

ENJOY COOKING

SLOW COOKER RECIPE BOOK



Barvas Estate Trust Community LED
Energy Efficiency Project



BARVAS ESTATE TRUST LED ENERGY EFFICIENCY PROJECT.

Urras Oighreachd Bharabhais (Barvas Estate Trust) partnered with The Energy Advisory Service SCIO (TEAS SCIO), a charitable associate of Tighean Innse Gall, to carry out an energy efficiency project in 2018/19. This project aimed to help reduce fuel poverty as the area Barvas Estate Trust covers has around 62% of the households in fuel poverty. The project carried out 80 home visits, which consisted of in-depth energy advice with referrals to other agencies where appropriate, and also helped towards energy efficiency measures. Each household visited received up to 14 LED light bulbs and also a slow cooker, when required. Thanks has to go to The Ebico Trust and the Energy Industry Voluntary Redress Scheme, www.energyredress.org.uk for providing the funding for this project.

As well as the home visits the project also aimed to produce this slow cooker recipe book as a slow cooker is a great way to reduce the amount of electricity a home uses, and in doing so helps cut fuel costs. We would like to thank, most of all, those who submitted recipes and hope that others will enjoy making and eating them.

Using a slow cooker does not have to be scientific in its measurements, so use what you have in the cupboards.

Cooking Guide

Cook on Low

6 - 8 hours

8 - 10 hours

10 - 12 hours

Cook on Medium

4 - 6 hours

6 - 8 hours

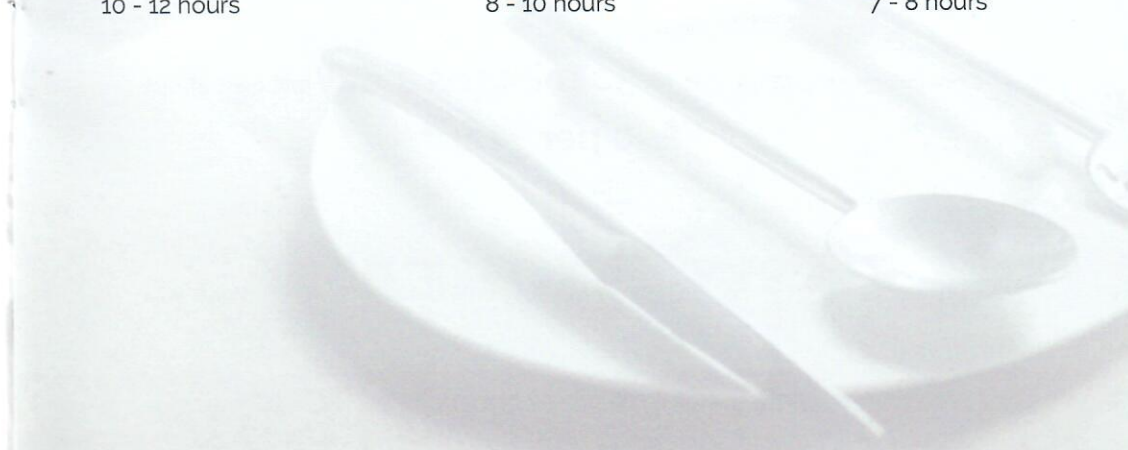
8 - 10 hours

Cook on High

3 - 4 hours

5 - 6 hours

7 - 8 hours



Energy Advice for slow cooking

Slow cookers are an energy-efficient cooking appliance - they use just a little more energy than a traditional light bulb and you can leave your food to cook slowly throughout the day while you're at work or when you're busy with other things.

Here are some top tips for making the best use of a slow cooker and in doing so use less energy:

- Leave the lid on during cooking rather than letting the heat out. By removing the lid more energy is required in order to remain at the required cooking temperature.
- If you are using another pan to cook anything before putting into the slow cooker, always use a pan which is the right size for the amount of food you are cooking. This ensures you use less energy by only heating the surface area you need.
- If you're cooking food like a joint of meat, it can be worth cutting it into smaller pieces so it will cook quicker.
- Heat water in a kettle, rather than on the cooker. You can transfer it into the slow cooker once it's already boiled.
- Only use as much water as you need - boiling extra takes more time and energy.
- Cook in batches - cook as much food at the same time, making the most of the electric that you are using.

Cooking in a slower cooker for **8 hours a day** will cost about
£14 per year

Cooking on an electric hob for **30 minutes a day** will cost about
£90 per year



Butternut Squash Soup

Ingredients

1 medium (1.2kg) butternut squash
1 clove of garlic, chopped
2 tsp curry powder
875ml milk
625ml chicken stock
Salt and pepper to taste
250ml cream (optional)

Instructions

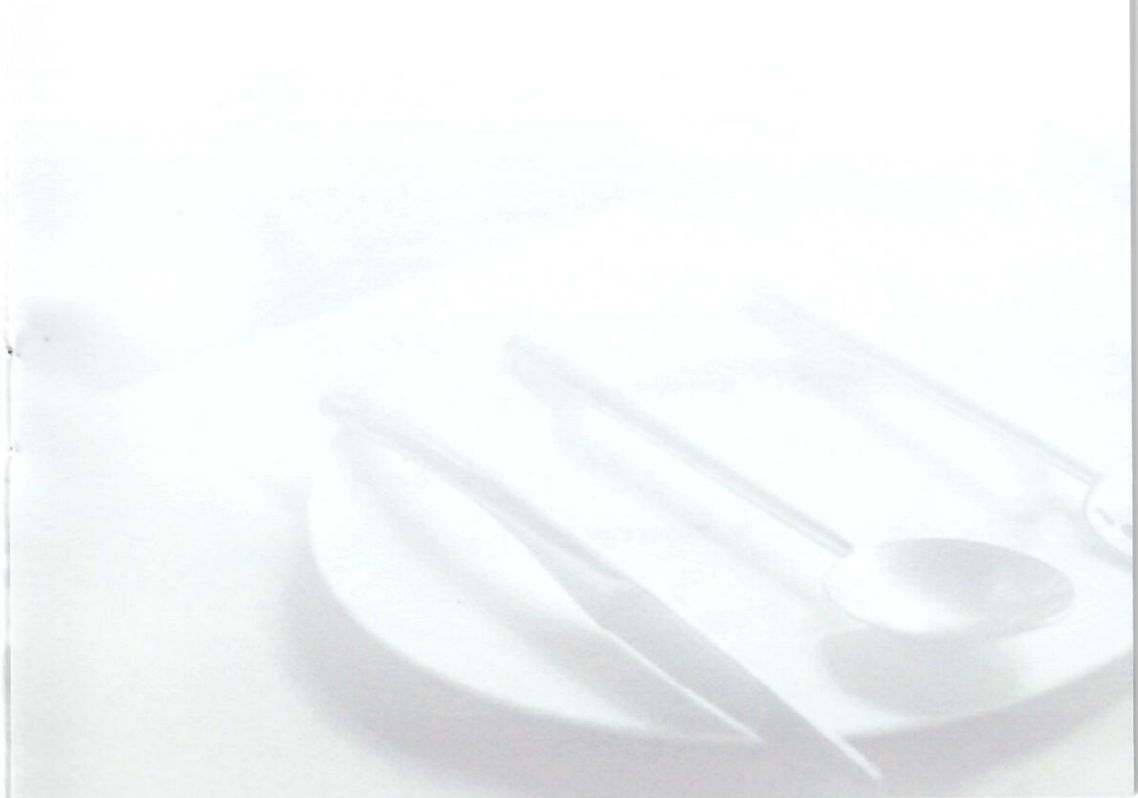
Place all ingredients, except the cream into the slow cooker cooking pot.

Put on the lid and cook on low for 8 - 10 hours or high for 4 - 5 hours.

Allow to cool and then purée in a blender, food processor or with a hand held mixer.

Return the soup to the slow cooker and reheat on high.

Stir through the cream just prior to serving and serve with a chunk of bread.



Gammon in Cola

Ingredients

1.25kg (2½ lb) boneless smoked gammon joint, soaked overnight in cold water.
5 cloves (optional)
1 onion, cut into 8 wedges
2 carrots, thickly sliced
410g (13½ oz.) black beans or red kidney beans, drained (optional)
2 bay leaves (optional)
900ml (1½ pints) cola
1 tbsp. dark muscovado sugar
1 tbsp. tomato purée
2 tsp. English mustard

Instructions

Preheat the slow cooker if necessary; see the manufacturer's handbook.

Drain the gammon joint and put it into the slow cooker pot. Press the cloves into 5 of the onion wedges and add to the gammon with the remaining onion wedges and carrot slices. Tip in the drained beans and add the bay leaves.

Pour the cola into a saucepan, add the sugar, tomato purée and mustard and bring to the boil, stirring. Pour over the gammon, cover with the lid and cook on high for 6-7 hours or until gammon is tender.

Strain the cooking liquid into a saucepan and oil rapidly for 10 minutes to reduce by half. Keep the gammon and vegetables hot in the turned-off slow cooker with lid on.

Slice the gammon thinly and arrange on plates with the vegetables, beans and a drizzle of sauce.

If a dish usually takes 15
- 30 minutes, cook it for
1 - 2 hours on High or 4 -
6 hours on Low

Sausage Casserole

Ingredients

2 red onions, finely chopped
1 celery stick, finely chopped
1 - 2 tbsp. rapeseed oil
4 carrots, cut into fat pieces
12 chipolatas, each halved
1 sweet potato, peeled and cut into chunks
400g tin tomatoes
1tbsp. tomato purée
1 thyme sprig
1 rosemary sprig
1 beef stock cube or stock pot

Instructions

Fry the onion and celery in the oil over a low heat until it starts to soften and cook, about 5 minutes, then spoon it into the slow cooker. Fry the carrots briefly and add them too.

Brown the sausages all over in the same frying pan – make sure they get a really good colour because they won't get any browner in the slow cooker. Transfer to the slow cooker and add the sweet potato and tomatoes.

Put the purée in the frying pan and add 250ml boiling water, swirl everything around to pick up every last bit of flavour, and tip into the slow cooker. Add the herbs, stock cube and some pepper. Don't add salt until the casserole is cooked as the stock cube can be quite salty. Cook on high for 4 hours or on low for 8 hours.

Serve when hot.

Leave any leftovers to cool and then freeze.



Belly of Lamb / Lamb Flank Stew

Ingredients

1 belly of lamb / flank of lamb
1 large carrot
1 large leek
1 onion
Mixed herbs
Pint of stock or enough to cover in the slow cooker
Waxy potatoes sliced

Instructions

Sear the whole rolled belly / flank.
Make the stock.
Chop onion and leek and slice potatoes.
Place lamb in slow cooker cooking pot and surround with vegetables. Cover with stock and add herbs. Add potatoes on top, cover and cook on medium all day.
Last half hour remove lid (and open a window slightly in the house).
Serve.
Note: If you can sear in cooking pot then this will keep all flavours and also reduce washing up.

Three-Spice Brisket

Ingredients

900g / 2lb brisket
1 can of French onion soup
55ml water
30g of tomato ketchup
1 clove of garlic(crushed)
¼ tsp. black pepper
¼ tsp. ground cinnamon
¼ tsp. ground allspice
1/8 tsp. ground ginger
1 tbsp. Worcestershire sauce
1 tbsp. flour
3 tbsps. cold water

Instructions

Place the brisket in the slow cooker.
Place the 55ml of water, soup, spices, garlic, pepper ketchup and Worcestershire sauce in a bowl and mix together well. Add to the slow cooker.
Cover with lid and cook on low for 8 - 10 hours.
Remove brisket from the slow cooker and skim any fat from the gravy. Place 1 tbsp. of flour and 3 tbsps. of water in a bowl and mix until smooth. Gradually, stir into the gravy in the slow cooker and cook for 20 - 25 minutes.
Slice the brisket to serve and spoon over some of the spiced gravy.
Serve with potatoes and vegetables.

Beef Stew

Ingredients

900g / 2lb stewing beef (cubed)
900g / 2lb potatoes (peeled & diced)
3 slices of bacon (diced)
225g / 8oz onion (chopped)
3 celery sticks (finely chopped)
3 carrots (sliced)
300g swede (diced)
675ml beef stock
225ml apple cider
3 tbsps. flour
2 bay leaves
1 tsp. dried rosemary (crushed)
½ tsp. mixed herbs
3 tbsps. water
Salt & black pepper (to season)
1 tbsp. fresh parsley (chopped)

Instructions

Heat a large frying pan or slow cooker cooking pot, if the manufacturer advises, over a medium heat and add the bacon, cubed beef and onions. Cook for 4 - 5 minutes, until the beef is slightly browned and the bacon is cooked.

Transfer to slow cooker and add the potatoes, carrots, beef stock, celery, swede, apple cider, bay leaves and herbs. Combine all the ingredients well.

Cover with lid and cook for 7 - 9 hours on low, until the beef is tender.

Place the flour and water in a mixing jug and stir until smooth. Add to the slow cooker, stirring well. Increase the temperature to high and cook for a further 20 minutes.

Serve with chunky bread.

If a dish usually takes 30 minutes to 1 hour, cook it for 2 - 3 hours on High or 5 - 7 hours on Low

Mince Dishes

Base Ingredients

2 onions
2 carrots
2 sticks of celery
1.5lbs (0.68kg) minced meat 5% fat
Tin of tomatoes
Tomato purée
2 cloves of garlic
2 bay leaves (optional)
Cup of washed lentils
Piece off bacon (optional for additional flavour)
Herbs and pepper

Base Instructions

To make this base for several family meals the instructions are below with further instructions later for meals based on this base.

Brown off mince in a pan or Slow cooker cooking pot if able.

Chop onions, carrots, celery and garlic and add to the mince in the slow cooker. Add tin of tomatoes and some tomato purée. Add the cup of washed lentils and chop the piece of bacon and add for additional flavour. Add bay leaves (optional) and herbs and pepper.

Cook for 8 hours on low.

The recipe will give about 2 to 3 meals for a family of four.

For a vegetarian option leave out bacon and replace mince with Quorn.



Spaghetti Sauce

For a spaghetti sauce just add Italian herbs and serve with spaghetti.

Chilli

Additional ingredients

Mild chilli powder
Tin of baked beans
Tin of kidney beans (drained)
Tin of chilli beans

Instructions

To the mince base, add the above ingredients to suit your own taste. Cook for further 20 minutes.
Serve with rice.

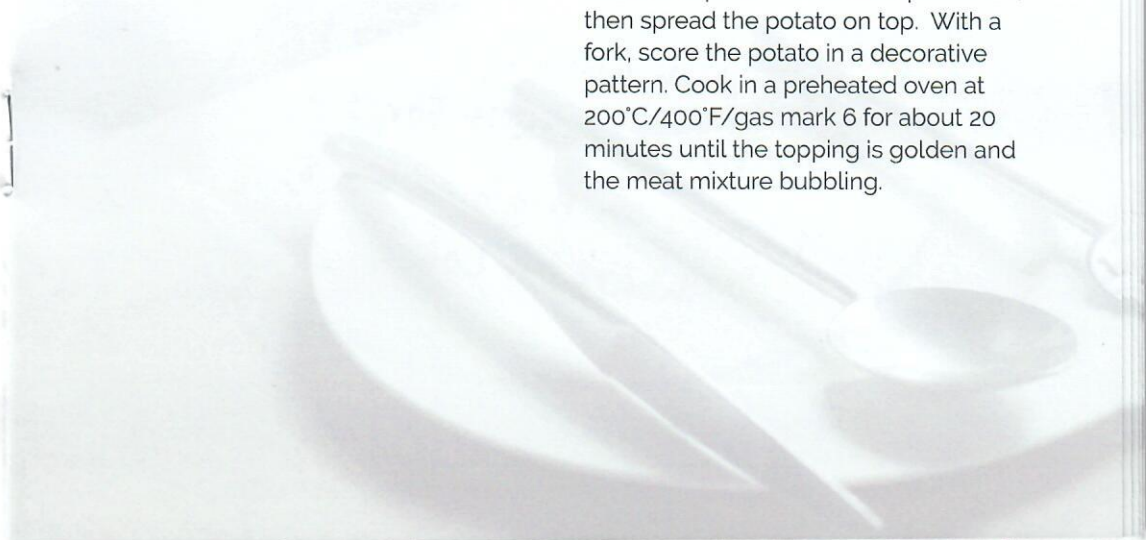
Shepherd's Pie

Additional Ingredients

2tbsp. Worcestershire sauce
750g potatoes
4tbsp. hot milk
30g butter

Instructions

Cook the potatoes in boiling salted water for 15 – 20 minutes until tender. Drain. Add the milk and butter to the potatoes and mash until soft, then season with salt and pepper.
To the mince base, add Worcester sauce and place into an ovenproof dish, then spread the potato on top. With a fork, score the potato in a decorative pattern. Cook in a preheated oven at 200°C/400°F/gas mark 6 for about 20 minutes until the topping is golden and the meat mixture bubbling.



Chicken Curry

Ingredients

4 chicken breast fillets
4 cloves garlic, crushed
2 inches of ginger, grated
1 tbsp. garam masala
1 tbsp. ground coriander
1 tsp. ground cumin
1 tsp. paprika
1 onion, grated
2 red chillies, pierced
1 tbsp. tomato purée
Flaked sea salt
½ lemon, juice only
100ml double cream
100g ground almonds
1 small pack fresh coriander
1 tbsp. butter

Instructions

Lay the chicken in the bottom of the slow cooker pot. Add the spices, onion, garlic, tomato purée, lemon juice, butter and salt. Spread the tomato purée over the chicken with the back of a spoon. Pierce chillies a few times with a sharp knife and add to pot. Add about 2.5cm of cold water and cover with lid. Turn on slow cooker and leave well alone. 3 hours on high or 6 - 8 hours on low.

Once you are almost ready to serve stir in cream, ground almonds and fresh coriander. Don't disturb the chicken too much. Put lid on and cook for further 20 minutes. Serve with basmati rice with some naan bread, salad and a yoghurt raita if desired.

The heat level is between mild and moderate. To have hotter either chop the chillies or add a few more or use small hot chillies. To have milder use less chillies.

If a dish usually takes 1 - 2 hours, cook it for 3 - 4 hours on High or 6 - 8 hours on Low

Lamb Curry

Ingredients

1kg lamb, cubed
1 tsp. chilli powder
1 tsp. coriander seeds (crushed)
1 tsp. cumin seeds
1 tsp. ground mixed spice
1 tsp. curry powder
1 tsp. paprika
2 cloves garlic
30g tomato purée
55g natural yoghurt
3 plum tomatoes halved or tin chopped tomatoes
30g fresh coriander chopped
2 spring onions chopped

Instructions

Sear meat in slow cooker cooking pot if able or in a pan and then transfer to cooking pot. Add chilli powder, coriander seeds, cumin seeds, ground mixed spice, curry powder, paprika and garlic cloves and stir together.

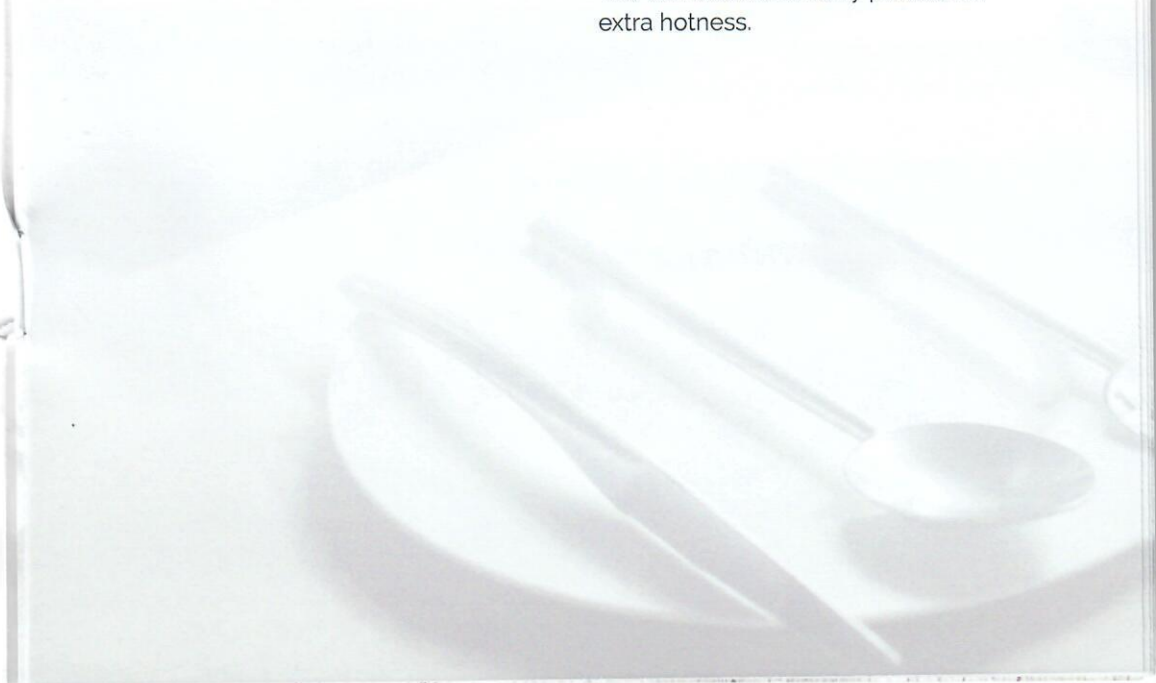
Add tomato purée, yoghurt and tomatoes (if using plum tomatoes add $\frac{1}{2}$ cup of water but if using tinned tomatoes leave out water as juice in tin will be sufficient). Cover with lid.

Cook on low for 6 - 8 hours if out at work all day or, if you can get away with a shorter cooking time, then 3 hours on high.

Before removing from heat add fresh coriander and spring onions.

Remove from heat and serve with rice or naan bread.

You can add more curry powder for extra hotness.



Spicy Vegetable Curry

Ingredients

2 carrots, sliced
1 sweet potato, peeled and cut into chunks
2 courgettes, sliced
1 red pepper, deseeded and sliced
2 onions, finely chopped
3 garlic cloves, finely chopped
1 cauliflower, broken into florets
85g / 3oz French beans, sliced
480ml vegetable stock
2 tbsp. olive oil
1 tbsp. tomato purée
1 tbsp. curry powder
1 tsp. sweet paprika
1 tsp. ground ginger
1 tsp. dried curry leaves
½ tsp. sea salt
1 tsp. ground cumin
1 tsp. ground coriander
Salt and freshly ground black pepper

Instructions

Prepare all the vegetables and layer them in the crock of the slow cooker.

Put the vegetable stock, olive oil, tomato purée and the spices in a saucepan and bring to a gentle simmer, stirring to mix all the flavours. Pour the hot stock over the vegetables and season with salt and pepper. Cover with the lid and then turn the setting to high and cook for 4 hours. Take off the lid and give the curry a gentle stir, then continue to cook on low for a further 30 - 45 minutes.

Serve the curry with rice or flat naan breads.



Chilli con Carne Pulled Pork

Ingredients

1.5 - 2kg pork shoulder with rind removed
1.5 tsp. hot chilli powder
2 tsp. cumin
2 tsp. coriander
1 tsp. smoked paprika
1.5 tsp. oregano
1 tsp. salt
1 tsp. black pepper
1 onion sliced
1 red pepper sliced
100ml vegetable stock
Can of chopped tomatoes
Can of kidney beans

Instructions

Mix all dry ingredients together in a bowl.

Remove the string from the pork shoulder and open out. Rub the mixture of dry ingredients well into the pork. Roll the shoulder up loosely and place in slow cooker.

Add the onion, pepper, kidney beans, tomatoes and stock. Cover with lid and cook on low for 8 hours.

Remove pork and shred it gently with two forks.

Serve with wraps, lettuce, coleslaw and a sprinkling of Parmesan cheese, soured cream or yoghurt. It could also be served with rice if this is preferred.

If a dish usually takes
2 - 4 hours, cook it for
4 - 6 hours on High or
8 - 12 hours on Low

Vegetarian Stew

Ingredients

500g Quorn
1 onion
4 carrots
3 parsnips
1 swede
2 sweet potatoes
6 potatoes (Maris Piper or any waxy potatoes)
Spoonful of lentils
Spoonful of barley
Water
Salt & Pepper

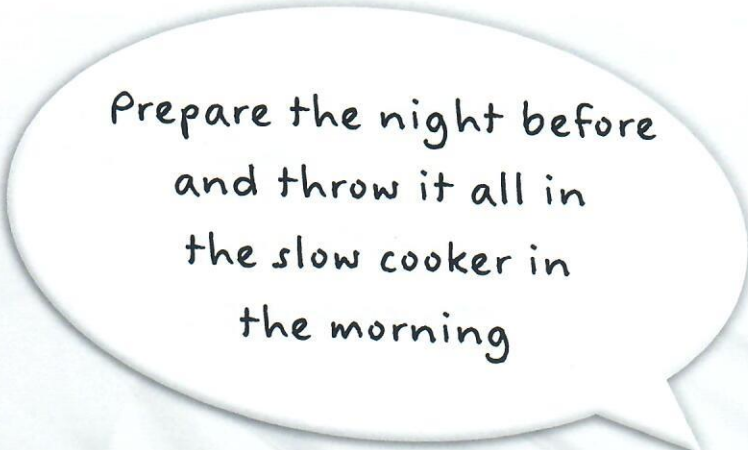
Instructions

Chop onion, carrots, parsnips, swede, sweet potatoes, and potatoes and place in slow cooker. Add the lentils, the barley and the Quorn. Cover with water and add salt and pepper.

Cook on low for 8 hours.

Serve as required.

If there are any leftovers, let them cool and then freeze for another day.



Prepare the night before
and throw it all in
the slow cooker in
the morning

Pears in Red Wine

Ingredients

500ml strong red wine, Shiraz or similar
6 firm pears
1 cinnamon stick
1 vanilla pod
200ml water
150g fructose
½ orange peel
2 tbsp. lemon juice

Instructions

Pour the red wine into the cooking pot. Peel the pears using a vegetable peeler so that you do not remove too much of the flesh. Using an apple corer, remove their cores, starting at the base and leaving the stalk intact. As soon as each pear is ready, roll it round in the lemon juice to stop it from discolouring.

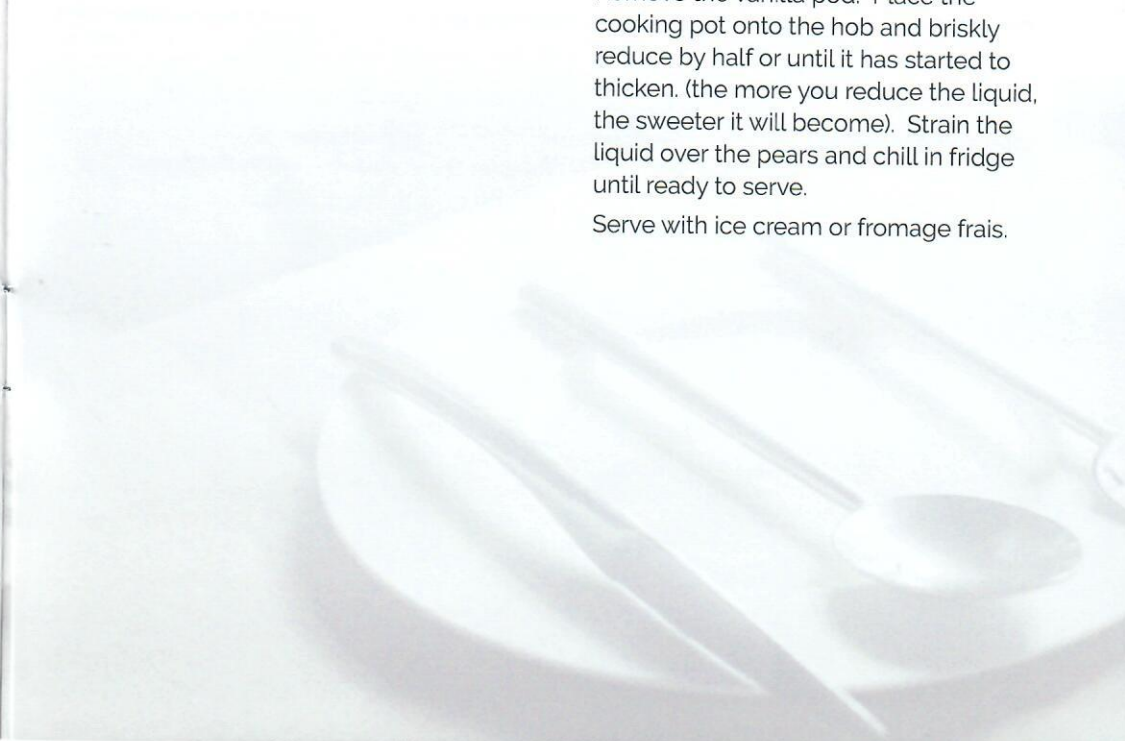
Place the pears in the wine in the cooking pot, stalk side up. Add the remaining ingredients.

Cover with the lid and cook on medium setting for approximately 5 hours. The pears should be just tender but not too soft.

Remove the pears using a slotted spoon and set them on a serving plate.

Remove the vanilla pod. Place the cooking pot onto the hob and briskly reduce by half or until it has started to thicken. (the more you reduce the liquid, the sweeter it will become). Strain the liquid over the pears and chill in fridge until ready to serve.

Serve with ice cream or fromage frais.



Spiced Apple & Bread Pudding

Ingredients

3 golden delicious apples (peeled & chopped)
10 slices of bread (a couple of days old – crusts removed)
225ml apple juice
75g sultanas
2 tbsps. honey
2 tbsps. lemon juice
4 tbsps. butter
1 tbsp. grated lemon rind
1 tsp. cinnamon
¼ tsp. nutmeg

Instructions

Spread the bread with butter and lightly toast both sides under a grill. Leave to cool a little and then cut into chunks.
Place all of the ingredients into a large bowl and combine well, mixing all the ingredients evenly.
Lightly grease the ceramic bowl of the slow cooker. Transfer the contents from the bowl into the slow cooker pot. Cover and cook for 5 - 6 hours on low. Gently stir halfway through the cooking time.
Turn the slow cooker off and allow the pudding to cool before serving.

Rice Pudding

Ingredients

25g butter
100g pudding rice
100g sugar
1l milk
Pinch of nutmeg

Instructions

Butter the sides of the cooking pot
Add all the ingredients to the cooking pot and stir well.
Transfer the cooking pot into the base unit, cover with the glass lid.
Cook for approximately 3 - 4 hours on the medium setting.





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