

PEGGY'S KITCHEN

Peggy's Slow Cooker Cookbook for One

30 old British dinners and puddings. Three ingredients each, and two portions every time.



One for tonight, one for the freezer

Every one under £2.50 a plate

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Peggy is an AI-made character. The recipes, prices and history are real.

Prices are rough UK supermarket costs from October 2026 for what goes in the pot, per portion, with US dollars at about \$1.33 to the pound. Rice, mash and bread on the side are extra.

Slow cookers vary. Cook on LOW unless a recipe says otherwise, and make sure meat is piping hot all the way through before you eat it. Check labels for allergens.

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FOUR LITTLE RULES, AND TWO MORE FOR THE BOOK

Peggy's rules

1

Never put frozen meat straight into a slow cooker.

Thaw it in the fridge overnight first.

2

Fill the pot between half and two-thirds full.

That's why a small pot suits one person better than a big one sitting half empty.

3

Don't keep lifting the lid.

Every peek lets the heat out and adds about twenty minutes.

4

Freeze your spare portion within two hours.

And reheat it until it's piping hot all the way through.

5

Only reheat a portion once.

So freeze in single portions, and take out what you'll eat.

6

Never put dried red kidney beans in raw.

They must be boiled hard for ten minutes first. Tinned beans are already cooked, so they're fine.



4

SOUPS

Mulligatawny

Low · 6 hours

Makes 3 bowls · freeze 2

About 20p a bowl (25¢)

No meat

YOU NEED

- 150g red split lentils
- 1 onion
- 1 tbsp mild curry powder

FROM THE CUPBOARD

A vegetable stock cube and salt

METHOD

- 1 Chop the onion into the pot and stir in the curry powder.
- 2 Rinse the lentils and add them.
- 3 Pour over a stock cube dissolved in 900ml of hot water, and stir.
- 4 Blend or mash it at the end if you like it smooth.

PEGGY'S TIP

Grate in half an apple at the start. That's how the old recipes sweetened it.

FOR THE FREEZER

Freezes well for up to 3 months.

It came home with the British from India. The name comes from Tamil words meaning 'pepper water'.

Jam Roly-Poly

High · 3 hours

Makes 4 portions

About 20p a portion (25¢)

No meat

YOU NEED

- 150g self-raising flour
- 75g shredded suet
- 4 tbsp jam

FROM THE CUPBOARD

A pinch of salt and some cold water

METHOD

- 1 Mix the flour, suet and salt with about 100ml of cold water to a soft dough.
- 2 Roll it into an oblong to fit your pot, spread it with jam, and roll it up.
- 3 Wrap it loosely in greased baking paper, then foil, with a pleat in the top so it can rise.
- 4 Sit it in the pot with 2cm of boiling water round it. HIGH for 3 hours.

PEGGY'S TIP

Vegetable suet works just the same. Serve it with custard, obviously.

FOR THE FREEZER

Freeze slices, wrapped, for up to 3 months. Warm them through in the microwave.

School dinner royalty. It used to be steamed in an old shirt sleeve, which is why some called it 'dead man's arm'.



*Waste not, want not.
Ta-ra, love.*

New recipes every week on YouTube: **Peggy's Kitchen**

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