

MAKE DO & MEND



Shirley's Kitchen

Budget Recipes

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Leftover Dishes Nail soup

Versatile veg soup (sometimes called Nail Soup 10mins)

A basic soup recipe that can be adapted to whatever needs using up from the fridge.

200g chopped raw vegetables, such as onions, celery and carrots
300g potatoes
1 tbsp oil
700ml stock
crème fraîche and fresh herbs, to serve

Method

1. Fry the chopped raw vegetables with the potatoes, peeled and cubed, in a little oil for a few mins until beginning to soften.
2. Cover with the stock and simmer for 10-15 mins until the veg is tender. Blend until smooth, then season. Serve with a dollop of crème fraîche and some fresh herbs. Will freeze for up to 1 month.



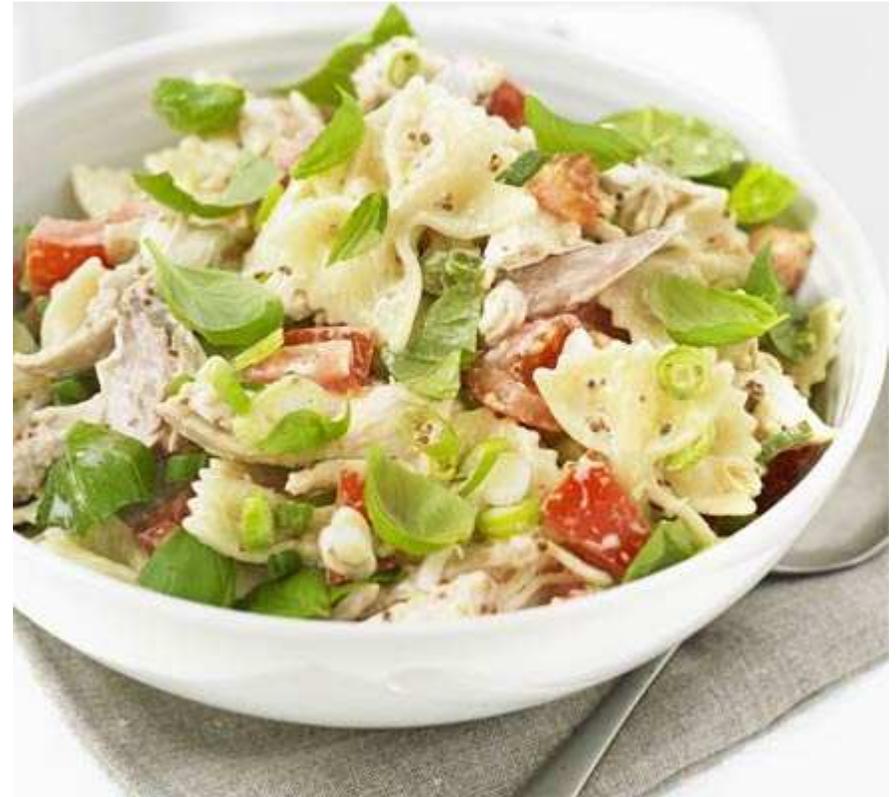
Leftover Dishes Chicken Pasta

Honey-mustard Chicken Pasta (15 mins)

300g farfalle or other pasta shape
3 tbsp reduced-fat mayonnaise (use full-fat if you prefer)
1 heaped tsp wholegrain mustard
1 tsp clear honey
300g cooked chicken, torn into rough pieces
4 spring onions, thinly sliced (or use ½ red onion, thinly sliced)
small bunch basil, leaves roughly torn
4 tomatoes, quartered, then each chunk halved

Method

Boil the pasta, then cool under running water. Mix the mayo, mustard and honey in a large bowl and loosen with a little water to make a dressing the consistency of double cream. Add the pasta, chicken, onions, basil and tomatoes, season to taste, then gently mix together.



Leftover Dishes Lamb & Spuds

Leftover lamb & potato pie (50mins)

This spin on cottage pie is a great way of using up leftover meat and potatoes.

leftover lamb, about 200g-300g/7oz-11oz
100g leftover gravy, if you have any,
or a splash of lamb stock
leftover potatoes, about 250g/9oz
50g cheese, grated
2 tbsp breadcrumbs, with mixed herbs

Method

Heat oven to 200C/180C fan/gas 6.

Carve all leftover lamb off the bone, roughly chop and place in an ovenproof dish, or 2 individual pie dishes. Pour over some gravy, or if there's none left, just a bit of stock to moisten.

Crumble the leftover potatoes over, then scatter with cheese and any leftover herb crumbs.

Bake in the oven for 30 mins until golden on top and bubbling around the edge. If you've got any greens leftover, then quickly stir-fry to reheat and serve alongside.



Leftover Dishes Rice

Shirley's Monday night rice (50mins)

2 tbsp vegetable oil
1 egg, beaten with about 2 tbsp water
1 onion, chopped
2 garlic cloves, crushed
1 heaped tbsp curry powder
2 tbsp tomato ketchup
a large handful of frozen peas (about 85g/3oz)
250g leftover cold cooked rice (any type) or a 250g pouch of ready cooked rice
175g cooked chicken or pork, shredded into strips
a good splash of soy sauce

Method

- 1.Heat half the oil in a large non-stick frying pan over a highish heat. Pour in the beaten egg, swoosh it around the pan and leave it to set for a minute. Flip it over like a pancake and let it cook for a minute more on the otherside, then tip it out flat on to a plate.
- 2.Heat the remaining oil in the same pan. Tip in the onion and sizzle for 3-4 minutes until it's starting to brown, then stir in the garlic, curry powder and ketchup. Add the peas and cook for a minute or two until they start to defrost. Tip in the rice, cooked meat and a glass of water (100ml/3½fl oz) and cook over a medium heat for 5-6 minutes, stirring as you go, until everything's piping hot and the rice has taken on the colour of the curry powder.
- 3.While your rice is frying, shred the omelette into long strips. Toss the omelette and soy sauce through the rice and cook for a moment more. Scoop the rice on to plates straight from the pan and serve with extra soy sauce for sprinkling over



Leftover Dishes Hot Cross

Hot cross bread & lemon pudding (50mins)

knob of butter, for the dish
4 stale hot cross buns
200g lemon curd
2 large eggs
200ml double cream
200ml milk
½ tsp vanilla extract
4 tbsp caster sugar
little lemon zest
cream or vanilla ice cream, to serve (optional)



Method

1. Butter a 1-litre baking dish that will quite snugly fit the buns. Cut each bun into 3 slices, and sandwich back together with a generous spreading of curd. Arrange buns in the dish.
2. Whisk egg, cream, milk and remaining curd, then sieve into a jug with the vanilla and 3 tbsp of the sugar. Pour over the buns and stand at room temperature for 30 mins for the custard to soak in.
3. Heat oven to 160C/140C fan/ gas 3. Scatter the remaining sugar and lemon zest over the pudding. Bake for 30-40 mins until the top is golden and the custard gently set. Stand for 5 mins, then serve with cream or vanilla ice cream, if you like.



Leftovers Whisky & Marmalade

Whisky & Marmalade with bread in butter pudding (50mins)

8 slices day-old crusty white bread, crusts removed
50g very soft butter
4 tbsp Seville orange marmalade, plus 4 tsp
300ml full-fat milk
248ml pot double cream
3 large eggs
seeds 1 vanilla pod
4 tbsp golden caster sugar
2 tbsp whisky
icing sugar, for dusting



Method

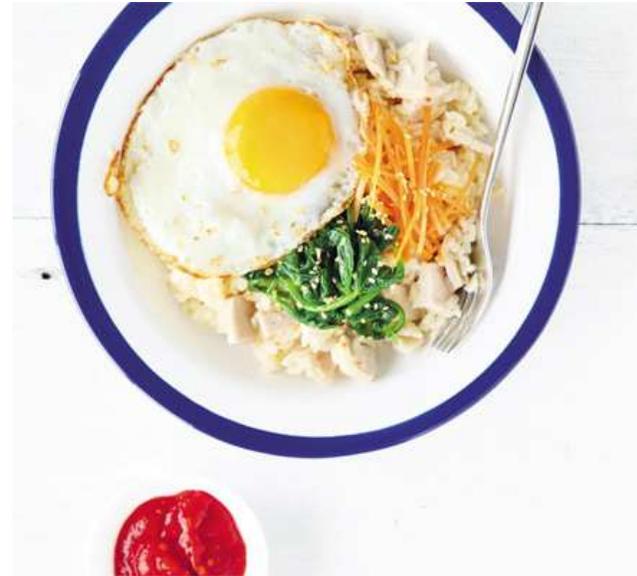
1. Butter each piece of bread on both sides, then spread 4 with the 1 tbsp marmalade each. Pop the remaining bread on top to make 4 marmalade sandwiches. Cut into triangles and nestle in rows in a large baking dish. Heat oven to 160C/140C fan/gas 3.
2. Beat the milk, cream, eggs, vanilla, sugar and whisky together, then pour over the bread. Leave to soak for 30 mins.
3. Dot the remaining marmalade all over the top of the pud and dust with the icing sugar. Bake for 45 mins-1 hr or until puffy and starting to caramelize where the bread breaks out of the custard. Serve hot or warm.



Christmas Turkey Leftovers 1

Korean Rice Pot. (20mins)

500ml water or chicken stock
250g/ 9oz long grain rice
300g/ 11oz cooked turkey, diced
250g/ 9oz baby spinach
2 carrots, shredded
1 tsp toasted sesame oil
1 tsp toasted sesame seed
2 tbsp vegetable oil
4 eggs
2 tbsp thick chilli sauce



Method

1. Pour the chicken stock into a large pan and bring to the boil. Add the rice and turkey, bring back to the boil and simmer for 12-15 mins until the stock has been absorbed and rice is tender.
2. Put the spinach in a colander and pour over a kettle of hot water to lightly wilt. Keep the spinach and carrots separate, but dress both with the sesame oil and seeds.
3. Cover the cooked rice with a lid and leave to sit for a couple of mins. Meanwhile, heat vegetable oil in a non-stick pan set over a high heat. Fry eggs so the white crisps up nicely round the edges.
4. Spoon the rice into large bowls and arrange the spinach and carrots on top. Finish each with a fried egg and a dollop of chilli sauce. Serve immediately.



Christmas Turkey Leftovers 2

Singapore Turkey Noodles. (20mins)

200g rice noodles
3 tsp sesame oil or (veg)
2 eggs, beaten
2 garlic cloves, crushed with thumb-sized piece ginger,
1 red chilli, 2 red peppers, deseeded and chopped
Left over from Christmas vegetables
200g beansprouts
6 spring onions, finely sliced
250g/9oz leftover turkey meat, shredded
140g leftover ham, diced
3 tbsp Madras curry powder or paste
1 tsp turmeric and 2 tbsp soy sauce, plus extra to serve
2 tsp dry sherry with sprinkling of sugar



Method

1. Soak the noodles in boiling water until tender, then drain and toss in 1 tsp of the sesame oil. Beat the eggs with the rest of the sesame oil and some seasoning. Heat half the vegetable oil in a wok and pour in the eggs to make a flat omelette. Cook on one side, then flip over, cook all the way through and transfer to a plate.
2. Place the wok back on the heat with the rest of the oil and quickly fry the garlic, ginger and chilli. Add all the vegetables to the wok, fry for 1 min more, then add the turkey and ham. Tip the noodles into the pan and stir through the curry powder, turmeric, soy, Sherry and sugar. Cook everything together for 1-2 mins, then shred the omelette and stir it through the noodles. Serve the noodles scattered with coriander sprigs, sliced chilli and extra soy sauce.



Christmas Turkey Leftovers 3

Turkey Italian Cacciatore . (50mins)

Italian cheese and tomato bake is a fab way to use up leftover meat.

2 small or 1 large onion, chopped
2 garlic cloves, crushed
3 tbsp olive oil
2 tsp dried oregano
3 x cans chopped tomatoes or cherry tomatoes
1 tbsp sugar
little splash vinegar
about 500g leftover turkey, shredded into chunks
1 x 125g balls mozzarella
2 good handfuls fresh breadcrumbs

Method

1. Fry the onion and garlic in the oil until softened. Add the tomatoes and sugar, a little splash of vinegar and some seasoning, then simmer for 20 mins until really thick. Stir in the turkey and transfer to a baking dish. Heat oven to 220C/200C fan/gas 7.
2. Tear over the mozzarella in chunks, then scatter over the breadcrumbs with a bit more ground pepper. Bake for 20 mins until turkey is piping hot through, and the top is golden and bubbling. Eat with mash, jackets, rice or pasta



Christmas Turkey Leftovers 4

Moroccan turkey salad. (10mins)

Use up abundant roast meat in a healthy salad with aubergine, tomatoes, pomegranate and mint

2 pitta breads
2 tbsp olive oil
1 diced aubergine
1 tbsp harissa
250g halved cherry tomatoes
500g shredded leftover turkey breast
100g rocket
seeds 1 pomegranate or 110g tub pomegranate seeds
a few mint leaves

Method

- 1 Tear the pitta into pieces and fry in the olive oil until crisp.
- 2 Tip into a bowl, then fry the aubergine for 10 mins until soft.
- 3 Add to the pitta with the harissa, tomatoes, turkey and rocket.
- 4 Toss well. Scatter over pomegranate seeds and mint leaves.



Christmas Turkey Leftovers 5

Leftover Turkey Casserole. (25mins)

One pot stew uses up all your roast dinner leftovers in one go and has a great honey mustard tang.

2 onions, finely chopped
1 eating apple, cored and chopped
2 tbsp olive oil
1 tsp dried sage, or 5 sage leaves, chopped
2 tbsp plain flour
300ml vegetable or chicken stock
2 tbsp wholegrain mustard
2 tbsp runny honey
400g-500g leftover turkey, shredded
about 350g leftover roasted vegetables
like roast potatoes, parsnips, celeriacs
and carrots, chunkily diced

Method

1. Fry the onion and apple in the oil until softened in a casserole or deep pan. Stir in the sage for 1 min, then stir in the flour. Gradually stir in the stock followed by the mustard and honey.
2. Bring up to a simmer and stir in the turkey and roast veg. Cover and gently simmer for 15 mins until turkey is piping hot. Season and eat with mash or jacket potatoes.



Christmas Turkey Leftovers 6

Coronation Turkey with homemade Chapattis. (30mins)

½ tbsp vegetable oil

½ onion, chopped

1 garlic clove, chopped

1 tbsp curry powder

½ tsp each ground cumin, ground coriander and turmeric

125ml coconut milk and 125ml chicken stock

200g mayonnaise

425g leftover turkey

2 tbsp desiccated coconut, toasted

handful chopped coriander, chopped tomato, sliced onion and lettuce leaves, to serve

For the chapattis - 31 tbs oil and 50g wholemeal flour (or roti flour), plus extra for dusting



Method

1. Heat a saucepan and add a little vegetable oil. Fry the onion and garlic until both are lightly browned. Chuck in all the spices and let them sizzle for 1 min, then add the coconut milk and the stock. Allow this to reduce until you have a thick, rich, creamy, spicy onion mixture in the pan. Pour into a bowl, leave to cool, then stir through the mayonnaise. Can be kept in the fridge for up to a week.

2. To make the chapattis, put the flour and 1 tsp salt into a large bowl. Pour in the oil and rub into the flour with your fingertips. Pour in 250ml lukewarm water, mix to form a firm dough, then knead for about 10 mins until springy. Place back in the bowl and leave to rest for 30 mins. Cut into 8 walnut-size pieces and roll out into thin discs on a lightly floured surface. Pan-fry the discs in a dry heavy-based pan for about 1 min on each side. They should colour and blister – use a clean cloth to press flat in the pan while cooking.

3. To serve, mix the curried mayonnaise with the turkey. Toast the desiccated coconut in a dry pan until golden. Sprinkle over the turkey along with some coriander, then serve alongside the chapattis with some tomato, sliced onion and lettuce, if you like.



Corn Beef Fritters

Corn Beef Fritters

(10 mins)

- 2oz self raising or plain flour
- Pinch salt
- Pinch dried mixed herbs
- 1 teaspoon grated onion
- 1 egg yolk
- ½ gill (5fl oz) milk or milk and water
- 6oz corn beef / or spam finely flaked
- 1 teaspoon parsley
- 1oz dripping (clarified) or cooking fat

Method

Blend the flour with the salt, egg and milk / milk and water. Beat until smooth, batter then add the herbs, onions, parsley, and corn beef / spam. Melt the fat in a frying pan. When hot drop in a spoonful of batter mixture. Fry quickly on both sides until crisp and brown.



Eggless Fruit Cake

Eggless Fruit Cake.

- .6oz self raising flour
- 1 level teaspoon baking powder or plain flour
- 3 level teaspoons of baking powder
- 2 ½ oz margarine
- 2oz sugar
- 1 level tablespoon golden syrup
- ¼ pint milk or milk and water
- Jam for filling

Method

Sift the flour and baking powder. Cream the margarine sugar and golden syrup until soft and light, add a little flour then a little liquid. Continue like this until a smooth mixture. Grease and flour two 7 inch sandwich tins and divide the mixture between the tins. Bake for approximately 20 minutes or until firm to touch, just above the centre of a moderately hot oven. Turn out and sandwich with jam.



Cornish Pasty

Cornish Pasty

- 8oz shortcrust pastry
- 4oz steak
- 1 onion
- 8oz diced raw potato
- pinch salt & pepper
- a little stock
- egg for glazing

Method

Roll pastry onto a large plate.

Mix the other ingredients together, moisten them with a little stock, place on half the pastry, fold the other half over, seal and crimp the edges, brush with the egg.

Make three slits in the pastry to let steam escape. Bake in moderate oven (375 degree F – gas mark 5 for 1 – 1 ¼ hours



Fish Pasties

Fish Pasties

- 8oz cooked fish
- 8oz mixed cooked vegetables
- 1 tablespoon vinegar
- 6oz short crust pastry
- 2 tablespoons chopped parsley
- ¼ pint white sauce
- 1 teaspoon salt ¼ teaspoon pepper

Method

Mix the fish, vegetables, parsley, sauce and seasoning. Roll out the pastry, cut into 6" in diameter (as Cornish pastry method). Place the filling on one half of pastry, damp pastry edges and fold the other half over, seal and crimp edges. Bake in a moderate oven 25-30 minutes

