

PEGGY'S KITCHEN

Peggy's One-Pan Dinners for One

25 old British dinners for one, each in one tin or pan. Hardly any washing up.



One tin or one pan, every time

Hardly any washing up

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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.

There's a lot of us cooking for one these days, and the cooking's the easy bit.

It's the washing up. A pan for the meat, a pan for the potatoes, a pan for the veg. Three pans to scrub, for one plate of dinner.

So every dinner in this book is made in one roasting tin, one frying pan or one ovenproof dish. The kettle's allowed, and so is a mug. A mug doesn't count as washing up.

They're the dinners my generation grew up on, and a few posh ones from the seventies that we only ever had on a night out. All cheap, and all from an ordinary supermarket.

And if it's just you at the table these days, you're in very good company.

Love, Peggy x

Peggy's three rules for one-pan cooking

Three little rules, and then I'll stop nagging. Plus the tins and pans that suit one.

1

Line the tin

Baking paper or foil is the difference between a quick rinse and twenty minutes at the sink. Baking paper is fine up to 220°C · 200 fan · gas 7 · 425°F.

EXCEPT FOR BATTER

A Yorkshire pudding wants a bare tin and smoking-hot fat, so never line the tin for batter.

2

Hard things go in first

Potatoes and carrots need longer than sausages, and fish needs hardly any time at all. So the potatoes get a head start.

3

Give it room

If the tin's too full, everything steams instead of browning. Use a bigger tin, or do a bit less.

THE TIN AND DISH FOR ONE

A metal roasting tin about 30 by 20cm, heavy enough not to buckle. And a small ovenproof dish, 15 to 20cm, for the fish pie and the cauliflower cheese.

THE FRYING PAN FOR ONE

About 24cm across and deep-sided, with a lid, or a heatproof plate on top, lifted with an oven glove. A small pan makes a better omelette.

UNDER THE GRILL

Only a pan with a metal handle goes under the grill, and only if the maker says it's grill-safe. Plastic handles melt, and metal ones get scorching hot, so use an oven glove.

**1**

IN THE TIN

Sausage and Onion Traybake

Oven 200°C · 180 fan · gas 6 · 400°F

About 50 minutes

Serves 1

About £1.10 a plate (\$1.50)

YOU NEED

- 3 pork sausages
- 1 potato
- 1 red onion

FROM THE CUPBOARD

1 tbsp oil and 1 tbsp
gravy granules

METHOD

- 1 Cut the potato into wedges and the onion into quarters. Toss them in the oil on a lined tray.
- 2 Roast for 20 minutes. Add the sausages and roast 25 minutes more, turning everything once.
- 3 Cut a sausage open to check. Steaming hot with no pink in the middle, and they're done.
- 4 Sprinkle the gravy granules over the onions, add a splash of boiling water from the kettle and stir. There's your gravy.

PEGGY'S TIP

Don't prick them. Our mums always did, and all the flavour ran out into the tin.

KEEPING IT

Leftover sausages: fridge within 2 hours, eat within 2 days, cold or reheated once till piping hot.

In America you'd call this a sheet pan supper. We just called it tea.



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IN THE FRYING PAN

Pan Haggerty

Hob, then grill · frying pan with a metal handle

About 40 minutes

Serves 1

About 90p a plate (\$1.20)

YOU NEED

- 1 large potato
- 1 small onion
- 60g grated Cheddar
- A knob of butter

FROM THE CUPBOARD

Salt and pepper

METHOD

- 1 Slice the potato and onion as thin as you can.
- 2 Melt the butter in the frying pan. Layer the potato and onion with half the cheese, seasoning as you go, and finish with potato.
- 3 Put a lid on, or a plate, and cook very gently for about 25 minutes, till the potato is soft right through.
- 4 Scatter the rest of the cheese on top and grill till golden and bubbling.

PEGGY'S TIP

A rasher of bacon snipped in between the layers makes it Sunday best.

KEEPING IT

Leftovers: fridge within 2 hours, eat within 2 days. Reheat once in the pan till piping hot.

From Northumberland, right up in the north-east of England. It was the end-of-the-week supper in plenty of houses, when the purse was nearly empty.