PEGGY'S KITCHEN

Peggy's Slow Cooker Cookbook for One: Book Two

20 old British recipes for one in a small slow cooker: ten more three-ingredient dinners, seven soups and three puddings. Two portions every time.



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.

A few weeks back I did ten slow cooker dinners with three ingredients each, and you asked for more. So here's more.

Ten more old British dinners from the video, three things in the pot and a stock cube, counted down from ten to one. Not one of them over three pounds a plate.

Then the soups. Leek and potato, Scotch broth, cock-a-leekie, oxtail: the soups our mums made from a bone and a handful of barley. The slow cooker does them better than the stove ever did, because it never boils them hard.

And three puddings, because a pot that sits there all day might as well steam a syrup sponge while it's about it.

Every one makes at least two. One for tonight, and one for the freezer, so there's always a dinner in the house. And if it's just you at the table these days, you're in very good company.

Love, Peggy x

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BEFORE YOU START

Peggy's four rules for a small slow cooker

Four little rules for the little pot, and then I'll stop nagging. Plus a few things worth knowing before you switch it on.

1. **Never put frozen meat straight in**
   It sits too long at lukewarm, and that's where germs grow. Out of the freezer the night before, and thawed in the fridge on a plate on the bottom shelf. Never on the worktop or in the bath.

2. **Fill it half to two-thirds**
   Less than half full and it can burn round the edges; more than two-thirds and it spits and cooks unevenly. Every recipe here is sized for the little 1.5 litre pot.

3. **Leave the lid alone**
   Every lift lets the heat out, and it takes a good twenty minutes to come back. Look through the glass, and lift it once, near the end, to check the meat.

4. **Cool it, then reheat it once**
   The freezer portion is cooled and in the fridge or freezer within two hours. Reheat it once, on the hob or in the microwave, till piping hot all through. Never in the slow cooker.

HOT STOCK, SKIN OFF

Crumble the stock cube into hot water from the kettle, so the meat spends less time lukewarm. Chicken skin only goes flabby: pull it off, and use thighs on the bone.

CHECK THE MEAT

Chicken, pork, sausages and kidneys: steaming hot, no pink, juices clear, chicken 75°C / 165°F. Stewing beef and lamb are done when a fork slides in like butter.

THICKER GRAVY, AND WHERE IT SITS

A teaspoon of cornflour in a splash of cold water, stirred in at the end, 15 minutes on HIGH. And keep the pot out from under the cupboards: the steam lifts the paint.



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TEN MORE DINNERS

Sausage and Lentil Casserole

Slow cooker · LOW 6 hrs · HIGH 3 hrs

10 minutes, then 6 hours on LOW or 3 on HIGH

Makes 2 · freeze 1

About 80p a plate ($1.10)

YOU NEED

- 4 pork sausages
- 100g red lentils (half a mug)
- 2 carrots, sliced

FROM THE CUPBOARD

A stock cube in 500ml (2 mugs) of hot water, salt and pepper; bread for mopping

METHOD

1. Rinse the lentils in a sieve under the cold tap and tip them into the pot with the sliced carrots.
2. Lay the four sausages on top. Crumble the stock cube into 2 mugs of hot water from the kettle and pour it over the lot.
3. Lid on. Low for 6 hours, or high for 3. The lentils cook down into a thick gravy by themselves, so there's no flour to fuss with.
4. Cut a sausage open before you serve. Steaming hot with no pink in the middle, and they're done. Any pink, give it another half hour.
5. Two sausages tonight with a slice of bread, and two in a tub for the freezer with their share of the lentils.

PEGGY'S TIP

Red lentils are the easy ones. They need no soaking, and they thicken the pot for you. Green or brown lentils stay whole and take longer.

KEEPING IT

Cool the spare within 2 hours and freeze it. Thaw it in the fridge overnight and reheat it once, on the hob or in the microwave, till piping hot.

Lentils were how you made the meat go further. A handful in the pot, and four sausages did two dinners.



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SOUPS AND PUDDINGS IN THE SLOW COOKER

Leek and Potato Soup

Slow cooker · LOW 5–6 hrs · HIGH 3 hrs

15 minutes, then 5 to 6 hours on LOW or 3 on HIGH

Makes 2 bowls · eat 1, freeze 1

About 50p a bowl (65¢)

YOU NEED

- 1 large leek (about 250g), sliced and washed well
- 2 small potatoes (about 250g), peeled and cut small
- 100ml milk, or a splash of cream

FROM THE CUPBOARD

A knob of butter, a chicken or vegetable stock cube in 500ml (2 mugs) of hot water, salt and white pepper

METHOD

1. Slice the leek, white and pale green, and wash the slices in a bowl of cold water. Grit hides between the layers.
2. Leek and potatoes into the pot with the butter. Crumble the stock cube into 2 mugs of hot water and pour it over. Lid on.
3. Low for 5 to 6 hours, or high for 3, till the potatoes fall apart when you press one against the side.
4. Whizz it with a stick blender in the pot, or mash it with a masher for a rougher soup. Stir in the milk.
5. Lid back on, high for 15 minutes, till it's piping hot again. Salt, and plenty of white pepper, the way our mums did it.

PEGGY'S TIP

Serve it cold in a posh glass and the French call it vichyssoise. Hot, with bread and butter, it's leek and potato, and it's nicer.

KEEPING IT

Cool the spare within 2 hours and freeze it for up to 3 months. Thaw in the fridge, stir it well if it looks split, and reheat once till piping hot.

Leeks were the poor man's vegetable, cheap all winter and standing in every allotment. Leek and potato is Wales in a bowl, and the Welsh pin a leek to their coats on St David's Day to prove it.