

## **Quick and easy recipes**



**Start cooking today!**

**You can do it!**

Cooking meals is much cheaper than eating outside. This is true everywhere but even more in Geneva... Take turns and cook for your roommate and your friends! You'll save even more money – and the kitchen will probably stay cleaner...

I have selected only a few recipes from these websites:

<http://www.studentrecipes.com/>

<http://www.squidoo.com/studentfood#module55467342>

**Bon appétit!**

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# 1. Chilli con Carne



This was one of the first easy recipes I learnt to cook and can be mastered in just a few attempts! It's healthy, cheap and tasty and makes the ultimate student food. You can make a large batch of this and then store in the fridge for days or freeze for weeks.

## Ingredients

Ground/minced beef 500g  
1 Large onion chopped  
2-3 Cloves of Garlic  
1-2 Tins of chopped tomatoes 400g  
Squeeze of tomato puree  
1 teaspoon of chilli powder (or to taste)  
1 teaspoon of ground cumin  
dash of Worcester sauce  
Sprinkle of salt and pepper  
1 Chopped red pepper  
1 tin of drained kidney beans 400g

## Method

- 1) Fry the onion in a hot pan with oil until nearly brown then add chopped garlic
- 2) Add the mince and stir until brown - drain any excess fat if desired
- 3) Add all dried spices and seasoning then reduce heat and add chopped tomatoes
- 4) Stir well and add tomato puree and worcester sauce then leave to simmer for about an hour (less if you're in a rush)
- 5) Add the chopped red pepper and continue to simmer for 5 mins, then add the tin of drained kidney beans and cook for a further 5 mins. If the chilli become too dry at any point just add a bit of water.

Serve with rice, jacket potatoes or pasta!

## 2. Beef in Beer

### Ingredients

500g of cheap beef pieces (stewing steak usually is cheap)

500 mls of real ale

4 large onions

2 fat cloves of garlic

tbsp of plain flour

### Method

Raw beef, roll it in the flour...fry 4-5 pieces at a time in a hot saucepan to seal...put to one side when all done

cut the onions into quarters...fry in the same frying pan as the beef...to soak up the juices...

Towards the end of frying the onion (they should be nicely brown round the edges) throw in the smashed up cloves of garlic.

Transfer the beef, onions, garlic to a deep casserole dish. Stir in the remaining flour

pour on the bottle of beer - really, it isn't going to be wasted!!!

Cover, and cook at 150 for about 2 and a half hours...will be gorgeous when it comes out, trust me...serve with mash

### 3. Pad Thai Chicken

4 servings

#### Ingredients

Essential items:

Rice noodles (can use another type of noodle but read packet instructions for how to cook)

2 chicken breasts

salt and pepper

3 medium red chillis (chopped)

3 spring onions (chopped)

2 eggs

Corriander (if I don't have any corriander i substitute for some dried mint)

1 tbsp lemon juice

1 tbsp brown sugar

2 cloves of garlic (minced)

3 tbsp of fish sauce

The following ingredients aren't essential but if you can afford them they taste fantastic in this dish

60g cooked shrimp

3 tbsp roasted peanuts (slightly ground)

beansprouts

mange tout or sugar snap peas

#### Method

1. Soak the rice noodles in hot water for 20 minutes or until cooked

2. Heat some oil in a pan and add the two beaten and seasoned eggs to make an omlette. Transfer to a plate and chop into strips and leave to cool.

3. Heat some oil in the wok and add the chicken, once it is sealed on all sides add the garlic.

4. Add the spring onions and shrimp (if using) and stir fry for another minute

5. Add the chillis, drained noodles, fish sauce, lemon juice, sugar and peanuts and stir fry over a high heat for another minute

6. Toss in the bean sprouts, omlette strips, mange tout and stir fry briskly for about 30 seconds

7. Toss over corriander and season to taste. Serve piping hot.

## 4. Thai Green Curry

An Easy College Recipe for College Students to create an Authentic Thai Dish!



Having been to Thailand, this has to be one of my favourite dishes! The photo is an authentic Thai green curry

### Ingredients

2 Chicken breasts

1 can coconut milk, or low fat coconut milk

1 Onion

1 Aubergine

1 Chopped green chilli

Thai Green Curry Paste

### Method

1) To make the curry, cook the paste in a large non-stick wok or large frying pan over a low heat, for 5 minutes. Cut the chicken into strips and add to the pan with the chopped onion. Cook for 5-8 minutes or until no longer pink. Add the aubergine chopped.

2) Stir in the coconut milk and simmer for about 10 minutes or until the chicken is cooked through. Scatter over the chilli and serve with rice

## 5. Pineapple Chicken

### 4 Servings

### Ingredients

2 tsp canola or sesame oil

1 (10-oz) package frozen broccoli (or stir-fry vegetable mix), thawed\*

1/2 C stir-fry sauce

1/4 C pineapple juice, use reserved juice from canned pineapple

1/4 tsp garlic powder

1/4 tsp crushed red pepper (optional – use if you like it hot!)

1 (15-oz) can pineapple chunks or tidbits, drained (reserve the juice!)

2 C diced cooked chicken or 2 (10-oz) cans chicken breast, drained and flaked

### Method

1. Heat the oil in a large skillet over medium high heat. Add all ingredients EXCEPT the pineapple & chicken. Cook and stir until heated through, 5 – 6 min.

2. Add pineapple and chicken; cook another 2 minutes.

Serve over instant brown rice or whole wheat pasta.

\* Thaw frozen vegetables in the microwave or by holding the package under cold running water for several minutes.

## 6. Vegetarian Rice

### Ingredients

1/2 chopped onion  
1 chopped garlic clove  
1 chopped courgette  
1 grated carrot  
1 chopped red or yellow pepper  
75g frozen peas  
1/2 tin of chopped tomatoes  
350ml Vegetable stock  
150g Dried brown rice  
1 tbsp of dried parsley  
1 tsp tumeric  
Seasoning

### Method

Serves 2: Prep time 10 mins: cook time 25 mins

- 1) Add onion, garlic and tumeric to pan with a splash of veg stock
- 2) Stirring, cook gently for a 3 mins then add the chopped courgette, grated carrot and chopped pepper
- 3) Stir well for a further 3 mins then add the dried rice
- 4) Stir rice in well with the vegetables
- 5) Once rice is distributed well throughout the mixture add the stock- leave to boil
- 6) Once boiled immediately turn heat down to simmer and cover. Cook for 10 mins
- 7) Add in chopped tomatoes and frozen peas and stir
- 8) Cover and simmer for a further 10 mins
- 9) Once cooked stir in dried parsley with seasoning
- 10) Spoon rice into 2 dishes



## 7. Omelette



### Ingredients

3 Eggs  
Salt and Pepper  
Butter  
Grated cheese (optional)  
Mixed herbs (optional)

### Method

- 1) Mix the eggs in any sort of bowl or jug you like (a pint glass works well!) with salt, pepper and herbs if desired.
- 2) Heat the butter (or oil) in a reasonably large frying pan.
- 3) Pour in the egg mixture slowly and swirl the pan a little to even it out.
- 4) After 30 seconds or so the top should firm up, at this point add grated cheese if you like.
- 5) Continue cooking a little until the cheese begins to melt, then fold the omelette in half with a bendy spatula
- 6) If its nice and cooked on the bottom already then serve, otherwise, continue cooking on each side a little more!

Sometimes I make an omelette with loads of onions, chopped sausages and vegetables in. If you do this then you probably wont be able to fold it so instead, pop the pan under a grill to finish the top off after its cooked underneath!

## **8. Egg fried rice**

### **Ingredients**

Rice (as much as you fancy really!)  
Half an onion (Or more, again if you fancy it)  
A tin of sweetcorn  
A few mushrooms  
1-2 eggs

### **Method**

Start cooking the rice however you do, and put some oil in a frying pan.

Chop the onion into bits, any size really, doesn't matter particularly and throw into the frying pan.

Chop the mushrooms and add to the onions.

Once the rice is cooked, drain it off and add it into the frying pan.

Tip the drained sweetcorn into the pan as well and stir it all up.

Break the eggs into the pan (OR beat them together in another bowl and tip into the frying pan) and stir the mixture up.

At this point, you need to keep stirring the mixture, keeping the eggs moving. Keep going until the eggs have cooked, should take about 5-8 minutes maybe?

## 9. Salmon in the oven

### Ingredients

1 fillet of salmon, skinned (tails are cheapest)  
Any veggies you like: tomatoe, peppers, zucchinis, etc  
Liquid cream  
Black pepper  
Salt

### Method

1. Put the salmon in an oven dish - add chopped veggies and cream on top- with salt and pepper
2. Grill on a high heat for about 25 min. If it is a thick fillet, it will take longer to cook through, always check if the middle if cooked.
3. You can serve it with rice or pasta

## 10. Basic Pasta

### Ingredients

Dried Pasta... any work well

Water

Salt

Tomato Puree

Cheese/Tuna/Both/None :)

### Method

1. Boil your pasta adding salt to the water for later on.
2. While pasta is cooking grate your cheese/drain your tuna.
3. When the pasta is cooked add about half a tube of tomato puree, stirring well, to give you a passata consistency. Of course you can just use passata if you want, and drain the pasta instead.
4. Then, add the tuna if using any, stirring it in well. Leave for a minute to heat up the tuna. Add salt/pepper to taste.
5. Serve into a bowl and sprinkle lots of cheese on top :)

Enjoy!

This can be enjoyed as a simple tomato pasta, or with cheese or tuna, or both :)

## 11 . Carbonara al funghi

### Ingredients

4 x rashers streaky bacon, chopped  
10g dried porcini mushrooms  
4x closed cup mushrooms (25g each), thinly sliced  
90g of value spaghetti  
1 egg, beaten  
30g of Parmesan cheese, grated  
2 tsp olive oil  
1/2 x small garlic clove, finely chopped

### Method

Serves: One

Difficulty: Easy

Cost: £2.06 per serving

Prep. Time: 5 mins

Cooking Time: 25 mins

1. Soak the porcini mushrooms in hot water for 20 minutes. Drain, chop and set aside.
2. Mix the beaten egg and two thirds of the Parmesan cheese in a large bowl to make the Carbonara sauce. Season with salt and pepper.
3. Cook the spaghetti according to the packet instructions.
4. Meanwhile, heat the oil in a frying pan and fry the bacon for 3 minutes. Add the fresh mushrooms, porcini mushrooms and garlic and cook for a further 3-4 minutes, stirring frequently.
5. Drain the spaghetti, reserving 1tbsp of the cooking water. Immediately add the pasta to the Carbonara sauce as well as the reserved cooking water, bacon and mushrooms. Toss it all together with two forks. (The egg will be cooked by the heat of the pasta, and the sauce will cling to the strands.) Serve immediately topped with the remaining Parmesan cheese.

Recipes like this one that involve raw or lightly cooked eggs should always use eggs that are as fresh as possible and have been stored according to the packaging guidelines.

## 12.Simple Spaghetti Bolognaise

### A Classic College Recipe - Simplified



I have tried to make this dish as simple as possible, as you get better you can add more ingredients - try cooking on a lower heat for longer if you have the time.

#### **Ingredients**

500g beef mince  
1 tbsp olive oil  
1 onion, finely chopped  
1 cup beef stock  
clove of garlic  
Carrots, mushroom and celery (optional)  
1 tsp dried mixed or Italian-style herbs  
Squirt of tomato paste  
1 x 425g passata or chopped tomatoes

#### **Method**

Heat oil in a heavy-based pan and add onion, stirring over a moderate heat for 1-2 minutes.

Add mince, stirring constantly until well browned.

Stir in remaining ingredients.

Cover and simmer gently for about 30 minutes, or until cooked through (if using chopped tomatoes this will take a bit longer).

Serve with your favourite spaghetti, bread and salad.

## **13.Cucumber salad**

### **Ingredients**

1 cucumber, sliced  
3 tbsp sugar  
1/4 cup fresh lemon juice  
8 oz. sour cream  
1 tspn salt  
1/2 tspn dill

### **Method**

Dissolve sugar in lemon juice. Add sour cream, salt and dill. Mix with the cucumbers.

## **14.Goat cheese/beetroot salad**

### **Ingredients**

Lettuce/ Any leafy salad base you like  
Beetroot (cut into slices)  
Goats Cheese (cut into slices)  
Walnuts (Crush up abit)  
Balsamic Dressing (you can also make your own if you know how lol)

### **Method**

Put lettuce/ leafy salad on a plate  
Add beetroot and goats cheese on the top  
Sprinkle crushed walnuts on top  
Drizzle balsamic dressing over