



COOKING TOGETHER SINCE 2003

BATCH COOK WITH JAMIE OLIVER

PLAN AHEAD, WASTE LESS & EAT WELL ALL WEEK!



PUMPKIN, CHICKPEA & COCONUT CURRY



THIS MILD AND CREAMY CURRY IS PERFECT FOR THE WHOLE FAMILY. PUMPKIN AND CHICKPEAS ARE GREAT FRIENDS AND REALLY HEARTY, SO THIS DISH WILL SATISFY MEAT-EATERS, TOO. "

MAKES

12 portions

TOTAL TIME

1 hour 45 minutes

INGREDIENTS

- 2 pumpkins or squash (roughly 2kg), peel if using pumpkin
- 8cm piece of ginger
- 6 shallots
- 8 cloves of garlic
- 3 fresh red chillies
- 1 bunch of fresh coriander (30g)
- 1 tablespoon mustard seeds
- 30 curry leaves
- groundnut oil
- 1 tablespoon turmeric
- 2 x 400g tins of light coconut milk
- 2 x 400g tins of quality plum tomatoes
- 3 x 400g tins of chickpeas

NUTRITION

180kcal

| | |
|-------------------------|-----------------------|
| Fat..... | 8.6g (4.4g saturated) |
| Protein..... | 7.4g |
| Carbs | 19.2g |
| Sugar..... | 8g |
| Fibre | 5.6g |
| Salt..... | 0.1g |
| Weight of portion..... | 195.3g |
| Special diet tags | Vegetarian, Vegan, |
| Gluten-free, Dairy-free | |

METHOD

1. Deseed and chop the pumpkin or squash into 3cm chunks, then peel and slice the ginger into matchsticks. Peel and finely slice the shallots and garlic, deseed and finely slice the chilli, then pick the coriander leaves, and finely chop the stalks.
2. Add the mustard seeds, curry leaves and coriander stalks to the dry Big Batch Pan, and fry over a medium-high heat until the curry leaves get nice and crispy. Pour in 1 tablespoon of oil and add the ginger, garlic, chilli, and shallots. Cook until golden, stirring occasionally.
3. Stir in the turmeric, coconut milk and tomatoes, breaking them up with a spoon, then bring to the boil.
4. Drain and add the chickpeas, along with the pumpkin or squash, then reduce to a low heat, cover with a lid and simmer for 1 hour 15 minutes, removing the lid halfway until the sauce is lovely and thick. Check on it occasionally to make sure the bottom doesn't catch and burn.
5. Season to perfection with salt and pepper, scatter with the reserved coriander leaves, then serve with fluffy rice, naan bread, and chutneys and dips on the side.

BATCH-COOKING TIPS

LET FOOD COOL THOROUGHLY BEFORE FREEZING - PORTION IT OUT SO IT COOLS QUICKER, AND FREEZE IT WITHIN 2 HOURS, WELL WRAPPED AND LABELLED. THAW IN THE FRIDGE, AND REHEAT WITHIN 48 HOURS UNTIL PIPING HOT. IF YOU'VE FROZEN COOKED FOOD, DON'T FREEZE IT AGAIN AFTER REHEATING IT.

MINISTRONE SOUP



THERE IS NO SET RECIPE FOR THIS VEG-PACKED ITALIAN SOUP - IT'S USUALLY MADE OUT OF WHATEVER VEGETABLES ARE IN SEASON. I USE A MIX OF GREENS, BUT YOU COULD JUST USE SAVOY CABBAGE OR ANYTHING ELSE YOU HAVE TO HAND. I LOVE BORLOTTI BEANS IN THIS RECIPE, AS THEY ADD A SLIGHTLY SWEET TASTE AND CREAMY TEXTURE. "

MAKES

12 to 14 portions

TOTAL TIME

1 hour 15 minutes

INGREDIENTS

- 3 onions
- 3 carrots
- 3 sticks of celery
- 1kg butternut squash
- optional: 6 rashers of higher-welfare smoked streaky bacon
- ½ a bunch of fresh rosemary (15g)
- ½ a bunch of fresh sage (15g)
- 180g vacuum-packed chestnuts
- olive oil
- 3 x 400g tins of borlotti beans
- 3 x 400g tins of quality plum tomatoes
- 1 organic vegetable stock cube
- 500g seasonal greens, such as savoy cabbage, curly kale, cavolo nero
- 150g dried wholemeal pasta
- a few sprigs of fresh basil
- extra virgin olive oil

NUTRITION

222kcal

Fat..... 4.8g (1g saturated)
Protein..... 10.3g
Carbs 36.3g
Sugar..... 11.6g
Fibre 10.1g
Salt..... 0.7g
Weight of portion..... 252.4g
Special diet tags Dairy-free
(Vegetarian/Vegan excluding optionals)

METHOD

1. Peel and roughly chop the onions and carrots. Trim and roughly chop the celery. Peel and roughly chop the butternut squash, removing and discarding the seeds.
2. Finely chop the bacon (if using), rosemary and sage leaves, and roughly chop the chestnuts. Drizzle 2 tablespoons of olive oil into the Big Batch Pan, over a medium heat. Gently fry the bacon for 2 minutes, or until golden.
3. Stir in the onion, carrots, celery, squash, herbs and chestnuts, and cook gently, stirring occasionally, for about 15 minutes or until all the vegetables have softened.
4. Add the beans, juice and all. Tip in the tomatoes and 1 tin's worth of water, breaking them up with the back of a spoon, then stir well.
5. Crumble in the stock cube and top up with 1 litre of boiling water. Stir, then cover with a lid and slowly bring to the boil. Leave to simmer for about 30 minutes, until the squash is cooked through.
6. Remove and discard any tough stalks from the greens, then roughly chop. Wrap the pasta in a clean tea towel and bash into pieces using a rolling pin. Add to the pan along with the greens, and cook for 10 minutes, or until the pasta is al dente. Add a splash more water to loosen, if needed.
7. Season to taste and divide between bowls. Pick over the basil leaves, then serve with a drizzle of extra virgin olive oil and crusty bread for mopping, if you fancy.

VERSATILE VEGGIE CHILLI

WITH SWEET POTATOES, PEPPERS & BEANS



THIS IS A HEARTY, DELICIOUS ALTERNATIVE TO TRADITIONAL CHILLI CON CARNE THAT CAN BE TWEAKED DEPENDING ON WHAT YOU HAVE. BUTTERNUT SQUASH OR REGULAR POTATOES WORK WELL INSTEAD OF SWEET POTATOES. NO ONIONS? TRY USING A LEEK OR A FEW SPRING ONIONS. ALSO, YOU CAN USE FRESH BASIL IN PLACE OF CORIANDER, OR LEAVE THE HERBS OUT ALTOGETHER. "

MAKES

12 portions

TOTAL TIME

1 hour 20 minutes

INGREDIENTS

- 1.5kg sweet potatoes
- 2 level teaspoons smoked paprika, plus extra for sprinkling
- 3 heaped teaspoons ground cumin, plus extra for sprinkling
- 3 level teaspoons ground cinnamon, plus extra for sprinkling
- olive oil
- 3 onions
- 6 mixed-colour peppers
- 6 cloves of garlic
- 1 bunch of fresh coriander (30g)
- 2-3 fresh mixed-colour chillies
- 3 x 400g tins of beans, such as kidney, pinto, cannellini or chickpeas
- 3 x 400g tins of quality plum tomatoes
- lime or lemon juice, or vinegar, to taste

NUTRITION

250kcal

| | |
|-------------------------|---|
| Fat..... | 5g (0.8g saturated) |
| Protein..... | 8.8g |
| Carbs | 44.8g |
| Sugar..... | 14.2g |
| Fibre | 9.4g |
| Salt..... | 0.3g |
| Weight of portion..... | 208.2g |
| Special diet tags | Vegetarian, Vegan, Gluten-free, Dairy-free |

TIP

A FRESH TOMATO SALSA OR A SPRINKLING OF CHOPPED NUTS WOULD FINISH THIS DISH OFF NICELY.

METHOD

1. Preheat the oven to 200°C/400°F/gas 6.
2. Scrub and chop the sweet potatoes into bite-sized chunks, then place onto 2 baking trays. Sprinkle with a few pinches each of smoked paprika, cumin, cinnamon, sea salt and black pepper, drizzle with 1 tablespoon of oil then toss to coat.
3. Roast for 40 minutes, until golden and tender, then remove from the oven and reduce the temperature to 160°C/325°F/gas 3.
4. Meanwhile, peel and roughly chop the onions. Halve, deseed and roughly chop the peppers, then peel and finely slice the garlic.
5. Finely chop the coriander leaves and stalks, reserving a few nice leaves for later. Halve, deseed and finely chop the chillies.
6. Drizzle 2 tablespoons of oil into the Big Batch Pan over a medium-high heat, then add the onion, peppers, garlic, coriander stalks and chillies and cook for 10 to 15 minutes, stirring regularly.
7. Add the rest of the spices, and cook for 10 to 15 minutes, or until softened and starting to caramelise, stirring occasionally.
8. Add the beans, juice and all. Tip in the tomatoes and 1 tin's worth of water, breaking them up with the back of a spoon, then stir well and bring to the boil.
9. Carefully transfer the chilli to the oven to tick over for 35 minutes, or until thickened and reduced – keep an eye on it, and add a splash of water to loosen, if needed.
10. Stir the roasted sweet potato through the chilli with most of the chopped coriander leaves, then taste and adjust the seasoning, if needed.
11. Finish with a squeeze of lime or lemon juice or a swig of vinegar, to taste, then scatter over the remaining coriander. Delicious served with guacamole and rice, or tortilla chips.

SUNDAY NIGHT CHILLI CON CARNE

WITH MELT-IN-THE-MOUTH SLOW-COOKED BRISKET



W

A GOOD, SLOW-COOKED CHILLI ALWAYS GOES DOWN A STORM IN MY HOUSE. MAKE A BIG BATCH OF THIS ON SUNDAY, THEN BATCH UP AND FREEZE FOR FUTURE MEALS. I'VE USED BRISKET HERE, BUT YOU COULD ALSO USE STEWING STEAK. ADDING LOTS OF BEANS MEANS YOU NEED LESS MEAT, WHICH IS GREAT FOR THE PURSE STRINGS AND THE PLANET. IT'S DELICIOUS SPOONED OVER A JACKET POTATO. "

MAKES

12 portions

TOTAL TIME

4 hours

INGREDIENTS

- 4 medium onions
- 4 medium carrots
- 4 sticks of celery
- 4 cloves of garlic
- 2 chillies, plus a little extra to serve
- 4 mixed-colour peppers
- olive oil
- 1kg beef brisket or stewing steak
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 tablespoon smoked paprika
- 1 tablespoon cocoa powder
- 3 x 400g tins of beans, such as kidney, cannellini, butter, pinto, black
- 3 x 400g tins of quality plum tomatoes
- 1 lime, to serve
- fresh coriander, to serve (optional)

NUTRITION

336kcal

Fat..... 16.6g (6g saturated)

Protein.....23.6g

Carbs25.6g

Sugar..... 11.2g

Fibre7.8g

Salt..... 0.5g

Weight of portion.....212.8g

Special diet tags ...Gluten-free, Dairy-free

METHOD

1. Preheat your oven to 170°C/325°F/gas 3. Peel and roughly chop the onions, carrots, celery, garlic and chillies, then pop them in a food processor and blitz until finely chopped. Halve the peppers, then roughly chop.
2. Heat 2 tablespoons of oil in the Big Batch Pan, placed over a high heat. Cut the beef into 3cm cubes, then add to the pan and brown all over for 10 minutes. Add the peppers and cook for 3–4 minutes, until golden and gnarly. Stir in the chopped veg, dried spices, cocoa powder and a pinch of salt and pepper then cook for 15 minutes, stirring regularly, until the vegetables have softened.
3. Add the beans, juice and all. Tip the tomatoes and 1 tin's worth of water, breaking them up with the back of a spoon, then stir well.
4. Bring to the boil, cover with the lid, then place in the oven for 3½ hours, until the meat is tender and the sauce is dark and rich. If it's not quite reduced enough, place on the hob and let it bubble away to finish it off. Alternatively, add a splash of water to loosen, if needed.
5. Serve over rice or a baked potato with lime wedges, a sprinkling of coriander, a dollop of yoghurt or soured cream and extra chillies, if you like.

TIP

TO FURTHER REDUCE YOUR MEAT INTAKE AND UP THE VEG COUNT, REPLACE HALF THE BEEF WITH ROUGHLY CHOPPED BUTTERNUT SQUASH OR PUMPKIN.

SPAGHETTI BOLOGNESE

BEEF RAGÙ WITH RED WINE & ROSEMARY, PASTA & PARMESAN



W

THIS IS A REALLY HUMBLE BOLOGNESE THAT'S A HALFWAY HOUSE BETWEEN ONE GENNARO MAKES AND SOMETHING I LEARNED IN LE MARCHE IN ITALY. THIS ONE HASN'T EVEN BEEN GRACED WITH TOMATOES, JUST A BIT OF PURÉE, IT'S ALL ABOUT LETTING THE SIMPLE INGREDIENTS SING. "

MAKES

10 to 12 portions

TOTAL TIME

2 hours 30 minutes

INGREDIENTS

- 3 onions
- 3 carrots
- 3 sticks of celery
- 4 sprigs of rosemary
- olive oil
- 1kg minced beef or veggie mince
- 375ml red wine
- 3 heaped tablespoons tomato purée
- 1.5 litres hot chicken or vegetable stock
- 1kg spaghetti or tagliatelle
- grated Parmesan and chopped flat-leaf parsley, to serve

NUTRITION

441kcal

| | |
|-------------------------|-----------------------|
| Fat..... | 6.6g (2.1g saturated) |
| Protein..... | 30.2g |
| Carbs | 64g |
| Sugar..... | 6.9g |
| Fibre | 1.9g |
| Salt..... | 0.7g |
| Weight of portion..... | 353.5g |
| Special diet tags | N/A |

METHOD

1. Peel and finely chop the onions, carrots and celery. Pick and finely chop the rosemary leaves. Drizzle 1 tablespoon of olive oil into the Big Batch Pan over a low heat. Stir in the beef or veggie mince then turn the heat up and cook for 10 to 15 minutes until browned, breaking up any lumps with a wooden spoon.
2. Add the carrot, celery, onion and rosemary and cook for 3 to 5 minutes, or until soft, but not coloured.
3. Pour in the wine and let it reduce by at least half. Stir in the tomato purée and a pinch of salt and pepper. Cook for 2 minutes then pour in the stock. Bring to the boil, then reduce to a gentle simmer for around 1 hour 45 minutes, stirring occasionally, adding a splash of hot water if needed.
4. When the sauce is almost ready, cook your pasta in a large pot of salted boiling water according to the packet instructions. Drain, reserving a mugful of the starchy cooking water, and return the pasta to the pot. Stir through a quarter of the Bolognese, loosening with a little of the cooking water if needed. Top each portion with a spoonful of the remaining Bolognese, some grated Parmesan and parsley.

TIPS

- FOR AN EXTRA FLAVOUR BOOST, FRY OFF SOME ROUGHLY CHOPPED PANCETTA OR SMOKED BACON BEFORE BROWNING THE MINCE.
- TO REDUCE YOUR MEAT INTAKE AND UP THE VEG COUNT, REPLACE HALF THE BEEF MINCE WITH GREEN OR BROWN LENTILS, OR A TIN OF QUALITY PLUM TOMATOES.

MAKE-AHEAD BREAKFAST RICE

WITH CINNAMON, ORANGE & PEAR



W

DON'T BE PUT OFF BY THE IDEA OF RICE IN THE MORNING — THINK OF IT AS AN ALTERNATIVE TO OATS. MAKE A BATCH AND REFRIGERATE FOR A DAY OR TWO. I'VE ADDED A QUICK BERRY COMPOTE TO SERVE. "

MAKES

12 portions

TOTAL TIME

50 minutes

INGREDIENTS

- 1.2 litres milk or any unsweetened non-dairy alternative
- 2 cinnamon sticks
- 500g wild and basmati rice mix
- 2 bananas
- 2 teaspoons vanilla extract
- 2 tablespoons honey or maple syrup
- 2 oranges
- 2 pears
- 500g frozen berries

NUTRITION

209kcal

Fat..... 2.5g (0.4g saturated)

Protein.....4.6g

Carbs 44.7g

Sugar..... 12.3g

Fibre3.4g

Salt.....0.1g

Weight of portion..... 281.9g

Special diet tags Vegetarian,

Vegan (optional), Gluten-free, Dairy-free (optional)

METHOD

1. Pour 200ml of the milk into the Big Batch Pan with 800ml water. Add the cinnamon sticks and bring just to the boil, then stir in the rice. Cover with the lid and simmer on a low heat for 25 to 30 minutes, stirring occasionally, until the rice is cooked.
2. Allow the rice to cool completely, then remove and discard the cinnamon sticks.
3. Place half the rice in a food processor or blender with the remaining milk, banana, vanilla and honey, and blitz until smooth.
4. Transfer to a large bowl and stir in the remaining cooked rice and orange zest, then grate in the pears. Gently mix to combine, then cover and chill in the fridge until needed.
5. To make the compote, add the berries to a saucepan and squeeze in the juice of both oranges. Bring to boil then simmer for 25 minutes, until the liquid starts to become syrupy. Add a spoonful to your bowl of breakfast rice. The compote will keep in the fridge for up to a week.

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