

# Store Cupboard Recipes

***3 delicious Great British Classics you can cook with ingredients from your cupboards***

Baked beans for a family of 4 - a great side dish or as the main event on a jacket potato or toast

## Ingredients

- Oil for frying
- 1x onion finely diced or half a cup of dehydrated onion flakes which have been soaked for at least 15 minutes in half a cup of warm boiled water
- 4x cloves of garlic
- 2x tablespoons of tomato puree
- 1/2 a teaspoon of smoked paprika
- 1/2 a teaspoon of dried thyme (add more if using fresh thyme)
- 1x tablespoon of brown sugar
- 2x tablespoons of soy sauce (light or dark)
- black pepper
- 2x 400g tins of drained and rinsed mixed beans (or tinned/dried and re-hydrated cannellini or haricot beans)
- 250g passata
- to garnish if you have it - chopped thyme / parsley / chives / spring onion tops

## Method

Start to soften the onion. You don't need colour on the onions. They just need to be soft. If you are using dehydrated onion, allow at least 15 minutes for the softening. Even then, there will still be a slight crunch. Then add the crushed garlic and continue to soften.

Add the tomato puree, smoked paprika, thyme, sugar, soy sauce and black pepper and stir in to the onions and garlic and cook for 2-3 minutes.

Add the passata and then the beans. Taste. Only just simmer for approx 5 mins. Do not overcook or stew.

## Corned beef hash for a family of 4

### Ingredients

- Oil for frying
- 1x onion finely diced or half a cup of dehydrated onion flakes which have been soaked for at least 15 minutes in half a cup of warm boiled water
- 500g of potatoes peeled, chopped into chunks and boiled or
- 500g of tinned potatoes chopped into chunks or a combination of both
- 1x 340g tin of corned beef cut in to cubes - if you put this in the fridge for a couple of hours before you need it then it will be much simpler to remove from the tin. Always take care with these tins - they are INCREDIBLY SHARP.
- optional - Worcester sauce

### Method

Peel, chop in to chunks and boil the potatoes until they are just soft. If you wash and dry your potatoes, you can save the peel in cold water and use in a vegetable stock

Heat the oil and brown the onion. If you are using dehydrated onion, this will take approx 20 mins and the onions will still retain a crunch. Set the cooked onion to one side.

Using a wok or deep sided frying pan, pan fry the potatoes until they are golden/light brown. If you are using tinned potatoes, the potatoes won't brown quite so much. Reds or "old" potatoes will brown more than white or new potatoes. This will take about 10 minutes

Now add the cubes of corned beef. Mix and fry on a high heat. You need to hear this "sizzle". You are after crunch. Do not burn or blacken. Sizzle for about 10 minutes whilst stirring and achieving crunch throughout the pan.

Now add the onions and stir through for 2-3 minutes.

You can add 1-2 tablespoons of Worcester sauce for a bit of kick. I don't and if you're serving with these baked beans then it doesn't need it.

Definitely serve with baked beans. Add a fried egg if you like!

## Tea Loaf

### Ingredients

- 160g dried fruit eg raisins, sultanas and currants or chopped plums, prunes, figs, dates etc
- 1 cup / 250g black tea (Earl Grey gives a good flavour)
- 250 g caster sugar
- 250g sieved self raising flour
- Optional but good - 1 teaspoon of ground ginger

### Method

Make the tea. Leave the teabag in the boiled water for the amount of time you would for a cup of tea. Don't stew it.

Pour the tea over your fruit, cover and leave to soak overnight.

Sieve the flour and ginger if using and stir in the sugar. Combine the wet and dry ingredients together until all the flour has been absorbed into the mixture.

Spoon into a greased 2lb loaf tin or silicone mould. Try to cover over any fruit on the top to prevent it from burning.

Place in the centre of a 170 degrees C (150 degrees C for a fan oven) oven. Cooking times will vary depending on how much liquid your fruit absorbed but should be from approx 1 hour and 40 mins to 2 hours. After approx 1 hour and 40 mins check with a skewer. Insert skewer at an angle into the cake and if it comes out sticky then the cake needs longer, if clean, it's cooked. Leave to cool for at least 20 mins before removing from tin/mould. Use a break knife to slice if you can't wait for it to cool down. Delicious on its own or buttered or warm or cold.

I suspect the tea loaf will keep for about 3 days in a tin or wrapped up but I've never been able to find out.

Enjoy !