



# Swindon Recommends

## Recipes for slow cooker



*By the National Literacy Trust in Swindon and friends*

In partnership with



## Foreword

Cooking and preparing meals are a busy part of day-to-day life – but they are also a great learning opportunity for children!

Following recipes together encourages your little one to read, understand new words, practise following instructions and chat while having fun! These everyday tasks help with their language and communication – which are vital skills to set them up for school.

This cookbook is full of slow cooker recipes shared by our friends across Swindon to help you make cost-efficient, healthy, and tasty meals.

**We asked our friends at Swindon Borough Council what the benefits are to using a slow cooker...**

### TIME

It only takes a few minutes to prepare a meal in a slow cooker, but it needs to cook for a long time. Plan ahead and either prepare in the morning or in the evening.

### CHEAP

A slow cooker is energy efficient, an easy way to make the most out of affordable ingredients and great for batch cooking – which saves money in the long term.

### HEALTH

By cooking your own meals, you know exactly what you're eating. Slow cooked meals can also have all the nutritional requirements.

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### A note on allergens

Some recipes in this cookbook may include WHEAT, EGGS, PEANUTS, NUTS, and MILK and other allergens. For those of you with gluten, dairy, nut or other allergies, please use substitutes or leave out any ingredients which have the potential to cause you allergic reactions.

## Marinara sauce

### Ingredients

- 2 tins chopped tomatoes
- 1 large red onion, quartered
- 1 clove garlic
- 1 tablespoon brown sugar
- 1 tablespoon Italian herbs
- A good pinch salt and black pepper

### Method

- Put all the ingredients in a slow cooker and mix
- Leave on a high heat for 4 hours, or a low heat for 8 hours (you could even leave to cook overnight)
- Before serving, squish the garlic clove and mix
- Remove the onions
- Serve over pasta, with meatballs, or as an amazing pizza sauce

# Paella

## Recipe 2

### Ingredients

- 1 tablespoon oil
- 4 boneless and skinless chicken thighs, cut into bite-sized pieces
- 2 cups rice
- 14 ounces diced tomatoes can, drained
- 2 cups chicken stock (low-sodium)
- 4 chorizo sausages, roughly chopped
- 1 medium onion, diced
- 1 bell pepper, diced
- 1 cup carrots, shredded
- 2 cups peas, frozen or fresh
- 4 garlic cloves, minced
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon saffron
- 1/2 teaspoon salt

### Method

- Heat the oil in a pan on medium heat
- Add the chicken and cook until the outsides are browned
- Add all the ingredients, including the chicken, to the slow cooker and cook on low for 3 to 4 hours, high for 1 to 2 hours, or until the rice has soaked up the liquid
- Serve and enjoy!

Top tip: find a simple recipe and have fun cooking together – your child will practice reading and following instructions.

# Salmon kedgeree

## Recipe 3

### Ingredients

- 1 medium onion
- 20ml olive oil
- 225g brown rice
- 435ml vegetable stock
- 300-400g skinless salmon fillets
- 150g peas, defrosted
- 3 eggs
- Fresh coriander
- Lime wedges

### Spice Mix

- 1 tbsp coriander seeds
- 1 tbsp cumin seeds
- 2 split cardamom pods
- 1 cinnamon stick
- 1/4 tsp turmeric
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tsp smoked paprika

### Method

- Add the olive oil to a heavy saucepan (or the slow cooker if it has a sautee setting) with the onion and cook on low heat until translucent (about 5 minutes)
- If using a pan for this step, pre-heat your slow cooker – you can do this by pouring in boiling water and running on high heat
- Whilst this is cooking, crush the coriander, cumin and cardamom and add to the pot along with the rest of the spice mix
- Stir in the rice and stock and bring to a boil. If using a pan, then transfer the mix to the preheated slow cooker
- Turn the slow cooker heat to low, and gently place the salmon fillets on top of the mixture in the pot – close the lid and cook until the salmon is fully cooked (around 45 minutes)
- Put the eggs on to boil until they are fully hard-boiled (10 minutes+). Once boiled, cool them in a bowl of cold water, remove the shells, and cut into quarters
- Once the salmon is cooked, use a fork to flake it into bite-sized chunks, and add the defrosted peas – stir these through the cooked rice
- Serve into bowls, and garnish with the hard-boiled eggs, coriander and lime wedges

# Chicken curry

Recipe  
4

## Ingredients

- 1 large onion, roughly chopped
- 3 tbsp mild curry paste
- 400g chopped tomatoes
- 2 vegetable stock cubes
- 1 tbsp ginger, finely chopped
- 1 yellow pepper, deseeded and chopped
- 100g frozen peas
- 2 skinless chicken legs, fat removed
- Cooked rice, to serve

## Method

- Put 1 roughly chopped onion, 3 tbsp mild curry paste, 400g can chopped tomatoes, 200ml vegetable stock, 1 tbsp finely chopped ginger and 1 chopped yellow pepper into the slow cooker pot and stir well
- Add 2 skinless chicken legs and push them under the other ingredients so they are submerged
- Cover with the lid and chill in the fridge overnight
- The next day, add peas and cook on low for 6-8 hours until the chicken is tender
- Stir just before serving over cooked rice, or cool and freeze

Top tip: show the recipe to your child before you begin and read out the ingredients together.

# Sausage Casserole

Recipe  
5

## Ingredients

- 2 red onions, finely chopped
- 1 celery stick, finely chopped
- 1-2 tbsp oil
- 4 carrots, cut into large pieces
- 12 chipolatas, halved
- 1 sweet potato, peeled and cut into chunks
- 400g tin tomatoes
- 1 tbsp tomato purée or tomato and veg purée
- 1 tsp mixed herbs
- 1 tsp black pepper
- 1 beef stock cube or stock pot

## Method

- Fry the onion and celery in the oil over a low heat for about 5 mins, or until it starts to soften, then spoon it into the slow cooker
- Fry and add the carrots
- Brown the sausages in the same frying pan – make sure they get a good colour. Transfer to the slow cooker and add the sweet potato and tomatoes
- Put the purée in the frying pan and add 250ml boiling water, swirl everything around to pick up every last bit of flavour, and tip into the slow cooker
- Add the herbs, stock cube and some pepper
- Cook on high for 4 hours or on low for 8 hours, then serve with bread or leave to cool and freeze

Top tip: write a list of ingredients you need from the shop – chat and look for items together: “We need flour. Where do you think it is?”

# Chicken and potato crockpot

Recipe  
6

## Ingredients

- 8 chicken breasts
- 450ml chicken stock
- 4 large potatoes, cut into cubes
- 375g canned butter beans
- 1 tbsp butter
- Vegetable oil
- Salt and pepper, to taste
- Mushrooms, onions and peppers (optional)

## Method

- Season the raw chicken
- Heat the butter and vegetable oil in frying pan and add chicken, cook until brown on both sides
- Put all the ingredients in the slow cooker and combine
- Cook for 4 – 6 hours
- Serve and enjoy!



# Rhubarb cobbler

Recipe  
7

## Ingredients

- 400g rhubarb, washed and chopped
- 50g caster sugar
- 100g self-raising flour
- 50g butter, cubed
- 60g caster sugar
- 1 egg, beaten
- 60ml milk

## Method

- Chop the rhubarb and place into the slow cooker with 50g caster sugar and a little water
- Cook on high for 15 mins to soften the rhubarb
- In a mixing bowl, rub the cubed butter into the flour, then add 60g of sugar, a beaten egg and the milk, and mix to combine
- Pour the mixture over the rhubarb in the slow cooker
- Place a clean tea towel under the slow cooker lid and cook for 2 hours on high
- Serve straight from the slow cooker

Top tip: you could make this with other hard fruits such as apples, pears, or berries, and serve with ice cream. Talk to your child about which fruits they would like to use!

# Christmas cake

## Recipe 8

### Ingredients

- 1 kg mixed fruit
- 2 cups chocolate milk
- 2 cups self-raising flour
- A packet of glacé cherries (optional)
- 1/2 - 3/4 cup Baileys (optional)

### Method

- Soak fruit in milk and Baileys (or your choice of liquid) for 24 hours
- Fold in self-raising flour
- Line slow cooker with 2 layers of baking paper on bottom and sides (to make it easier to remove once cooked, double a long strip and put in first)
- Pour in batter and even out the mixture
- Cook on a low heat for 7-8 hours with a tea towel under the lid
- Serve and enjoy

Top tip: when you're baking, help your child learn about numbers by measuring out ingredients together.



# Want to find out more?

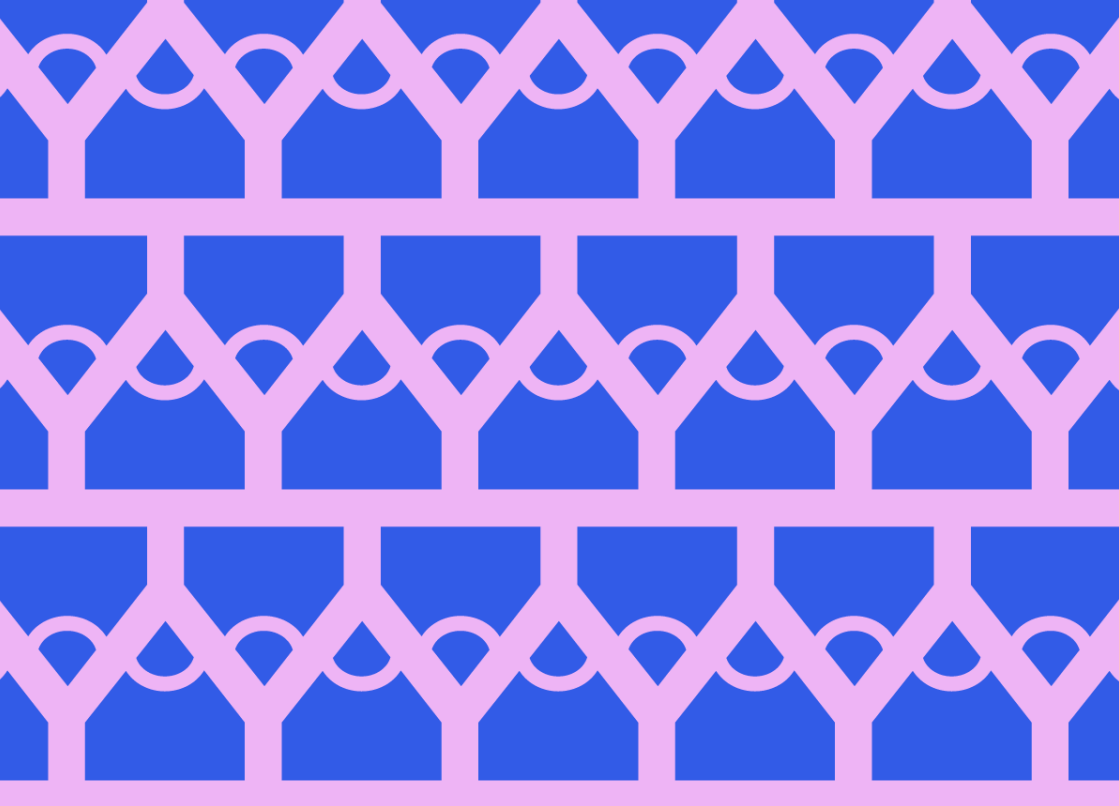
For more fun ideas on how you can support your child's language and communication visit [literacytrust.org.uk](https://literacytrust.org.uk).

For other recipes perfect for the slow cooker, take a look at the **BBC Good Food** website.

Information on adult cookery and wellbeing courses, along with other skills, can be found at Swindon Borough Council adult learning here [swindon.gov.uk/adultlearning](https://swindon.gov.uk/adultlearning).

You will find information and support to help you make the most of your health and wellbeing: [swindon.gov.uk/livewellhub](https://swindon.gov.uk/livewellhub).

Do you have recipes of your own? Share them via our Facebook page: [fb.com/SwindonLiteracyTrust](https://fb.com/SwindonLiteracyTrust).



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