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Opening Extract from...

Student Brain Food

Written by Lauren Lucien

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BAKED POTATO

GRAB

Feeds 1
120 minutes

- 1 large baking potato
- 1 tablespoon olive oil
- Salt and pepper
- Optional fillings: warm baked beans, grated cheese, sour cream mixed with chopped fresh chives, tuna mixed with sweetcorn, grated mature cheddar and finely chopped red onion.

GO

1 Preheat the oven to 180°C/350°F/Gas Mark 4. Pierce the potato several times, rub on some olive oil, salt and pepper, then place in the oven. No need for a baking tray, just place the potato onto the middle shelf.

2 Leave to cook for about an hour and a half. Check after an hour to see how crisp the skin is – if it's still quite soft then it will need another 20 minutes or so.

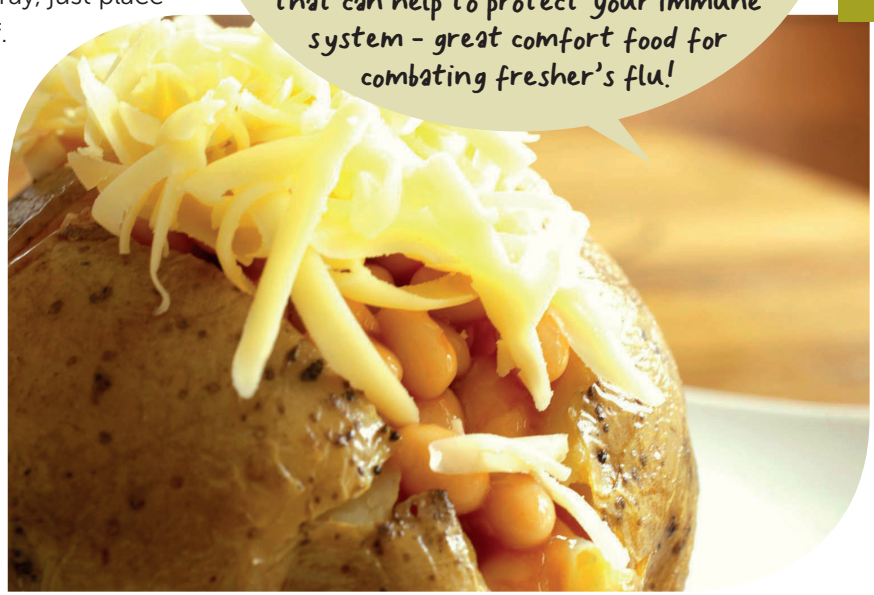
3 When the potato is fully baked, remove from the oven carefully, as it will be piping hot. Slice an X onto the top of the potato and prise the halves apart. Add your chosen filling and enjoy.

If you're in a hurry, you can cook the potato on high in the microwave. Pierce the potato several times with a fork and cook on maximum power for three minutes, carefully turn it over, then cook on maximum power for another three minutes. Slice down the middle, add your filling and tuck in.

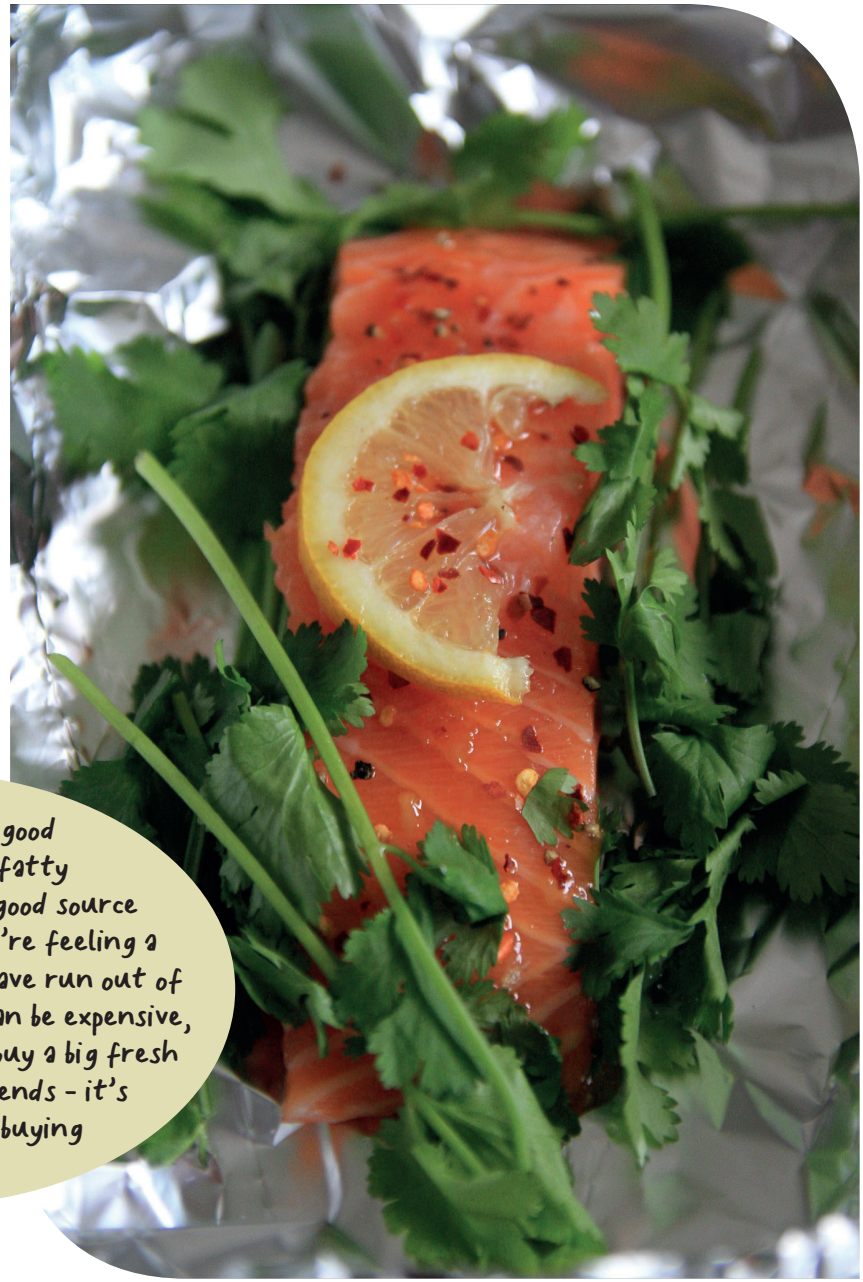


Goes well with: All-in Salad, page 93

One medium baked potato contains iron, magnesium, potassium, phosphorus and let's not leave out vitamins B1, B3 and B6. In short, baked potatoes are healthy, tasty snacks for the hungry, tired and studying student. Also, the vitamin C in white potatoes acts as an antioxidant that can help to protect your immune system – great comfort food for combating fresher's flu!



BAKED SWEET CHILLI SALMON



Salmon is a really good source of Omega 3 fatty acids. Red chilli is also a good source of vitamin C, great if you're feeling a bit under the weather or have run out of oranges! Although salmon can be expensive, you can club together and buy a big fresh piece between a few friends - it's often cheaper than buying single fillets.

Feeds 2
50 minutes (+ overnight marinating)

GRAB

- 2 salmon fillets
- 2 tablespoons sweet chilli sauce
- Salt and pepper (½ teaspoon each)
- Small handful fresh parsley, finely chopped
- 2 cloves garlic, peeled and finely chopped
- 1 teaspoon olive oil
- Juice of 1 lemon

GO

1 Put the olive oil, chilli sauce, salt and pepper in a large ovenproof dish – I usually use a glass lasagne dish. Add the chopped garlic and parsley to the dish along with the juice from the lemon. Mix together.

2 Put the salmon into the dish and gently turn so that the fillets are covered in the marinade. Cover the top with a lid or clingfilm. Leave overnight in the fridge to intensify the flavours and allow the salmon to soak up the marinade.

3 Preheat the oven to 180°C/350°F/Gas Mark 4. Place each salmon fillet on a large piece of kitchen foil. Fold the foil up around the fillet so you make a small parcel. Pour the remaining marinade over the salmon and close up the parcel so the salmon is covered completely and no marinade can leak out.

4 Place the parcels directly onto the oven shelf and bake for 35–40 minutes. Check that the salmon is pink throughout and not dark in the middle. Serve immediately.





Goes well with: New Potatoes, page 109, Easy Cook Rice, page 98, Show-Off Rice, page 114

BEST BBQ WINGS

Feeds 4
50 minutes (+ marinating time)





GRAB

- 1 large pack of chicken wings
- 1 tablespoon clear honey
- 10 tablespoons BBQ sauce
- 1 tablespoon soy sauce
- 1 teaspoon ketchup
- A pinch of black pepper
- ½ teaspoon sugar

GO

1 Mix together all the ingredients other than the chicken. Place the uncooked chicken wings into a bowl and pour the marinade over them. Mix until the wings are covered in the sauce.

2 Leave to *marinate* in the fridge, overnight if possible. The longer you leave them, the better the flavour!

3 Line a large ovenproof dish or deep baking tray with kitchen foil. Place the *marinated* wings onto the tray and place in a preheated oven at 150°/300°F/Gas Mark 2. Bake for about 40 minutes, turning once and *basting* with the sauce throughout.

4 Test the chicken wings to see if they're cooked through by slicing the fleshiest part open with a knife – no pink should remain.





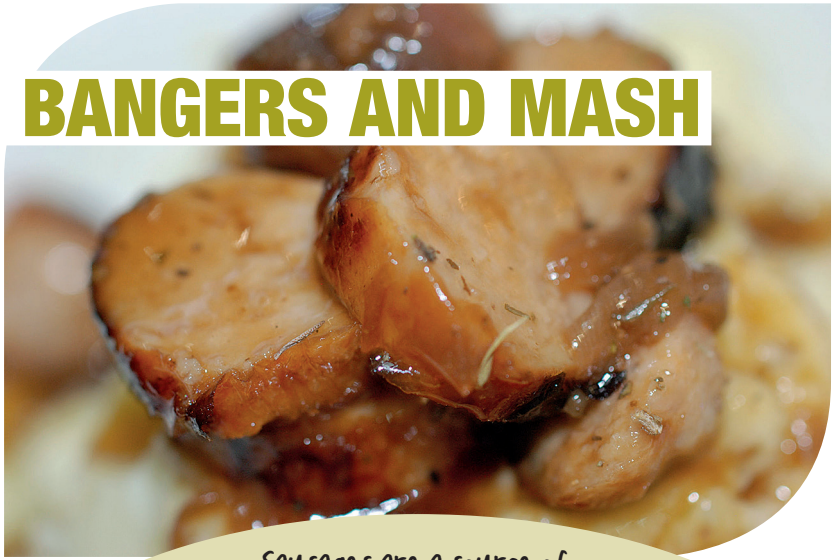
Goes well with: All-in Salad, page 93, Homemade Garlic Bread, page 106, Spicy Potato Wedges, page 118, Baked Macaroni Cheese, page 96





Chicken contains vitamin B3, which helps to regulate the way your body burns fat. Keep your chicken wings lower in fat by removing the skin and baking them (rather than frying) – they're just as tasty! These wings are great for picnics and packed lunches – they taste just as good cold. You can also use this marinade with chicken drumsticks.

BITE-SIZED BANGERS AND MASH



Feeds 4
25 minutes

GRAB

- 2 teaspoons olive oil
- 8 sausages
- 1 onion, chopped finely
- Salt and black pepper
- Gravy granules
- Leftover Black Pepper Mash (or make fresh from recipe on page 100)

You can use different varieties of sausage like apple and pork, Cumberland or the South African sausage Boerewors. Add a splash of red wine to enhance the flavour of the gravy.

Sausages are a source of protein, but are best eaten in small quantities, as they are often made from processed meat. Try and fork out the extra pound to get a higher meat content in your sausages, as this will reduce your intake of fillers and fats. This recipe is a great stand-by for impromptu study sessions, as it's so quick and simple to make.

GO

1 Put a non-stick frying pan over a medium heat and add the oil. Add the sausages to the pan.

2 Cook the sausages for about 10-12 minutes on a medium heat (reduce the cooking time if the sausages are thin), turning until all the sides are deep brown. Add the chopped onion after about 7 minutes and cook alongside the sausages. Cut the sausages in half and check that no pink remains, then chop into bite-sized pieces.

3 Make gravy by following the directions on the packaging. Serve with the Black Pepper Mash.

BROCCIFLOWER CHEESE

Feeds 2
20 minutes

Broccoli contains high amounts of vitamin K and calcium – great for helping to keep your bones strong. This is good for students since we spend so much time at the computer and tend to slouch. This dish is also extremely cheap to make!



GRAB

- Half a broccoli head, chopped into *florets*
- Half a cauliflower, chopped into *florets*
- White Sauce (recipe on page 91)
- 200g/1–2 handfuls medium or mature Cheddar cheese, grated

GO

1 Fill the bottom pan of a three-tier steamer three-quarters full with water and bring to the boil. Place the second pan on top and layer in the florets of broccoli and cauliflower, place the lid on and *steam* for 6 minutes or until soft. Alternatively, boil the vegetables in a pan of water. Put the *florets* into a sieve or colander to drain and set aside.

2 Prepare the white sauce.

3 Remove the sauce from the heat and quickly stir in the grated cheese until it is completely melted. Stir in the florets and serve as a side or main course.

For a crispy topping, you can also put the white sauce and florets into an ovenproof dish, top with grated cheese and bake in the oven at 200°C/400°F/Gas Mark 6 for 15 minutes.



Goes well with:
Roast Chicken, page 156

