

A close-up photograph of a dark grey stone mortar and pestle. Inside the mortar, there are finely chopped ingredients: purple onions, white garlic, and orange tomatoes. A hand is visible at the top, sprinkling white salt crystals into the mixture. The background is blurred, showing a wooden surface and other kitchen items.

COOKBOOK FOR UNIVERSITY STUDENTS

a university student's **favorite meals**

About the Publisher

Campus Cuisine Press

Campus Cuisine Press is dedicated to publishing cookbooks that cater to the unique needs and lifestyles of university students. Our mission is to empower students with the knowledge and skills to cook healthy, affordable, and delicious meals, even on a tight budget and with limited kitchen resources. Established by a group of culinary enthusiasts and former students in 2010, we understand the challenges of student life and strive to provide practical solutions through our publications.

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About the Author

Joaquin Pacia: Cooking Through College

Cooking has always been a part of my life, but it wasn't until I went to university that I truly understood the importance of it. As a student balancing classes, a part-time job, and social activities, finding time to cook seemed almost impossible. Yet, the necessity to eat healthily and save money drove me to the kitchen, where I discovered that cooking could be both manageable and enjoyable.



The Birth of “The Student Chef”

“The Student Chef: Quick and Easy Meals for Busy University Life” is a culmination of my experiences and the recipes that have seen me through my university years. This cookbook is designed to meet the unique needs of students: affordable ingredients, quick preparation times, and the use of basic kitchen tools.

Each recipe in this book has been tested and refined to ensure it is both delicious and practical. From one-pot wonders to microwave-friendly meals, I've included a variety of dishes that can fit into a busy student's lifestyle.

Through this cookbook, I hope to inspire fellow students to embrace cooking as a manageable and rewarding part of their daily routine. Whether you're a seasoned home cook or a complete beginner, I believe there's something here for everyone.

Thank you for joining me on this journey. Happy cooking!

Joaquin Pacia

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Teriyaki Chicken

The Teriyaki Chicken recipe is a student's ideal choice. It's easy, quick, and uses pantry staples. The flavorful teriyaki sauce, made from soy sauce, mirin, sake, and sugar, coats the chicken perfectly. It can be served with vegetables or rice, and reheats well for leftovers. A delicious and affordable meal for students.

Prep Time:

10 minutes

Cook Time:

15 minutes

Serves:

4

Ingredients:

- 4 chicken thighs
- 1/4 cup soy sauce
- 1/4 cup mirin
- 1/4 cup sake
- 1/4 cup sugar
- 1 tbsp vegetable oil
- 2 green onions, sliced

Steps:

1. In a bowl, combine soy sauce, mirin, sake, and sugar. Mix well.
2. Marinate chicken thighs in the mixture for at least 30 minutes.
3. Heat vegetable oil in a pan over medium-high heat.
4. Add the chicken thighs to the pan, reserving the marinade.
5. Cook for 5-7 minutes on each side, until cooked through and browned.
6. Pour the reserved marinade into the pan and bring to a boil.
7. Reduce heat and simmer until thickened, about 5 minutes.
8. Brush the chicken thighs with the thickened sauce before serving.
9. Garnish with sliced green onions.



Beef Burgers

The Beef Burger recipe is a student-favorite in our University Student's Cookbook. It's an easy-to-follow recipe that requires simple and budget-friendly ingredients. This classic meal is perfect for a quick lunch or dinner, and the best part is that you can customize it according to your preference. Whether you like it cheesy, loaded with veggies, or with a spicy kick, this recipe has got you covered. It's not just delicious, but also a great way to fuel up for those study sessions.

Prep Time:

10 minutes

Cook Time:

15 minutes

Serves:

4

Ingredients:

- 500g 80 (lean) to 20 (fat) ground beef
- 1tsp salt
- 1/2tsp ground pepper
- 1/4 cup minced onion
- 4 burger buns
- Lettuce
- Ketchup
- Cheese

Steps:

1. Put the ground beef, salt, pepper and minced onion into a bowl and mix.
2. Separate into 4 equal balls.
3. Heat the pan to level 8 or medium high.
4. Spread butter on the buns and then toast them.
5. Put ketchup on the buns.
6. Use vegetable oil and put it on the pan.
7. Use a pan and cook the balls and flatten them into a patty shape.
8. Cook until brown, then put cheese on top.
9. Then put the patty on the bun and put lettuce on top then close the bun.



Spaghetti with Marinara Sauce and Meatballs

This Spaghetti with Marinara Sauce and Meatballs recipe is perfect for university students. It's easy, delicious, and economical. The meatballs are tender and flavorful, complemented by a tangy homemade marinara sauce. It's a crowd-pleaser that's perfect for sharing, and leftovers can be easily stored for the next meal, making it ideal for busy students.

Prep Time:

10 minutes

Cook Time:

50 minutes

Serves:

5

Ingredients:

- 500g spaghetti
- 500g ground beef
- 1/2 cup bread crumbs
- 1/4 cup milk
- 1 egg
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 cup grated parmesan cheese
- 1/4 cup olive oil
- 1 onion, diced
- 4 cloves garlic, minced
- 2 cans (28 oz) crushed tomatoes
- 1 tsp dried basil
- 1 tsp dried oregano
- Salt and pepper, to taste

Steps:

1. Preheat oven to 400°F.
2. Mix beef, bread crumbs, milk, egg, salt, pepper, and parmesan.
3. Form into golf ball-sized meatballs.
4. Bake on parchment-lined sheet for 15-20 minutes.
5. Sauté onion and garlic in olive oil.
6. Add tomatoes, basil, oregano; simmer for 20-30 minutes.
7. Season to taste.
8. Cook spaghetti as per package.
9. Drain and mix with sauce.
10. Serve with meatballs.



Chicken Japanese Curry

The Japanese Chicken Curry is a budget-friendly, tasty mix of chicken and veggies in curry sauce. Easy to cook and reheats well, it's perfect for students on busy nights. Enjoy alone or with steamed rice.

Prep Time:

5 minutes

Cook Time:

15-20 minutes

Serves:

4

Ingredients:

- 500g chicken thighs cut into bite sized pieces
- Salt and pepper to taste
- 2 medium white onions, chopped
- 2 big carrots, chopped
- 3 small yukon gold potatoes, peeled and chopped
- 2 cloves of garlic
- 1 tablespoon of butter
- 5 cups water / chicken stock
- 3 cups chicken broth
- 1 package Japanese curry roux (for example Golden Curry)
- Optional:
 - 1 tablespoon Worcestershire sauce
 - 1 tablespoon ketchup
 - 1 tablespoon honey
 - 1 apple
 - Cooked rice, for serving

Steps:

1. Cook 3 cups of rice.
2. Peel and chop potatoes, soak in water for 15 minutes.
3. Cut carrots and onions into bite-size pieces.
4. Cut chicken into pieces, season with salt and pepper.
5. Brown chicken in a pot with vegetable oil, set aside.
6. In the same pot, cook onions until translucent.
7. Add garlic, carrots, and drained potatoes, stir briefly.
8. Return chicken to the pot, add water or broth, apple, ketchup, Worcestershire sauce, and honey.
9. Simmer until vegetables are tender.
10. Dissolve curry roux into the mixture.
11. Simmer for 10 more minutes, adjusting thickness with broth or water.
12. Serve over rice, add toppings if desired.



Grilled Cheese Sandwiches with Tomato Soup

This Grilled Cheese Sandwiches with Tomato Soup recipe is a classic comfort food that's perfect for university students. It's quick, easy, and requires simple ingredients that are likely already in your pantry. The gooey cheese sandwich pairs perfectly with the warm tomato soup, making it a perfect meal for those late-night study sessions or when you simply need a taste of home. Plus, leftovers store well, so you can make it once and have meals ready for a few days.

Prep Time:

5 minutes

Cook Time:

15-20 minutes

Serves:

4

Ingredients:

- 8 slices of bread
- 8 slices of cheddar cheese
- 4 tablespoons of butter, softened
- 2 cans of tomato soup
- Salt and pepper to taste

Steps:

1. Preheat a non-stick skillet over medium heat.
2. Spread butter on one side of each slice of bread.
3. Place a slice of cheese on the unbuttered side of 4 bread slices.
4. Top with the remaining bread slices, with the buttered side facing out.
5. Place the sandwiches in the skillet and cook until the bread is golden brown and the cheese is melted, about 2-3 minutes per side.
7. Pour the tomato soup into a saucepan.
8. Heat the soup over medium heat, stirring occasionally, until it is hot.
9. Season the soup with salt and pepper to taste.
10. Serve hot, alongside the grilled cheese sandwiches.



Stir-fry with Chicken and Vegetables

This Stir-fry with Chicken and Vegetables recipe is a quick, easy, and healthy meal perfect for busy university students. It's packed with protein and essential vitamins from the vegetables that will help keep you energized and focused. The pre-cooked chicken cuts down on the cooking time, making it an ideal recipe for students who are short on time but still want to enjoy a delicious homemade meal. The versatile stir-fry can be customised with your choice of vegetables and served over rice or noodles. It's not only easy to make but also budget-friendly, making it a great go-to dish for students.

Prep Time:

15 minutes

Cook Time:

10 minutes

Serves:

1

Ingredients:

- 454 grams of pre-cooked sliced chicken.
- 2 cups mixed vegetables (such as bell peppers, onions, broccoli, and carrots), sliced
- 1 cup cooked rice
- 2 tablespoons vegetable oil
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon cornstarch
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

Steps:

1. In a small bowl, mix together the soy sauce, oyster sauce, cornstarch, garlic powder, and a pinch of salt and pepper. Set aside.
2. Heat the vegetable oil in a large skillet or wok over high heat.
3. Add the mixed vegetables and stir-fry for 2-3 minutes, until they start to soften.
4. Add the pre-cooked chicken and stir-fry for an additional 2-3 minutes, until everything is heated through.
5. Pour the sauce over the chicken and vegetables and stir to coat everything evenly.
6. Serve over cooked rice.



Sinigang Soup

Sinigang, a tangy Filipino soup with meat or seafood and vegetables, is ideal for university students. Its sourness comes from tamarind or other agents, and the recipe is flexible and simple. Nutritious and easy to reheat, it's perfect for study groups or rainy days.

Prep Time:

10 minutes

Cook Time:

45 minutes

Serves:

4

Ingredients:

- 2 pounds of meat or seafood (pork, beef, shrimp, or fish)
- 1 onion, quartered
- 2 tomatoes, quartered
- 1 eggplant, sliced
- 1 radish, sliced
- 1 bunch of kangkong (water spinach), leaves and stems separated
- 1 packet of sinigang mix (tamarind or guava)
- 8 cups of water
- Salt and pepper to taste

Steps:

1. Put the meat or seafood and water in a pot. Bring to a boil. Skim off any scum that rises to the surface.
2. Add the onion, tomatoes, eggplant, and radish to the pot. Let simmer for 30-40 minutes or until the meat is tender.
3. Add the sinigang mix to the pot and stir well.
4. Add the kangkong stems to the pot and let cook for 2-3 minutes or until tender.
5. Add the kangkong leaves to the pot and let cook for another 1-2 minutes or until wilted.
6. Season with salt and pepper to taste.
7. Serve hot with steamed rice.

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Are you a university student struggling to balance a busy schedule with the need for nutritious, affordable meals? Look no further! “The Student Chef” is here to transform your cooking experience with simple, delicious recipes designed specifically for student life.

Inside this Cookbook, You’ll Find:

Quick and Easy Recipes:

Discover a variety of meals that can be prepared in under 1 hour, perfect for those hectic days.

Budget-Friendly Ingredients:

Learn how to make the most out of a limited budget without compromising on taste or nutrition.

Minimal Equipment Required:

All recipes are designed to be cooked with basic kitchen tools, making them perfect for dorm rooms and shared kitchens.

Healthy Eating:

Enjoy a selection of recipes that are both delicious and good for you, helping to keep your body and mind in top shape.

