PEGGY'S KITCHEN

Peggy's Dinners and Puddings When Money Was Tight

45 cheap old British dinners, sandwiches and puddings for one, the way our mums made them. Every one priced.



RECIPES FOR ONE · POUNDS AND DOLLARS · LITTLEPEGGYSKITCHEN.COM

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Peggy is an AI-made character. The recipes, prices and history are real.

Prices are rough UK supermarket costs per portion for the ingredients listed, with US dollars at about $1.33 to the pound. Sides are extra.

Ovens and hobs vary, so use the times as a guide. Make sure meat and fish are cooked right through, and reheat leftovers until piping hot. Check labels for allergens.

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A NOTE FROM PEGGY

Right then, love. Kettle's on.

This is the book for the day before payday.

Thursday, in our house. The purse was empty, the cupboard wasn't much better, and there were still mouths to feed. And our mums fed them, every time, without a fuss.

They did it with a tin cupboard, a box of eggs, a loaf and a scraping of butter. And on a good day, a pudding after, because a pudding costs pennies and it makes a dinner feel like a dinner.

So here they all are. Ten dinners from tins, ten egg dinners, fifteen sandwiches and ten school puddings. Every one made for one, and every one priced at today's supermarket, in pounds and dollars.

None of it is fancy. All of it is cheap. And if money's tight at your house just now, love, you're in very good company, and you'll eat well on this. Waste not, want not.

Love, Peggy x

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BEFORE YOU START

Peggy's rules when money's tight

Three rules that matter, from the tin cupboard, the egg box and the lunchbox. And a few more I'd be a poor sort of nan not to mention.

1

A bad tin goes in the bin

Never use a tin that's bulging, leaking or rusty, or dented on a seam: the seal can break and let germs in. If a tin spurts when you open it, out it goes, and never taste it to check.

2

Fresh eggs sink

Put an egg in a bowl of water. A fresh one lies on the bottom; if it floats, it goes in the bin. Keep them in their box in the fridge, and wash your hands after you've cracked them.

3

Egg, fish and meat sandwiches stay cold

In the fridge, or a cool bag with an ice pack, and never in the sun for more than a couple of hours. Make them in the morning and eat them the same day.

NEW TINS AT THE BACK

Old tins come to the front so nothing's forgotten. And leftovers never stay in the open tin: tip them into a dish, cover it, fridge it, and use it within 2 days.

HOT JAM AND SYRUP

Jam, syrup and currants get far hotter than they look. Turn a mug pudding out with an oven glove on, and give a crumble or a roly-poly 5 minutes before you dig in.

THE MICROWAVE

My times are for an 800 watt microwave. If yours is stronger, take a little off. Milk boils over in a flash, so use a big jug, and lift it out with an oven glove.

THAW IT IN THE FRIDGE

Chicken, fishcakes and pasties thaw overnight in the fridge, on a plate on the bottom shelf. Never on the worktop or in the bath. Then reheat once, till piping hot.



1

FROM THE TIN CUPBOARD

Pilchards on Toast

Grill | About 10 minutes | Serves 1 | **About £1 a plate ($1.35)**

YOU NEED

- Half a 400g tin of pilchards in tomato sauce
- 2 slices of bread
- A knob of butter

FROM THE CUPBOARD

A splash of malt vinegar and black pepper

METHOD

1. Toast the bread on both sides and butter it while it's hot.
2. Tip half the tin into a bowl and mash the fish into the sauce with a fork. The bones are soft enough to eat, so mash them right in.
3. Add a splash of malt vinegar and a good shake of pepper. Spread it thick on the toast, right to the edges.
4. Two minutes under a hot grill, till it bubbles and browns at the edges. The grill is the broiler, if you're in America.

PEGGY'S TIP

Pilchards are grown-up sardines. Same fish, just older and bigger, and they only ever came one way: in a big oval tin, in tomato sauce.

KEEPING IT

The rest of the tin goes in a covered dish in the fridge, never the open tin, and gets used within 2 days.

In 1997 Cornwall started selling its fresh ones as Cornish sardines, because the word pilchard made people think of tins and tomato sauce. Well, love. That's exactly why we liked them.



11

EGG DINNERS

Eggy Bread

Hob · frying pan | About 10 minutes | Serves 1 | **About 75p a plate ($1.00)**

YOU NEED

- 2 eggs
- A splash of milk
- 2 slices of bread, a bit stale is best
- A knob of butter

FROM THE CUPBOARD

A pinch of salt; tomato sauce or sugar to serve

METHOD

1. Beat the eggs with the milk and a pinch of salt in a shallow dish.
2. Lay the bread in it, a minute each side, so it drinks it all up.
3. Melt the butter in a frying pan over a medium heat. Fry the bread 2 to 3 minutes a side, till it's golden and set right through, with no wet egg.
4. Tomato sauce on it for tea. Or sugar and a pinch of cinnamon, cut into fingers, the way it went to the little ones.

PEGGY'S TIP

Stale bread soaks it up best. Fresh bread goes soggy and falls apart in the pan.

KEEPING IT

Eat it straight from the pan, while it's crisp.

The posh name was Poor Knights of Windsor. We just called it eggy bread, and children thought the stale end of the loaf was a treat.