 3g, sugar 24g, salt 3.78g



Barbecue pork buns

## Minestrone in minutes

This easy-to-make soup is high in fibre, a good source of vitamin C and counts as 2 of your 5-a-day.

Takes 10 minutes • Serves 4

**100g/4oz spaghetti**

**1 litre/1¾ pints hot vegetable stock**

**400g can chopped tomatoes**

**350g/12oz frozen mixed vegetables**

**4 tbsp pesto, a drizzle of olive oil and some coarsely grated Parmesan, to serve**

1 Take the spaghetti and wrap it in a clean tea towel and, holding it with both hands, bash it to break it into small pieces. Set aside.

2 In a medium-sized pan, bring the stock to the boil with the tomatoes, then add the spaghetti and cook for 6 minutes or until almost al dente.

3 A few minutes before the pasta is ready, add the vegetables and bring back to the boil. Simmer for 2 minutes or until everything is just cooked. Serve the soup ladled into bowls, drizzled with pesto and oil, and sprinkled with Parmesan.

• Per serving 162 kcalories, protein 8g, carbohydrate 30g, fat 2g, saturated fat none, fibre 6g, sugar 8g, salt 0.54g



Minestrone in minutes

## Welsh rarebit muffins

These muffins are yummy warm, but they also keep well for a few days - which makes them ideal for lunchboxes.

Takes 40 minutes • Makes 12

**225g/8oz self-raising flour**

**50g/2oz plain flour**

**1 tsp baking powder**

**½ level tsp bicarbonate of soda**

**¼ tsp salt**

**½ level tsp mustard powder**

**100g/4oz strong cheese, half grated, half cubed**

**6 tbsp vegetable oil**

**150g/5½oz Greek yogurt**

**125ml/4fl oz milk**

**1 egg**

**1 tbsp Worcestershire sauce**

1 Preheat the oven to 200°C/fan 180°C/gas 6 and line a 12-hole muffin tin with 12 muffin cases. Mix together the self-raising and plain flours, baking powder, bicarbonate of soda, salt and mustard powder in a bowl.

2 In a separate bowl, mix the cheese, oil, yogurt, milk, egg and Worcestershire sauce.

3 Combine all the ingredients and divide the mixture among the muffin cases. Bake in the oven for 20-25

minutes or until golden. Remove and cool slightly on a wire rack.

- Per muffin 189 calories, protein 6g, carbohydrate 19g, fat 11g, saturated fat 4g, fibre 1g, sugar 1g, salt 0.79g



Welsh rarebit muffins

# Spicy bean and avocado tostados

Flour tortillas keep well in the freezer and make a useful alternative to bread.

Takes 15 minutes • Serves 4

**4 flour tortillas**

**400g can refried beans**

**big pinch of cayenne pepper**

**200g can kidney beans in water, drained and rinsed**

**2 handfuls of cherry tomatoes, quartered**

**50g/2oz Cheddar, grated**

**1 green chilli, thinly sliced**

**1 avocado, halved, stoned and sliced**

**handful of coriander leaves, to serve**

1 Heat the grill to Medium-High. Put 2 tortillas on to a large baking sheet and grill for 2 minutes.

2 In a bowl, combine the refried beans, cayenne pepper, kidney beans and cherry tomatoes, then divide half the mix between the tortillas. Scatter with half of the cheese and half of the sliced chilli, then grill again until the cheese melts.

3 Grill the remaining tortillas and repeat the method using the rest of the ingredients.

4 Lift the tostados on to plates and serve topped with the avocado and coriander.

• Per serving 355 calories, protein 16g, carbohydrate 43g, fat 14g, saturated fat 4g, fibre 4g, sugar 3g, salt 2.35g



Spicy bean and avocado tostados