



**NSCG**

NEWCASTLE  
AND STAFFORD  
COLLEGES GROUP



# Slow Cooker Recipes

Recipes from the BBC Good Food Magazine  
and website

# Beef Stew



## Ingredients

- 1 onion, chopped
- 2 celery sticks, finely chopped
- 2 tbsp rapeseed oil (you can use sunflower oil or vegetable oil)
- 3 carrots, halved and cut into chunks
- 2 bay leaves
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes or stock pots
- 900g beef for braising such as skirt, buy a whole piece and cut it yourself for bigger chunks or buy ready-diced
- 2 tsp cornflour (optional)
- ½ small bunch parsley, chopped
- buttery mash, to serve (optional)

1. Fry the onion and celery in 1 tbsp oil over a low heat until they start to soften – about 5 mins. Add the carrots and bay leaf fry for 2 mins. Stir in the purée and Worcestershire sauce, add 600ml boiling water, stir and tip everything into a slow cooker.

2. Crumble in the stock cubes or add the stock pots and stir, then season with pepper (don't add salt as the stock may be salty).

3. Clean out the frying pan and fry the beef in the remaining oil in batches until it is well browned, then tip each batch into the slow cooker. Cook on low for 8-10 hours or on high for 4 hrs.

4. If you want to thicken the gravy, mix the cornflour with a splash of cold water to make a paste, then stir in 2 tbsp of the liquid from the slow cooker. Tip back into the slow cooker, stir and cook for a further 30 mins on high. Stir in the parsley and season again to taste. Serve with mash, if you like. Leave to cool before freezing.

# Chilli Con Carne

## Ingredients

- 3 tbsp olive oil
- 500g beef mince
- 1 onion , finely chopped
- 1 celery stick , finely chopped
- 1 large red pepper , thickly sliced
- 2 garlic cloves , finely grated
- 2 tsp ground cumin (optional)
- 1 tsp smoked paprika (optional)
- 2 tsp dried oregano (optional)
- 2-3 tbsp chipotle chilli paste (or chilli powder)
- 3 tbsp tomato purée
- 400g can chopped tomatoes
- 400ml beef stock
- 2 x 400g can black beans , drained
- Serve with tortilla chips or cooked rice.



1. Set the slow cooker to low. Heat 1½ tbsp oil in a large, non-stick pan over a high heat and fry the mince for 10-12 mins or until evenly browned. Tip into the slow cooker.

2. Heat the remaining oil in the pan. Fry the onion, celery and pepper for 10 mins or until softened. Add the garlic, cumin and paprika and fry for 1 min. Tip into the slow cooker.

3. Stir in the oregano, chipotle paste, tomato purée, tomatoes and stock. Season. Cover and cook for 6-8 hrs.

4. Stir in the beans during the final 30 mins of cooking. Serve with a bowl of rice or tortilla chips and a dollop of soured cream.

# Chicken Casserole

## Ingredients

- knob of butter
- ½ tbsp rapeseed or olive oil
- 1 large onion, finely chopped
- 1 ½ tbsp flour
- 650g boneless, skinless chicken thigh fillets
- 3 garlic cloves, crushed
- 400g baby new potatoes, halved
- 2 sticks celery, diced
- 2 carrots, diced
- 250g mushrooms, quartered
- 500ml stock made with 2 very low salt chicken stock cubes
- 2 bay leaves



1. Heat a knob of butter and ½ tbsp rapeseed or olive oil in a large frying pan, cook 1 finely chopped large onion for 8-10 mins until softened and slightly browned.

2. Meanwhile, put 1 ½ tbsp flour and a little salt and pepper in a bowl and toss 650g boneless, skinless chicken thigh fillets in it.

3. Add 3 crushed garlic cloves and the chicken to the pan and cook for 4-5 mins more until the chicken is starting to brown.

4. Transfer to your slow cooker, along with 400g halved baby new potatoes, 2 diced celery sticks, 2 diced carrots, 250g quartered mushrooms, 500ml chicken stock and 2 bay leaves.

5. Give it a good stir. Cook on Low for 7 hours or High for 4 hours.

6. Remove the bay leaves and serve.

# Vegetable Stew with Cheddar Dumplings

## Ingredients

- 2 tbsp olive oil
- 200g baby carrots , scrubbed, trimmed and halved if large
- 3 leeks , cut into thick slices
- 3 garlic cloves , crushed
- 3 tbsp plain flour
- 400ml vegetable stock
- 2 courgettes , cut into large chunks
- 2 x 400g cans butter or cannellini beans , drained and rinsed
- 1 bay leaf
- ½ tsp Mixed Herbs
- 200ml crème fraîche
- 1 tbsp wholegrain mustard (optional)
- 200g broad beans or peas
- 200g spinach
- ½ small bunch of parsley , finely chopped, plus extra to serve

## *For the dumplings*

- 100g self-raising flour
- 50g vegetarian suet or cold butter, grated
- 100g mature cheddar
- ½ small bunch of parsley , finely chopped

1. Set the slow cooker to low. Heat 1 tbsp of the oil in a frying pan and fry the carrots for 5 mins until just golden, then tip into the slow cooker.

2. Heat the remaining oil in the pan and fry the leeks with a pinch of salt for 5 mins until soft. Add the garlic and stir in the flour.

3. Gradually add the stock, stirring, until the flour has dissolved and there are no lumps. Bring to the boil, then tip into the slow cooker.

4. Add the courgettes, beans and herbs, topping up with water to cover the veg, if needed. Cover and cook for 4 hrs.

5. To make the dumplings, tip the flour into a bowl and stir in the suet or butter until evenly distributed. Add the cheese, parsley,  $\frac{1}{2}$  tsp cracked black pepper and a pinch of salt. Mix in 3-4 tbsp cold water with your hands to make a soft, slightly sticky dough (add a little more water if needed). Divide into six and roll into balls.

6. Add the crème fraîche, mustard, broad beans or peas and spinach to the slow cooker and turn it to high. Arrange the dumplings over the stew, cover and cook for 1-2 hrs more until firm and doubled in size. Scatter with parsley and serve.

- *Make sure the vegetables are cut into large chunks – small pieces of vegetable will go mushy.*
- *Will keep for up to three days in the fridge or in the freezer for up to three months*



# Chicken Korma



## Ingredients

*There are quite a few dried spices used in this recipe. Once you have bought them, they will enable you to produce this recipe several times!*

- 2 garlic cloves
- thumb-sized piece ginger, peeled
- 2 large onions, finely chopped
- 2 tbsp vegetable oil
- 6 skinless chicken breasts, cut into large chunks
- 2 tbsp tomato purée
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp turmeric
- 1 tsp ground coriander
- ¼-½ tsp chilli powder
- 2 tsp sugar
- 300ml chicken stock
- 150ml double cream
- 6 tbsp ground almonds
- toasted flaked almonds , coriander, basmati rice and naan breads, to serve (optional)

1. Heat the slow cooker to low. Put the garlic, ginger and onions in a small blender with a splash of water and whizz to a paste. Heat the oil in a frying pan over a medium-high heat and sear the chicken all over. Remove from the pan and set aside, then add the onion paste. Fry over a medium heat for 10 mins until lightly golden.

2. Stir in the tomato purée, spices, 1 tsp salt and the sugar, fry for 1 min until aromatic, then put the chicken back into the pan (with any resting juices) and add the stock. Stir and bring to a simmer, then spoon into the slow cooker. Cook on low for 5-6 hrs until the chicken is tender and cooked through.

3. Stir through the cream and the ground almonds and simmer for 10 mins to reduce and thicken. Scatter with flat coriander, then serve with rice and naans, if you like.

## Beef Goulash

### Ingredients

- 3 tbsp olive oil
- 2kg braising or stewing steak, cut into chunks
- 2 large onions, finely chopped
- 4 mixed peppers, cut into 4cm chunks
- 3 garlic cloves, crushed
- 2 tbsp flour
- 2 tsp caraway seeds
- 2 tsp hot smoked paprika
- 1 tbsp sweet smoked paprika, plus extra to serve
- 4 tbsp tomato purée
- 4 large tomatoes cut into small chunks
- 400-500ml beef stock
- 300ml soured cream
- small bunch of parsley, chopped



1. Heat the slow cooker to low and heat 2 tbsp oil in a deep frying pan over a medium heat. Season and sear the beef in batches until brown on all sides. Transfer to a plate.

2. Put the remaining oil in the pan and fry the onions for 10 mins until lightly golden. Add the peppers and garlic, and fry for another 5-10 mins, then stir in the flour and all of the spices. Cook for 2 mins more, then stir in the tomato purée, tomatoes and 400ml beef stock. Season well. Bring the mixture to a simmer, then tip into the slow cooker with the seared beef. Add the remaining stock, if needed, to cover the meat completely. Cover and cook for 6-7 hrs until the beef is tender and the sauce has thickened slightly.

3. Season to taste, then swirl the soured cream and most of the parsley through the stew. Scatter over the remaining parsley and some sweet smoked paprika, then serve with small roasted potatoes or brown rice, if you like.

