



# S2R Eat Well & Save Pounds

## Session 1 Batch Cooking

- Meatballs
- Cottage pie
- Chilli con carne
- Pasta bolognaise

## **Introduction to batch cooking**

Our first cooking session together gives you some ideas to cook meals in bulk, all the dishes were made using 1 kg beef mince, you can use a vegetarian option such as Quorn or soya mince.

Using the mince and other ingredients the video cooking demonstration goes through the methods of cooking four different dishes.

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Starting with the pack of mince divided into 4 portions the dishes were demonstrated and cooked. I have provided in this pack the recipes for the four dishes so that you can choose to make one or more at home.

Throughout the hour long cooking video there are tips and ideas to help make cooking in bulk easier. All the dishes were prepared and cooked in the hour.

The recipes do not require any special equipment; you will need a medium or large pan, large spoon for stirring the pan, a knife for peeling, a chopping board and a tin opener.

Some of the tips to reduce food waste, cook on a budget, food labelling and freezing meals I have added to the pack.

So if you are keen to start cooking..... hands washed, sleeves rolled up, apron on and let's get cooking!!

Don't forget to take photographs of your finished dishes!

If you need a paper copy of recipes to give to others who can not access the video, please call 07933 358 800

Bev