

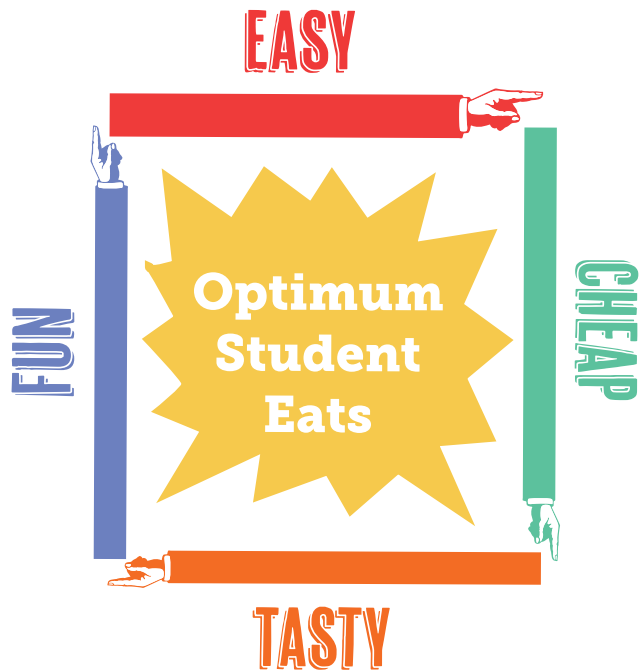
# STUDENTBEANS.COM'S

*EASIEST, CHEAPEST & FUNNEST STUDENT RECIPES*



## Welcome to studentbeans.com's essential student cooking guide!

Our studentbeans.com scientists have been hard at work in the Beanopolis laboratory creating the formula for the perfect student cooking guide. They've discovered the Student Cooking Square.



Using the Student Cooking Square we've enlisted the help of our favourite chef [Rachel Davies](#) to create this incredibly useful guide.

Tastiness, cheapness and fun-ness is yours!



Make sure you've liked Rachel's [Facebook](#) to get delicious recipes and cooking tips.

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Being a student doesn't mean you have to make your own entertainment and live on toast. Thanks to [studentbeans.com](http://studentbeans.com) you can afford to eat at your favourite restaurants every week, make huge savings on nights out and trips to the cinema, fill up your supermarket trolley with the finest foods and generally live like a Royal.

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## Student cooking cupboard essentials

Stock your cupboard with these to enter a world of tastiness and life long money saving.

It's well worth paying out for these basics, so you've always got the bits and bobs you need to make your delicious money saving meals. You can share the cost of them amongst your housemates - maybe start a house kitty for keeping them topped up.

### Condiments

- Soy sauce 58p (150ml)
- Vinegar 13p (568ml)
- Balsamic vinegar 98p (250ml)
- Worcestershire sauce 80p (150ml)
- Tomato sauce 21p (550g)
- Mayonnaise 48p (500ml)
- Dijon mustard 44p (100g)
- English mustard 32p (180g)
- Wholegrain mustard 44p (180g)

### Seasoning

- Salt 34p (1kg)
- Pepper 18p (25g)
- Mixed herbs 19p (18g)
- White wine vinegar 68p
- Caster sugar £1.19
- Flour 52p (1.5kg)
- Stock cubes 10p
- Chilli flakes 50p (28g)
- Ground cumin 48p (41g)
- Paprika 46p (46g)

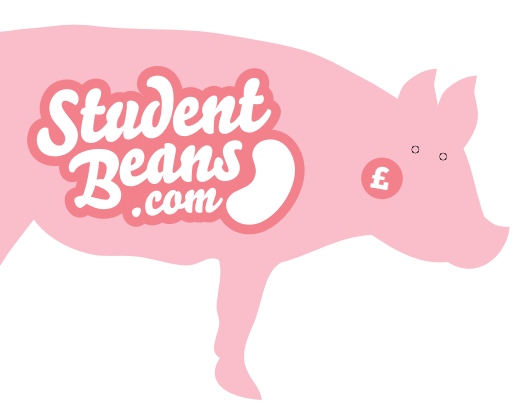
### Staples

- Pasta 30p (500g)
- Rice 40p (1kg)
- Noodles £1 (375g)
- Cous cous 68p (500g)
- Chopped tomatoes 33p (400g)
- Coconut milk £1 (400ml)
- Curry paste £1
- Tomato puree 48p

### Oil

- Sunflower £1.49
- Olive £1

**Total:  
£16.70**



## studentbeans.com's supermarket saving secrets

Here are some very handy tactics you  
can use to save you a load of cash  
when you're supermarket shopping

### ★ Get huge savings by timing your food shop

You can get massive reductions if you go to the supermarket at the right time - often after a certain time late in the day. [Find out more about timing your shop here](#)

### ★ Watchout for the bargains that could be a con

A BBC documentary recently exposed UK supermarkets for using dirty tricks on offers, so beware. [Find out more on the story and how to avoid being conned here](#)

### ★ Get into using cheaper cuts of meat

Cheaper cuts are often just as tasty, if not more so, than the more expensive ones that we're used to buying. Give them a go and save yourself loads. [Find out all about cheaper meat cuts here](#)

### ★ Become unbranded

Unbranded painkillers by law have the same ingredients as branded and are 80% cheaper. Learn the psychology of why we buy own branded and [how to avoid this money wasting danger zone.](#)

### ★ Buy in bulk and stock up when offers are on

You do the maths: buy small - £4.50 per kilo, buy big - £1.00 per kilo. [Check out our guide to bulk buying here](#)

### ★ Use loyalty cards but never be loyal

Always use loyalty cards to collect points and always be unfaithful if things are cheaper elsewhere. Getting points is hardly ever as good as saving cash.

### ★ Take advantage of vouchers and money off coupons

Check the latest [Tesco's](#) and [Sainsbury's](#) offers on studentbeans.com

### ★ Avoid travel expense

You can get free deliveries on essentials to avoid expensive corner shop prices when you run out, transport costs to supermarkets, and generally save time and hassle. You can get over 250 essentials delivered to your door for free using the [milk&more deal](#) on [studentbeans.com](#)



# Student Classics

All time student classics - the cheapest,  
easiest, tastiest versions



# SPAGHETTI BOLOGNESE

The classic of classics!! All hail spag bol! Here's how to do the Great Grandmother of student classics, perfectly.

TOTAL  
£5.77

2 tablespoons sunflower oil

1 large onion, peeled and finely diced

1 carrot, peeled and finely diced

2 sticks celery, finely diced

2 cloves garlic, crushed

500g minced beef

Glass of white wine

2 tablespoons tomato puree

1 x 400g tin chopped tomatoes

Pinch of nutmeg

Salt and pepper

400g spaghetti

Parmesan, pecorino or cheddar cheese, grated

serves



PREP: 10 MIN COOK: 80 MIN

## Method

1. In a large pan, heat the oil on a medium heat and add the onion and carrot. Stir for about 5 minutes, so that it doesn't colour. Add the celery and cook for another 5 minutes.
2. Add the garlic and stir for a few minutes. Then add the mince to the pan (take your mince out of the fridge at least 30 minutes before making the Bolognese, as it will brown nicely at room temperature), spread it out covering the whole pan and turn up the heat. Don't touch the meat for about 5 minutes, check that it has browned, stir, break up any chunks, and repeat for about 10 minutes.
3. Add the wine and let it bubble away until it has almost all evaporated.

4. Add the tomato paste and stir for a minute. Then add the chopped tomato, and swirl some water around the empty can and add that to the pan as well. Add a big pinch of salt and pepper. Then lower the heat to let it simmer gently for about 40 minutes. Add more water if it looks too thick, and stir every 5 minutes.
5. Cook the pasta in well salted water until it just has a bite to it, and drain.
6. Taste the sauce, and add more salt or pepper if necessary. Then add the spaghetti to the sauce, mix well, and serve with parmesan, pecorino or cheddar cheese grated on top.

## Tips & tricks



- ★ Add a pinch of nutmeg or some dry or fresh herbs, and try cooking for longer for a richer, even more delicious sauce.
- ★ Tastes even better the next day or the day after that heated up.
- ★ Freeze leftover mince in portions for handy meals whenever you want.

# CLASSIC CHILLI CON CARNE

God, a good chilli tastes delicious. And this is a good chilli. All those kidney beans and tomatoes means it's darn good for you and your brain too. Win, win.

2 tablespoons sunflower oil	Salt and pepper
2 medium onions, sliced thinly	500g minced beef
3 cloves garlic, crushed	1 x 400g can chopped tomatoes
2 teaspoons ground cumin	1 x 400g can red kidney beans, drained
2 teaspoons paprika	Sour cream
½ teaspoon dried chilli flakes	Boiled rice to serve

TOTAL  
£3.67

serves  


PREP: 05 MIN COOK: 20 MIN

## Method

1. If you are using the oven, preheat it to 150C.
2. Heat the oil in a large saucepan, and fry the onion gently on a medium heat for about 10 minutes, stirring occasionally, or until softened. Add the garlic and stir for a few minutes.
3. Add the chilli flakes, cumin, paprika and a little salt and pepper. Turn the heat up high, and add the beef, stirring occasionally until browned. Break up the chunks with a spoon.
4. Stir in the canned tomatoes and a little water swirled around the empty tomato can. Use a wooden spoon to scrape up all the brown bits stuck to the pan. This adds great flavour!
5. Simmer gently, covered with a lid, for about an hour. You can do this in the oven at 150C, or on the stove on a low heat.
6. Add the red kidney beans 15 minutes before the end of cooking time. At the same time, put on the rice to boil.
7. Skim and throw away any oil from the surface. Then taste and season the chilli with salt and pepper. Serve with rice and soured cream.

## Tips & tricks



- ★ Chilli tastes great the next day, and you can make large quantities and freeze it
- ★ Try over a baked potato or in fajitas too
- ★ Increase the amount of chilli flakes if you're feeling brave

# THAI GREEN CURRY

Now a classic doesn't have to be old. Thai green curry has marched to student classic status in an incredibly short time. Pubs used to just sell pork scratchings and peanuts, but now they all sell Thai green curry. There's a reason for that. It's delicious. And we'd be fools not to follow in the path of British pub wisdom.

1 tablespoons sunflower oil	1 x tin coconut milk
4 skinless chicken breasts, diced into bite size chunks	1 tablespoons nam pla Thai fish sauce
4 tablespoons green thai curry paste	1 tablespoons soy sauce
2 tablespoons brown sugar	2 fresh limes

serves  


PREP: 05 MIN COOK: 25 MIN

## Method

1. Put the oil, chicken, curry paste and brown sugar into a pan on a medium heat and keep stirring for about ten minutes, or until the chicken is opaque.
2. Add the coconut milk, stir well and bring to a simmer.
3. Add the fish and soy sauce. Let the curry simmer gently until the liquid has thickened a little and the chicken is cooked through. Then add the juice of one lime.
4. Taste, and add a little more sugar, fish sauce, soy or lime juice so that it's really flavoursome.
5. Serve with boiled rice and lime wedges.

## Tips & tricks



- ★ Thai green curry is quick to make and ridiculously tasty.
- ★ You can use tofu or prawns instead of chicken, or throw in some veggies like green beans, baby corn or frozen peas.
- ★ Thai green curry paste and fish sauce are available from supermarkets.
- ★ If you're vegetarian or can't find fish sauce, add a little more soy sauce instead.

TOTAL  
£5.77



# BUTTERNUT SQUASH RISOTTO

Get risotto skill under your belt and you've got a versatile and easy dish in your cooking armoury. Italians say that your risotto won't taste good unless you always stir in the same direction, but as Alex Ferguson says 'When an Italian tells me it's pasta on the plate, I check under the sauce to make sure.' So just ignore that.

1 butternut squash or pumpkin  
4 tablespoons sunflower oil  
2 chicken or vegetable stock cubes  
1 onion, peeled and finely chopped

400g arborio rice  
100g parmesan cheese, freshly grated  
Salt and pepper

serves



TOTAL  
£4.70

PREP: 10 MIN COOK: 40 MIN

## Method

1. Before you start, heat the oven to 200°C and put the kettle on to boil.

2. Peel the squash. Then slice it in half lengthways, remove the seeds with a spoon and discard them. Cut the squash into 2 cm cubes.

3. Line a baking tray with foil to make washing up easier. Put the chopped squash onto the tray along with two tablespoons of sunflower oil and a generous pinch of salt and pepper. Toss it all together, and roast in the oven for about 30 minutes. Take it out when it's soft in the centre, and browned a little on the outside.

4. In the meantime, pour 1.5 litres boiling water from the kettle into a saucepan with the two stock cubes, heat gently until the cubes dissolve and leave it on a low heat. In a large saucepan, heat two tablespoons of oil and sauté the onion gently on a medium heat for about ten minutes, stirring often, until it is soft but not coloured.

5. Add the rice, and stir for about one minute until the grains are glossy from the oil. Increase the heat slightly, add in a cup of stock, and simmer gently, stirring to mix it all together.

When the liquid is almost completely absorbed, add more stock and repeat these steps until the risotto looks creamy and the rice is cooked with a slight bite. You do not need to add all of the stock, but it will probably have absorbed most of it. This will take about 20 minutes.

6. Stir the roasted butternut squash and grated parmesan into the risotto. At this point you can mix in a little butter if you like.

7. Taste, and add salt or pepper if it needs any. Then serve with more parmesan grated on top.

## Tips & tricks



- ★ Easy to make once you get the hang of 'em as well as being filling and versatile.
- ★ Add fresh or dry herbs, different cheese, vegetables or meat.
- ★ Frozen peas stirred in at the end are a quick and easy variation, or add sliced mushrooms to the cooked onion and carry on as in the recipe above.



# ITALIAN SAUSAGE AND BEAN STEW

**Alternative name: Stewdent Beans. Apologies. This souped up (sorry again) stew is what you could call 'battle food'. If you're battling the winter, exams, illness or a broken heart. This healthy, restorative meal, will give you what you need to win through.**

3 tablespoons olive or sunflower oil

8 sausages of your preferred flavour (we used pork and leek), cut into 3 pieces

1 glass white wine

2 medium onions, peeled and sliced

1 x 400g tin chopped tomatoes

½ teaspoon dried chilli flakes

1 x 400g tin kidney beans

Salt & pepper

**serves**



PREP: 05 MIN COOK: 35 MIN

## Method

**1.** Over a medium/high heat, add a tablespoon of oil to a large saucepan and then add the sausages. Colour evenly, then remove from the pan and leave to one side.

**2.** Add the wine to the pan, and scrape all the brown bits from the bottom of the saucepan with a wooden spoon. Then pour this liquid into a bowl and keep it on the side.

**3.** Add two tablespoons of oil to the pan, and sauté the onion, stirring occasionally for about ten minutes, or until soft.

**4.** Add the wine back to the pan, and bubble away until the liquid has reduced by about a third.

**5.** Return the sausages to the pan, add the tinned tomatoes, chilli flakes and a generous pinch of salt and pepper. Simmer gently for about 15 minutes, or until the sauce has thickened.

**6.** Drain and rinse the kidney beans, add to the stew and heat through for a few minutes.

**7.** Taste and add salt and pepper if necessary. If the sauce tastes bitter, it might need a pinch of sugar too.

**8.** Serve either by itself, or with rice, pasta or potatoes. It tastes even better kept in the fridge and reheated the next day!

## Tips & tricks



- ★ Try replacing the kidney beans with cannellini beans, and use spicy sausages for an extra kick.



# FUTURE

## Student Classics

Specially chosen and created to fulfill the cheap, tasty and easy student cooking needs factors. These are destined to become real household favourites.



# PAD THAI

Mirroring the incredible surge in popularity of Thai food in the UK in recent times. This is the second Thai dish in our guide. Quick and delicious, this is a great alternative to a take-away.

240g dry rice noodles  
60g peanuts, roughly crushed  
2 tablespoons sunflower oil  
180g raw king prawns, peeled  
5 eggs  
300g bean sprouts

3 tablespoons Thai fish sauce (nam pla)  
1 tablespoon brown sugar  
1 tablespoon dark soy sauce  
2 limes  
4 spring onions, thinly sliced

**serves**  


**TOTAL**  
**£7.07**

PREP: 05 MIN COOK: 20 MIN

## Method

1. Boil the kettle, and put the rice noodles into a bowl or baking tray with high sides. Pour the hot water over the noodles, and leave to soak until they are softened but not mushy, five to ten minutes.
2. Drain them and set aside.
3. Put the fish sauce, juice of one lime, sugar and soy sauce together in a bowl. Crack the eggs into another bowl and beat them lightly with a fork.
4. Roast the peanuts in a hot, dry wok or frying pan until lightly coloured, then set aside, and wipe the pan clean with kitchen paper or give it a quick rinse and dry it.

5. Heat the oil in the pan over a high heat, and add the prawns. Stir fry for two minutes, and set aside.
6. Tip the eggs into the hot pan, and gently mix until they are just set like an omelette. Break the omelette up into smaller chunks.
7. Then add the noodles, bean sprouts and all the liquids to the pan and stir fry for a few minutes.
8. Add the prawns, toss it all together, and serve with peanuts and spring onions sprinkled on top, and lime wedges on the side.

## Tips & tricks

- ★ You can add tofu cubes or chicken instead of the prawns and add chilli paste if you want some heat.
- ★ To make this simple, make sure you have all your ingredients ready before heating up your pan, and it'll be ready super fast.

# CORN FRITTERS

Quick and easy to make, and they look impressive. So... that's getting to show off your sweet cooking skills without putting in any effort? Sign us up!

400g tinned sweetcorn  
120g self-raising flour  
2 eggs, lightly beaten  
5 tablespoons milk

5 spring onions, thinly sliced  
½ teaspoon chilli flakes  
Salt and pepper  
Sunflower oil, for frying

serves



PREP: 05 MIN COOK: 15 MIN

## Method

1. Drain the sweetcorn, and put in a large bowl with the flour, egg, milk, spring onion and chilli flakes. Add a big pinch of salt and pepper, and mix well.
2. Heat 2 tablespoons of oil in a frying pan over a medium/high heat. When the oil is hot, take a tablespoon of batter and place it in the pan. Spread it out gently, and repeat until you have three or four fritters cooking, and the pan isn't crowded. Fry for two to three minutes each side, or until crisp.
3. Either eat immediately, or lay the fritters on a tray lined with kitchen paper and keep them warm in the oven until the rest of the fritters are cooked.
4. Serve the fritters hot with salad and some chutney.



## Tips & tricks



- ★ Serve them as a main meal with a salad and some chutney, or as a side dish with sausages, chicken or fish.
- ★ You can play around with the vegetables. Try grated courgette or potato.
- ★ Add chopped fresh herbs such as mint, parsley or coriander
- ★ Try adding feta cheese, grated halloumi or add spices from your cupboard.





# SPAGHETTI AGLIO, OLIO, PEPPERONCINO

(Spaghetti with garlic, olive oil and chilli)

The 'I can't be bothered to go shopping' meal. It's cheap, bold, strong flavoured and there's a good chance all the ingredients will be sitting in your cupboard and fridge. YES!

400g dried spaghetti  
5 tablespoons olive oil  
6 cloves garlic, crushed  
1 teaspoon chilli flakes

50g parmesan, grated  
Salt and pepper  
Handful of fresh parsley, chopped

serves  


PREP: 05 MIN COOK: 15 MIN

## Method

1. Cook the pasta in very salty water according to the instructions on the packet. Drain when the pasta still has a bite to it.
2. Meanwhile, add the oil, crushed garlic, chilli flakes and a pinch of salt to a deep frying pan and heat gently over a low/medium heat. As soon as the garlic starts to turn golden, turn the heat off.
3. Once the pasta is cooked and drained, tip the spaghetti into the frying pan with the garlic, chilli and oil. Add the chopped parsley if you're using it, and mix everything together for a few minutes over a low heat.
4. Put the spaghetti into bowls, and serve with ground black pepper and plenty of grated parmesan.



## Tips & tricks

- ★ Add more or less chilli depending on how fiery you like your food
- ★ Make sure anyone you kiss afterwards has eaten as much garlic as you!



# PRAWN AND COURGETTE PASTA

Now, courgette sounds a bit boring, not so tasty right? Well, if you say it the American way it suddenly sounds like the signature dish from a buzzing downtown New York restaurant - 'One prawn and zucchini pasta for the lady!'. And believe us, this slightly unusual flavour combination tastes amazing.

400g dried penne pasta  
200g cooked and peeled prawns  
1 onion, diced  
2 cloves garlic, crushed

2 courgettes, quartered and sliced  
1 glass white wine  
A handful of fresh parsley, chopped  
Lots of grated parmesan

serves  


PREP: 10 MIN COOK: 35 MIN

## Method

1. Put your pasta in to heavily salted boiling water and cook until it still has a bit of a bite.
2. Meanwhile, heat two tablespoons of oil in a large pan, and sauté the onions for about ten minutes on a medium heat until they're soft, stirring occasionally.
3. Add the garlic and heat through for a few minutes.
4. Turn up the heat, add the chopped courgettes and a generous pinch of salt and pepper, and stir for a few minutes to soften the courgette.
5. Add the white wine, let it bubble for a minute or two and then add the prawns and parsley and heat through.
6. Mix with the cooked and drained pasta, sprinkle with lots of parmesan and serve.

## Tips & tricks

- ★ Add a pinch of nutmeg or some dry or fresh herbs, and try cooking for longer for a richer, even more delicious sauce.
- ★ Tastes even better the next day or the day after that heated up.
- ★ Freeze leftover mince in portions for handy meals whenever you want.



# SHAKSHUKA

**We know what you're thinking - what in seven hells is this?! Don't worry, it'll be your best 'go-to' buddy dish in no time. It makes a delicious, healthy brunch. Or lunch. Or dinner. Or anytime actually.**

4 tablespoons olive or sunflower oil  
1 large onion, peeled and sliced  
1 red and 1 yellow pepper, cored and cut into 2cm strips  
2 teaspoons sugar  
2 x 400g cans of chopped tomatoes  
1 tablespoon paprika

1 teaspoon ground cumin  
Salt and pepper  
½ teaspoon cayenne pepper (optional)  
4 free-range eggs  
Bread to serve

**serves**



PREP: 05 MIN COOK: 55 MIN

## Method

1. Heat a large saucepan, add the oil and sauté the onions on a medium heat, stirring occasionally for about ten minutes, or until soft.
2. Add the peppers and sugar, and cook on high heat for another five to ten minutes, stirring occasionally so that they get a nice colour but don't burn.
3. Add the chopped tomatoes, paprika, cumin, cayenne, and a generous pinch of salt and pepper. Swirl half a can of water around the tomato tins and add this to the pan. Simmer gently on a medium heat for 15 minutes, or until the sauce has thickened.
4. Taste and adjust the seasoning by adding more salt, pepper or sugar. It should be really tasty.

5. Make four small dents in the sauce, and crack an egg into each of them. Sprinkle salt on the eggs, and cover the pan with a lid (or another saucepan or a baking tray, depending on what you have) for 10-15 minutes, until the egg just sets.

6. Put the pan on a heatproof mat at the table, dip in, and serve with lots of chunky white bread to mop up all the sauce.

## Tips & tricks



- ★ Make sure you have plenty of bread to dip in and soak up all the lovely sauce.

TOTAL  
£3.77



# CULT

## Recipes

Incredible fun to make and share. They'll get everyone talking. They're actually a bit genius.

Y'know, scratch that - they're incredible, mind-blowing works of dazzling genius.

## GUMMY SHOT GLASSES

Get your chompers around these bad boy, gummy sweets shot glasses. Oh yes, you heard that right. A shot glass made out of SWEETS.

16 ounces of gummy sweets

A shot glass mould ([available here](#))

A bowl

serves



### Method

1. Pour your gummy sweets into bowls divided by colour
2. Melt the bowls in the microwave for about 40 seconds, mixing at intervals.
3. Next, all you need to do is pour the mixture into your shot glass moulds (one colour for each glass). Be quick because the mix dries ridiculously fast! Watch your fingers - that gummy mix is HOT.
4. Put in the freezer to set them hard, so you can get them out of the moulds more easily.



Ta da!  
Gummy shot glasses  
A-MA-ZING

# CHOCOLATE MUG CAKE

Serves: Just ONE. ME. MINE.

- |  |   |
|--|---|
| 4 tablespoons flour                    | 3 tablespoons melted butter or oil                    |
| 2 tablespoons sugar                    | 1/4 teaspoon vanilla (or peppermint) extract          |
| 3 tablespoons cocoa (or hot chocolate) | 1 tablespoon choc chips (or smashed up chocolate bar) |
| 1 egg                                  | Pinch of salt   |
| 3 tablespoons milk                     | 1 large mug   |

## Method

1. Add dry ingredients to the mug, and mix well.
2. Crack an egg and add it to your mug. Be sure to mix it well to avoid any pockets of flour in the corners. Pour in the milk, oil and chocolate chips, and mix well. Add the vanilla extract.
3. Pop your mug into the microwave and zap for three minutes on maximum power (1000watt). Wait until the cake stops rising, and sets in the mug.
4. Add chocolate sauce or ice-cream, or whatever you fancy.



**Eat it all up yourself. Recipe for ONE, see? It's just for YOU. Lock yourself in your room if you fear nibblers.**

# BACON JAM

This goes brilliantly on toast, with mature cheddar cheese and apple slices. But what's best about it, is it's bacon jam. It's made of bacon and it's also made of jam. It's jam but it's also bacon at the same time. It's these two amazing things, together. And it's very hard to get your mind around such awesomeness.

- |  |                              |
|--|------------------------------|
| 1 pound thick-cut smoked bacon, cubed      | 1/4 teaspoon paprika         |
| 1 large sweet onion, cut into thick slices | 1/2 cup strong brewed coffee |
| 3 tablespoons light brown sugar            | 1/4 cup apple cider vinegar  |
| 3 cloves garlic, minced                    | 1/2 cup whisky               |
| 1/4 teaspoon allspice                      | 1/4 cup maple syrup          |
| 1/4 teaspoon cinnamon                      | 1 tablespoon hot sauce       |
| Pinch of nutmeg                            |                              |
| Pinch of ground cloves                     |                              |

## Method

1. On medium high heat cook the bacon pieces until they begin to crisp at the edges but are still soft in middle (about one to one and half minutes either side). Take the bacon out and set aside to drain. Leave one tablespoon of bacon fat in the pan.
2. Lower the heat to medium-low and add the onion and brown sugar. Cook until the onions are well caramelized, about twenty minutes. Add the garlic and spices and cook an additional five minutes.
3. Add all the liquid ingredients plus the bacon back into the pan. Increase the heat to medium heat bring to the boil and then reduce the heat to low and simmer for about two hours.

Check up on it every half hour or so. If it's getting too dry add a few tablespoons of water - you want the final mixture to be moist and really sticky.

4. Let the mixture cool a bit then put it into food processor, or use a blender and give about 15 -20 zooms or make it as chunky or as fine as you like it.
5. Keep it in an airtight container in the fridge for up to a week.

**Go around thinking to yourself and telling anyone who'll listen for the next week 'I've got bacon jam...'**

# LASAGNE CUPCAKES

These are really very easy but there's just two specialist things you need. A cupcake/muffin/fairycake tin, and these edible wrappers. Then you are away.

Mozzarella

Ricotta and Parmesan cheese

Marinara sauce

Meat (mince or browned sausage)

## Method

1. Oil the tin with olive oil
2. Put the wrapper into the tin and form it into a cup shape
3. Add a dollop of pasta sauce, some ricotta cheese on top of that, then a sprinkling of parmesan, then a sprinkling of the meat. Add another wrapper and repeat process 3.
4. Put a bit of mozzarella cheese on top of the second layer like a lid and sprinkle some more parmesan on that to taste.
5. Bake for about 30 minutes at 190°C.



You now have cupcakes to end all cupcakes  
LASAGNE CUPCAKES \*Delighted giggle\*

You can mess around with the fillings - do veggie versions  
etc. It's all about those little wrappers and the tin.

# COCA-COLA CAKE

This is the bacon jam all over again. Coca-Cola? And cake? Together? That thing we love - cake - with that thing we love - Coca-Cola? Joining forces to make something that's now bigger than love? It's too much. I'm going to cry a bit. It's so beautiful.

## Coca-Cola cake

- 1/2 cup buttermilk
- 1 cup butter or margarine, softened
- 1 3/4 cups sugar
- 2 large eggs, lightly beaten
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 1/4 cup cocoa
- 1 teaspoon baking soda
- 1 1/2 cups miniature marshmallows
- 1/4 cup apple cider vinegar
- 1/2 cup whisky
- 1/4 cup maple syrup
- 1 tablespoon hot sauce
- 3 tablespoons melted butter or oil
- 1/4 teaspoon vanilla (or peppermint) extract
- 1 tablespoon choc chips (or smashed up chocolate bar)
- Pinch of salt
- 1 large mug

## Coca-Cola icing

- 1/2 cup butter
- 1/3 cup Coca-Cola
- 3 tablespoons cocoa
- 1 (16-ounce) package powdered sugar
- 1 tablespoon vanilla extract

## Method

1. Mix the Coca-Cola and buttermilk, put to one side.
2. Beat the butter at low speed with an electric mixer until it's creamy. Gradually add sugar, keep beating until it's all blended. Add the egg and vanilla; beat again at low speed until blended.
3. Mix the flour, soda and cocoa. Add this along with the cola mixture to the butter mixture. Add little bits of each to the butter mixture, alternately, beating at a low speed until just blended.
4. Stir in marshmallows. Pour batter into a greased and floured 13 x 9 inch pan. Bake at 175°C for 30 to 35 minutes. Remove from oven and cool for ten minutes.

1. Bring butter, Cola and cocoa to a boil in a large saucepan over medium heat, stirring until butter melts.
2. Remove from heat; whisk in sugar and vanilla.
3. Pour Coca-Cola icing over warm cake

**Don't make the Coca-Cola icing (how good does that sound?!) in advance - you need to pour it over the cake while it's still runny!**

# The Freakiest Foods

Known to man

If there's one thing we know about here at studentbeans.com it's freaky foods. Take a look at our run-down of the freakiest food of all time, in the universe, EVER. These actually exist.



Whale vomit



Deep fried butter in Irn Bru batter



Fried beer



Pizza-flavoured beer



Krispy Kreme Hamburger



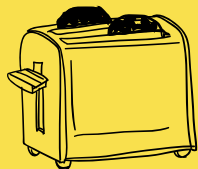
Wasabi, soy sauce and sweet potato Kit Kats



Smartie sandwich (that a kid was sent to school with for lunch!)



Horse semen shots



Burgers that can be cooked in a toaster



Testicle pie



Jam made from Princess Diana's hair (yes, really)



Kit-kat Chunky sausage roll and Cadbury's Creme scotch egg

(Click on extremely freaky food name to find out more about it)





## All about Rachel's kitchen

Rachel has been the powering force behind creating these amazing student recipes - ensuring they're packed with the maximum tastiness and goodness, that they're simple and great value.

### The journey from cooking zero to cooking pro

The reason why Rachel has been able to create such perfect student recipes is because she used to be a student herself who couldn't cook at all. This means Rachel understands what it's like, but now being a professional cook has got the skills to give just the right advice.

So, it was, that Rachel lived off pasta for 3 years at uni, after which she did volunteering in Zambia. Finding herself 3 hours drive from a supermarket, Rachel started cooking from scratch and simply loved it.

Rachel went on to train at Le Cordon Bleu, and set up [Rachel's Kitchen](#) to share her love of food and to teach cookery to students, children and adults and, oh, write tasty recipes like the ones in this guide.

Become a fan of [Rachel's Kitchen on Facebook](#) for updates on recipes, cooking tips and offers.



**Sign up to Rachel's Facebook or Twitter for recipes, cooking tips and offers - and why not take her confidence building student cooking classes - there's a 10% off for studentbeans.com users!**