

Peggy's 10 Three-Ingredient Slow Cooker Dinners for One

Old British recipes. Salt, pepper, water and a stock cube don't count. Each makes at least two portions: one for tonight, one for the freezer.

PEGGY'S FOUR 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. A small pot suits one person best.
3. Don't keep lifting the lid. Every peek adds about twenty minutes.
4. Cool and freeze your spare portion within two hours, and reheat it until it's piping hot all the way through.

10 Sausage and Bean Hotpot

YOU NEED

- 6 sausages
- 1 tin baked beans (415g)
- 1 onion

METHOD

1. Slice the onion into the pot.
2. Lay the sausages on top (brown them first if you like).
3. Tip the beans over the lot.

LOW · 6 hours Makes 2 · freeze 1

About £1 a plate (\$1.30)

Even better the next day.

9 Ham and Pea Soup

YOU NEED

- 1 ham hock
- 1 mug dried yellow split peas (about 250g)
- 1 onion

METHOD

1. Rinse the split peas (no soaking needed).
2. Peas and chopped onion in, hock on top, cover with water.
3. Lift out the hock, shred the meat, stir it back in.

LOW · 8 hours Makes 4 bowls · freeze 3

About 80p a bowl (\$1)

Don't add salt. The ham is salty enough.

8 Chicken, Leek and Potato

YOU NEED

- 4 chicken thighs
- 2 leeks
- 3 or 4 potatoes

METHOD

1. Potato chunks in the bottom.
2. Slice the leeks, rinse them in a sieve, add them.
3. Chicken on top; pour over a stock cube in a mug of hot water.

LOW · 6 hours Makes 2 · freeze 1

About £1.30 a plate (\$1.70)

Cook until the chicken falls off the bone.

7 Beef in Onion Gravy

YOU NEED

- 300g braising steak
- 3 large onions
- 2 tbsp gravy granules

METHOD

1. Thick-sliced onions in first.
2. Beef on top, then the gravy granules.
3. Add one mug of water, no more.

LOW · 8 hours Makes 2 · freeze 1

About £1.80 a plate (\$2.40)

Lovely over a slice of toast.

6 Baked Apples

YOU NEED

- 2 Bramley apples
- A handful of sultanas
- 2 tbsp golden syrup

METHOD

1. Core the apples.
2. Stuff the middles with sultanas; drizzle with syrup.
3. A few spoons of water in the bottom of the pot.

LOW · 3 hours

Makes 2

About 40p each (50¢)

Any big, firm apple will do.

5 Liver and Onions

YOU NEED

- 250g lamb's liver
- 2 onions
- 2 tbsp gravy granules

METHOD

1. Sliced onions into the pot.
2. Liver on top; sprinkle over the gravy granules.
3. Add one mug of water.

LOW · 4 hours (no longer)

Makes 2 · freeze 1

About 90p a plate (\$1.20)

Crumble crispy bacon on top as a treat.

4 Gammon in Cider

YOU NEED

- 1 small unsmoked gammon joint (about 750g)
- 500ml cider (or apple juice)
- 1 onion

METHOD

1. Onion in the bottom, joint on top.
2. Pour the cider round it.
3. For a glaze: skin it, rub sugar on the fat, grill 5 minutes.

LOW · 7 hours

Makes 4 portions

About £1.50 a portion (\$2)

Hot tonight, sandwiches tomorrow, with eggs on Friday.

3 Scouse

YOU NEED

- 300g stewing beef
- 4 potatoes
- 2 carrots

METHOD

1. Cut half the potatoes in chunks, half in thin slices.
2. Everything in the pot with a stock cube.
3. Cover with water.

LOW · 8 hours

Makes 2 or 3

About £1.60 a plate (\$2.10)

Serve with pickled red cabbage.

2 Rice Pudding

YOU NEED

- 4 heaped tbsp pudding rice (about 60g)
- 1 pint whole milk (568ml)
- 2 tbsp sugar

METHOD

1. Rub a little butter round the pot.
2. Rice, milk and sugar in; stir once.
3. Grate nutmeg on top if you have some.

LOW · 3 hours, stir halfway

Makes 2 bowls

About 30p a bowl (40¢)

Skin or no skin? Tell Peggy in the comments.

1 Corned Beef Hotpot

YOU NEED

- 1 tin corned beef (340g)
- 4 or 5 potatoes, thinly sliced
- 2 onions

METHOD

1. Layer thin onions, potatoes and chunks of corned beef.
2. Pour over a stock cube in a mug of hot water.
3. Finish with a potato roof; grill at the end to crisp it.

LOW · 7 hours

Makes 2 or 3

About £1 a plate (\$1.30)

Serve with pickled beetroot or red cabbage.