



### Staple Pot 1; when you just got home from holiday and need a meal the next day

#### **INGREDIENTS** (makes 3-4 servings)

- 1 handfuls green lentils
- 1 handful borlotti beans
- 1 handful rice
- 1 onion chopped as you like
- 1 can chopped tomato
- 2 bay leaves, salt, double pinch of oregano and piece of frozen basil paste
- Water
- **Optional:** parmesan cheese

#### **INSTRUCTIONS**

- Turn pot on to high setting and program for 6 hours
- Fill pot to ½ full with water
- Put all ingredients into the pot
- Ensure that the pot is ¾ full with all the ingredients and water
- Cook for 5-6 hours; until beans are super soft
- **Optional:** if you want to make the soup a bit creamy, you can take out 4-5 ladles full and pulse, then put back in and stir

#### **Serving/Notes**

- Swirl olive oil on top and add salt and pepper to taste
- Serve with some of Claudio's bread from the freeze which will have had time to defrost by now
- **Optional:**
  - freshly grate parmesan cheese over the soup
  - if you want to make the soup a bit creamy, you can take out 4-5 ladles full and pulse, then put back in and stir



**Staple Pot 2:** when are about to go to bed and want to put a pot on in the morning to then have for dinner

### **INGREDIENTS** (makes 3-4 servings)

- 1 chicken (Cornish game hen)
- 1 handful chick peas
- 1 handful rice
- 1 onion chopped as you like
- Grated ginger
- 2 bay leaves, salt, double pinch of roasted cumin and a piece of frozen basil paste
- Water
- **Optional:** parmesan cheese

### **INSTRUCTIONS**

Night before

- Put handful of chick peas in a bowl and cover with water overnight
- Take the Cornish game hen out of the freezer

Morning

- Turn pot on to high setting and program for 7 hours
- Fill pot to ½ full with water
- Drain water from chick peas
- Rinse game hen and make sure any string is removed
- Slice onion
- Grate ginger
- Put all ingredients into the pot
- Ensure that the pot is ¾ full with all the ingredients and water
- Cook for 6-7 hours; until the chicken has fallen completely apart
- With a tong, carefully take out all the non-edible chicken parts (bones, skin, fat, grizzle)

### **Serving/Notes**

- Swirl olive oil on top and add salt and pepper to taste
- Serve with fresh bread that you bought while out that day or with some of Claudio's bread from the freeze which will have had time to defrost by now
- **Optional:**
  - freshly grate parmesan cheese over the soup
  - if you want to make the soup a bit creamy, you can take out 4-5 ladles full and pulse, then put back in and stir



### Turkey Stew in a crock pot

#### **INGREDIENTS** (makes 4-6 servings)

- 1 giant turkey leg
- 1 handful borlotti beans
- 1 handful rice
- 1 handful of buckwheat
- 2 red onions chopped as you like
- 1 spring onion chopped
- Kale, chard, or spinach – 1 portion cut very small
- Handful of fresh parsley diced as small as possible
- Knob of ginger
- 2 bay leaves, salt, double pinch of roasted cumin and a piece of frozen basil paste
- Water
- **Optional:** parmesan cheese heel

#### **INSTRUCTIONS**

- Turn pot on to high setting and program for 8 hours
- Fill pot to 1/3 full with water
- Put ingredients into the pot
- Ensure that the pot is ¾ full with all the ingredients and water
- Cook for 8 hours; until the turkey falls completely off the bone
- **Optional:** if you want to make the soup a bit creamy
  - when it is done take out 4-5 ladles full and pulse, then put back in and stir
  - an hour before it is done, add the heel of parmesan cheese which you have had stored in the freezer

#### **Serving/Notes**

- Swirl olive oil on top and add salt and pepper to taste
- Serve with some your favorite crusty bread
- **Optional:**
  - freshly grate parmesan cheese over the soup
  - if you want to make the soup a bit creamy, you can take out 4-5 ladles full and pulse, then put back in and stir