

Bourne to Cook



*Simple, cheap and delicious recipes that
can be cooked on one hob*

Recipes by Kevin Bourne and the Justlife team
Illustrated by Sarah Welsh

Kevin's Story



You never know what is going to happen to you.

41 years of constant employment with fairly good pay and then bang, illness, depression, early retirement and a payoff that runs out after 3 years.

Eviction. Living on the streets. Scared.

I ended up in hospital but was lucky enough to get housed on the first day, alright it was a dingy emergency accommodation room, but it was a room. I couldn't cook and there was no microwave, I had very little money so only ate bad, cheap food.

I meet Fran from Justlife who tells me what they have to offer, including a smallholding out near Washington village with another charity called Roots to Growth. That's where I learn to cook, and there is no better way than harvesting it and cooking it straight away! It was an eye-opener for me! My cooking skills until that point were frying eggs and microwave meals. Roots to Growth is where I discovered how delicious vegetables can be!

After a little while Justlife started running cooking workshops with the brilliant Veronica and Dave, where I learnt to cook loads of dishes from different countries that don't cost the earth and taste great! It was here that I came up with the idea of writing a cookbook with simple but mouth-watering recipes which you can cook on one hob.

In emergency and temporary accommodation you don't get much in the way of cooking facilities, so I wanted to create a cookbook that could be used by people who are in the same position I was in not so long ago. It was just a thought, but Lucy and Kate at Justlife helped me to run with the idea and now you're reading it!

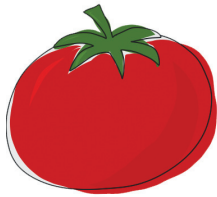
I hope the meals in this book help to put a smile on people's faces!

Good luck in your future.

Kevin Bourne

(Co-Author... and the brains behind the book)

Kevin's Bolognese



3 Servings

Ingredients

1 tbs Oil
500g packet beef mince
1 beef or vegetable stock cube
1 tbs tomato puree
6 tomatoes (chopped)
1 red pepper (chopped)
2 onions (finely chopped)
1 courgette (chopped)
2 cloves of garlic (finely chopped)
1/2 tsp paprika
1 tsp mixed italian herbs
Salt and Pepper

Cost £1.65 per serving

Equipment

Large saucepan with a lid and sharp knife.

Method

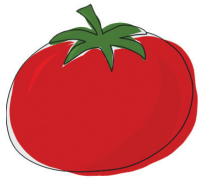
1. Put the oil in the saucepan on a medium heat
2. Start to brown the mince while stirring so it doesn't stick
3. When the mince is nearly all brown add the onion and soften for a few minutes
4. Add the garlic, tomatoes, courgette, red pepper and stir well for 5-10 minutes to release all the flavours
5. Stir in 450ml of stock, the herbs, paprika, and a pinch of salt and pepper
6. Turn up the heat to high
7. Once bubbling, turn down low and simmer for 20-25mins

Time 50 mins

Top Tips

Using tomatoes, onion and garlic as a base you can mix and match different vegetables to go in it such as carrot, broccoli and celery.

Minestrone Soup



4 Servings

Ingredients

- 1 tbsp of olive oil
- 1 onion (Sliced)
- 1 clove of garlic (finely chopped and crushed)
- 4 stalks of celery (chopped)
- 1 carrot (chopped)
- 1 handful of green beans (sliced)
- 1 courgette (sliced finely)
- 1 large potato (cubed)
- 1 aubergine (sliced and cut into thirds)
- 1 small savoy cabbage (thinly shredded)
- 400g tin of chopped tomatoes
- 400g tin of cannellini beans
- 2 vegetable stock cubes
- Small pasta shells (1 handful per person)
- Green pesto

Cost: £1 per serving

Equipment

1 x big pan, sharp knife, and jug (or something else to make stock in)

Method

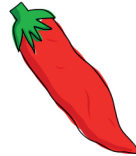
1. Heat the olive oil in a large saucepan
2. Add the onions, celery and carrot. Sweat for 5 minutes on a low heat until the onion is translucent
3. Add green beans, courgette, potato and half the cabbage. Sweat for a few minutes
4. Add aubergine, the tins of tomatoes and cannellini beans
5. Put the vegetable stock cubes into a jug and add 2ltr of boiling water and stir well
6. Add the stock to the saucepan, bring to the boil, then turn the heat down so it's simmering and cover. Allow to simmer for 25 minutes
7. Add the pasta, as much of the pesto and you like (tasting as you go), and the rest of the cabbage
8. Cook until the spaghetti/pasta is cooked

Time: 1 hour

Top Tips

This recipe is great for using up vegetables, so just throw in anything you like!

Dhal



2 Servings

Ingredients

- 1 small onion (finely chopped)
- 200g tin of chopped tomatoes
- 1 small bunch of fresh coriander (finely chopped)
- 1/2 tsp of turmeric powder
- 125g red split lentils
- 2 1/2 cloves of garlic (crushed or finely chopped)
- 1 small chilli (finely chopped) – optional
- 1 tbs of oil
- 1/4 tsp of cumin seeds
- 1/4 tsp of mustard seeds
- 1/2 tsp of medium or hot madras curry powder
- 1 tsp of salt
- 1/2 tbs of butter
- 250ml of water
- 1/2 tbs curry leaves (optional)

Cost: 75p per serving

Equipment

1 x big pan, sharp knife, and jug (or something else to make stock in), scales

Method

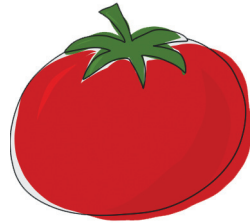
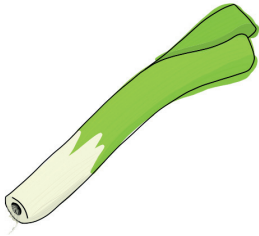
1. Rinse the lentils well (at least three or four times) in cold water and drain
2. In a large pan put 250ml of cold water, lentils, chopped onion, half the chopped coriander, turmeric, salt, chopped tomatoes and stir well
3. Now add the chillies and garlic, stir well
4. Bring to the boil on a high heat
5. Turn the heat down to a simmer for about half an hour (make sure the ingredients are stirred in well for the first 15mins)
6. When the lentils turn to a pale golden colour they are cooked
7. In a small saucepan, heat oil and the butter together until the butter has melted and the oil is hot
8. Now add the cumin and mustard seeds until it pops. Then take the pan off the heat completely and add the curry leaves and madras curry powder. Stir together well until you hear it sizzling. Then add this oil mixture to the lentils
9. On a medium heat bring the curry gently to the boil, making sure that it is not overheated
10. Take the pan off the heat and add the rest of the chopped coriander and stir well

Time: 1.5 hours

Top Tips

Serving this with rice is always nice!

Aduki Bean Casserole



4 Servings

Ingredients

110g tinned aduki beans
55g butter
1 onion (finely chopped)
2 garlic cloves (finely chopped)
450g leeks (chopped)
1 large carrot (chopped)
225g mushrooms (chopped)
1 tbs smoked paprika
1 pinch cayenne pepper
2 tbs plain flour
300ml vegetable stock
1 tbs soy sauce
1 tbs tomato puree
450g chopped tomatoes

Cost £1 per serving

Equipment

Large saucepan with a lid, measuring jug, sharp knife and scales

Method

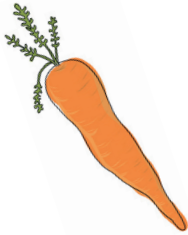
1. Melt the butter in a pan and cook the onions until soft
2. Add the garlic, leeks, mushrooms and cook for 5 minutes
3. Stir in the paprika, cayenne and flour
4. Add stock, soy, puree, tomatoes and seasoning
5. Bring to the boil and simmer for 10 minutes, stirring from time to time to prevent burning
6. Add the beans. You can use some of the bean liquid if its too dry
7. Simmer for a couple more minutes
8. If you want to add the dumplings now is the time! See top tips below...
9. If you are not making the dumplings you will need to cook the stew for a further 20 mins

Time **40 mins**

Top Tips

Add dumplings! See the dumpling recipe in this book, make them and add them to the casserole and simmer covered for 20 minutes

Cashew Nut Casserole



4 Servings

Ingredients

1 tbs Oil
225g cashew nuts
1 onion (finely chopped)
2 cloves garlic (crushed/minced)
1 courgette (chopped small)
1 carrot (chopped small)
2 sticks of celery (chopped small)
1/2 tsp chilli powder
1/2 tsp ground cumin
1 vegetable stock cube
400g tin of chopped tomatoes
1 dsp tomato puree/paste
2 tsps fresh basil (finely chopped)
1 1/2 tbsps soy sauce
150ml of milk diluted with 150ml of water
Salt and pepper

Cost £1.20 per serving

Equipment

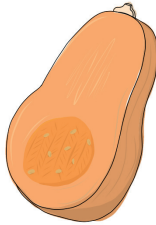
Large saucepan, sharp knife and measuring jug

Method

1. Heat 1 tbs of oil and toast the cashews in the saucepan until golden
2. Remove from the pan and put to one side
3. Heat 1 tbs of oil and fry the onions until soft
4. Add the garlic, vegetables and cashews
5. Cook covered for 10 minutes on a medium heat stirring occasionally so they don't burn
6. Add the chilli and cumin and cook for a further 2 minutes
7. Mix in the stock cube, then add the tomatoes, tomato puree, basil and soy sauce. Stir thoroughly
8. Stir in the water and milk mixture, then season with salt and pepper
9. Simmer gently for 15–20 minutes, covered, stir occasionally

Time 1 hour

Autumn Stew



4 Servings

Ingredients

A selection of autumn vegetables such as sweet potato, English potatoes, squash, carrots (chopped)

1 tbs Oil

1 onion (finely chopped)

2 cloves of garlic (crushed/minced)

1 leek (chopped into small rings)

1 fresh or dry chilli (finely chopped)

1 mug red split lentils

1 tub herb and garlic cream cheese

2 vegetable stock cubes

Cost 90p per serving

Equipment

1x large saucepan, a sharp knife and a mug

Method

1. Heat a tablespoon of oil in a large saucepan on a medium heat
2. Add the onions and cooked until soft
3. Add the garlic and leek to the pan, stir well
4. Add your autumn veg to the pan and sweat for 10-15 mins
5. Keep stirring the contents of the pan so that it doesn't stick
6. Add the chilli
7. Boil the kettle and while you are waiting for it to boil keep stirring the sauce-pan
8. Pour enough boiling water into the pan so all the vegetables are covered
9. Stir in the vegetable stock cubes
10. Turn up the heat until the pan is boiling
11. Once boiling add one mug of lentils (add more lentils if you like your stew thicker)
12. Boil for 10 minutes, then turn down the heat
13. Add half a tub of cream cheese, more if you like it really creamy. Stir in until melted
14. Leave to simmer for 10 minutes or until all the veg is cooked

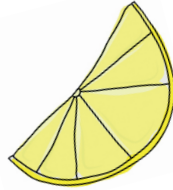
Time 1 hour

Top Tips

Storage:

- If storing in the fridge allow it to cool fully and then put it in a covered container, eat within two days
- If storing in the freezer allow it to cool fully and then put it in a covered container, eat within two months

Thai Green Curry



4 Servings

Ingredients

- 1 tbs Oil
- 1/2 285g jar of thai green curry paste
- 400ml tin coconut milk
- 2 sweet potatoes (chopped into chunks)
- 1 red pepper (sliced)
- 120g baby corn
- 1 small head of broccolli (chopped into florets)
- 75g mange tout
- 1/2 lime
- 2 cloves of garlic (crushed and minced)
- 3cm fresh ginger (finely chopped)
- 1 small bunch of fresh coriander (chopped)

Cost £1.80 per serving

Equipment

Large saucepan with a lid and sharp knife.

Method

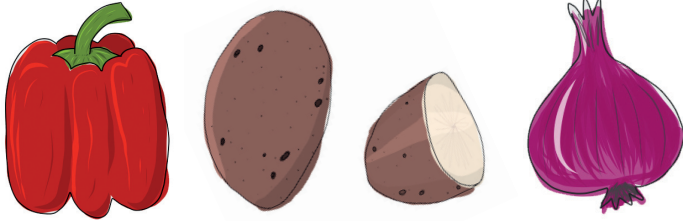
1. Put the oil in the saucepan on a medium heat
2. Add the chopped garlic and ginger and fry for a few minutes while stirring
3. Add the 1/2 jar of thai green curry paste and keep stirring for a few minutes so that it doesn't stick
4. Add the sweet potato, red pepper, baby corn, broccolli, and mange tout
5. Sweat the vegetables for a 10-15mins, this releases all their flavour, while stirring regularly
6. Pour in the tin of coconut milk and stir
7. If the coconut milk doesn't cover all the vegetables then add some vegetable stock or more coconut milk
8. Simmer on a low heat with the lid on for about 30mins or until the sweet potato is soft
9. Turn off the heat, add a squeeze of lime to taste and add the corriander

Time 1 hour

Top Tips

Make the meal go further by cooking some rice to go with it

Potato Paprikas



3 Servings

Ingredients

- 1 tbs Oil
- 3 small onions (sliced)
- 2 white potatoes (cut into big chunks)
- 1 tsp smoked paprika
- 2 big tomatoes (chopped)
- 1 red pepper (sliced)
- 2 tsp ground cumin
- 1 1/2 ltr vegetable stock
- Salt and pepper
- Natural yogurt (to serve with)

Cost £1.30 per serving

Equipment

Large saucepan with a lid, sharp knife, and measuring jug

Method

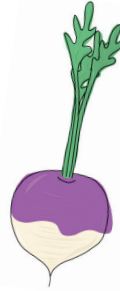
1. Put the oil and onion into the pot and cook lightly until the onion starts to look transparent
2. Add the cumin and stir in
3. Add the pepper and tomatoes
4. After 1 minute stir in the paprika and pour in the vegetable stock
5. Add the chopped potatoes, cover with a lid and simmer until the potatoes are done

Time 30 mins

Top Tips

Eat in bowls with natural yogurt

Stew



3 Servings

Ingredients

- 1 tbs Oil
- 400g Stewing steak or lamb (cubed)
- 1 carrot (sliced)
- 1 potato (sliced)
- 1 small onion (sliced)
- 1 small turnip (cubed)
- 1 tbs plain flour
- 1/2 pint vegetable stock
- Salt and pepper

Cost £1.80 per serving

Equipment

Medium sized saucepan with a lid, measuring jug, and a sharp knife

Method

1. Put 1 tbs of oil in the saucepan and brown the meat
2. Add the vegetables and sweat them for 10 minutes
3. Stir in the flour and then gradually mix in the 1/2 pint of vegetable stock. Season to taste
4. Simmer, stirring all the time, for 2-3 minutes until thickened
5. Cover and cook over a low heat for 35-40 minutes, stirring occasionally
6. This is the time to add the dumplings if you're making them! See top tips below...
7. If you are not making the dumplings then cook for a further 20 mins

Time 1 1/2 hours

Top Tips

Add dumplings! See the dumpling recipe in this book, make them, add them to the casserole and simmer covered for 20 minutes

Dumplings



4 Servings

Ingredients

170g self-raising flour
1 tsp baking powder
55g butter
85g grated cheese
30ml milk mixed with 30ml water

Cost 30p per serving

Equipment

Mixing bowl, grater, scales, and measuring jug

Method

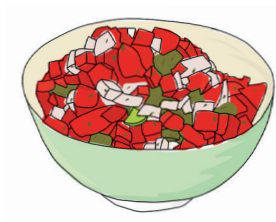
1. Cut the butter into small cubes and add to the mixing bowl with the flour
2. Rub the butter into the flour, then add the cheese and season
3. Mix in milk and water (don't make it too wet, needs to be stiff)
4. Then shape into dumplings, add to a casserole and cook in a hot oven

Time 30 mins

Top Tips

Add to the aduke bean casserole or the stew in this book to make it super delicious!

Tomato Salsa



4 Servings

Ingredients

- 2 medium tomatoes
- 1 clove of garlic (finely chopped)
- 1 red onion (finely chopped)
- 1 red or green chilli (finely chopped – optional)
- 1 tbs tomato paste
- 1 tbs coriander (finely chopped)
- Juice of half a lime
- 1 tbs olive oil
- 1 pinch sugar
- 1 pinch salt
- 1 pinch black pepper

Cost 35p per serving

Equipment

Sharp knife and a bowl

Method

1. Cut the tomatoes in half and using a teaspoon remove the seeds
2. Chop the tomatoes very small and put them in a bowl with the chopped garlic
3. Mix in the onion, chilli, tomato paste and coriander
4. Add the lime juice, oil and seasoning to taste

Time 10 mins