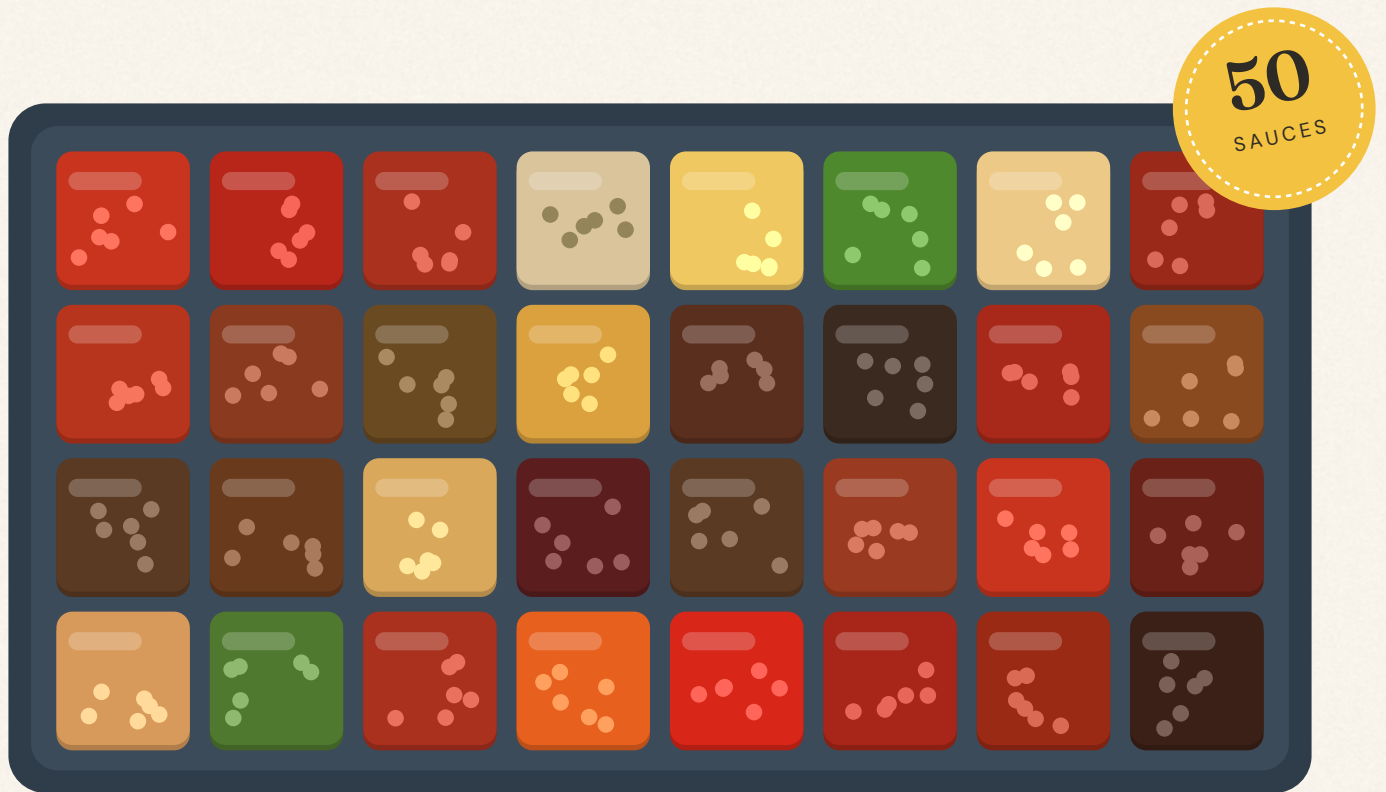


THE SAUCE BOOK

# BatchJoy

*50 sauces, pastes and gravies, frozen in little 30ml cubes*



PASTA · CURRY · STIR-FRY · GRAVY · MEXICAN · FLAVOUR BOMBS · HOT · SWEET

*a cube or two, dinner is half done*

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# How sauce cubes work

*Fifty sauces, pastes and gravies, made in one batch and frozen in 30ml cubes. Pull out what you need and dinner is half done.*

Each sauce is cooked once, cooled and frozen in ice-cube trays, so you can take out exactly as much as one meal needs and leave the rest frozen.

A standard ice-cube tray holds about 30ml, or two tablespoons, per cube. Each recipe tells you how many cubes make a serving, from one cube of paste to four of a pasta sauce, and suggests three meals to use it in.

## Making your cubes

- 1** Get the right trays. Silicone 30ml ice-cube trays release cubes easily. Pastes, butters and chilli crisp go in 15ml mini trays, which the recipe will say.
- 2** Cool completely. Let the sauce cool to room temperature (within 2 hours), then fill the trays three-quarters full; liquids expand as they freeze.
- 3** Freeze and bag. Freeze until solid, at least 4 hours, then pop the cubes into a freezer bag, press out the air and label it with the name and date.
- 4** Know how long it keeps. Most sauces keep 3 to 4 months; pastes, stocks and hot sauces up to 6. Each recipe tells you.
- 5** Cook from frozen. Most cubes go straight into a hot pan with a splash of water. Creamy sauces and marinades are best thawed overnight in the fridge. Heat until piping hot and never refreeze.

## Reading a recipe

The strip under each title shows how many cubes the batch makes, what one cube costs, its calories, how many cubes make a serving, and the spice rating from 1 (no heat) to 5 (very hot). The nutrition table gives figures per cube and per serving.

## Where to start

- Sauce day makes a tomato sauce, a curry base, teriyaki, onion gravy and garlic-ginger paste in one session.
- Ten-minute dinners turns those cubes and a few others into quick meals for one.
- The Cube cheat sheet lists the serving size and freezer life of all 50 sauces.

*a cube or two, dinner is half done*

# What freezes, and what doesn't

*Most sauces freeze beautifully. A few need a trick, and a few shouldn't go in the freezer at all.*

Whether a sauce survives the freezer comes down to what holds it together. Tomato and stock bases come back unchanged; eggs, cream and emulsions can split. Here's what to expect, and how the recipes get round it.

|                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Freezes brilliantly</b><br>Tomato sauces, curry bases, gravies, stocks, stir-fry sauces, pastes and hot sauces. These come back exactly as they went in.                                              | <b>Freezes with a trick</b><br>Cream and cheese sauces are thickened with a flour roux so they don't split. Pestos and herb sauces get a thin layer of oil on top, and the cheese goes in at serving. You can see both in Cheese Sauce (p. 16), Creamy Mushroom (p. 14) and Basil Pesto (p. 17). |
| <b>Don't freeze</b><br>Mayonnaise, hollandaise and vinaigrettes split when thawed. So do egg-based sauces like carbonara, and yoghurt sauces like raita and tzatziki.                                    | <b>Garlic in oil</b><br>Garlic or herbs kept in oil at room temperature can grow harmful bacteria. Keep these cubes frozen, and use any thawed ones within 2 days, kept in the fridge.                                                                                                           |
| <b>If it separates</b><br>Fat can rise to the top as a sauce thaws. Whisk it over a low heat and it comes back together. Cornflour sauces may thin a little; simmer for a minute.                        | <b>Season boldly</b><br>Freezing dulls salt, acid and spice slightly, so taste before freezing and season a little more than you would for eating straight away.                                                                                                                                 |
| <b>Thawing safely</b><br>Thaw in the fridge, never on the worktop, and use thawed cubes within 2 days (vinegary hot sauces keep 2 weeks). Drop cubes straight into a hot pan whenever the recipe allows. |                                                                                                                                                                                                                                                                                                  |

## Label everything

Red cubes all look alike once frozen. Write the sauce and the date on every bag.

For every sauce's freezer life, and whether it can go straight into the pan, see the Cube cheat sheet.

*when in doubt, label it*

# Cube cheat sheet

*How many cubes make a serving, how to cook them from frozen and how long they keep, for all 50 sauces at a glance.*

Find the sauce, then read across: how many cubes to take out for one serving, whether they can go straight into the pan, and how long a bag keeps. Each sauce page has the full method and three meals to use it in.

| SAUCE                       | A SERVING | FROM FROZEN              | KEEPS    |
|-----------------------------|-----------|--------------------------|----------|
| Classic Tomato Sauce        | 4 cubes   | Straight into the pan    | 4 months |
| Arrabbiata                  | 4 cubes   | Straight into the pan    | 4 months |
| Roasted Red Pepper & Tomato | 4 cubes   | Straight into the pan    | 4 months |
| Puttanesca                  | 4 cubes   | Straight into the pan    | 4 months |
| Creamy Mushroom             | 4 cubes   | Thaw first               | 3 months |
| Vodka Sauce                 | 4 cubes   | Thaw first               | 3 months |
| Cheese Sauce                | 4 cubes   | Thaw first               | 3 months |
| Basil Pesto                 | 2 cubes   | Straight onto hot pasta  | 4 months |
| Tikka Masala Base           | 4 cubes   | Straight into the pan    | 6 months |
| Korma Base                  | 4 cubes   | Straight into the pan    | 6 months |
| Madras Paste                | 2 cubes   | Use straight from frozen | 6 months |
| Thai Green Paste            | 2 cubes   | Use straight from frozen | 6 months |
| Thai Red Paste              | 2 cubes   | Use straight from frozen | 6 months |
| Massaman Paste              | 2 cubes   | Use straight from frozen | 6 months |
| Rendang Paste               | 3 cubes   | Use straight from frozen | 6 months |
| Jerk Marinade               | 2 cubes   | Thaw first               | 6 months |
| Chip Shop Curry Sauce       | 3 cubes   | Straight into the pan    | 6 months |
| Katsu Curry Sauce           | 3 cubes   | Straight into the pan    | 6 months |
| Teriyaki                    | 2 cubes   | Straight into the pan    | 4 months |
| Sweet & Sour                | 3 cubes   | Straight into the pan    | 4 months |
| Black Bean                  | 2 cubes   | Straight into the pan    | 4 months |
| Gochujang Glaze             | 2 cubes   | Straight into the pan    | 4 months |
| Satay                       | 3 cubes   | Straight into the pan    | 4 months |
| Pad Thai Sauce              | 2 cubes   | Straight into the pan    | 4 months |
| Chilli Garlic Sauce         | 2 cubes   | Straight into the pan    | 4 months |
| Korean BBQ Marinade         | 3 cubes   | Thaw first               | 4 months |
| Onion Gravy                 | 3 cubes   | Straight into the pan    | 6 months |
| Chicken Stock               | 4 cubes   | Straight into the pan    | 6 months |
| Veg Stock                   | 4 cubes   | Straight into the pan    | 6 months |
| Red Wine Jus                | 2 cubes   | Straight into the pan    | 6 months |
| Peppercorn Sauce            | 2 cubes   | Thaw first               | 3 months |
| Mushroom Gravy              | 3 cubes   | Straight into the pan    | 6 months |
| Enchilada Sauce             | 4 cubes   | Straight into the pan    | 4 months |
| Chipotle Adobo              | 1 cube    | Straight into the pan    | 4 months |
| Salsa Roja                  | 2 cubes   | Thaw first               | 4 months |
| BBQ Sauce                   | 2 cubes   | Straight into the pan    | 4 months |
| Garlic-Ginger Paste         | 1 cube    | Use straight from frozen | 6 months |
| Soffritto Base              | 3 cubes   | Straight into the pan    | 6 months |
| Caramelised Onions          | 1 cube    | Straight into the pan    | 6 months |

| SAUCE                   | A SERVING | FROM FROZEN                   | KEEPS    |
|-------------------------|-----------|-------------------------------|----------|
| Chimichurri             | 1 cube    | Thaw first                    | 6 months |
| Sun-dried Tomato Pesto  | 2 cubes   | Straight onto hot pasta       | 6 months |
| Garlic & Herb Butter    | 1 cube    | Use straight from frozen      | 6 months |
| Scotch Bonnet Hot Sauce | 1 cube    | Thaw first                    | 6 months |
| Fermented Sriracha      | 1 cube    | Thaw first                    | 6 months |
| Piri Piri Sauce         | 2 cubes   | Straight into the pan         | 6 months |
| Harissa                 | 1 cube    | Use straight from frozen      | 6 months |
| Chilli Crisp            | 1 cube    | Use straight from frozen      | 6 months |
| Salted Caramel          | 1 cube    | Thaw first                    | 3 months |
| Chocolate Fudge Sauce   | 1 cube    | Warm briefly in the microwave | 3 months |
| Berry Coulis            | 1 cube    | Thaw first                    | 4 months |

# Sauce day

*Five sauces in about two hours: 174 cubes for roughly £16.98.*

A tomato sauce, a curry base, a stir-fry sauce, a gravy and a paste: one of each kind of cube most kitchens reach for. Batch costs are estimates.

| SAUCE                | CUBES      | BATCH COST    | TIME   |
|----------------------|------------|---------------|--------|
| Classic Tomato Sauce | 43         | £3.19         | 55 min |
| Tikka Masala Base    | 50         | £3.78         | 1 hr   |
| Teriyaki             | 15         | £4.09         | 20 min |
| Onion Gravy          | 37         | £1.85         | 50 min |
| Garlic-Ginger Paste  | 29         | £4.07         | 10 min |
| <b>Total</b>         | <b>174</b> | <b>£16.98</b> |        |

These five cover pasta night, curry night, a roast, stir-fries and the start of almost anything else. You need three pans, a stick blender, about ten 30ml trays and two mini trays, or freeze in rounds and re-use the trays.

## The timeline

| TIME      | WHAT TO DO                                                                                                                                                      |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0:00      | Prep. Chop 8 onions in total (4 for the curry base, 4 thinly sliced for the gravy), halve 2 more for the tomato sauce, and peel the garlic and ginger. (20 min) |
| 0:20      | Start the gravy onions on a low heat; they need 30 minutes of slow cooking. Start the curry base onions in a second pan.                                        |
| 0:30      | Blitz the garlic-ginger paste and fill the mini trays.                                                                                                          |
| 0:40      | Start the tomato sauce in the third pan and leave it to simmer for 45 minutes.                                                                                  |
| 0:50      | Finish the gravy with flour, stock and balsamic. Add the spices and tomatoes to the curry base and simmer 20 minutes.                                           |
| 1:10      | Make the teriyaki in the gravy pan once it's free; it takes 5 minutes.                                                                                          |
| 1:25      | Blend the curry base, lift the onions out of the tomato sauce, and spread everything out to cool.                                                               |
| 1:30–2:00 | Fill the trays as each sauce cools, freeze, and wash up.                                                                                                        |

# The sauce pantry

*These cupboard staples turn up again and again across the 50 sauces. Keep them in and most batches need only fresh onions, garlic, ginger and herbs.*

The counts show how many of the 50 sauces use each staple, so you can see what is worth buying in bulk. Garlic, oil and onions come up most; tamarind and fish sauce only a few times, so buy those small.

| ITEM                        | USED IN (OF 50) | NOTES                                                            |
|-----------------------------|-----------------|------------------------------------------------------------------|
| Garlic                      | 39              | Buy whole bulbs, or make the Garlic-Ginger Paste                 |
| Oils                        | 30              | Rapeseed, olive and a little sesame                              |
| Dried spices                | 28              | Cumin, coriander, paprika, chilli and turmeric are the most used |
| Onions                      | 25              | A big bag; most sauces start here                                |
| Sugars and honey            | 25              | Light and dark brown sugar, honey                                |
| Fresh ginger                | 17              | Keeps for weeks in the fridge; grate from frozen                 |
| Vinegars                    | 14              | Cider, red wine, rice and balsamic cover everything              |
| Soy sauce or tamari         | 12              | Tamari if you need gluten-free                                   |
| Plain flour and cornflour   | 11              | For roux-thickened and glossy sauces                             |
| Tinned tomatoes and passata | 10              | Own-brand, about 45p a tin                                       |
| Stock cubes                 | 8               | Chicken, beef and veg                                            |
| Tomato purée                | 7               | A tube keeps in the fridge                                       |
| Tamarind paste              | 3               | For Thai and Indian sauces; keeps for months                     |
| Fish sauce                  | 2               | Swap for soy to make sauces vegetarian                           |

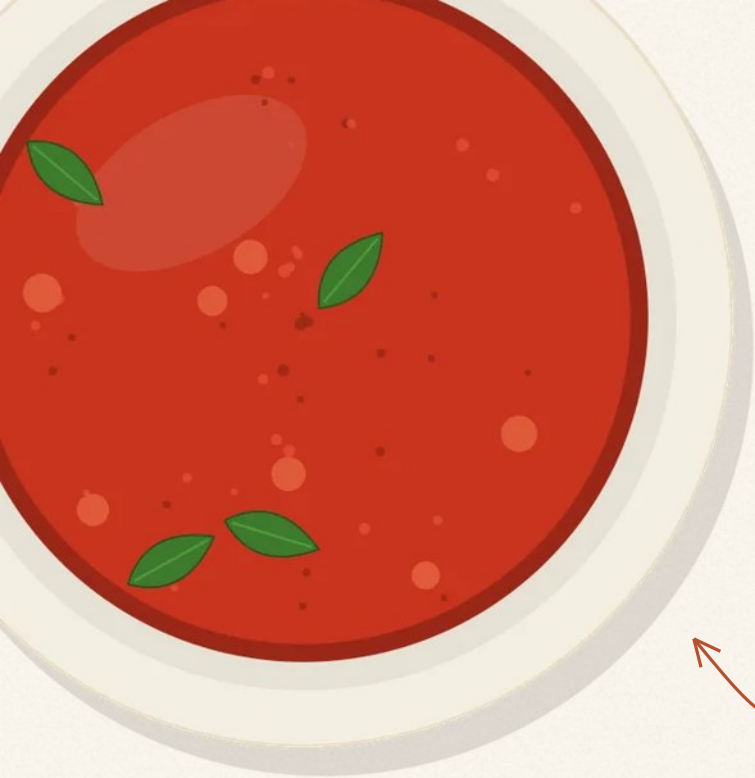
Cooking the freezer blocks as well? The pantry covers the cupboard behind the recipes, including the IBS-friendly ones, and Sauce day makes five sauces in one session.

EIGHT RECIPES

# Pasta sauces

*the backbone of  
a fast dinner*





NO. 01 · PASTA SAUCES V GF

# Classic Tomato Sauce

*Whole plum tomatoes simmered slowly with butter and a halved onion: a famously simple, silky sauce.*

*makes 43 cubes,  
about 7p each*

TIME  
about 55 min

MAKES  
43 cubes

COST PER CUBE  
7p

KCAL PER CUBE  
33 kcal

A SERVING  
4 cubes

SPICE  
    

## You'll need

|               |                           |
|---------------|---------------------------|
| 4 × 400g tins | whole plum tomatoes       |
| 140g          | unsalted butter           |
| 2 (300g)      | onions, peeled and halved |
| 6g            | salt                      |

## Method

- 1 Tip the tomatoes and their juice into a wide saucepan and crush them roughly with your hand or a potato masher.
- 2 Add the butter, the halved onions and the salt.
- 3 Bring to a simmer, then cook uncovered at a slow, steady simmer for 45 minutes, crushing the tomatoes now and then, until thick and the butter floats free.
- 4 Lift out the onions (they make a lovely cook's snack). Taste for salt, and blend smooth if you prefer.
- 5 Cool, pour into 30ml ice-cube trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat   | fibre | salt  |
|-----------------|----------|---------|-------|-------|-------|-------|
| Per cube (30ml) | 33       | 0.4g    | 1.4g  | 2.7g  | 0.3g  | 0.19g |
| Per serving     | 132      | 1.6g    | 5.6g  | 10.8g | 1.2g  | 0.76g |

*estimated*

## Use it for

*Spaghetti with parmesan for one · 4 cubes*

*Pizza base topping · 2 cubes*

*Meatballs or chicken simmered in sauce · 6 cubes*

## Cook's notes

- From frozen: Drop straight into a pan from frozen with a splash of water; ready in 5 minutes. Keeps 4 months frozen.
- Good tinned plum tomatoes are most of the flavour, so buy the best you can.

# Arrabbiata

*A fiery tomato sauce: plenty of garlic and dried chilli warmed in olive oil, simmered with tomatoes and finished with parsley.*

*makes 26 cubes,  
about 8p each*



TIME  
about 45 min

MAKES  
26 cubes

COST PER CUBE  
8p

KCAL PER CUBE  
23 kcal

A SERVING  
4 cubes

SPICE  
🌶️🌶️🌶️🌿🌿

## You'll need

|                |                       |
|----------------|-----------------------|
| 2 × 400g tins  | chopped tomatoes      |
| 6 cloves (30g) | garlic, sliced        |
| 3g (1 tsp)     | chilli flakes         |
| 2 (20g)        | red chillies, chopped |
| 20g            | tomato purée          |
| 5g             | sugar                 |
| 15g            | fresh parsley         |
| 4g             | salt                  |
| 40ml           | olive oil             |

## Method

- 1 Warm the oil in a saucepan over a medium-low heat and gently fry the garlic, chilli flakes and fresh chilli for 2 minutes without browning.
- 2 Add the purée for 1 minute, then the tomatoes, sugar and salt.
- 3 Simmer, uncovered, for 25 minutes until thick.
- 4 Stir in the chopped parsley.
- 5 Cool, pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 23       | 0.5g    | 2.0g  | 1.5g | 0.4g  | 0.16g |
| Per serving     | 92       | 2.0g    | 8.0g  | 6.0g | 1.6g  | 0.64g |

*estimated*

## Use it for

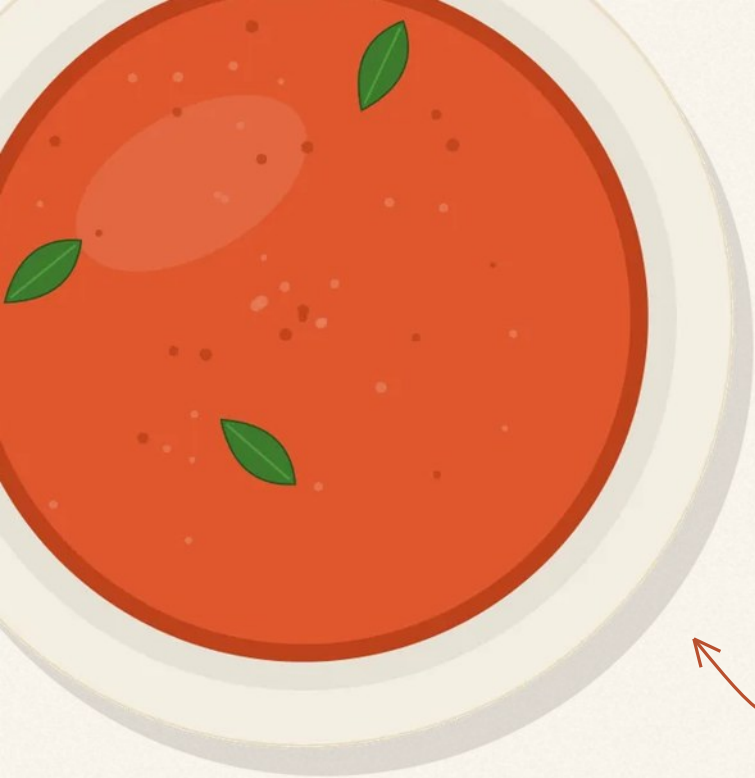
*Penne arrabbiata for one · 4 cubes*

*Spicy prawns with linguine · 4 cubes*

*Baked eggs in sauce · 3 cubes*

## Cook's notes

- From frozen: Straight from frozen into a hot pan; loosen with a splash of pasta water. Keeps 4 months frozen.
- Arrabbiata means 'angry'; add more chilli flakes if you like it fierce.
- Toss with pasta and a little pasta water so it clings.



NO. 03 · PASTA SAUCES VG GF DF

# Roasted Red Pepper & Tomato

*Sweet roasted peppers blended with tomato, garlic and a little smoked paprika into a velvety sauce.*

*makes 36 cubes,  
about 10p each*

TIME  
about 45 min

MAKES  
36 cubes

COST PER CUBE  
10p

KCAL PER CUBE  
17 kcal

A SERVING  
4 cubes

SPICE  
🌶️ 🌿 🌿 🌿 🌿

## You'll need

|                |                        |
|----------------|------------------------|
| 4 (640g)       | red peppers, quartered |
| 1 × 400g tin   | chopped tomatoes       |
| 1 (150g)       | red onion, quartered   |
| 4 cloves (20g) | garlic                 |
| 3g             | smoked paprika         |
| 15ml           | red wine vinegar       |
| 4g             | salt                   |
| 30ml           | olive oil              |

## Method

- 1 Toss the peppers, onion and garlic with the oil and roast at 200°C fan for 30 minutes until soft and charred at the edges.
- 2 Tip into a saucepan with the tomatoes, paprika, vinegar and salt.
- 3 Simmer for 10 minutes.
- 4 Blend until completely smooth.
- 5 Cool, pour into 30ml trays and freeze.

## Use it for

*Pasta with feta and spinach for one · 4 cubes*  
*Sauce for grilled chicken · 3 cubes*  
*Soup: 6 cubes with 200ml stock · 6 cubes*

## NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 17       | 0.4g    | 2.1g  | 0.8g | 0.6g  | 0.12g |
| Per serving     | 68       | 1.6g    | 8.4g  | 3.2g | 2.4g  | 0.48g |

*estimated*

## Cook's notes

- From frozen: Straight from frozen into a pan, or thaw overnight for soup. Keeps 4 months frozen.
- Jarred roasted peppers (460g jar, drained) cut the time to 15 minutes.
- Stir in a spoon of cream cheese when reheating for a creamy pink sauce.

# Puttanesca

A punchy southern Italian sauce of tomato, anchovy, olives, capers, garlic and chilli.

makes 28 cubes,  
about 12p each



TIME  
about 35 min

MAKES  
28 cubes

COST PER CUBE  
12p

KCAL PER CUBE  
23 kcal

A SERVING  
4 cubes

SPICE  
🌶️🌶️🌿🌿🌿

## You'll need

|                |                              |
|----------------|------------------------------|
| 2 × 400g tins  | chopped tomatoes             |
| 80g            | pitted black olives, chopped |
| 30g            | capers, rinsed               |
| 6 (25g)        | anchovy fillets              |
| 5 cloves (25g) | garlic, sliced               |
| 2g             | chilli flakes                |
| 15g            | fresh parsley                |
| 30ml           | olive oil                    |

## Method

- 1 Warm the oil in a saucepan over a medium-low heat and fry the anchovies, garlic and chilli for 3 minutes, mashing the anchovies until they melt.
- 2 Add the tomatoes and simmer, uncovered, for 15 minutes.
- 3 Stir in the olives and capers and simmer for 5 minutes more.
- 4 Add the parsley. Taste before adding salt; it rarely needs any.
- 5 Cool, pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 23       | 0.7g    | 1.6g  | 1.6g | 0.4g  | 0.27g |
| Per serving     | 92       | 2.8g    | 6.4g  | 6.4g | 1.6g  | 1.08g |

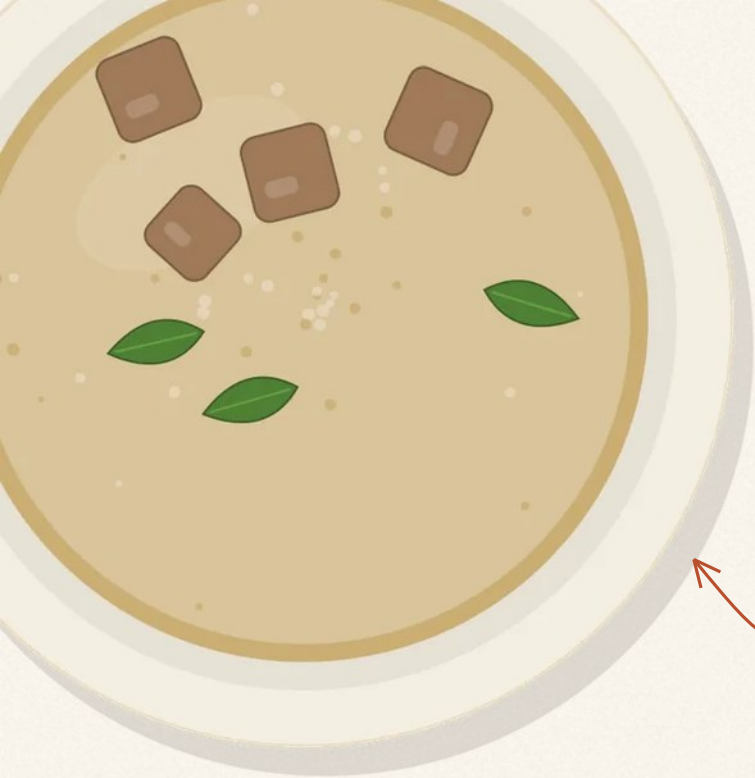
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## Use it for

Spaghetti puttanesca for one · 4 cubes  
Baked white fish with sauce · 3 cubes  
Tuna and pasta bake · 6 cubes

## Cook's notes

- From frozen: Straight from frozen into a pan with a splash of water. Keeps 4 months frozen.
- For a vegetarian version, leave out the anchovies and add 1 tbsp miso.
- Chop the olives small so they spread evenly through the cubes.



NO. 05 · PASTA SAUCES V

# Creamy Mushroom

*Chestnut mushrooms, garlic and thyme in a light, roux-thickened creamy sauce that freezes without splitting.*

*makes 37 cubes,  
about 11p each*

TIME  
about 35 min

MAKES  
37 cubes

COST PER CUBE  
11p

KCAL PER CUBE  
40 kcal

A SERVING  
4 cubes

SPICE

## You'll need

|                |                                   |
|----------------|-----------------------------------|
| 500g           | chestnut mushrooms, finely sliced |
| 1 (150g)       | onion, finely chopped             |
| 3 cloves (15g) | garlic                            |
| 30g            | butter                            |
| 30g            | plain flour                       |
| 400ml          | semi-skimmed milk                 |
| 150ml          | double cream                      |
| 1              | vegetable stock cube              |
| 2g             | dried thyme                       |
| 10ml           | rapeseed oil                      |

## Method

- 1 Heat the oil in a wide pan over a high heat and brown the mushrooms in two batches; lift out. (10 min)
- 2 Lower the heat to medium, melt the butter and soften the onion for 6 minutes. Add the garlic and thyme for 1 minute.
- 3 Stir in the flour for 1 minute, then gradually whisk in the milk and crumble in the stock cube. Simmer, whisking, for 3 minutes until thick.
- 4 Stir in the cream and mushrooms and simmer for 2 minutes. Season.
- 5 Cool, pour into 30ml trays and freeze.

### NUTRITION

*estimated*

|                 | calories | protein | carbs | fat   | fibre | salt  |
|-----------------|----------|---------|-------|-------|-------|-------|
| Per cube (30ml) | 40       | 1.0g    | 1.8g  | 3.1g  | 0.3g  | 0.15g |
| Per serving     | 160      | 4.0g    | 7.2g  | 12.4g | 1.2g  | 0.60g |

## Use it for

*Tagliatelle with mushroom sauce for one · 4 cubes*  
*Sauce for chicken breast or pork chop · 3 cubes*  
*Mushroom stroganoff over rice · 5 cubes*

## Cook's notes

- From frozen: Thaw in the fridge overnight, then warm gently, whisking, with a splash of milk. Keeps 3 months frozen.
- The flour roux is what stops it splitting in the freezer.
- If it looks grainy after thawing, whisk hard over a low heat and it will come back.

# Vodka Sauce

*The Italian-American classic: lots of tomato purée fried until brick red, shallot, chilli, a splash of vodka, cream and parmesan.*

*makes 35 cubes,  
about 15p each* →



TIME  
about 35 min

MAKES  
35 cubes

COST PER CUBE  
15p

KCAL PER CUBE  
71 kcal

A SERVING  
4 cubes

SPICE  
🌶️ 🌿 🌿 🌿 🌿

## You'll need

|                |                          |
|----------------|--------------------------|
| 200g           | tomato purée             |
| 400g           | passata                  |
| 4 (120g)       | shallots, finely chopped |
| 4 cloves (20g) | garlic                   |
| 1g             | chilli flakes            |
| 80ml           | vodka                    |
| 300ml          | double cream             |
| 50g            | parmesan, finely grated  |
| 40g            | butter                   |
| 15ml           | olive oil                |
| 4g             | salt                     |

## Method

- 1 Melt the butter with the oil over a medium heat and soften the shallots for 5 minutes. Add the garlic and chilli for 1 minute.
- 2 Add the tomato purée and fry, stirring constantly, for 5 minutes until it turns from bright red to a deep brick red.
- 3 Pour in the vodka and bubble for 1 minute, scraping up the bottom, then stir in the passata and simmer for 5 minutes.
- 4 Stir in the cream and simmer gently for 3 minutes, then take off the heat and stir in the parmesan and salt.
- 5 Cool, pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat   | fibre | salt  |
|-----------------|----------|---------|-------|-------|-------|-------|
| Per cube (30ml) | 71       | 1.1g    | 2.1g  | 5.9g  | 0.4g  | 0.17g |
| Per serving     | 284      | 4.4g    | 8.4g  | 23.6g | 1.6g  | 0.68g |

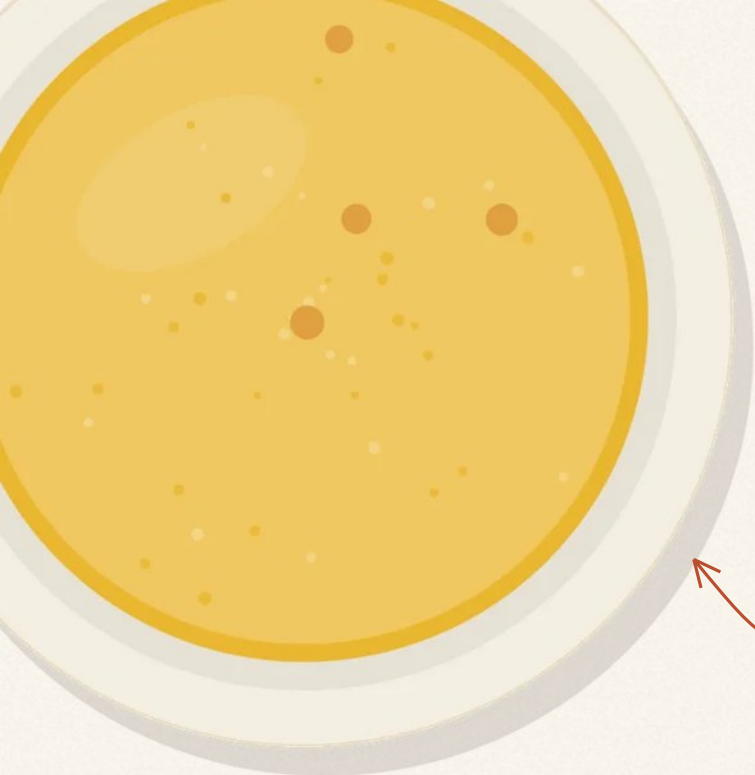
*estimated*

## Use it for

*Penne alla vodka for one · 4 cubes*  
*Gnocchi bake with mozzarella · 5 cubes*  
*Sauce for chicken parmigiana · 3 cubes*

## Cook's notes

- From frozen: Thaw in the fridge overnight, then warm gently, stirring. Keeps 3 months frozen.
- Frying the purée until brick red is the step that makes it taste right.
- Most of the alcohol cooks off; it sharpens the tomato flavour.



NO. 07 · PASTA SAUCES V

# Cheese Sauce

*A classic mature cheddar sauce made on a flour roux, so it thaws smooth. Mac and cheese, lasagne, cauliflower cheese.*

*makes 30 cubes,  
about 11p each*

TIME  
about 20 min

MAKES  
30 cubes

COST PER CUBE  
11p

KCAL PER CUBE  
57 kcal

A SERVING  
4 cubes

SPICE  
    

## You'll need

|             |                        |
|-------------|------------------------|
| 750ml       | semi-skimmed milk      |
| 50g         | butter                 |
| 50g         | plain flour            |
| 200g        | mature cheddar, grated |
| 10g (2 tsp) | English mustard        |
| pinch       | nutmeg                 |
| 3g          | salt                   |

## Method

- 1 Melt the butter in a saucepan over a medium heat, stir in the flour and cook for 2 minutes, stirring.
- 2 Gradually whisk in the milk until smooth.
- 3 Simmer, whisking, for 5 minutes until thick enough to coat a spoon.
- 4 Off the heat, stir in the cheese until melted, then the mustard, nutmeg and salt.
- 5 Cool, pour into 30ml trays and freeze.

## Use it for

*Mac and cheese for one · 5 cubes*

*Cauliflower or broccoli cheese · 4 cubes*

*Lasagne topping · 8 cubes*

## NUTRITION

|                 | calories | protein | carbs | fat   | fibre | salt  |
|-----------------|----------|---------|-------|-------|-------|-------|
| Per cube (30ml) | 57       | 2.7g    | 2.4g  | 4.1g  | 0.1g  | 0.26g |
| Per serving     | 228      | 10.8g   | 9.6g  | 16.4g | 0.4g  | 1.04g |

*estimated*

## Cook's notes

- From frozen: Thaw in the fridge overnight, then warm gently, whisking, with a splash of milk. Keeps 3 months frozen.
- Whisk well when reheating; it may look slightly grainy at first.
- Use a strong cheese: freezing mutes the flavour a little.

# Basil Pesto

*Fresh basil, pine nuts, garlic and olive oil, frozen without the cheese so it keeps its colour and texture.*

*makes 10 cubes,  
about 43p each*



TIME  
about 15 min

MAKES  
10 cubes

COST PER CUBE  
43p

KCAL PER CUBE  
158 kcal

A SERVING  
2 cubes

SPICE  
🌶️ 🌿 🌿 🌿 🌿

## You'll need

|                |                                           |
|----------------|-------------------------------------------|
| 100g           | fresh basil leaves                        |
| 50g            | pine nuts, toasted                        |
| 2 cloves (10g) | garlic                                    |
| 150ml          | extra virgin olive oil, plus extra to top |
| 15ml           | lemon juice                               |
| 3g             | salt                                      |

## Method

- 1 Toast the pine nuts in a dry pan over a medium heat until golden. Cool.
- 2 Blitz the basil, pine nuts, garlic, lemon and salt in a food processor.
- 3 With the motor running, pour in the oil until you have a loose paste.
- 4 Spoon into 30ml trays, filling three-quarters full, and cover each with a thin layer of olive oil to stop it darkening.
- 5 Freeze, then bag. Add grated parmesan when you serve.

### NUTRITION

*estimated*

|                 | calories   | protein     | carbs       | fat          | fibre       | salt         |
|-----------------|------------|-------------|-------------|--------------|-------------|--------------|
| Per cube (30ml) | <b>158</b> | <b>1.1g</b> | <b>1.7g</b> | <b>17.0g</b> | <b>0.5g</b> | <b>0.30g</b> |
| Per serving     | <b>316</b> | <b>2.2g</b> | <b>3.4g</b> | <b>34.0g</b> | <b>1.0g</b> | <b>0.60g</b> |

## Use it for

*Pesto pasta for one, plus 1 tbsp parmesan · 2 cubes*  
*Stirred into soup or minestrone · 1 cube*  
*Spread on toast or in a chicken sandwich · 1 cube*

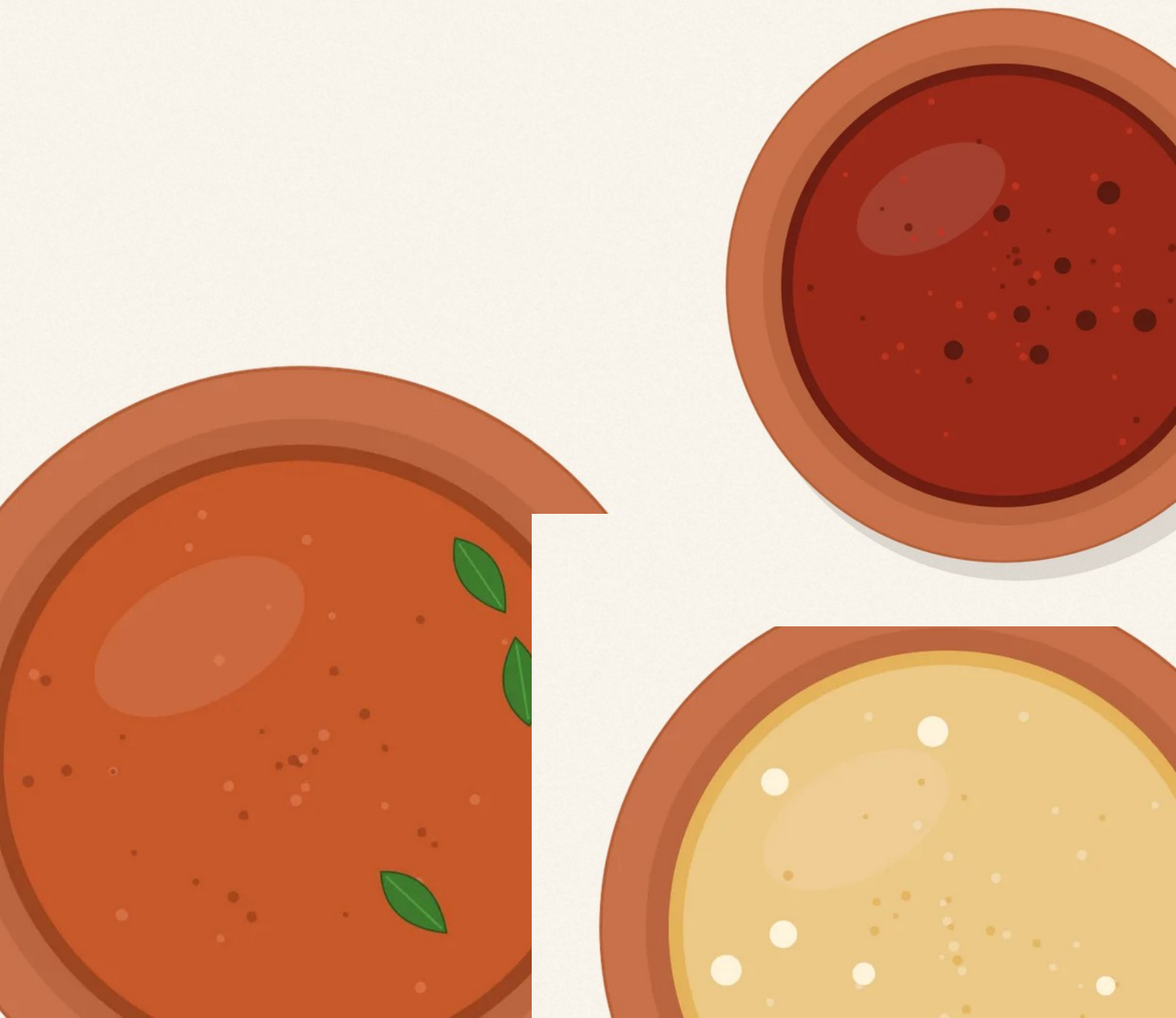
## Cook's notes

- From frozen: Drop straight onto hot pasta from frozen, or thaw for 30 minutes for sandwiches. Keeps 4 months frozen.
- Freezing without cheese keeps the texture fresh; stir in parmesan once it's on the pasta.
- Cashews or walnuts make a cheaper swap for pine nuts.

TEN RECIPES

# Curry bases & pastes

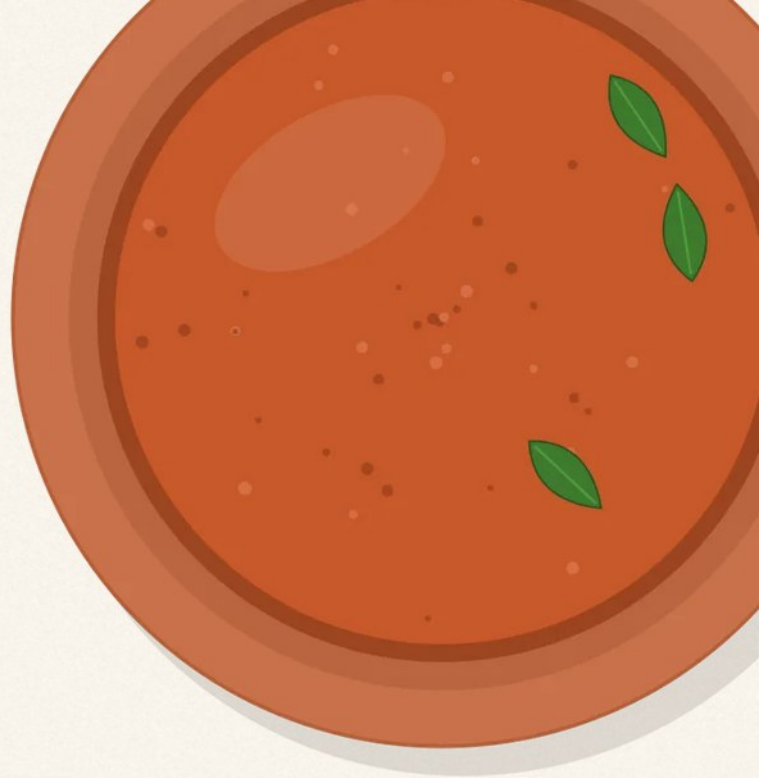
*the long, slow part,  
done in advance*



# Tikka Masala Base

A curry-house masala of slow-cooked onion, tomato, Kashmiri chilli and garam masala, finished with the dried fenugreek leaves that make it taste like tikka masala.

makes 50 cubes,  
about 8p each



TIME  
about 1 hr

MAKES  
50 cubes

COST PER CUBE  
8p

KCAL PER CUBE  
24 kcal

A SERVING  
4 cubes

SPICE

## You'll need

|                |                                          |
|----------------|------------------------------------------|
| 4 (600g)       | onions, chopped                          |
| 2 × 400g tins  | chopped tomatoes                         |
| 60g            | tomato purée                             |
| 8 cloves (40g) | garlic                                   |
| 40g            | fresh ginger                             |
| 16g            | garam masala, cumin, coriander, turmeric |
| 8g             | Kashmiri chilli powder                   |
| 3g             | smoked paprika                           |
| 6g (2 tbsp)    | dried fenugreek leaves (kasuri methi)    |
| 20g            | honey                                    |
| 6g             | salt                                     |
| 40g            | butter                                   |
| 20ml           | rapeseed oil                             |
| 200ml          | water                                    |

## Method

- 1 Melt the butter with the oil in a large pan over a medium heat and cook the onions slowly for 20 minutes until deep golden.
- 2 Add the garlic and ginger for 2 minutes, then the ground spices, Kashmiri chilli, smoked paprika and purée for 2 minutes, stirring so they don't catch.
- 3 Add the tomatoes, honey, salt and water and simmer for 20 minutes.
- 4 Blend completely smooth, then crush the fenugreek leaves between your palms into the sauce and simmer for 2 minutes.
- 5 Cool, pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 24       | 0.5g    | 2.9g  | 1.1g | 0.6g  | 0.14g |
| Per serving     | 96       | 2.0g    | 11.6g | 4.4g | 2.4g  | 0.56g |

estimated

## Use it for

Chicken tikka masala for one: 120g chicken, 4 cubes, 2 tbsp cream · 4 cubes

Paneer tikka masala · 4 cubes

Chickpea and spinach curry · 4 cubes

## Cook's notes

- From frozen: Straight from frozen into a pan with the browned meat and a splash of water. Keeps 6 months frozen.
- The slow-cooked onions are the backbone; don't rush them.
- Stir 1 to 2 tbsp cream through each portion at the end, not before freezing.



NO. 10 · CURRY BASES & PASTES V GF NUTS

# Korma Base

*A mild, fragrant base of slow-cooked onion, ground almonds, coconut and gentle spices.*

*makes 36 cubes,  
about 10p each*

TIME  
about 45 min

MAKES  
36 cubes

COST PER CUBE  
10p

KCAL PER CUBE  
53 kcal

A SERVING  
4 cubes

SPICE  
    

## You'll need

|                |                                                    |
|----------------|----------------------------------------------------|
| 4 (600g)       | onions, sliced                                     |
| 80g            | ground almonds                                     |
| 1 × 400ml tin  | coconut milk                                       |
| 6 cloves (30g) | garlic                                             |
| 30g            | fresh ginger                                       |
| 16g            | coriander, cumin, garam masala, turmeric, cardamom |
| 20g            | sugar                                              |
| 5g             | salt                                               |
| 30g            | butter                                             |
| 150ml          | water                                              |

## Method

- 1 Melt the butter over a low heat and cook the onions for 20 minutes until soft and pale gold, not brown.
- 2 Add the garlic, ginger and spices for 2 minutes.
- 3 Add the almonds, coconut milk, sugar, salt and 150ml water. Simmer for 10 minutes.
- 4 Blend completely smooth.
- 5 Cool, pour into 30ml trays and freeze.

## Use it for

*Chicken korma for one: 120g chicken, 4 cubes · 4 cubes*  
*Vegetable korma with cauliflower and peas · 5 cubes*  
*Mild curry for children · 3 cubes*

## NUTRITION

|                 | calories | protein | carbs | fat   | fibre | salt  |
|-----------------|----------|---------|-------|-------|-------|-------|
| Per cube (30ml) | 53       | 1.0g    | 3.1g  | 4.0g  | 0.7g  | 0.15g |
| Per serving     | 212      | 4.0g    | 12.4g | 16.0g | 2.8g  | 0.60g |

*estimated*

## Cook's notes

- From frozen: Straight from frozen into a pan with a splash of water or milk. Keeps 6 months frozen.
- Use coconut oil instead of butter for a dairy-free base.
- A spoon of cream at serving makes it richer.

# Madras Paste

*A hot, deep red curry paste of roasted spices, chilli, garlic, ginger and tamarind.*

*makes 10 cubes,  
about 34p each*



TIME  
about 20 min

MAKES  
10 cubes

COST PER CUBE  
34p

KCAL PER CUBE  
94 kcal

A SERVING  
2 cubes

SPICE  
🌶️🌶️🌶️🌶️🌶️

## You'll need

|                 |                     |
|-----------------|---------------------|
| 30g             | coriander seeds     |
| 15g             | cumin seeds         |
| 6g              | black mustard seeds |
| 15g             | hot chilli powder   |
| 10g             | turmeric            |
| 10 cloves (50g) | garlic              |
| 60g             | fresh ginger        |
| 4 (25g)         | red chillies        |
| 40g             | tomato purée        |
| 30g             | tamarind paste      |
| 60ml            | rapeseed oil        |
| 6g              | salt                |

## Method

- 1 Toast the whole seeds in a dry pan over a medium heat for 2 minutes until fragrant, then grind.
- 2 Blitz with the chilli powder, turmeric, garlic, ginger, chillies, purée, tamarind, salt and half the oil to a smooth paste.
- 3 Fry the paste in the rest of the oil over a low heat for 8 minutes, stirring, until it darkens and the oil separates.
- 4 Cool completely.
- 5 Spoon into 30ml trays and freeze.

### NUTRITION

*estimated*

|                 | calories | protein | carbs | fat   | fibre | salt  |
|-----------------|----------|---------|-------|-------|-------|-------|
| Per cube (30ml) | 94       | 1.7g    | 8.3g  | 6.3g  | 2.5g  | 1.02g |
| Per serving     | 188      | 3.4g    | 16.6g | 12.6g | 5.0g  | 2.04g |

## Use it for

*Chicken Madras for one: 150g chicken, 2 cubes, half a tin of tomatoes · 2 cubes*

*Beef or lamb curry · 3 cubes*

*Spiced roast potatoes · 1 cube*

## Cook's notes

- From frozen: Fry straight from frozen in a little oil before adding meat and liquid. Keeps 6 months frozen.
- Frying the paste before freezing cooks out the raw garlic and makes it last longer.
- Use half a cube for a medium curry.



NO. 12 · CURRY BASES & PASTES GF DF

# Thai Green Paste

*A fresh, fragrant paste made the traditional way: toasted spices, coriander root, lemongrass, galangal, makrut lime zest and green chillies.*

*makes 12 cubes,  
about 35p each*

TIME  
about 25 min

MAKES  
12 cubes

COST PER CUBE  
35p

KCAL PER CUBE  
22 kcal

A SERVING  
2 cubes

SPICE  
🌶️🌶️🌶️🌿🌿

## You'll need

|                 |                                 |
|-----------------|---------------------------------|
| 6g              | coriander seeds                 |
| 3g              | cumin seeds                     |
| 2g              | white peppercorns               |
| 20g             | green bird's eye chillies       |
| 40g             | milder long green chillies      |
| 4 stems (60g)   | lemongrass, tender part, sliced |
| 30g             | galangal, sliced                |
| 30g             | coriander roots or stalks       |
| 2 (or 4 makrut) | limes, finely grated zest       |
| 6 (90g)         | shallots                        |
| 8 cloves (40g)  | garlic                          |
| 15g             | Thai basil leaves               |
| 10g             | shrimp paste                    |
| 3g              | salt                            |

## Method

- 1 Toast the coriander seeds, cumin and peppercorns in a dry pan for 2 minutes until fragrant, then grind finely.
- 2 Blitz the toughest ingredients first: lemongrass, galangal, coriander roots, lime zest and salt, until finely chopped.
- 3 Add the shallots, garlic and chillies and blitz again, scraping down often. Add 2 to 3 tbsp water only if it won't turn.
- 4 Add the basil, ground spices and shrimp paste and blitz to a smooth, thick paste.
- 5 Spoon into 30ml trays, press clingfilm onto the surface and freeze. The paste is cooked in the curry, not before.

### NUTRITION

*estimated*

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 22       | 0.9g    | 4.6g  | 0.2g | 0.7g  | 0.50g |
| Per serving     | 44       | 1.8g    | 9.2g  | 0.4g | 1.4g  | 1.00g |

## Use it for

*Thai green curry for one: fry 2 cubes in coconut cream, add 200ml coconut milk, fish sauce and a pinch of sugar · 2 cubes*

*Green curry noodle soup · 2 cubes*

*Marinade for grilled fish · 1 cube*

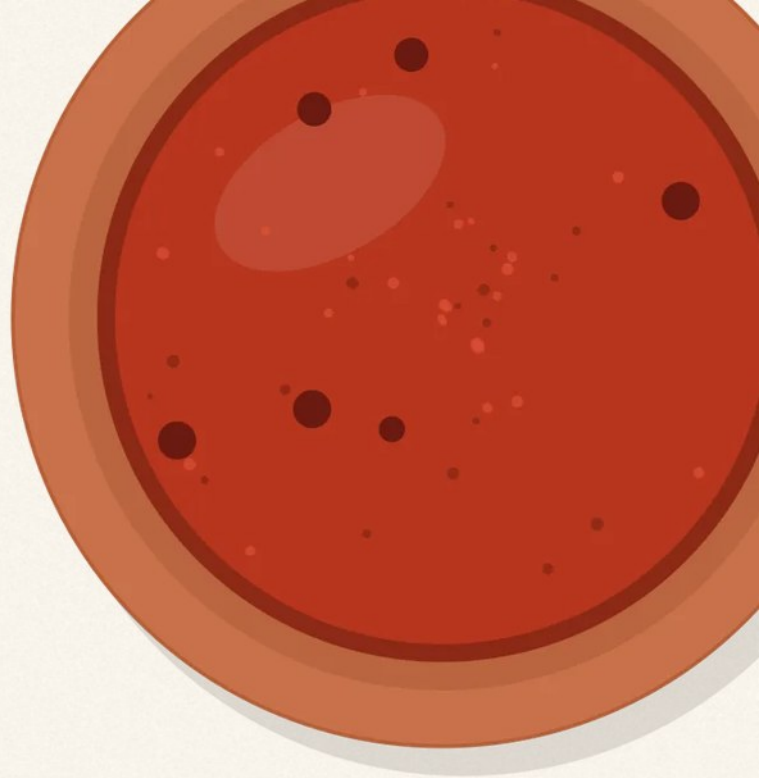
## Cook's notes

- From frozen: Fry straight from frozen in a little oil until fragrant. Keeps 6 months frozen.
- The paste has no sugar, lime juice or fish sauce; season the curry itself with those.
- Use 1 tsp white miso instead of shrimp paste for a vegan paste. Deseed the bird's eye chillies for a milder 2.

# Thai Red Paste

*A deep, earthy paste made the traditional way: soaked dried red chillies, toasted spices, coriander root, lemongrass, galangal and lime zest.*

*makes 10 cubes,  
about 33p each*



TIME  
about 35 min

MAKES  
10 cubes

COST PER CUBE  
33p

KCAL PER CUBE  
29 kcal

A SERVING  
2 cubes

SPICE  
🌶️🌶️🌶️🌿🌿

## You'll need

|                 |                                 |
|-----------------|---------------------------------|
| 15g (about 10)  | large mild dried red chillies   |
| 4 (2g)          | dried bird's eye chillies       |
| 8g              | coriander seeds                 |
| 3g              | cumin seeds                     |
| 2g              | white peppercorns               |
| 4 stems (60g)   | lemongrass, tender part, sliced |
| 30g             | galangal, sliced                |
| 25g             | coriander roots or stalks       |
| 2 (or 4 makrut) | limes, finely grated zest       |
| 6 (90g)         | shallots                        |
| 8 cloves (40g)  | garlic                          |
| 10g             | shrimp paste                    |
| 3g              | salt                            |

## Method

- 1 Snip the dried chillies, shake out most of the seeds and soak in hot water for 20 minutes. Drain, keeping a little of the water.
- 2 Toast the coriander, cumin and peppercorns in a dry pan for 2 minutes, then grind finely.
- 3 Blitz the lemongrass, galangal, coriander roots, lime zest and salt until fine, then add the chillies, shallots and garlic and blitz again.
- 4 Add the ground spices and shrimp paste and blitz to a smooth paste, adding a splash of the soaking water if needed.
- 5 Spoon into 30ml trays, cover and freeze. Fry it in the curry, not before.

### NUTRITION

*estimated*

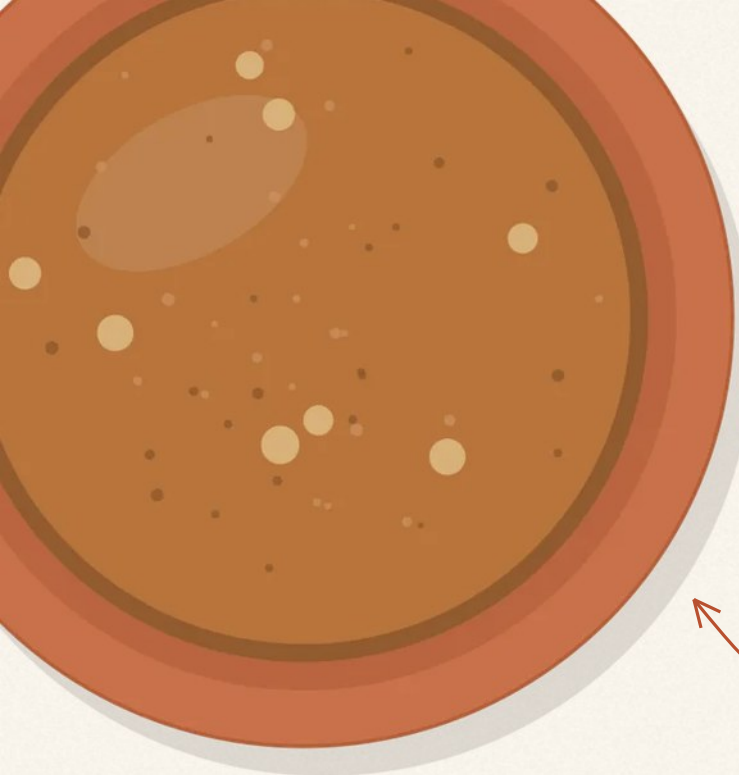
|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 29       | 1.2g    | 5.6g  | 0.4g | 1.1g  | 0.60g |
| Per serving     | 58       | 2.4g    | 11.2g | 0.8g | 2.2g  | 1.20g |

## Use it for

*Thai red curry for one: fry 2 cubes in coconut cream, add 200ml coconut milk, fish sauce and palm sugar · 2 cubes*  
*Red curry noodle soup · 2 cubes*  
*Thai fishcakes · 1 cube*

## Cook's notes

- From frozen: Fry straight from frozen in a little oil until fragrant. Keeps 6 months frozen.
- Large mild chillies give the colour; the bird's eye chillies give the heat, so adjust those.
- Use 1 tsp white miso instead of shrimp paste for a vegan paste.



NO. 14 · CURRY BASES &amp; PASTES GF DF

# Massaman Paste

*A warm, mild paste made the traditional way, with dry-roasted shallots and garlic, soaked dried chillies and toasted whole spices.*

*makes 7 cubes,  
about 34p each*

TIME  
about 40 minMAKES  
7 cubesCOST PER CUBE  
34pKCAL PER CUBE  
52 kcalA SERVING  
2 cubesSPICE  

## You'll need

|                 |                                                                 |
|-----------------|-----------------------------------------------------------------|
| 8 (8g)          | large mild dried red chillies, soaked                           |
| 6 (90g)         | shallots, unpeeled                                              |
| 10 cloves (50g) | garlic, unpeeled                                                |
| 3 stems (45g)   | lemongrass, sliced                                              |
| 25g             | galangal, sliced                                                |
| 12g             | coriander, cumin, cardamom pods, cloves, cinnamon stick, nutmeg |
| 2g              | white peppercorns                                               |
| 10g             | shrimp paste                                                    |
| 3g              | salt                                                            |
| 15ml            | rapeseed oil                                                    |

## Method

- 1 Dry-roast the unpeeled shallots and garlic in a heavy pan over a medium heat for 10 to 15 minutes, turning, until charred and soft. Cool and peel.
- 2 Toast the lemongrass and galangal in the same pan for 3 minutes, then the whole spices for 2 minutes until fragrant. Grind the spices finely.
- 3 Blitz the drained chillies, lemongrass, galangal and salt, then add the roasted shallots and garlic, ground spices and shrimp paste and blitz to a smooth paste.
- 4 Fry the paste in the oil over a low heat for 5 minutes. Cool completely.
- 5 Spoon into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 52       | 1.4g    | 7.0g  | 2.3g | 1.2g  | 0.86g |
| Per serving     | 104      | 2.8g    | 14.0g | 4.6g | 2.4g  | 1.72g |

*estimated*

## Use it for

*Beef or chicken massaman: 2 cubes, coconut milk, potatoes and peanuts · 2 cubes*  
*Massaman squash and chickpea curry · 3 cubes*  
*Rub for roast chicken · 1 cube*

## Cook's notes

- From frozen: Fry straight from frozen in a little oil until fragrant. Keeps 6 months frozen.
- Peanuts, tamarind and palm sugar go into the curry itself, not the paste.
- Two cubes per 400ml tin of coconut milk is about right.

# Rendang Paste

A deep, aromatic Malaysian paste of shallot, chilli, lemongrass, galangal and turmeric, for slow-cooked rendang.

*makes 12 cubes,  
about 29p each*



TIME  
about 25 min

MAKES  
12 cubes

COST PER CUBE  
29p

KCAL PER CUBE  
61 kcal

A SERVING  
3 cubes

SPICE  
🌶️🌶️🌶️🌿🌿

## You'll need

|                |                             |
|----------------|-----------------------------|
| 8 (120g)       | shallots                    |
| 4 stems (60g)  | lemongrass                  |
| 40g            | galangal or ginger          |
| 20g            | fresh turmeric or 4g ground |
| 8 cloves (40g) | garlic                      |
| 6 (40g)        | red chillies                |
| 10 (8g)        | dried red chillies, soaked  |
| 20g            | tamarind paste              |
| 10g            | coriander, cumin, cinnamon  |
| 20g            | palm or brown sugar         |
| 40ml           | rapeseed oil                |

## Method

- 1 Blitz everything except half the oil to a smooth paste.
- 2 Fry the paste in the remaining oil over a low heat for 10 minutes, stirring, until it smells toasty.
- 3 Cool completely.
- 4 Spoon into 30ml trays.
- 5 Freeze.

### NUTRITION

*estimated*

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 61       | 0.8g    | 7.5g  | 3.3g | 0.9g  | 0.23g |
| Per serving     | 183      | 2.4g    | 22.5g | 9.9g | 2.7g  | 0.69g |

## Use it for

Beef rendang: 500g beef, 6 cubes, 400ml coconut milk, slow-cooked 3 hours · 6 cubes  
Chicken rendang · 3 cubes  
Spicy fried rice · 1 cube

## Cook's notes

- From frozen: Fry straight from frozen in a little oil until fragrant. Keeps 6 months frozen.
- Toast 2 tbsp desiccated coconut and stir it in at the end of the rendang for the classic finish.
- For a milder paste, leave out the dried chillies.



NO. 16 · CURRY BASES & PASTES VG GF DF

# Jerk Marinade

*A fiery Jamaican marinade of scotch bonnet, spring onion, allspice, thyme, garlic and lime.*

*makes 14 cubes,  
about 24p each*

TIME  
about 15 min

MAKES  
14 cubes

COST PER CUBE  
24p

KCAL PER CUBE  
47 kcal

A SERVING  
2 cubes

SPICE     

## You'll need

|                |                     |
|----------------|---------------------|
| 2 (20g)        | scotch bonnets      |
| 8 (120g)       | spring onions       |
| 6 cloves (30g) | garlic              |
| 30g            | fresh ginger        |
| 12g (4 tsp)    | ground allspice     |
| 4g             | dried thyme         |
| 2g             | cinnamon and nutmeg |
| 60ml           | soy sauce           |
| 2              | limes, juiced       |
| 30g            | dark brown sugar    |
| 40ml           | rapeseed oil        |
| 4g             | black pepper        |

## Method

- 1 Wear gloves and roughly chop the scotch bonnets (seeds out for less heat).
- 2 Blitz everything to a smooth paste.
- 3 Taste carefully: it should be hot, salty, sweet and sour.
- 4 Spoon into 30ml trays.
- 5 Freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 47       | 0.9g    | 5.2g  | 2.8g | 0.8g  | 0.64g |
| Per serving     | 94       | 1.8g    | 10.4g | 5.6g | 1.6g  | 1.28g |

*estimated*

## Use it for

*Jerk chicken thighs: 4 cubes per 500g, marinate overnight, roast · 4 cubes*  
*Jerk pork chops · 2 cubes*  
*Jerk-glazed halloumi · 1 cube*

## Cook's notes

- From frozen: Thaw in the fridge overnight before using as a marinade. Keeps 6 months frozen.
- Marinate meat for at least 4 hours, ideally overnight.
- For a 3, use one scotch bonnet with the seeds removed.

# Chip Shop Curry Sauce

*The British takeaway classic: mild, sweet curry sauce with onion, apple and a touch of sultana, made smooth.*

*makes 31 cubes,  
about 8p each*



TIME  
about 35 min

MAKES  
31 cubes

COST PER CUBE  
8p

KCAL PER CUBE  
29 kcal

A SERVING  
3 cubes

SPICE  
🌶️ 🌿 🌿 🌿 🌿

## You'll need

|                |                             |
|----------------|-----------------------------|
| 2 (300g)       | onions, chopped             |
| 1 (150g)       | apple, grated               |
| 30g            | sultanas                    |
| 3 cloves (15g) | garlic                      |
| 15g            | fresh ginger                |
| 25g            | mild curry powder           |
| 40g            | plain flour                 |
| 30ml           | soy sauce                   |
| 20g            | sugar                       |
| 2              | chicken or veg stock cubes  |
| 900ml          | water, to make up the stock |
| 30ml           | rapeseed oil                |

## Method

- 1 Heat the oil over a medium heat and soften the onion for 10 minutes. Add the garlic, ginger and curry powder for 1 minute.
- 2 Stir in the flour for 1 minute, then gradually whisk in the stock.
- 3 Add the apple, sultanas, soy and sugar and simmer for 15 minutes.
- 4 Blend completely smooth and season.
- 5 Cool, pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 29       | 0.5g    | 4.6g  | 1.1g | 0.6g  | 0.44g |
| Per serving     | 87       | 1.5g    | 13.8g | 3.3g | 1.8g  | 1.32g |

*estimated*

## Use it for

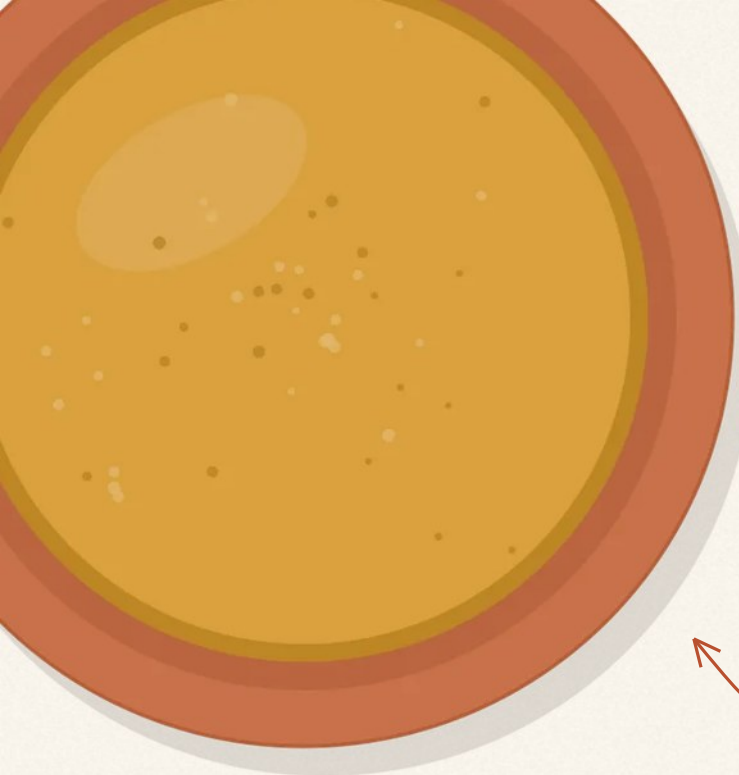
*Chips and curry sauce · 3 cubes*

*Quick chicken curry with rice · 4 cubes*

*Over a jacket potato · 3 cubes*

## Cook's notes

- From frozen: Straight from frozen into a pan with a splash of water, whisking. Keeps 6 months frozen.
- A teaspoon of vinegar at serving gives it the proper chippy tang.
- Use veg stock cubes for a vegetarian sauce.



NO. 18 · CURRY BASES & PASTES V DF

# Katsu Curry Sauce

*A mild, sweet Japanese curry sauce of carrot, onion, apple and curry powder, thickened with a roux.*

*makes 35 cubes,  
about 8p each*

TIME  
about 40 min

MAKES  
35 cubes

COST PER CUBE  
8p

KCAL PER CUBE  
26 kcal

A SERVING  
3 cubes

SPICE

## You'll need

|                |                             |
|----------------|-----------------------------|
| 2 (300g)       | onions, chopped             |
| 2 (200g)       | carrots, chopped            |
| 1 (150g)       | apple, grated               |
| 4 cloves (20g) | garlic                      |
| 20g            | fresh ginger                |
| 25g            | mild curry powder           |
| 3g             | turmeric                    |
| 40g            | plain flour                 |
| 30ml           | soy sauce                   |
| 20g            | honey                       |
| 2              | chicken or veg stock cubes  |
| 800ml          | water, to make up the stock |
| 30ml           | rapeseed oil                |

## Method

- 1 Heat the oil over a medium heat and soften the onions and carrots for 12 minutes.
- 2 Add the garlic, ginger, curry powder and turmeric for 1 minute, then the flour for 1 minute.
- 3 Gradually whisk in the stock, then add the apple, soy and honey. Simmer for 15 minutes.
- 4 Blend completely smooth and season.
- 5 Cool, pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 26       | 0.5g    | 4.0g  | 1.0g | 0.7g  | 0.39g |
| Per serving     | 78       | 1.5g    | 12.0g | 3.0g | 2.1g  | 1.17g |

*estimated*

## Use it for

*Chicken katsu for one: breaded chicken, rice and 3 cubes  
· 3 cubes*

*Katsu curry udon · 4 cubes*

*Over chips with spring onions · 3 cubes*

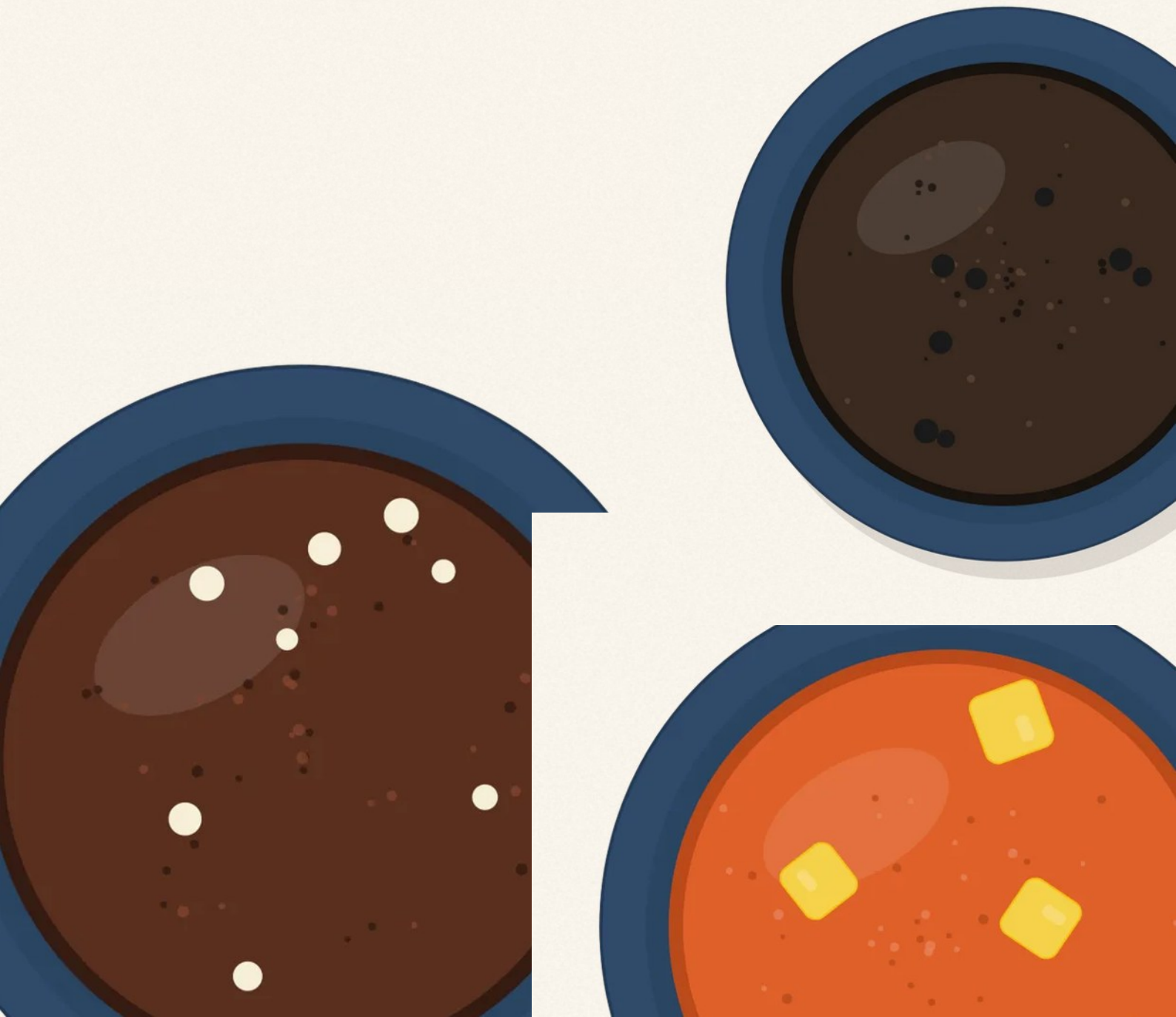
## Cook's notes

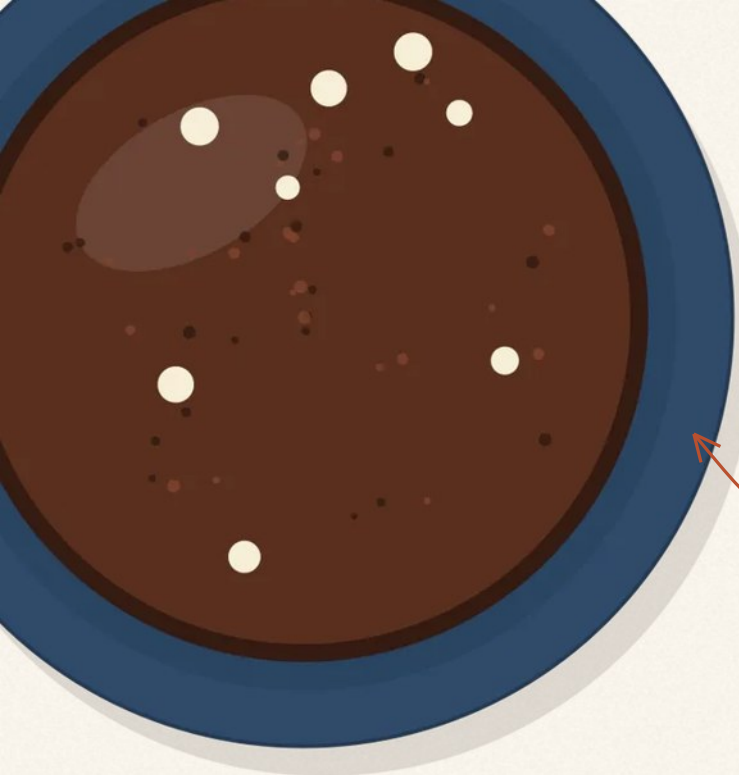
- From frozen: Straight from frozen into a pan with a splash of water, whisking. Keeps 6 months frozen.
- Garam masala at the end adds a little extra warmth.
- It thickens in the freezer; loosen with water when reheating.

EIGHT RECIPES

# Stir-fry & noodle sauces

*hot wok,  
two cubes, done*





NO. 19 · STIR-FRY & NOODLE SAUCES VG GF DF

# Teriyaki

*The classic Japanese glaze: equal parts soy, mirin and sake with a little sugar, simmered until glossy.*

*makes 15 cubes,  
about 27p each*

TIME  
about 20 min

MAKES  
15 cubes

COST PER CUBE  
27p

KCAL PER CUBE  
65 kcal

A SERVING  
2 cubes

SPICE  
    

## You'll need

|       |                      |
|-------|----------------------|
| 200ml | soy sauce            |
| 200ml | mirin                |
| 200ml | sake (or dry sherry) |
| 60g   | caster sugar         |

## Method

- 1 Put the sake and mirin in a small pan and bring to the boil for 1 minute to cook off some alcohol.
- 2 Add the soy and sugar and stir until the sugar dissolves.
- 3 Simmer gently, uncovered, for 10 to 15 minutes until reduced by about a third and lightly syrupy; it thickens more as it cools.
- 4 Cool.
- 5 Pour into 30ml trays and freeze.

## Use it for

*Teriyaki salmon or chicken with rice: 2 cubes · 2 cubes*  
*Teriyaki noodles with veg: 3 cubes*  
*Glaze for meatballs or tofu: 2 cubes*

### NUTRITION

*estimated*

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 65       | 1.1g    | 10.8g | 0.0g | 0.0g  | 2.00g |
| Per serving     | 130      | 2.2g    | 21.6g | 0.0g | 0.0g  | 4.00g |

## Cook's notes

- From frozen: Straight from frozen into a hot pan at the end of cooking; it melts into a glaze. Keeps 4 months frozen.
- Add a grated garlic clove and a little ginger when you cook if you like a takeaway-style teriyaki.
- Use tamari for a gluten-free glaze.

# Sweet & Sour

A bright, takeaway-style sweet and sour sauce with pineapple juice, vinegar, ketchup and soy.

*makes 26 cubes,  
about 10p each*



TIME  
about 15 min

MAKES  
26 cubes

COST PER CUBE  
10p

KCAL PER CUBE  
30 kcal

A SERVING  
3 cubes

SPICE  
🌶️ 🌿 🌿 🌿 🌿

## You'll need

|                |                                    |
|----------------|------------------------------------|
| 1 × 435g tin   | pineapple chunks in juice, blitzed |
| 100ml          | rice or cider vinegar              |
| 100g           | tomato ketchup                     |
| 80g            | light brown sugar                  |
| 40ml           | soy sauce                          |
| 3 cloves (15g) | garlic                             |
| 15g            | fresh ginger                       |
| 25g            | cornflour                          |
| 150ml          | water                              |

## Method

- 1 Blitz the pineapple with its juice until smooth.
- 2 Put everything except the cornflour in a pan and bring to a simmer.
- 3 Whisk in the cornflour mixed with 3 tbsp cold water and simmer for 2 minutes until glossy.
- 4 Cool.
- 5 Pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 30       | 0.3g    | 7.3g  | 0.0g | 0.3g  | 0.23g |
| Per serving     | 90       | 0.9g    | 21.9g | 0.0g | 0.9g  | 0.69g |

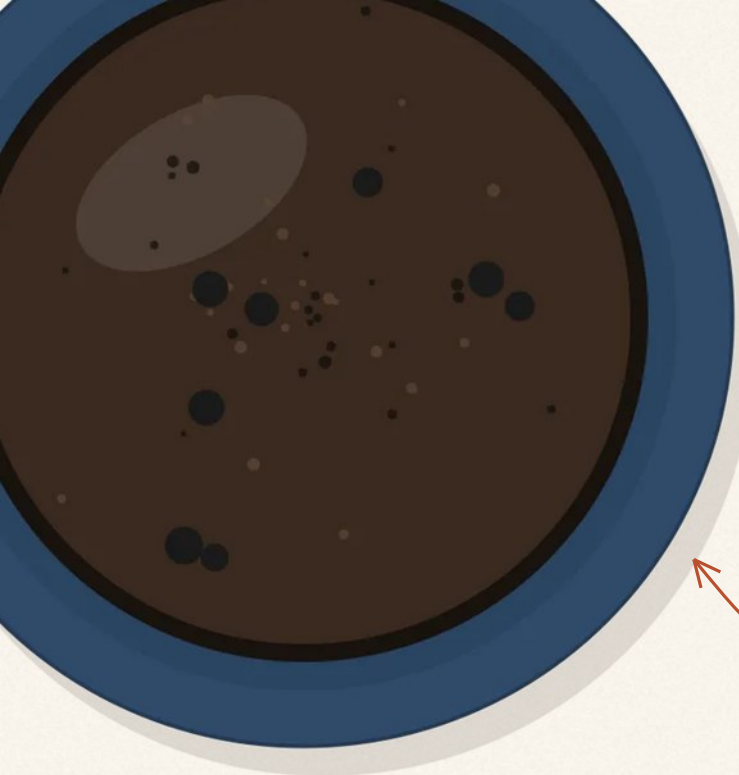
*estimated*

## Use it for

Sweet and sour chicken with peppers and rice · 3 cubes  
Sweet and sour pork balls · 3 cubes  
Dip for spring rolls · 1 cube

## Cook's notes

- From frozen: Straight from frozen into a hot wok with the stir-fry. Keeps 4 months frozen.
- Blitzing the pineapple gives body without lumps in the cubes.
- A dash of sriracha makes a sweet chilli version.



NO. 21 · STIR-FRY &amp; NOODLE SAUCES

VG DF

# Black Bean

*A savoury Cantonese sauce of fermented black beans, garlic, ginger, soy and a touch of chilli.*

*makes 16 cubes,  
about 14p each*

TIME  
about 15 minMAKES  
16 cubesCOST PER CUBE  
14pKCAL PER CUBE  
40 kcalA SERVING  
2 cubesSPICE  

## You'll need

|                |                                           |
|----------------|-------------------------------------------|
| 60g            | fermented black beans, rinsed and chopped |
| 8 cloves (40g) | garlic                                    |
| 30g            | fresh ginger                              |
| 1 (10g)        | red chilli                                |
| 60ml           | soy sauce                                 |
| 30ml           | Shaoxing wine or dry sherry               |
| 20g            | sugar                                     |
| 20g            | cornflour                                 |
| 15ml           | sesame oil                                |
| 300ml          | water                                     |
| 20ml           | rapeseed oil                              |

## Method

- 1 Fry the garlic, ginger and chilli in the oil over a medium heat for 1 minute.
- 2 Add the black beans for 30 seconds, then the soy, wine, sugar and water.
- 3 Whisk in the cornflour mixed with 3 tbsp cold water and simmer for 2 minutes.
- 4 Stir in the sesame oil and cool.
- 5 Pour into 30ml trays and freeze.

### NUTRITION

*estimated*

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 40       | 0.7g    | 4.4g  | 2.2g | 0.2g  | 0.57g |
| Per serving     | 80       | 1.4g    | 8.8g  | 4.4g | 0.4g  | 1.14g |

## Use it for

*Black bean beef with peppers and rice · 2 cubes*

*Black bean chicken noodles · 3 cubes*

*Steamed fish with black bean sauce · 1 cube*

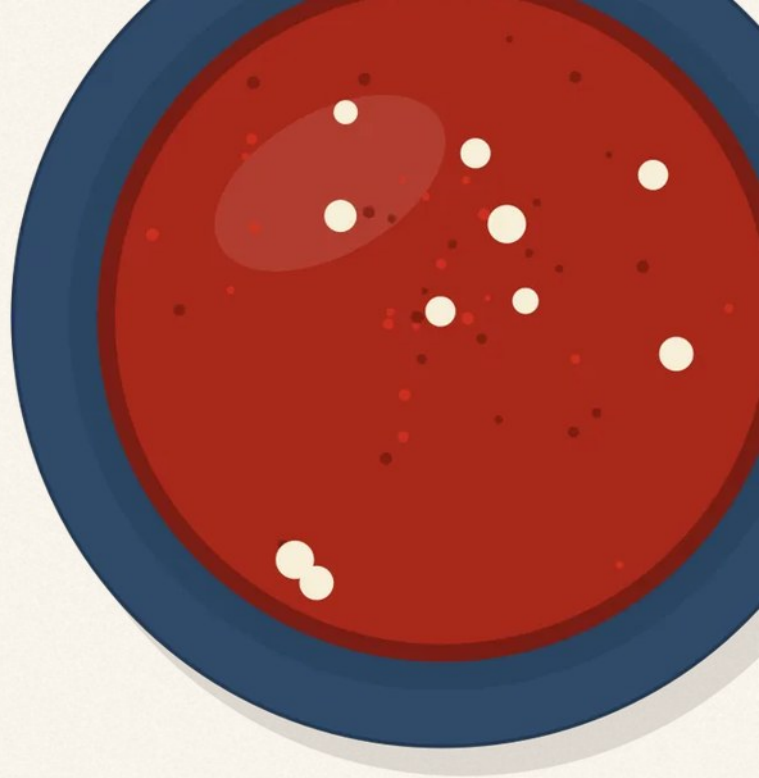
## Cook's notes

- From frozen: Straight from frozen into a hot wok. Keeps 4 months frozen.
- Fermented black beans are sold in bags at Asian grocers; they keep for months.
- A jar of black bean sauce works in a pinch; skip the soy and sugar.

# Gochujang Glaze

*Sticky, spicy-sweet Korean glaze of gochujang, honey, soy, garlic and sesame.*

*makes 15 cubes,  
about 27p each*



TIME  
about 10 min

MAKES  
15 cubes

COST PER CUBE  
27p

KCAL PER CUBE  
67 kcal

A SERVING  
2 cubes

SPICE 

## You'll need

|                |                      |
|----------------|----------------------|
| 150g           | gochujang            |
| 80g            | honey                |
| 80ml           | soy sauce            |
| 40ml           | rice vinegar         |
| 6 cloves (30g) | garlic, grated       |
| 20g            | fresh ginger, grated |
| 30ml           | sesame oil           |
| 10g            | sesame seeds         |
| 100ml          | water                |

## Method

- 1 Whisk everything together in a small pan.
- 2 Bring to a gentle simmer and cook for 3 minutes, stirring, until glossy.
- 3 Taste: add more honey if you like it sweeter.
- 4 Cool.
- 5 Pour into 30ml trays and freeze.

## Use it for

*Gochujang chicken wings or thighs · 2 cubes*

*Spicy pork noodles · 3 cubes*

*Glazed salmon with rice · 2 cubes*

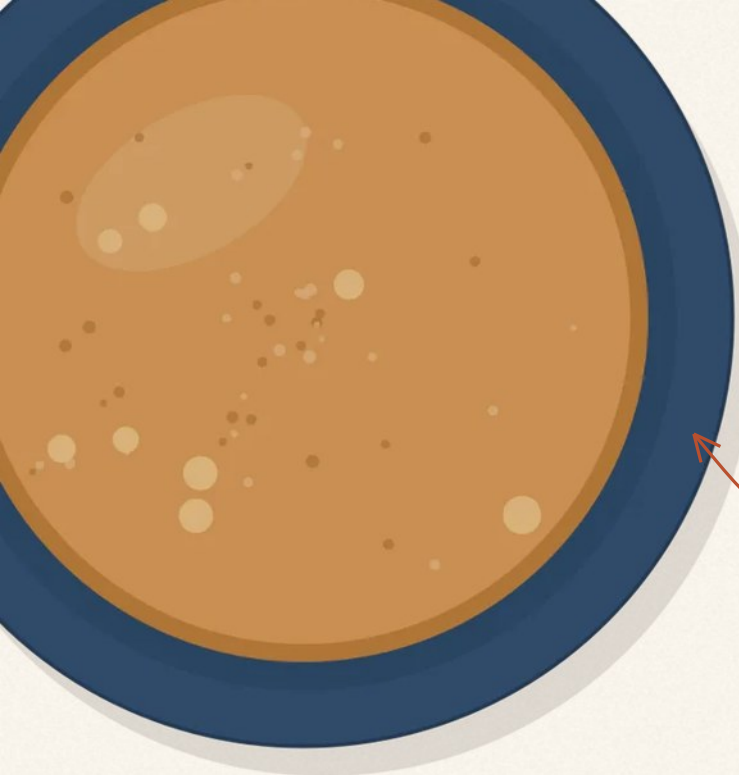
## Cook's notes

- From frozen: Straight from frozen into a hot pan at the end of cooking. Keeps 4 months frozen.
- Brush on in the last 10 minutes of roasting so it doesn't burn.
- Gochujang varies in heat; mild versions make it a 2.

## NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 67       | 1.1g    | 9.8g  | 2.6g | 0.3g  | 1.50g |
| Per serving     | 134      | 2.2g    | 19.6g | 5.2g | 0.6g  | 3.00g |

*estimated*



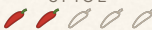
NO. 23 · STIR-FRY &amp; NOODLE SAUCES

V GF DF NUTS

# Satay

*A rich peanut sauce with coconut, soy, lime, garlic and a little chilli. For noodles, skewers and dipping.*

*makes 27 cubes,  
about 15p each*

TIME  
about 15 minMAKES  
27 cubesCOST PER CUBE  
15pKCAL PER CUBE  
92 kcalA SERVING  
3 cubesSPICE  


## You'll need

|                |                      |
|----------------|----------------------|
| 250g           | smooth peanut butter |
| 1 × 400ml tin  | coconut milk         |
| 60ml           | soy sauce            |
| 2              | limes, juiced        |
| 30g            | honey or brown sugar |
| 4 cloves (20g) | garlic               |
| 15g            | fresh ginger         |
| 5g             | mild curry powder    |
| 2g             | chilli flakes        |
| 100ml          | water                |

## Method

- 1 Put everything in a saucepan over a low heat.
- 2 Whisk until smooth and just simmering.
- 3 Cook for 3 minutes, stirring, until thick. Loosen with water if needed.
- 4 Cool.
- 5 Pour into 30ml trays and freeze.

## Use it for

*Satay chicken noodles for one · 3 cubes*  
*Dip for chicken or tofu skewers · 2 cubes*  
*Satay stir-fried veg with rice · 3 cubes*

### NUTRITION

*estimated*

|                 | calories | protein | carbs | fat   | fibre | salt  |
|-----------------|----------|---------|-------|-------|-------|-------|
| Per cube (30ml) | 92       | 2.8g    | 3.2g  | 7.3g  | 0.7g  | 0.39g |
| Per serving     | 276      | 8.4g    | 9.6g  | 21.9g | 2.1g  | 1.17g |

## Cook's notes

- From frozen: Straight from frozen into a pan with a splash of water; it thickens as it heats. Keeps 4 months frozen.
- Contains peanuts; label the cubes.
- It thickens a lot once frozen; add water when you reheat.

# Pad Thai Sauce

The sweet, sour and salty heart of pad thai: tamarind, fish sauce, palm sugar and chilli.

*makes 14 cubes,  
about 16p each*



TIME  
about 10 min

MAKES  
14 cubes

COST PER CUBE  
16p

KCAL PER CUBE  
63 kcal

A SERVING  
2 cubes

SPICE  
🌶️🌶️🌿🌿🌿

## You'll need

|                |                           |
|----------------|---------------------------|
| 150g           | tamarind paste            |
| 120ml          | fish sauce                |
| 120g           | palm or light brown sugar |
| 3g             | chilli flakes             |
| 2 cloves (10g) | garlic, grated            |
| 100ml          | water                     |

## Method

- 1 Put everything in a small pan over a low heat.
- 2 Stir until the sugar dissolves completely.
- 3 Simmer for 2 minutes. Taste: it should be equally sweet, sour and salty.
- 4 Cool.
- 5 Pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 63       | 0.8g    | 15.2g | 0.1g | 0.6g  | 3.47g |
| Per serving     | 126      | 1.6g    | 30.4g | 0.2g | 1.2g  | 6.94g |

*estimated*

## Use it for

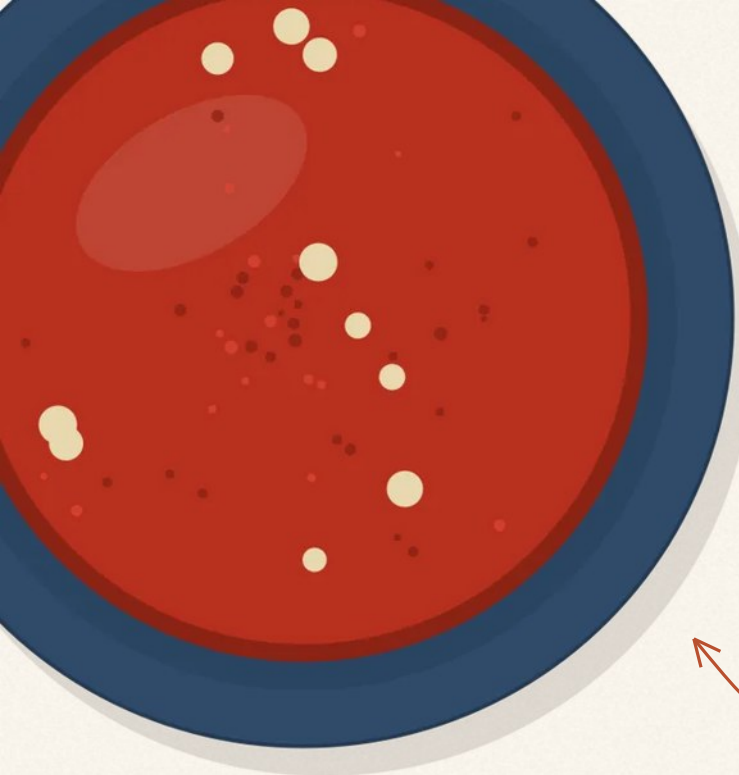
Chicken or prawn pad thai for one · 2 cubes

Tofu pad thai · 2 cubes

Dressing for a noodle salad · 1 cube

## Cook's notes

- From frozen: Straight from frozen into the wok after the noodles. Keeps 4 months frozen.
- Two cubes per portion of noodles; toss them in after the noodles and egg.
- Use soy instead of fish sauce for a vegetarian version.



NO. 25 · STIR-FRY & NOODLE SAUCES

VG GF DF

# Chilli Garlic Sauce

*A punchy Sichuan-inspired sauce of fresh chilli, lots of garlic, soy, black vinegar and sugar.*

*makes 14 cubes,  
about 17p each*

TIME  
about 15 min

MAKES  
14 cubes

COST PER CUBE  
17p

KCAL PER CUBE  
42 kcal

A SERVING  
2 cubes

SPICE  
🌶️🌶️🌶️🌱🌱

## You'll need

|                 |                       |
|-----------------|-----------------------|
| 6 (60g)         | red chillies, chopped |
| 12 cloves (60g) | garlic, chopped       |
| 20g             | fresh ginger          |
| 80ml            | soy sauce             |
| 40ml            | black or rice vinegar |
| 30g             | sugar                 |
| 15g             | cornflour             |
| 200ml           | water                 |
| 30ml            | rapeseed oil          |

## Method

- 1 Fry the chilli, garlic and ginger in the oil over a medium-low heat for 3 minutes until soft and fragrant.
- 2 Add the soy, vinegar, sugar and water and bring to a simmer.
- 3 Whisk in the cornflour mixed with 2 tbsp cold water and simmer for 1 minute.
- 4 Cool.
- 5 Pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 42       | 0.8g    | 5.5g  | 2.0g | 0.2g  | 0.86g |
| Per serving     | 84       | 1.6g    | 11.0g | 4.0g | 0.4g  | 1.72g |

*estimated*

## Use it for

*Chilli garlic prawns or chicken with rice · 2 cubes*  
*Spicy smashed cucumber dressing · 1 cube*  
*Chilli garlic green beans · 1 cube*

## Cook's notes

- From frozen: Straight from frozen into a hot wok. Keeps 4 months frozen.
- Deseed the chillies for a 2.
- Chinkiang black vinegar gives the most authentic flavour.

# Korean BBQ Marinade

Soy, grated pear, garlic, ginger, sesame and a little gochujang: the bulgogi marinade that tenderises as it flavours.

*makes 23 cubes,  
about 18p each*



TIME  
about 10 min

MAKES  
23 cubes

COST PER CUBE  
18p

KCAL PER CUBE  
37 kcal

A SERVING  
3 cubes

SPICE

## You'll need

|                 |                    |
|-----------------|--------------------|
| 2 (300g)        | ripe pears, grated |
| 150ml           | soy sauce          |
| 10 cloves (50g) | garlic             |
| 30g             | fresh ginger       |
| 40g             | light brown sugar  |
| 30ml            | sesame oil         |
| 20g             | gochujang          |
| 4 (60g)         | spring onions      |
| 3g              | black pepper       |

## Method

- 1 Grate the pear finely.
- 2 Blitz everything together until smooth.
- 3 Taste: it should be salty-sweet with a gentle heat.
- 4 Pour into 30ml trays.
- 5 Freeze.

## Use it for

*Bulgogi beef: 400g thin steak or mince with 4 cubes · 4 cubes*

*Korean BBQ chicken thighs · 3 cubes*

*Marinated tofu · 2 cubes*

## Cook's notes

- From frozen: Thaw in the fridge overnight before using as a marinade. Keeps 4 months frozen.
- The pear's enzymes tenderise meat; marinate for 1 to 4 hours, not longer.
- Leave out the gochujang for a mild 1.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 37       | 0.8g    | 5.6g  | 1.4g | 0.6g  | 1.04g |
| Per serving     | 111      | 2.4g    | 16.8g | 4.2g | 1.8g  | 3.12g |

*estimated*

SIX RECIPES

# Gravies & stocks

*Sunday dinner  
on a Tuesday*



# Onion Gravy

*A rich, glossy gravy built on slowly caramelised onions, beef stock and a splash of balsamic.*

*makes 37 cubes,  
about 5p each*



TIME  
about 50 min

MAKES  
37 cubes

COST PER CUBE  
5p

KCAL PER CUBE  
20 kcal

A SERVING  
3 cubes

SPICE  
🌶️ 🌿 🌿 🌿 🌿

## You'll need

|          |                             |
|----------|-----------------------------|
| 4 (600g) | onions, thinly sliced       |
| 30g      | butter                      |
| 30g      | plain flour                 |
| 15ml     | balsamic vinegar            |
| 15ml     | Worcestershire sauce        |
| 2g       | dried thyme                 |
| 2        | beef stock cubes            |
| 750ml    | water, to make up the stock |
| 15ml     | rapeseed oil                |

## Method

- 1 Melt the butter with the oil over a medium-low heat and cook the onions for 30 minutes, stirring now and then, until deep golden and sticky.
- 2 Add the thyme and flour and cook for 1 minute.
- 3 Gradually stir in the stock, balsamic and Worcestershire.
- 4 Simmer for 10 minutes until glossy. Season.
- 5 Cool, pour into 30ml trays and freeze.

### NUTRITION

*estimated*

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 20       | 0.3g    | 2.3g  | 1.1g | 0.3g  | 0.27g |
| Per serving     | 60       | 0.9g    | 6.9g  | 3.3g | 0.9g  | 0.81g |

## Use it for

*Sausage and mash for one · 3 cubes*

*Toad in the hole · 4 cubes*

*Roast dinner gravy for two · 5 cubes*

## Cook's notes

- From frozen: Straight from frozen into a small pan, whisking as it melts. Keeps 6 months frozen.
- Don't rush the onions; that's where the flavour is.
- Use veg stock cubes and vegan Worcestershire for a vegetarian gravy.



NO. 28 · GRAVIES & STOCKS GF DF

# Chicken Stock

*A light, clear stock from a roast chicken carcass and vegetables. The best base for soups, risotto and sauces.*

*makes 50 cubes,  
about 3p each*

TIME  
about 3 hr

MAKES  
50 cubes

COST PER CUBE  
3p

KCAL PER CUBE  
10 kcal

A SERVING  
4 cubes

SPICE

## You'll need

|                 |                                       |
|-----------------|---------------------------------------|
| 1 (600g)        | roast chicken carcass, plus any bones |
| 2 (200g)        | carrots, chopped                      |
| 1 (150g)        | onion, halved                         |
| 2 sticks (100g) | celery                                |
| 1 (150g)        | leek, chopped                         |
| 4 cloves (20g)  | garlic, bashed                        |
| 2g              | black peppercorns, bay and thyme      |
| 2.5L            | cold water                            |

## Method

- 1 Put everything in a large pan, cover with the cold water and bring slowly to a simmer. Skim off any foam.
- 2 Simmer very gently, uncovered, for 2½ to 3 hours. Don't let it boil hard or it turns cloudy.
- 3 Strain through a sieve and discard the bones and veg.
- 4 Cool quickly, then chill and lift off the fat.
- 5 Pour into 30ml trays and freeze.

### NUTRITION

*estimated*

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 10       | 0.8g    | 1.1g  | 0.3g | 0.3g  | 0.02g |
| Per serving     | 40       | 3.2g    | 4.4g  | 1.2g | 1.2g  | 0.08g |

## Use it for

*Risotto for one: 4 cubes plus 300ml water · 4 cubes*

*Quick noodle soup · 6 cubes*

*Boost for gravy or a pan sauce · 2 cubes*

## Cook's notes

- From frozen: Straight from frozen into the pan. Keeps 6 months frozen.
- It's unsalted, so season the dish you use it in.
- Keep a bag of carcasses and veg peelings in the freezer until you have enough.

# Veg Stock

*A sweet, savoury vegetable stock with carrot, onion, celery, leek, mushrooms and herbs.*

*makes 47 cubes,  
about 6p each*



TIME  
about 1 hr

MAKES  
47 cubes

COST PER CUBE  
6p

KCAL PER CUBE  
9 kcal

A SERVING  
4 cubes

SPICE

## You'll need

|                 |                            |
|-----------------|----------------------------|
| 3 (300g)        | carrots                    |
| 2 (300g)        | onions, halved, skins on   |
| 3 sticks (150g) | celery                     |
| 1 (150g)        | leek                       |
| 150g            | mushrooms                  |
| 4 cloves (20g)  | garlic                     |
| 2g              | peppercorns, bay and thyme |
| 20g             | parsley stalks             |
| 2L              | cold water                 |

## Method

- 1 Chop the veg roughly and put everything in a large pan with the cold water.
- 2 Bring to a simmer and cook gently, partly covered, for 45 minutes.
- 3 Strain through a sieve, pressing the veg to get all the liquid out.
- 4 Cool quickly.
- 5 Pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 9        | 0.3g    | 1.7g  | 0.1g | 0.5g  | 0.00g |
| Per serving     | 36       | 1.2g    | 6.8g  | 0.4g | 2.0g  | 0.00g |

*estimated*

## Use it for

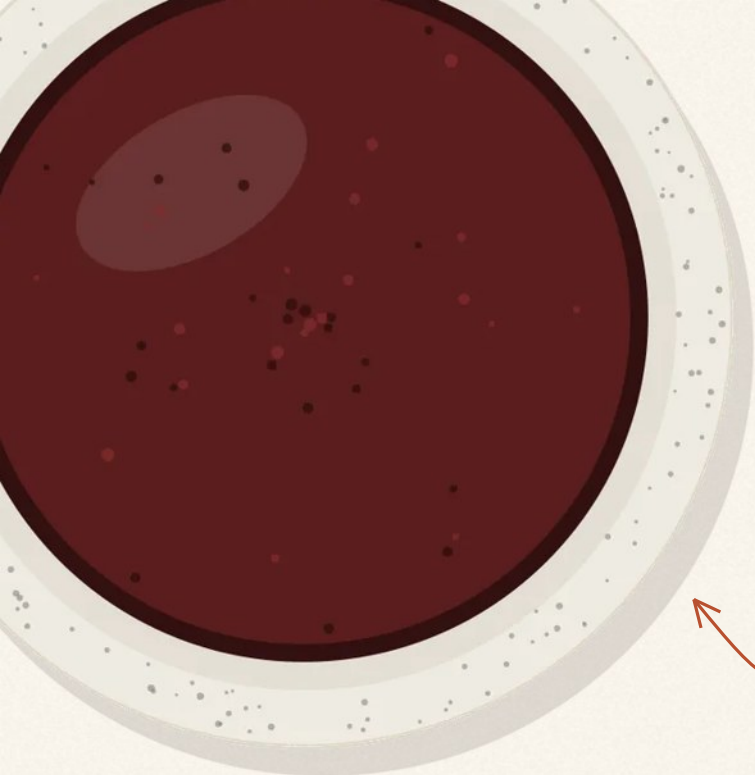
*Vegetable risotto: 4 cubes plus 300ml water · 4 cubes*

*Soup base · 6 cubes*

*Cooking liquid for grains and lentils · 3 cubes*

## Cook's notes

- From frozen: Straight from frozen into the pan. Keeps 6 months frozen.
- Onion skins give the stock a golden colour.
- Avoid cabbage and broccoli; they make stock bitter.



NO. 30 · GRAVIES & STOCKS GF DF

# Red Wine Jus

*A glossy, reduced red wine sauce with shallot, thyme and beef stock.  
Restaurant-style steak sauce from the freezer.*

*makes 23 cubes,  
about 22p each*

TIME  
about 45 min

MAKES  
23 cubes

COST PER CUBE  
22p

KCAL PER CUBE  
32 kcal

A SERVING  
2 cubes

SPICE

## You'll need

|          |                             |
|----------|-----------------------------|
| 4 (120g) | shallots, finely chopped    |
| 500ml    | red wine                    |
| 2        | beef stock cubes            |
| 600ml    | water, to make up the stock |
| 20g      | tomato purée                |
| 15g      | redcurrant jelly            |
| 2g       | dried thyme and bay         |
| 15g      | cornflour                   |
| 10ml     | rapeseed oil                |

## Method

- 1 Soften the shallots in the oil over a medium heat for 5 minutes. Add the purée and thyme for 1 minute.
- 2 Pour in the wine and boil until reduced by two-thirds. (15 min)
- 3 Add the stock and redcurrant jelly and simmer until reduced by a third. (15 min)
- 4 Whisk in the cornflour mixed with 2 tbsp cold water and simmer for 1 minute. Strain.
- 5 Cool, pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 32       | 0.2g    | 2.6g  | 0.5g | 0.2g  | 0.39g |
| Per serving     | 64       | 0.4g    | 5.2g  | 1.0g | 0.4g  | 0.78g |

*estimated*

## Use it for

*Steak and chips for one · 2 cubes*  
*Roast beef or lamb · 3 cubes*  
*Sausages and mash · 2 cubes*

## Cook's notes

- From frozen: Straight from frozen into a small pan; finish with a small knob of butter. Keeps 6 months frozen.
- Swirl in a cube of cold butter after reheating for a glossy finish.
- Any drinkable red works; avoid anything too oaky.

# Peppercorn Sauce

*A creamy, peppery steak sauce with crushed black and green peppercorns, brandy and beef stock.*

*makes 21 cubes,  
about 17p each*



TIME  
about 25 min

MAKES  
21 cubes

COST PER CUBE  
17p

KCAL PER CUBE  
86 kcal

A SERVING  
2 cubes

SPICE  
🌶️🌶️🌿🌿🌿

## You'll need

|         |                             |
|---------|-----------------------------|
| 3 (90g) | shallots, finely chopped    |
| 10g     | black peppercorns, crushed  |
| 20g     | green peppercorns in brine  |
| 50ml    | brandy                      |
| 1       | beef stock cube             |
| 300ml   | water, to make up the stock |
| 300ml   | double cream                |
| 15g     | plain flour                 |
| 20g     | butter                      |

## Method

- 1 Melt the butter over a medium heat and soften the shallots for 4 minutes. Add the peppercorns for 1 minute.
- 2 Pour in the brandy and bubble for 1 minute.
- 3 Stir in the flour, then gradually whisk in the stock. Simmer for 5 minutes.
- 4 Add the cream and simmer for 3 minutes until thick. Season.
- 5 Cool, pour into 30ml trays and freeze.

### NUTRITION

|                 | calories   | protein     | carbs       | fat          | fibre       | salt         |
|-----------------|------------|-------------|-------------|--------------|-------------|--------------|
| Per cube (30ml) | <b>86</b>  | <b>0.6g</b> | <b>1.9g</b> | <b>7.8g</b>  | <b>0.5g</b> | <b>0.24g</b> |
| Per serving     | <b>172</b> | <b>1.2g</b> | <b>3.8g</b> | <b>15.6g</b> | <b>1.0g</b> | <b>0.48g</b> |

*estimated*

## Use it for

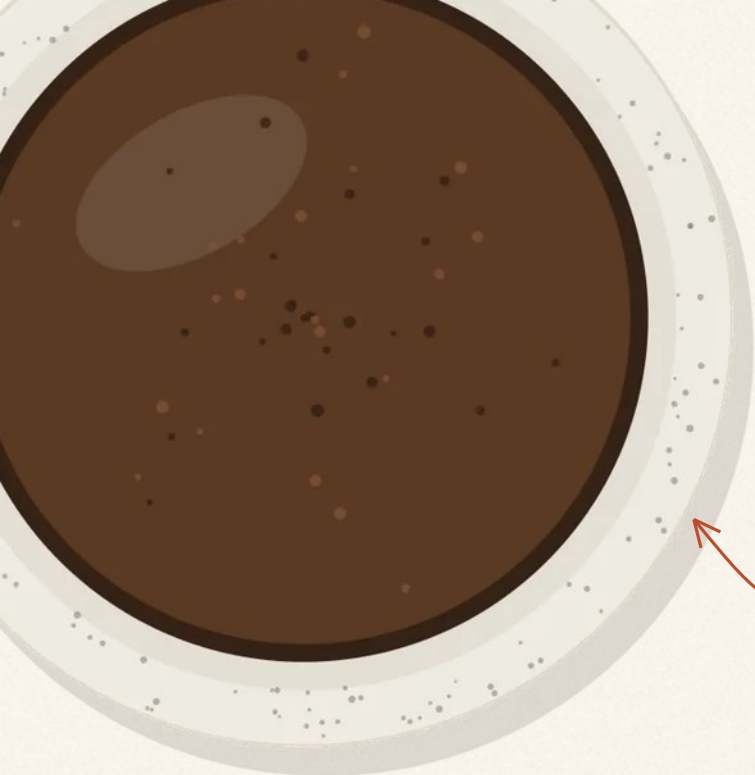
*Steak and chips for one · 2 cubes*

*Chicken breast with peppercorn sauce · 2 cubes*

*Pork chops · 2 cubes*

## Cook's notes

- From frozen: Thaw in the fridge overnight, then warm gently, whisking. Keeps 3 months frozen.
- The flour helps the cream survive freezing.
- Leave out the brandy and use extra stock if you prefer.

NO. 32 · GRAVIES & STOCKS VG DF

# Mushroom Gravy

*A deep, savoury vegetarian gravy of browned mushrooms, onion, soy and thyme.*

*makes 39 cubes,  
about 8p each*

TIME  
about 35 min

MAKES  
39 cubes

COST PER CUBE  
8p

KCAL PER CUBE  
17 kcal

A SERVING  
3 cubes

SPICE  
    

## You'll need

|                |                                    |
|----------------|------------------------------------|
| 400g           | chestnut mushrooms, finely chopped |
| 2 (300g)       | onions, finely chopped             |
| 3 cloves (15g) | garlic                             |
| 30g            | plain flour                        |
| 30ml           | soy sauce                          |
| 15g            | tomato purée                       |
| 2g             | dried thyme                        |
| 2              | vegetable stock cubes              |
| 700ml          | water, to make up the stock        |
| 30ml           | rapeseed oil                       |

## Method

- 1 Brown the mushrooms in the oil over a high heat for 10 minutes until dark.
- 2 Add the onion and cook for 8 minutes, then the garlic, thyme and purée for 1 minute.
- 3 Stir in the flour, then gradually add the stock and soy. Simmer for 10 minutes.
- 4 Blend smooth (or leave chunky) and season.
- 5 Cool, pour into 30ml trays and freeze.

## Use it for

*Nut roast or veggie sausages and mash · 3 cubes*

*Over a jacket potato · 3 cubes*

*Poutine-style chips with cheese · 3 cubes*

## NUTRITION

*estimated*

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 17       | 0.6g    | 1.6g  | 0.8g | 0.3g  | 0.35g |
| Per serving     | 51       | 1.8g    | 4.8g  | 2.4g | 0.9g  | 1.05g |

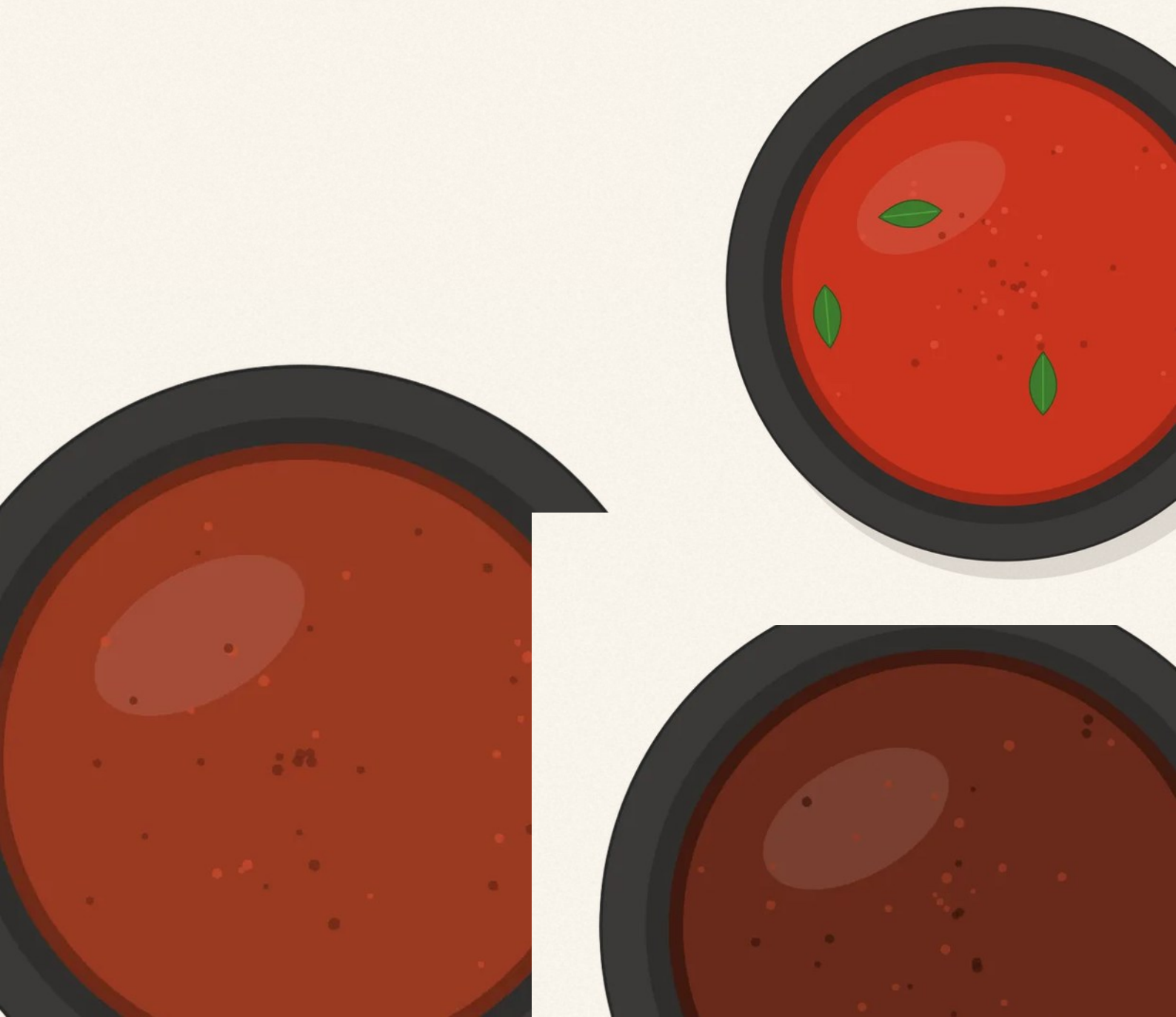
## Cook's notes

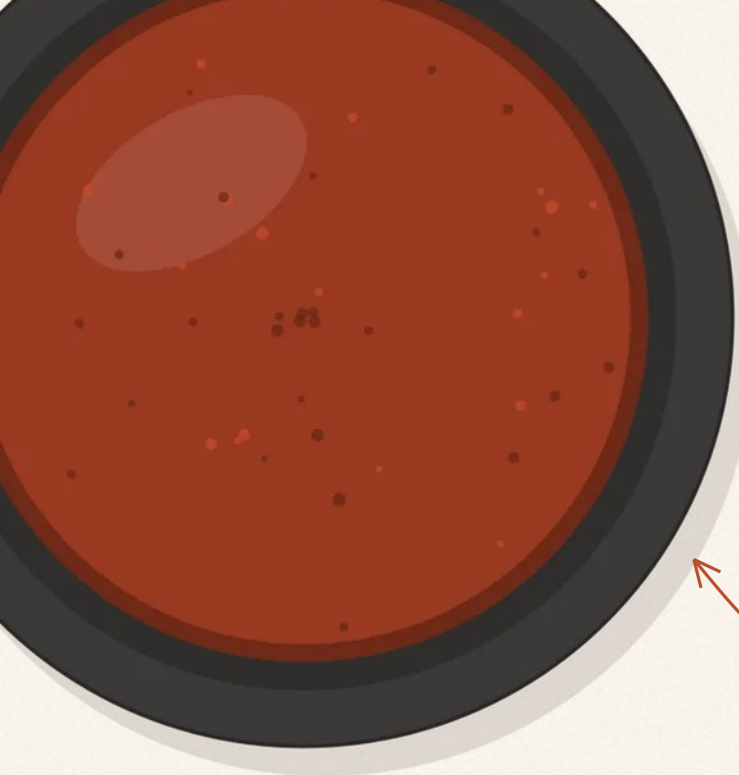
- From frozen: Straight from frozen into a small pan, whisking. Keeps 6 months frozen.
- Use tamari for a gluten-free gravy (and cornflour instead of flour).
- A splash of red wine with the stock deepens it.

FOUR RECIPES

# Mexican & smoky

*smoke, chilli  
and lime*





NO. 33 · MEXICAN & SMOKY VG GF DF

# Enchilada Sauce

*A traditional red chile sauce: toasted ancho and guajillo chillies blended with onion, garlic and spices, then fried for depth.*

*makes 22 cubes,  
about 11p each*

TIME  
about 45 min

MAKES  
22 cubes

COST PER CUBE  
11p

KCAL PER CUBE  
27 kcal

A SERVING  
4 cubes

SPICE

## You'll need

|                |                                 |
|----------------|---------------------------------|
| 4 (40g)        | dried ancho chillies            |
| 4 (25g)        | dried guajillo chillies         |
| 1 (150g)       | onion, chopped                  |
| 4 cloves (20g) | garlic                          |
| 200g           | passata                         |
| 4g             | ground cumin and dried oregano  |
| pinch          | ground cinnamon                 |
| 10ml           | cider vinegar                   |
| 5g             | salt                            |
| 1              | chicken or veg stock cube       |
| 600ml          | hot water, to make up the stock |
| 30ml           | rapeseed oil                    |

## Method

- 1 Snip the stems off the chillies and shake out the seeds. Toast them in a dry pan for 20 to 30 seconds a side until fragrant; don't let them burn.
- 2 Soak the chillies in the hot stock for 20 minutes. Meanwhile soften the onion in half the oil for 8 minutes, adding the garlic for the last minute.
- 3 Blend the chillies and stock with the onion, garlic, passata, cumin, oregano and cinnamon until completely smooth.
- 4 Heat the rest of the oil in the pan, pour in the sauce (it will spit) and fry, stirring, for 5 minutes, then simmer for 10 minutes until it coats a spoon. Season with the vinegar and salt.
- 5 Cool, pour into 30ml trays and freeze.

### NUTRITION

*estimated*

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 27       | 0.6g    | 2.6g  | 1.6g | 1.0g  | 0.44g |
| Per serving     | 108      | 2.4g    | 10.4g | 6.4g | 4.0g  | 1.76g |

## Use it for

*Chicken enchiladas for two · 8 cubes*  
*Huevos rancheros · 3 cubes*  
*Enchilada rice bowl · 3 cubes*

## Cook's notes

- From frozen: Straight from frozen into a pan, or thaw to pour over enchiladas. Keeps 4 months frozen.
- Frying the blended sauce is the traditional step that deepens its flavour.
- Dried anchos and guajillos are sold online and in world-food aisles; 2 tsp mild chilli powder is a less flavourful swap.

NO. 34 · MEXICAN & SMOKY VG GF DF

# Chipotle Adobo

*Smoky chipotles and fruity ancho chillies simmered with vinegar, garlic, spices and a little brown sugar into a rich adobo paste.*

*makes 19 cubes,  
about 11p each*



TIME  
about 40 min

MAKES  
19 cubes

COST PER CUBE  
11p

KCAL PER CUBE  
31 kcal

A SERVING  
1 cube

SPICE

## You'll need

|                |                                |
|----------------|--------------------------------|
| 30g            | dried chipotle chillies        |
| 2 (20g)        | dried ancho chillies           |
| 1 (150g)       | onion                          |
| 6 cloves (30g) | garlic                         |
| 150g           | passata                        |
| 120ml          | cider vinegar                  |
| 30g            | dark brown sugar               |
| 4g             | cumin, dried oregano, 3 cloves |
| 4g             | salt                           |
| 200ml          | water                          |
| 20ml           | rapeseed oil                   |

## Method

- 1 Stem and deseed the chillies, then toast them in a dry pan for 20 seconds a side until fragrant.
- 2 Simmer the chillies in the water for 10 minutes until soft.
- 3 Meanwhile soften the onion and garlic in the oil for 6 minutes.
- 4 Blend the chillies and their water with the onion, garlic, passata, vinegar, sugar, spices and salt, then simmer for 10 minutes until thick and glossy.
- 5 Cool, spoon into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 31       | 0.6g    | 4.2g  | 1.3g | 0.9g  | 0.26g |

*estimated*

## Use it for

*Chipotle chicken tacos: 2 cubes per 500g · 2 cubes*

*Smoky chilli con carne boost · 1 cube*

*Chipotle mayo: 1 thawed cube in 3 tbsp mayo · 1 cube*

## Cook's notes

- From frozen: Thaw for 20 minutes for marinades, or drop straight into a stew. Keeps 4 months frozen.
- It's strong: one cube flavours a whole dish for two.
- Tinned chipotles in adobo, blitzed, are a quick swap.



NO. 35 · MEXICAN & SMOKY VG GF DF

# Salsa Roja

*A cooked Mexican red salsa of charred tomato, onion, garlic, jalapeño and lime.*

*makes 26 cubes,  
about 11p each*

TIME  
about 25 min

MAKES  
26 cubes

COST PER CUBE  
11p

KCAL PER CUBE  
11 kcal

A SERVING  
2 cubes

SPICE

## You'll need

|                |                  |
|----------------|------------------|
| 6 (600g)       | tomatoes, halved |
| 1 (150g)       | onion, quartered |
| 4 cloves (20g) | garlic, unpeeled |
| 3 (45g)        | jalapeños        |
| 2              | limes, juiced    |
| 20g            | fresh coriander  |
| 4g             | salt             |
| 4g             | ground cumin     |

## Method

- 1 Char the tomatoes, onion, garlic and jalapeños under a hot grill for 12 minutes, turning, until blackened in places.
- 2 Peel the garlic and remove the jalapeño stems.
- 3 Blend everything to a slightly chunky salsa.
- 4 Taste for salt and lime.
- 5 Cool, pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 11       | 0.5g    | 2.1g  | 0.1g | 0.4g  | 0.17g |
| Per serving     | 22       | 1.0g    | 4.2g  | 0.2g | 0.8g  | 0.34g |

*estimated*

## Use it for

*Tacos or nachos · 2 cubes*

*Huevos rancheros · 3 cubes*

*Mexican rice: 2 cubes per 150g rice · 2 cubes*

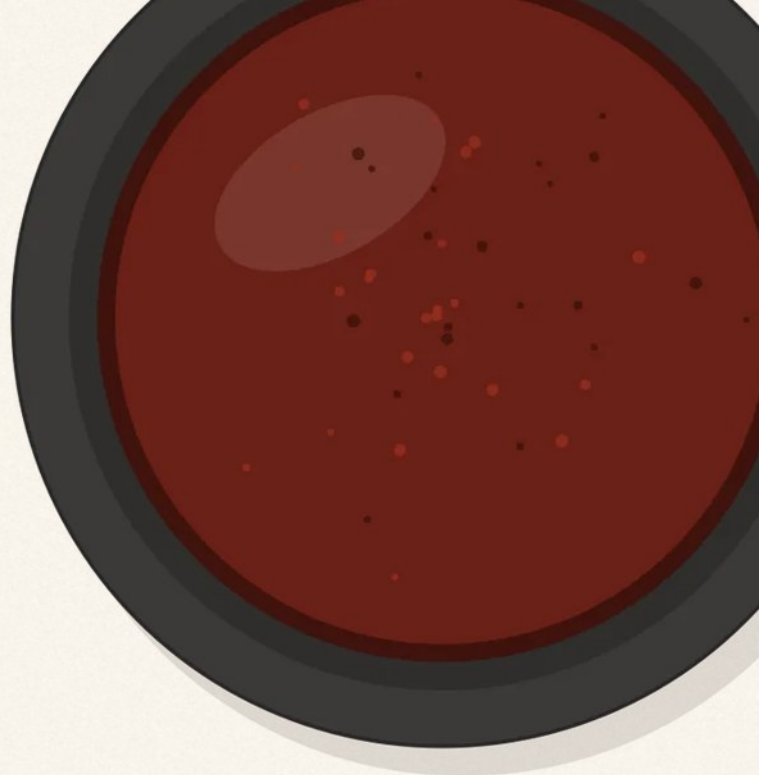
## Cook's notes

- From frozen: Thaw in the fridge for 2 hours, or 30 minutes at room temperature. Keeps 4 months frozen.
- Charring under the grill gives the smoky depth.
- Deseed the jalapeños for a 2.

# BBQ Sauce

*A sticky, smoky-sweet American barbecue sauce of tomato, treacle, cider vinegar and smoked paprika.*

*makes 21 cubes,  
about 9p each*



TIME  
about 30 min

MAKES  
21 cubes

COST PER CUBE  
9p

KCAL PER CUBE  
34 kcal

A SERVING  
2 cubes

SPICE  
    

## You'll need

|       |                         |
|-------|-------------------------|
| 400g  | passata                 |
| 150g  | tomato ketchup          |
| 100ml | cider vinegar           |
| 60g   | dark brown sugar        |
| 40g   | black treacle           |
| 30ml  | Worcestershire sauce    |
| 10g   | smoked paprika          |
| 10g   | American mustard        |
| 4g    | garlic and onion powder |
| 2g    | cayenne                 |

## Method

- 1 Put everything in a saucepan and whisk well.
- 2 Bring to a simmer over a medium heat.
- 3 Simmer, uncovered, for 20 minutes, stirring often, until thick and glossy.
- 4 Taste and adjust the sweet and sharp balance.
- 5 Cool, pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 34       | 0.4g    | 7.6g  | 0.2g | 0.4g  | 0.05g |
| Per serving     | 68       | 0.8g    | 15.2g | 0.4g | 0.8g  | 0.10g |

*estimated*

## Use it for

*Pulled pork or chicken: 4 cubes per 500g · 4 cubes*

*Glaze for ribs or wings · 2 cubes*

*Dip for chips · 1 cube*

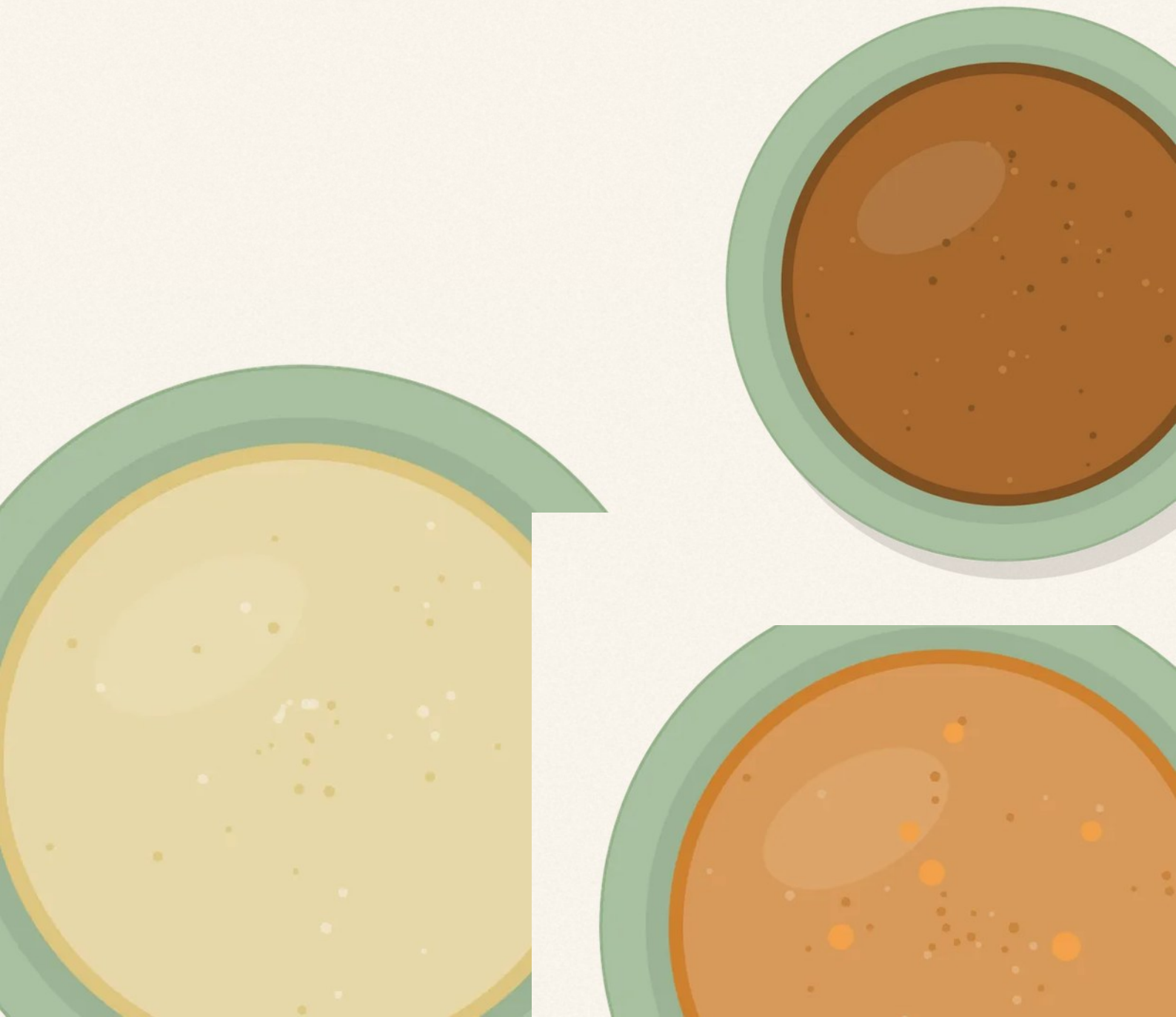
## Cook's notes

- From frozen: Thaw for 30 minutes as a dip, or drop straight into a pan. Keeps 4 months frozen.
- Add a cube of Chipotle Adobo for smoky heat.
- It catches easily at the end; keep stirring.

SIX RECIPES

# Flavour bombs

*one cube,  
ten minutes saved*



# Garlic-Ginger Paste

*Equal parts garlic and ginger blended with a little oil. The start of almost every curry and stir-fry. Frozen in 15ml mini cubes.*

*makes 29 cubes,  
about 14p each*



TIME  
about 10 min

MAKES  
29 cubes

COST PER CUBE  
14p

KCAL PER CUBE  
27 kcal

A SERVING  
1 cube

SPICE  
🌶️ 🌿 🌿 🌿 🌿

## You'll need

|      |                       |
|------|-----------------------|
| 200g | garlic cloves, peeled |
| 200g | fresh ginger, peeled  |
| 40ml | rapeseed oil          |
| 4g   | salt                  |

## Method

- 1 Roughly chop the garlic and ginger.
- 2 Blitz with the oil and salt to a smooth paste, scraping down the sides.
- 3 Spoon into 15ml mini cube trays, or 30ml trays filled halfway.
- 4 Freeze, then bag.
- 5 Always keep it frozen: garlic in oil must not be stored at room temperature.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (15ml) | 27       | 0.6g    | 3.5g  | 1.3g | 0.3g  | 0.14g |

*estimated*

## Use it for

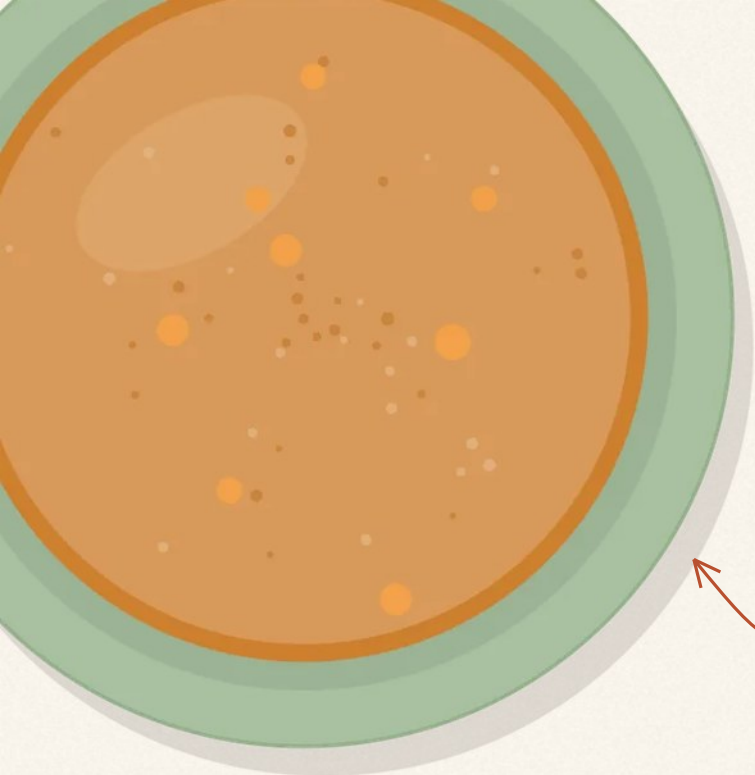
*Start any curry: 2 cubes · 2 cubes*

*Stir-fry base: 1 cube · 1 cube*

*Marinade booster: 1 cube*

## Cook's notes

- From frozen: Fry straight from frozen in hot oil for 1 minute. Keeps 6 months frozen.
- One mini cube equals about 1½ cloves of garlic and a small piece of ginger.
- Frozen, it keeps for 6 months; never store it in the cupboard.



NO. 38 · FLAVOUR BOMBS VG GF DF

# Soffritto Base

*Finely chopped onion, carrot and celery slowly cooked in olive oil: the flavour base for ragu, soups and stews.*

*makes 27 cubes,  
about 6p each*

TIME  
about 45 min

MAKES  
27 cubes

COST PER CUBE  
6p

KCAL PER CUBE  
43 kcal

A SERVING  
3 cubes

SPICE  
    

## You'll need

|                 |                              |
|-----------------|------------------------------|
| 3 (450g)        | onions, very finely chopped  |
| 3 (300g)        | carrots, very finely chopped |
| 4 sticks (200g) | celery, very finely chopped  |
| 4 cloves (20g)  | garlic                       |
| 100ml           | olive oil                    |
| 4g              | salt                         |

## Method

- 1 Pulse the vegetables in a food processor until very finely chopped, or chop by hand.
- 2 Heat the oil in a wide pan over a low heat, add the veg and salt.
- 3 Cook gently for 35 minutes, stirring often, until very soft and sweet but not browned. Add the garlic for the last 5 minutes.
- 4 Cool.
- 5 Spoon into 30ml trays and freeze.

## Use it for

*Bolognese for two: 3 cubes, 250g mince, 1 tin tomatoes · 3 cubes*

*Minestrone or lentil soup · 4 cubes*

*Risotto base · 2 cubes*

## Cook's notes

- From frozen: Straight from frozen into the pan, before the meat or rice. Keeps 6 months frozen.
- Low and slow is everything here; it should melt, not fry.
- Three cubes replaces 15 minutes of chopping and frying.

### NUTRITION

*estimated*

|                 | calories | protein | carbs | fat   | fibre | salt  |
|-----------------|----------|---------|-------|-------|-------|-------|
| Per cube (30ml) | 43       | 0.4g    | 3.0g  | 3.4g  | 0.7g  | 0.15g |
| Per serving     | 129      | 1.2g    | 9.0g  | 10.2g | 2.1g  | 0.45g |

# Caramelised Onions

Onions cooked low and slow until jammy, sweet and golden. For burgers, tarts, toasties and gravy.

*makes 21 cubes,  
about 12p each*



TIME  
about 1 hr

MAKES  
21 cubes

COST PER CUBE  
12p

KCAL PER CUBE  
69 kcal

A SERVING  
1 cube

SPICE  
🌶️ 🌿 🌿 🌿 🌿

## You'll need

|      |                       |
|------|-----------------------|
| 2kg  | onions, thinly sliced |
| 50g  | butter                |
| 30ml | olive oil             |
| 15ml | balsamic vinegar      |
| 10g  | brown sugar           |
| 6g   | salt                  |

## Method

- 1 Melt the butter with the oil in a very large pan over a medium-low heat.
- 2 Add the onions and salt and cook, stirring every few minutes, for 50 minutes until deep golden and jammy.
- 3 Add a splash of water whenever they start to catch.
- 4 Stir in the balsamic and sugar for 2 minutes.
- 5 Cool, spoon into 30ml trays and freeze.

### NUTRITION

|                 | calories  | protein     | carbs       | fat         | fibre       | salt         |
|-----------------|-----------|-------------|-------------|-------------|-------------|--------------|
| Per cube (30ml) | <b>69</b> | <b>1.1g</b> | <b>9.1g</b> | <b>3.3g</b> | <b>1.6g</b> | <b>0.32g</b> |

*estimated*

## Use it for

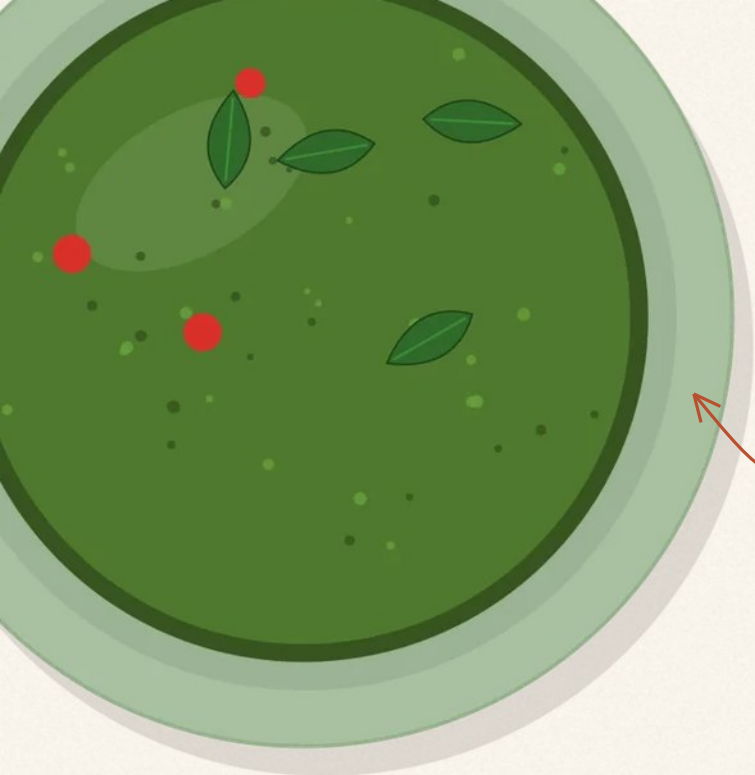
Burger or hot dog topping · 1 cube

Cheese toastie · 1 cube

French onion soup: 6 cubes, 400ml beef stock · 6 cubes

## Cook's notes

- From frozen: Thaw for 30 minutes, or drop straight into a hot pan. Keeps 6 months frozen.
- They cook down to about a quarter of their raw weight.
- There's no shortcut: higher heat burns them before they sweeten.



NO. 40 · FLAVOUR BOMBS VG GF DF

# Chimichurri

*A bright Argentinian herb sauce of parsley, oregano, garlic, chilli, vinegar and olive oil.*

*makes 11 cubes,  
about 24p each*

TIME  
about 10 min

MAKES  
11 cubes

COST PER CUBE  
24p

KCAL PER CUBE  
116 kcal

A SERVING  
1 cube

SPICE     

## You'll need

|                |                                           |
|----------------|-------------------------------------------|
| 80g            | fresh flat-leaf parsley                   |
| 10g            | fresh oregano or 2 tsp dried              |
| 4 cloves (20g) | garlic                                    |
| 1 (10g)        | red chilli                                |
| 60ml           | red wine vinegar                          |
| 150ml          | extra virgin olive oil, plus extra to top |
| 4g             | salt                                      |

## Method

- 1 Very finely chop the parsley, oregano, garlic and chilli, or pulse briefly in a food processor.
- 2 Stir in the vinegar, oil and salt.
- 3 Leave for 10 minutes for the flavours to mingle.
- 4 Spoon into 30ml trays and top each with a thin layer of oil.
- 5 Freeze.

### NUTRITION

*estimated*

|                 | calories | protein | carbs | fat   | fibre | salt  |
|-----------------|----------|---------|-------|-------|-------|-------|
| Per cube (30ml) | 116      | 0.4g    | 1.2g  | 12.4g | 0.3g  | 0.36g |

## Use it for

*Steak with chips · 1 cube*

*Spooned over grilled chicken or halloumi · 1 cube*

*Dressing for roast potatoes · 1 cube*

## Cook's notes

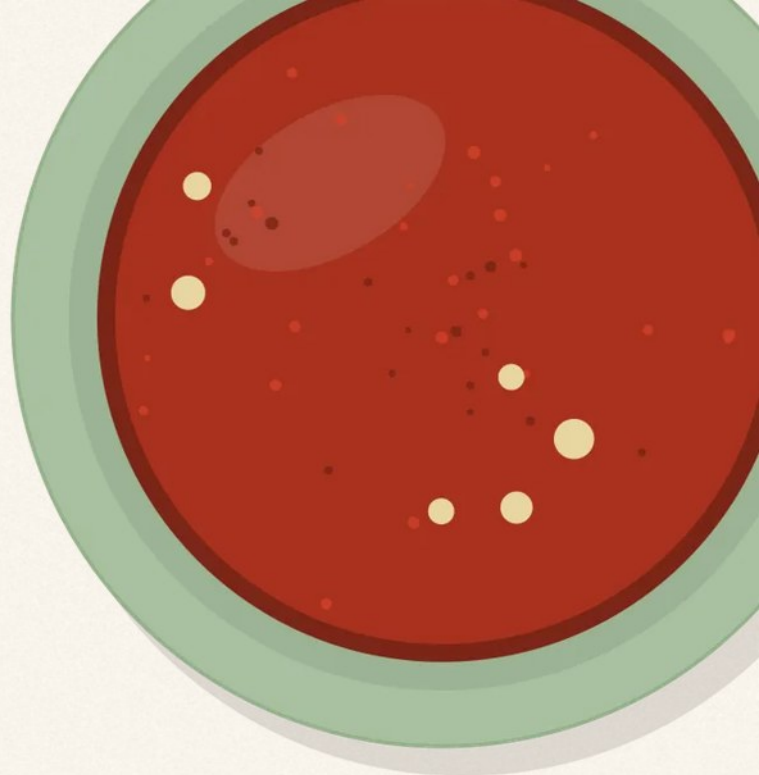
- From frozen: Thaw for 30 minutes at room temperature, then stir. Keeps 6 months frozen.
- The oil layer stops the herbs darkening.
- Don't blitz it to a purée; it should be loose and chunky.

NO. 41 · FLAVOUR BOMBS VG GF DF NUTS

# Sun-dried Tomato Pesto

*A rich red pesto of sun-dried tomatoes, almonds, basil, garlic and olive oil.*

*makes 13 cubes,  
about 39p each* →



TIME  
about 10 min

MAKES  
13 cubes

COST PER CUBE  
39p

KCAL PER CUBE  
119 kcal

A SERVING  
2 cubes

SPICE  
🌶️ 🌿 🌿 🌿 🌿

## You'll need

|                |                                    |
|----------------|------------------------------------|
| 200g           | sun-dried tomatoes in oil, drained |
| 50g            | almonds, toasted                   |
| 20g            | fresh basil                        |
| 2 cloves (10g) | garlic                             |
| 100ml          | olive oil (use the tomato oil)     |
| 15ml           | red wine vinegar                   |

## Method

- 1 Toast the almonds in a dry pan until golden.
- 2 Blitz the tomatoes, almonds, basil and garlic.
- 3 With the motor running, add the oil and vinegar to a thick paste.
- 4 Spoon into 30ml trays.
- 5 Freeze. Add parmesan when serving.

### NUTRITION

|                 | calories | protein | carbs | fat   | fibre | salt  |
|-----------------|----------|---------|-------|-------|-------|-------|
| Per cube (30ml) | 119      | 1.7g    | 3.7g  | 10.9g | 1.4g  | 0.31g |
| Per serving     | 238      | 3.4g    | 7.4g  | 21.8g | 2.8g  | 0.62g |

*estimated*

## Use it for

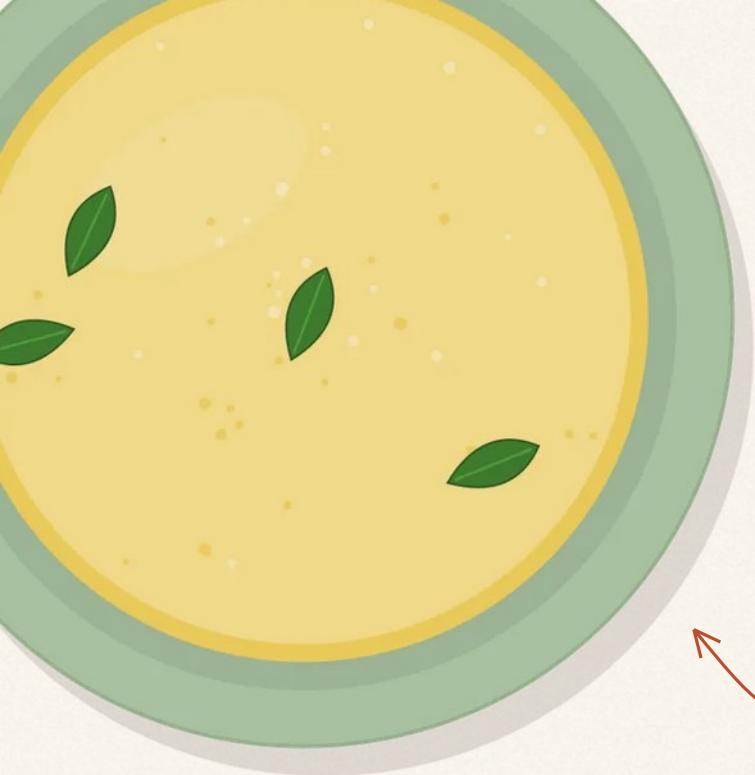
*Pasta for one with parmesan · 2 cubes*

*Spread in a chicken and mozzarella wrap · 1 cube*

*Stirred into a tomato soup · 1 cube*

## Cook's notes

- From frozen: Drop straight onto hot pasta, or thaw 30 minutes for spreading. Keeps 6 months frozen.
- Using the oil from the tomato jar adds flavour for free.
- Contains nuts; walnuts or sunflower seeds work too.



NO. 42 · FLAVOUR BOMBS V GF

# Garlic & Herb Butter

*Soft butter beaten with garlic, parsley, chives and lemon. Frozen in 15ml mini cubes.*

*makes 22 cubes,  
about 16p each*

TIME  
**about 10 min**

MAKES  
**22 cubes**

COST PER CUBE  
**16p**

KCAL PER CUBE  
**87 kcal**

A SERVING  
**1 cube**

SPICE

## You'll need

|                |                              |
|----------------|------------------------------|
| 250g           | salted butter, softened      |
| 6 cloves (30g) | garlic, crushed              |
| 20g            | fresh parsley, chopped       |
| 10g            | fresh chives, chopped        |
| 1              | lemon, zest and 1 tbsp juice |
| 1g             | black pepper                 |

## Method

- 1 Beat the butter until soft and creamy.
- 2 Beat in the garlic, herbs, lemon and pepper.
- 3 Spoon into 15ml mini cube trays and level the tops.
- 4 Freeze until solid.
- 5 Bag up and keep frozen.

### NUTRITION

|                 | calories  | protein     | carbs       | fat         | fibre       | salt         |
|-----------------|-----------|-------------|-------------|-------------|-------------|--------------|
| Per cube (15ml) | <b>87</b> | <b>0.2g</b> | <b>0.7g</b> | <b>9.3g</b> | <b>0.1g</b> | <b>0.17g</b> |

*estimated*

## Use it for

*Garlic bread: 3 cubes per baguette · 3 cubes*  
*Melted over steak or fish · 1 cube*  
*Jacket potatoes or corn on the cob · 1 cube*

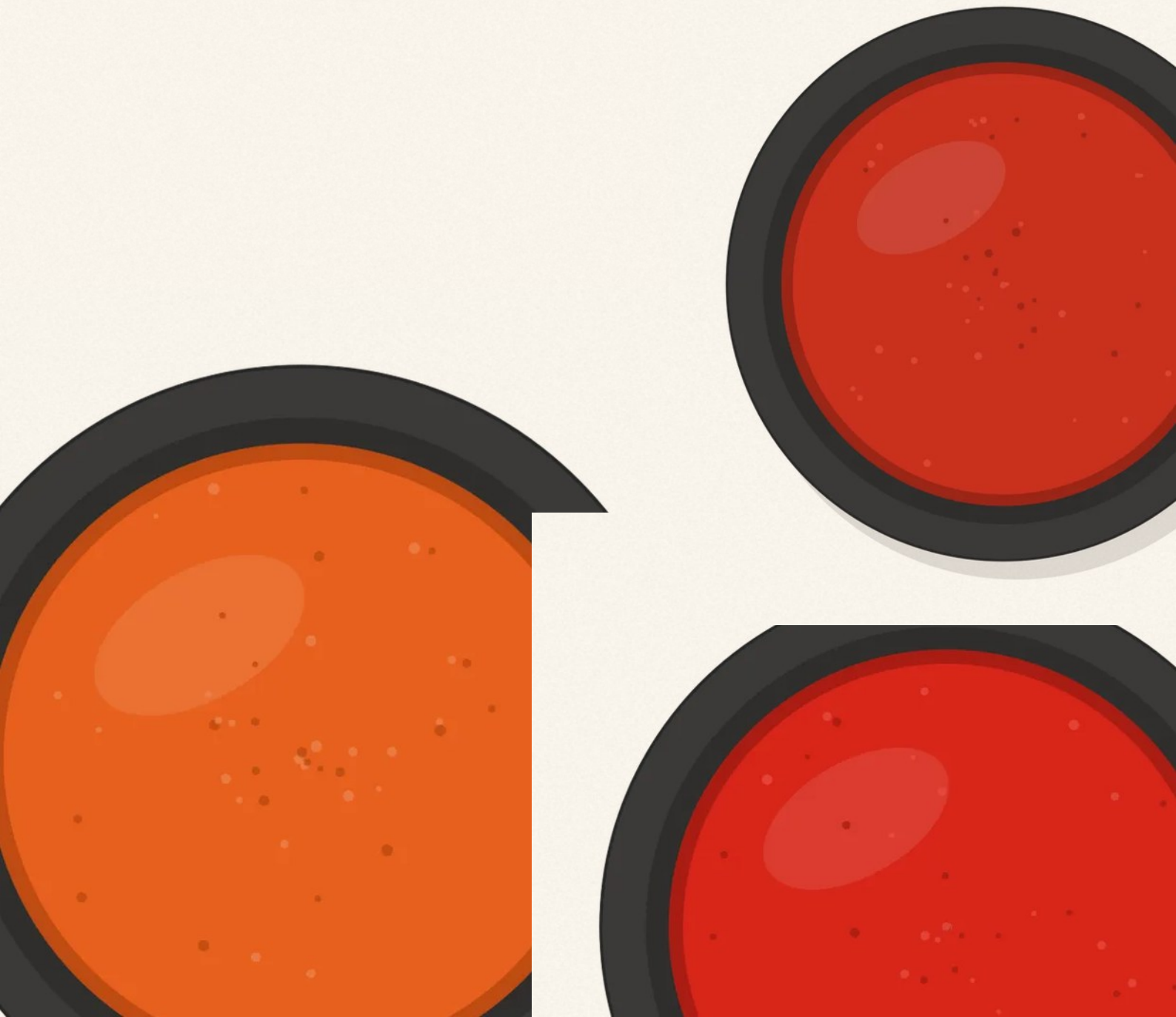
## Cook's notes

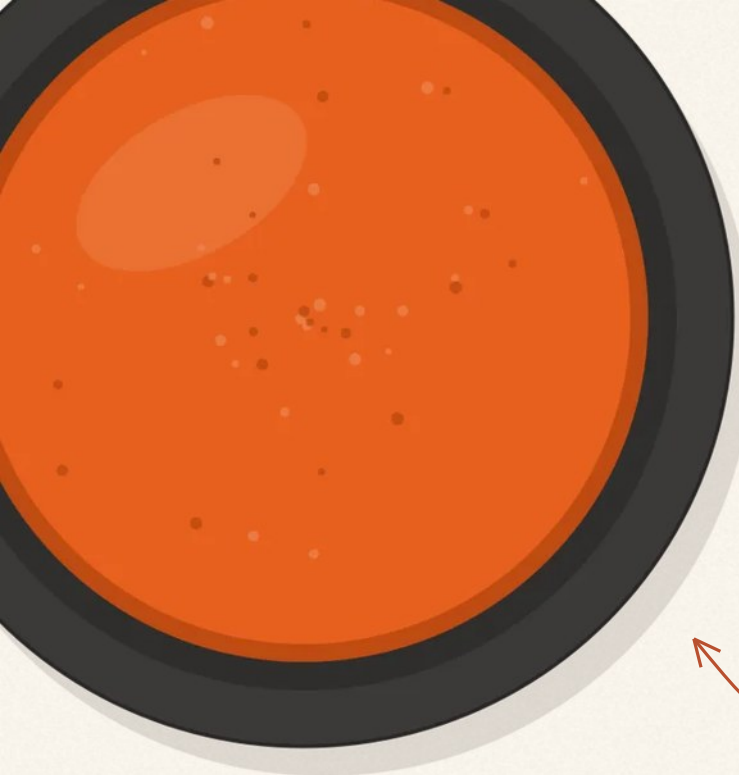
- From frozen: Use straight from frozen on hot food, or soften 15 minutes for spreading. Keeps 6 months frozen.
- One mini cube melts over a steak perfectly.
- Add a pinch of chilli flakes for a spicy version.

FIVE RECIPES

# Hot sauces

*handle  
with care*





NO. 43 · HOT SAUCES VG GF DF

# Scotch Bonnet Hot Sauce

*A seriously hot, fruity Caribbean hot sauce of scotch bonnets, carrot, mango, garlic and vinegar.*

*makes 27 cubes,  
about 11p each*

TIME  
about 25 min

MAKES  
27 cubes

COST PER CUBE  
11p

KCAL PER CUBE  
15 kcal

A SERVING  
1 cube

SPICE

## You'll need

|                |                               |
|----------------|-------------------------------|
| 8 (80g)        | scotch bonnets, stems removed |
| 2 (200g)       | carrots, chopped              |
| 150g           | mango, fresh or frozen        |
| 1 (150g)       | onion                         |
| 6 cloves (30g) | garlic                        |
| 200ml          | cider vinegar                 |
| 20g            | sugar                         |
| 6g             | salt                          |
| 2g             | allspice                      |
| 150ml          | water                         |

## Method

- 1 Wear gloves. Put everything in a pan and simmer, covered, for 15 minutes until the carrot is soft.
- 2 Leave to cool slightly; open a window, as the steam is strong.
- 3 Blend until completely smooth.
- 4 Taste, carefully, for salt and sharpness.
- 5 Cool, pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 15       | 0.3g    | 3.3g  | 0.1g | 0.5g  | 0.22g |

## Use it for

*A few drops on rice and peas · 1 cube*

*Spiked into a stew or chilli · 1 cube*

*Mixed into mayo for chicken burgers · 1 cube*

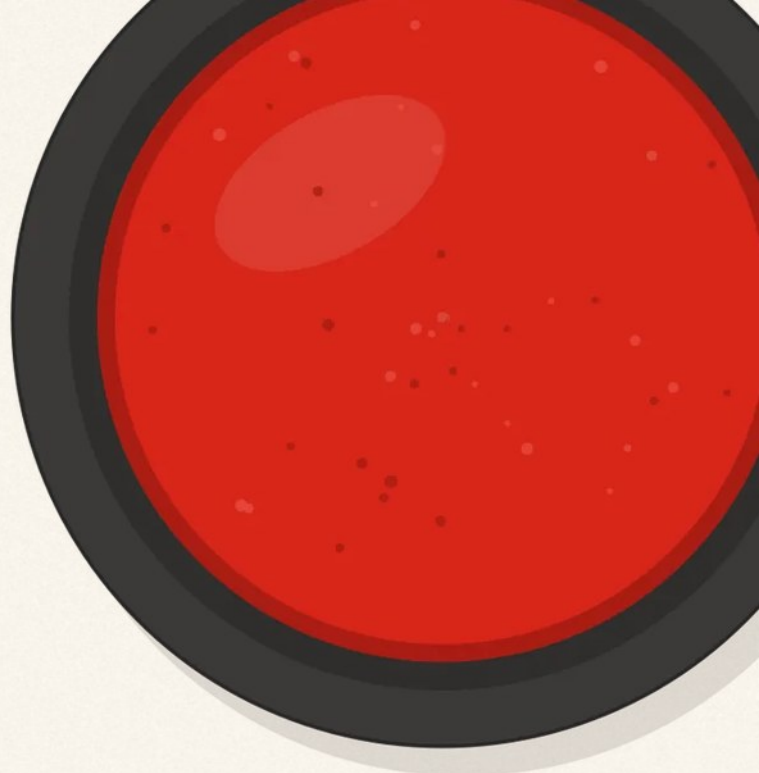
## Cook's notes

- From frozen: Thaw for 20 minutes; it stays pourable. Keeps 6 months frozen.
- One cube flavours a whole pot; use drops on a plate.
- Keep a thawed cube in a small jar in the fridge for up to 2 weeks.

# Fermented Sriracha

*A proper fermented sriracha: red chillies, garlic, sugar and salt left to bubble for a few days, then blended with vinegar into a tangy, garlicky hot sauce.*

*makes 22 cubes,  
about 45p each*



TIME  
about 5 days 25 min

MAKES  
22 cubes

COST PER CUBE  
45p

KCAL PER CUBE  
24 kcal

A SERVING  
1 cube

SPICE  
🌶️🌶️🌶️🌶️🌶️

## You'll need

|                |                                                       |
|----------------|-------------------------------------------------------|
| 600g           | red chillies (red jalapeños or Fresno), stems removed |
| 8 cloves (40g) | garlic                                                |
| 50g            | light brown sugar                                     |
| 15g            | salt                                                  |
| 120ml          | rice vinegar                                          |
| 15ml           | fish sauce (optional)                                 |

## Method

- 1 Wearing gloves, blitz the chillies, garlic, sugar and salt to a coarse paste.
- 2 Pack into a clean jar, cover loosely with clingfilm and leave at room temperature, out of the sun. Stir once a day with a clean spoon.
- 3 After 3 to 5 days it will start to bubble. Leave it 2 to 3 days more, until it stops rising.
- 4 Blend with the vinegar and fish sauce until smooth, push through a sieve, then simmer in a small pan for 7 to 10 minutes to thicken.
- 5 Cool, pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 24       | 0.7g    | 5.3g  | 0.1g | 0.4g  | 0.84g |

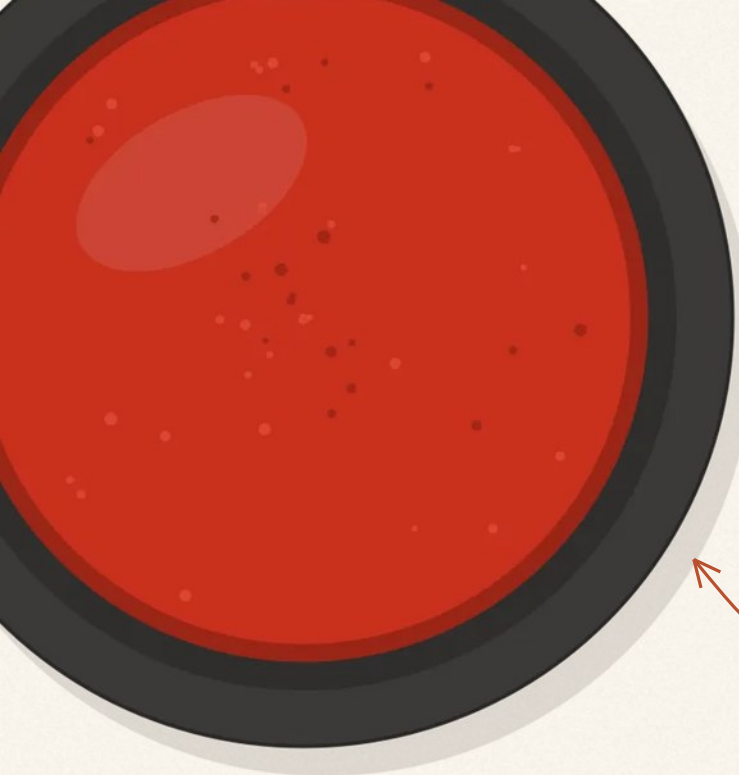
*estimated*

## Use it for

*Noodles, fried rice and eggs · 1 cube*  
*Sriracha mayo for burgers · 1 cube*  
*Spicy chicken wings glaze · 2 cubes*

## Cook's notes

- From frozen: Thaw for 20 minutes; whisk to bring it back together. Keeps 6 months frozen.
- If you see fuzzy mould (not just bubbles), throw it away and start again with a clean jar.
- Leave out the fish sauce for a vegan sauce.



NO. 45 · HOT SAUCES VG GF DF

# Piri Piri Sauce

*A Portuguese-style hot sauce of bird's eye chillies, roasted red pepper, garlic, lemon and smoked paprika.*

*makes 18 cubes,  
about 17p each*

TIME  
about 15 min

MAKES  
18 cubes

COST PER CUBE  
17p

KCAL PER CUBE  
55 kcal

A SERVING  
2 cubes

SPICE

## You'll need

|                |                              |
|----------------|------------------------------|
| 10 (20g)       | bird's eye chillies          |
| 1 × 460g jar   | roasted red peppers, drained |
| 8 cloves (40g) | garlic                       |
| 2              | lemons, juice and zest       |
| 6g             | smoked paprika and oregano   |
| 40ml           | red wine vinegar             |
| 100ml          | olive oil                    |
| 5g             | salt                         |

## Method

- 1 Wear gloves and remove the chilli stems.
- 2 Blitz everything until smooth.
- 3 Simmer in a small pan for 5 minutes to mellow the raw garlic.
- 4 Cool.
- 5 Pour into 30ml trays and freeze.

## Use it for

*Piri piri chicken: 4 cubes per 500g, marinate and roast ·*

*4 cubes*

*Spicy prawns · 2 cubes*

*Dip for chips · 1 cube*

## NUTRITION

*estimated*

|                 | calories | protein | carbs | fat   | fibre | salt  |
|-----------------|----------|---------|-------|-------|-------|-------|
| Per cube (30ml) | 55       | 0.4g    | 2.3g  | 5.1g  | 0.5g  | 0.28g |
| Per serving     | 110      | 0.8g    | 4.6g  | 10.2g | 1.0g  | 0.56g |

## Cook's notes

- From frozen: Thaw for 30 minutes for marinades, or drop straight into a pan. Keeps 6 months frozen.
- For a 3, use 5 chillies and remove the seeds.
- Marinate chicken for at least 2 hours.

NO. 46 · HOT SAUCES VG GF DF

# Harissa

A North African chilli paste of roasted red peppers, dried chillies, garlic, caraway, cumin and coriander.

*makes 14 cubes,  
about 18p each*



TIME  
about 30 min

MAKES  
14 cubes

COST PER CUBE  
18p

KCAL PER CUBE  
53 kcal

A SERVING  
1 cube

SPICE

## You'll need

|                |                                             |
|----------------|---------------------------------------------|
| 2 (320g)       | red peppers                                 |
| 20g            | dried red chillies, soaked                  |
| 6 cloves (30g) | garlic                                      |
| 8g             | caraway, cumin and coriander seeds, toasted |
| 4g             | smoked paprika                              |
| 30g            | tomato purée                                |
| 15ml           | lemon juice                                 |
| 60ml           | olive oil                                   |
| 4g             | salt                                        |

## Method

- 1 Roast the peppers at 220°C fan for 25 minutes until blackened. Peel and deseed.
- 2 Soak the dried chillies in hot water for 15 minutes; drain.
- 3 Toast the seeds in a dry pan for 1 minute, then grind.
- 4 Blitz everything to a smooth paste.
- 5 Spoon into 30ml trays and freeze.

## Use it for

Harissa roast chicken or vegetables · 2 cubes  
Stirred into couscous or yoghurt · 1 cube  
Shakshuka · 1 cube

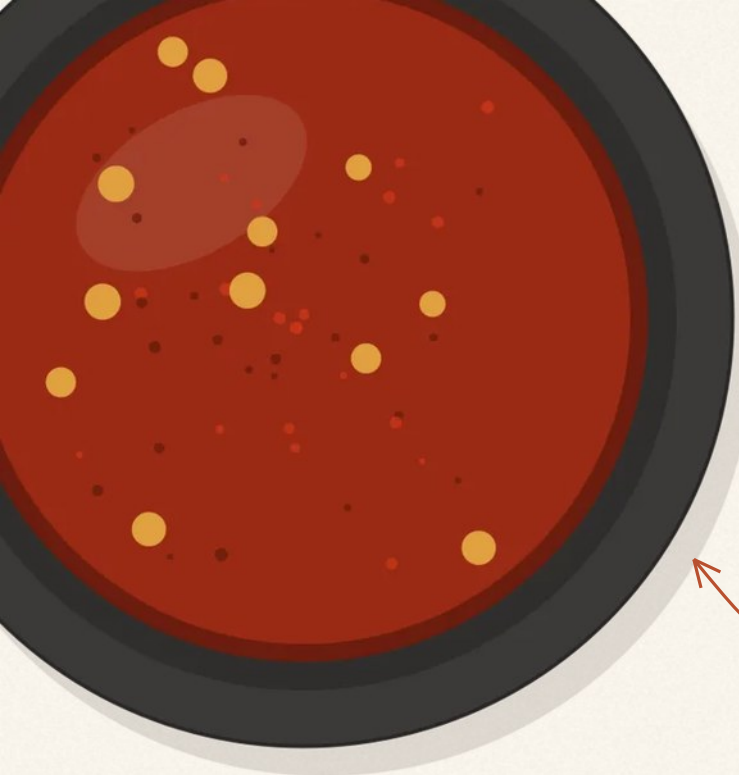
## NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 53       | 0.7g    | 3.4g  | 4.2g | 1.2g  | 0.29g |

*estimated*

## Cook's notes

- From frozen: Thaw for 15 minutes, or fry straight from frozen. Keeps 6 months frozen.
- Add a few rose petals or rose water for a rose harissa.
- It's strong: start with half a cube.



NO. 47 · HOT SAUCES VG GF DF NUTS

# Chilli Crisp

*Crunchy chilli flakes, fried shallot and garlic in Sichuan-pepper-spiced oil. Frozen in 15ml mini cubes.*

*makes 32 cubes,  
about 8p each*

TIME  
about 30 min

MAKES  
32 cubes

COST PER CUBE  
8p

KCAL PER CUBE  
90 kcal

A SERVING  
1 cube

SPICE  
🌶️🌶️🌶️🌶️🌶️

## You'll need

|                 |                             |
|-----------------|-----------------------------|
| 6 (180g)        | shallots, thinly sliced     |
| 10 cloves (50g) | garlic, thinly sliced       |
| 40g             | chilli flakes               |
| 6g              | Sichuan peppercorns, ground |
| 300ml           | rapeseed oil                |
| 20ml            | soy sauce                   |
| 10g             | sugar                       |
| 15g             | sesame seeds                |
| 10g             | roasted peanuts, chopped    |

## Method

- 1 Heat the oil in a saucepan over a medium heat and fry the shallots, stirring, until golden. (10 min) Lift out with a slotted spoon.
- 2 Fry the garlic until pale gold (2 min) and lift out. Don't let it brown or it turns bitter.
- 3 Cool the oil for 5 minutes, then pour it over the chilli flakes, Sichuan pepper, sesame seeds and sugar in a heatproof bowl.
- 4 Stir in the soy, shallots, garlic and peanuts. Cool completely.
- 5 Spoon into 15ml mini trays, making sure each gets crunchy bits, and freeze.

### NUTRITION

*estimated*

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (15ml) | 90       | 0.6g    | 2.1g  | 9.0g | 0.6g  | 0.09g |

## Use it for

*Spooned over noodles or fried eggs · 1 cube*  
*Dumplings and wontons · 1 cube*  
*Stirred into mayo or yoghurt · 1 cube*

## Cook's notes

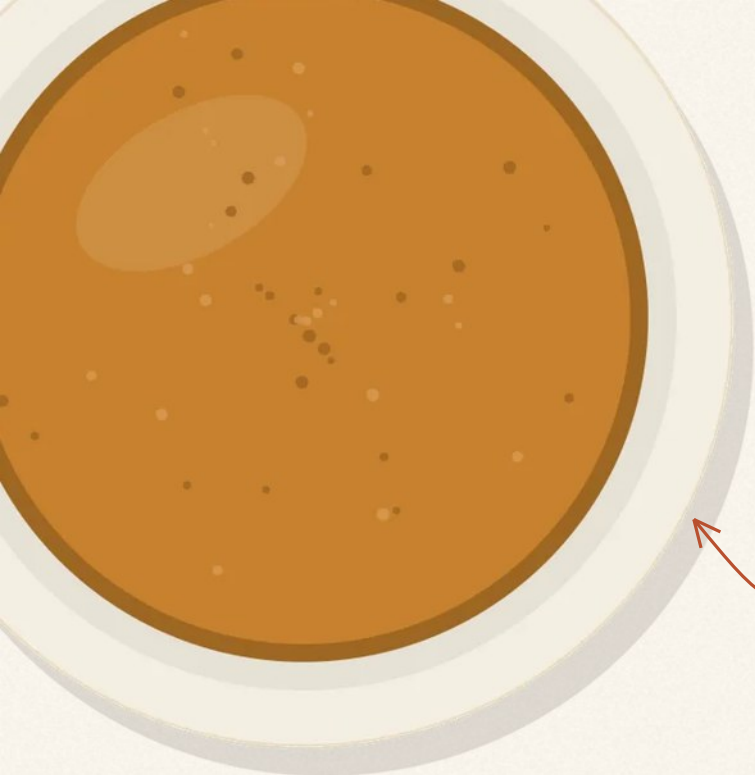
- From frozen: Use straight from frozen; it melts in seconds on hot food. Keeps 6 months frozen.
- Always keep it frozen or in the fridge: garlic in oil must not sit at room temperature.
- Contains peanuts and sesame; label the cubes.

THREE RECIPES

# Sweet sauces

*pudding  
on standby*





NO. 48 · SWEET SAUCES V GF

# Salted Caramel

*A smooth, buttery salted caramel sauce for ice cream, pancakes and brownies.*

*makes 14 cubes,  
about 14p each*

TIME  
**about 15 min**

MAKES  
**14 cubes**

COST PER CUBE  
**14p**

KCAL PER CUBE  
**150 kcal**

A SERVING  
**1 cube**

SPICE  
    

## You'll need

|       |                 |
|-------|-----------------|
| 200g  | caster sugar    |
| 90g   | butter, cubed   |
| 150ml | double cream    |
| 4g    | sea salt flakes |

## Method

- 1 Heat the sugar in a heavy pan over a medium heat, swirling (not stirring) until it melts into a deep amber caramel. (8 min)
- 2 Off the heat, whisk in the butter; it will bubble up fiercely.
- 3 Whisk in the cream, return to a low heat and simmer for 1 minute until smooth.
- 4 Stir in the salt and cool.
- 5 Pour into 30ml trays and freeze.

### NUTRITION

*estimated*

|                 | calories   | protein     | carbs        | fat          | fibre       | salt         |
|-----------------|------------|-------------|--------------|--------------|-------------|--------------|
| Per cube (30ml) | <b>150</b> | <b>0.2g</b> | <b>14.3g</b> | <b>10.4g</b> | <b>0.0g</b> | <b>0.39g</b> |

## Use it for

*Over ice cream or pancakes · 1 cube*

*Drizzled on brownies or apple crumble · 1 cube*

*Stirred into hot chocolate or coffee · 1 cube*

## Cook's notes

- From frozen: Thaw 20 minutes, or warm 15 seconds in the microwave. Keeps 3 months frozen.
- Hot caramel causes nasty burns; keep children away and use a long whisk.
- It stays soft enough to scoop straight from the freezer.

NO. 49 · SWEET SAUCES V GF

# Chocolate Fudge Sauce

*A glossy, rich chocolate sauce of dark chocolate, cream, golden syrup and a little butter.*

*makes 16 cubes,  
about 22p each* →



TIME  
about 10 min

MAKES  
16 cubes

COST PER CUBE  
22p

KCAL PER CUBE  
151 kcal

A SERVING  
1 cube

SPICE  
🌶️ 🌿 🌿 🌿 🌿

## You'll need

|       |                               |
|-------|-------------------------------|
| 200g  | dark chocolate (70%), chopped |
| 200ml | double cream                  |
| 60g   | golden syrup                  |
| 30g   | butter                        |
| 1g    | salt                          |

## Method

- 1 Put the cream, syrup, butter and salt in a pan over a low heat until just simmering.
- 2 Take off the heat and add the chocolate.
- 3 Leave for 2 minutes, then stir until smooth and glossy.
- 4 Cool.
- 5 Pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat   | fibre | salt  |
|-----------------|----------|---------|-------|-------|-------|-------|
| Per cube (30ml) | 151      | 1.0g    | 9.1g  | 12.0g | 1.2g  | 0.10g |

*estimated*

## Use it for

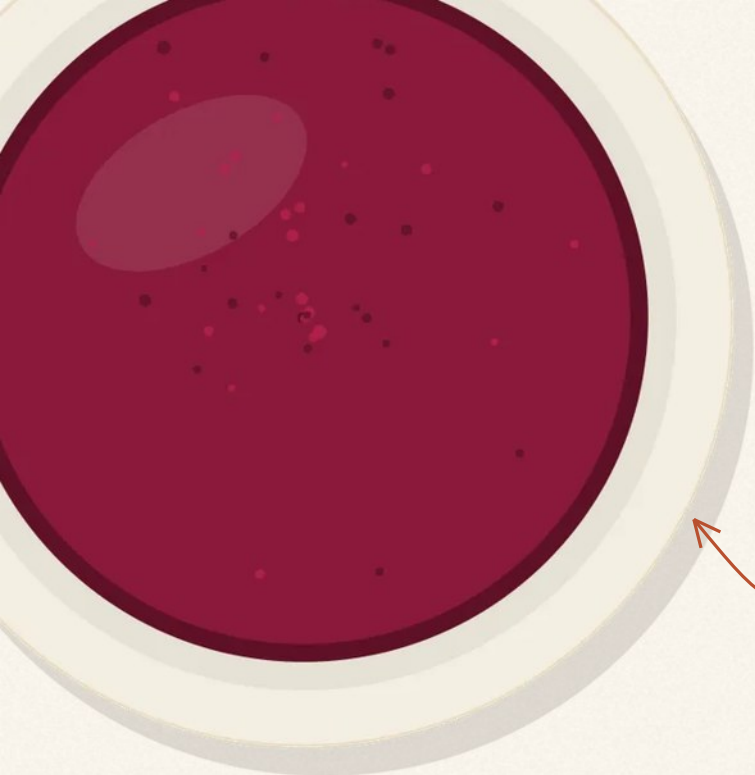
*Ice cream sundaes · 1 cube*

*Warm over a steamed pudding or brownies · 1 cube*

*Dip for strawberries · 1 cube*

## Cook's notes

- From frozen: Warm 15 seconds in the microwave or thaw 20 minutes. Keeps 3 months frozen.
- Use a good dark chocolate; it's most of the flavour.
- Add a pinch of chilli for a Mexican chocolate sauce.



NO. 50 · SWEET SAUCES VG GF DF

# Berry Coulis

*A bright, fruity sauce of mixed berries, a little sugar and lemon, sieved silky smooth.*

*makes 18 cubes,  
about 12p each*

TIME  
about 15 min

MAKES  
18 cubes

COST PER CUBE  
12p

KCAL PER CUBE  
25 kcal

A SERVING  
1 cube

SPICE  
    

## You'll need

|      |                      |
|------|----------------------|
| 500g | frozen mixed berries |
| 60g  | caster sugar         |
| 15ml | lemon juice          |
| 50ml | water                |

## Method

- 1 Put everything in a pan over a medium heat.
- 2 Simmer for 8 minutes, stirring, until the berries collapse.
- 3 Blend, then push through a sieve to remove the seeds.
- 4 Taste and add a little more sugar if needed. Cool.
- 5 Pour into 30ml trays and freeze.

### NUTRITION

|                 | calories | protein | carbs | fat  | fibre | salt  |
|-----------------|----------|---------|-------|------|-------|-------|
| Per cube (30ml) | 25       | 0.3g    | 6.1g  | 0.1g | 0.8g  | 0.00g |

*estimated*

## Use it for

*Over yoghurt and granola · 1 cube*  
*Cheesecake or pavlova · 1 cube*  
*Stirred into porridge · 1 cube*

## Cook's notes

- From frozen: Thaw for 20 minutes at room temperature. Keeps 4 months frozen.
- Frozen berries are cheaper than fresh and just as good here.
- Strawberry, raspberry or blackcurrant on their own all work.

# Ten-minute dinners

*Ten dinners from the freezer: cubes plus one or two fresh things.*

Each row is a dinner for one. Take the cubes out of the freezer, cook the fresh part, and stir the two together; double everything for two. How sauce cubes work says which cubes go straight into the pan and which need thawing first.

| CUBES                    | ADD                                      | TO MAKE                       |
|--------------------------|------------------------------------------|-------------------------------|
| Classic Tomato Sauce × 4 | 75g spaghetti, parmesan, basil           | Spaghetti al pomodoro for one |
| Tikka Masala Base × 4    | 120g browned chicken, 2 tbsp cream, rice | Chicken tikka masala          |
| Teriyaki × 2             | Salmon fillet, rice, steamed greens      | Teriyaki salmon bowl          |
| Pad Thai Sauce × 2       | Rice noodles, egg, beansprouts, peanuts  | Pad thai                      |
| Cheese Sauce × 5         | 75g macaroni, cheddar on top             | Mac and cheese                |
| Gochujang Glaze × 2      | Chicken thighs, rice, cucumber           | Gochujang chicken             |
| Satay × 3                | Egg noodles, stir-fried veg              | Satay noodles                 |
| Onion Gravy × 3          | Sausages, mash, peas                     | Bangers and mash              |
| Enchilada Sauce × 4      | Tortillas, leftover chicken, cheese      | Quick enchiladas for one      |
| Peppercorn Sauce × 2     | Steak and oven chips                     | Steak night                   |

*cubes plus one fresh thing*

# Quick finder

*Short lists to help you choose, with the page number beside each sauce.*

## Under 10p a cube (12)

|                       |    |                   |    |                |    |
|-----------------------|----|-------------------|----|----------------|----|
| Classic Tomato Sauce  | 10 | Katsu Curry Sauce | 28 | Mushroom Gravy | 44 |
| Arrabbiata            | 11 | Onion Gravy       | 39 | BBQ Sauce      | 49 |
| Tikka Masala Base     | 19 | Chicken Stock     | 40 | Soffritto Base | 52 |
| Chip Shop Curry Sauce | 27 | Veg Stock         | 41 | Chilli Crisp   | 62 |

## Ready in 15 minutes or less (17)

|                 |    |                        |    |                       |    |
|-----------------|----|------------------------|----|-----------------------|----|
| Basil Pesto     | 17 | Pad Thai Sauce         | 35 | Garlic & Herb Butter  | 56 |
| Jerk Marinade   | 26 | Chilli Garlic Sauce    | 36 | Piri Piri Sauce       | 60 |
| Sweet & Sour    | 31 | Korean BBQ Marinade    | 37 | Salted Caramel        | 64 |
| Black Bean      | 32 | Garlic-Ginger Paste    | 51 | Chocolate Fudge Sauce | 65 |
| Gochujang Glaze | 33 | Chimichurri            | 54 | Berry Coulis          | 66 |
| Satay           | 34 | Sun-dried Tomato Pesto | 55 |                       |    |

## Vegan (26)

|                             |    |                     |    |                         |    |
|-----------------------------|----|---------------------|----|-------------------------|----|
| Arrabbiata                  | 11 | Black Bean          | 32 | Soffritto Base          | 52 |
| Roasted Red Pepper & Tomato | 12 | Chilli Garlic Sauce | 36 | Chimichurri             | 54 |
| Basil Pesto                 | 17 | Korean BBQ Marinade | 37 | Sun-dried Tomato Pesto  | 55 |
| Madras Paste                | 21 | Veg Stock           | 41 | Scotch Bonnet Hot Sauce | 58 |
| Rendang Paste               | 25 | Mushroom Gravy      | 44 | Piri Piri Sauce         | 60 |
| Jerk Marinade               | 26 | Enchilada Sauce     | 46 | Harissa                 | 61 |
| Chip Shop Curry Sauce       | 27 | Chipotle Adobo      | 47 | Chilli Crisp            | 62 |
| Teriyaki                    | 30 | Salsa Roja          | 48 | Berry Coulis            | 66 |
| Sweet & Sour                | 31 | Garlic-Ginger Paste | 51 |                         |    |

## Hot: spice 4 and 5 (6)

|               |    |                         |    |                 |    |
|---------------|----|-------------------------|----|-----------------|----|
| Madras Paste  | 21 | Scotch Bonnet Hot Sauce | 58 | Piri Piri Sauce | 60 |
| Jerk Marinade | 26 | Fermented Sriracha      | 59 | Chilli Crisp    | 62 |

*Tags on each recipe: VG vegan, V vegetarian, GF gluten-free, DF dairy-free, NUTS contains nuts or peanuts. Gluten-free labels assume tamari in place of soy sauce, gluten-free oats and gluten-free stock cubes. Always check labels if you have an allergy.*

# Sauce index

| SAUCE                       | PAGE | CUBES | TIME   | COST | KCAL | SERVING | SPICE                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------|------|-------|--------|------|------|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Classic Tomato Sauce        | 10   | 43    | 55 min | 7p   | 33   | 4       |                |
| Arrabbiata                  | 11   | 26    | 45 min | 8p   | 23   | 4       |                |
| Roasted Red Pepper & Tomato | 12   | 36    | 45 min | 10p  | 17   | 4       |                |
| Puttanesca                  | 13   | 28    | 35 min | 12p  | 23   | 4       |                |
| Creamy Mushroom             | 14   | 37    | 35 min | 11p  | 40   | 4       |                |
| Vodka Sauce                 | 15   | 35    | 35 min | 15p  | 71   | 4       |                |
| Cheese Sauce                | 16   | 30    | 20 min | 11p  | 57   | 4       |                |
| Basil Pesto                 | 17   | 10    | 15 min | 43p  | 158  | 2       |                |
| Tikka Masala Base           | 19   | 50    | 1 hr   | 8p   | 24   | 4       |                |
| Korma Base                  | 20   | 36    | 45 min | 10p  | 53   | 4       |                |
| Madras Paste                | 21   | 10    | 20 min | 34p  | 94   | 2       |                |
| Thai Green Paste            | 22   | 12    | 25 min | 35p  | 22   | 2       |                |
| Thai Red Paste              | 23   | 10    | 35 min | 33p  | 29   | 2       |                |
| Massaman Paste              | 24   | 7     | 40 min | 34p  | 52   | 2       |                |
| Rendang Paste               | 25   | 12    | 25 min | 29p  | 61   | 3       |           |
| Jerk Marinade               | 26   | 14    | 15 min | 24p  | 47   | 2       |      |
| Chip Shop Curry Sauce       | 27   | 31    | 35 min | 8p   | 29   | 3       |      |
| Katsu Curry Sauce           | 28   | 35    | 40 min | 8p   | 26   | 3       |      |
| Teriyaki                    | 30   | 15    | 20 min | 27p  | 65   | 2       |      |
| Sweet & Sour                | 31   | 26    | 15 min | 10p  | 30   | 3       |      |
| Black Bean                  | 32   | 16    | 15 min | 14p  | 40   | 2       |      |
| Gochujang Glaze             | 33   | 15    | 10 min | 27p  | 67   | 2       |      |
| Satay                       | 34   | 27    | 15 min | 15p  | 92   | 3       |      |
| Pad Thai Sauce              | 35   | 14    | 10 min | 16p  | 63   | 2       |      |
| Chilli Garlic Sauce         | 36   | 14    | 15 min | 17p  | 42   | 2       |      |
| Korean BBQ Marinade         | 37   | 23    | 10 min | 18p  | 37   | 3       |      |
| Onion Gravy                 | 39   | 37    | 50 min | 5p   | 20   | 3       |      |
| Chicken Stock               | 40   | 50    | 3 hr   | 3p   | 10   | 4       |      |
| Veg Stock                   | 41   | 47    | 1 hr   | 6p   | 9    | 4       |      |
| Red Wine Jus                | 42   | 23    | 45 min | 22p  | 32   | 2       |      |
| Peppercorn Sauce            | 43   | 21    | 25 min | 17p  | 86   | 2       |      |
| Mushroom Gravy              | 44   | 39    | 35 min | 8p   | 17   | 3       |      |
| Enchilada Sauce             | 46   | 22    | 45 min | 11p  | 27   | 4       |      |
| Chipotle Adobo              | 47   | 19    | 40 min | 11p  | 31   | 1       |      |
| Salsa Roja                  | 48   | 26    | 25 min | 11p  | 11   | 2       |      |
| BBQ Sauce                   | 49   | 21    | 30 min | 9p   | 34   | 2       |      |
| Garlic-Ginger Paste         | 51   | 29    | 10 min | 14p  | 27   | 1       |      |
| Soffritto Base              | 52   | 27    | 45 min | 6p   | 43   | 3       |      |
| Caramelised Onions          | 53   | 21    | 1 hr   | 12p  | 69   | 1       |      |
| Chimichurri                 | 54   | 11    | 10 min | 24p  | 116  | 1       |      |
| Sun-dried Tomato Pesto      | 55   | 13    | 10 min | 39p  | 119  | 2       |      |

| SAUCE                   | PAGE | CUBES   | TIME   | COST | KCAL | SERVING | SPICE                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-------------------------|------|---------|--------|------|------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Garlic & Herb Butter    | 56   | 22      | 10 min | 16p  | 87   | 1       |      |
| Scotch Bonnet Hot Sauce | 58   | 27      | 25 min | 11p  | 15   | 1       |      |
| Fermented Sriracha      | 59   | 25 days | 25 min | 45p  | 24   | 1       |      |
| Piri Piri Sauce         | 60   | 18      | 15 min | 17p  | 55   | 2       |      |
| Harissa                 | 61   | 14      | 30 min | 18p  | 53   | 1       |      |
| Chilli Crisp            | 62   | 32      | 30 min | 8p   | 90   | 1       |      |
| Salted Caramel          | 64   | 14      | 15 min | 14p  | 150  | 1       |      |
| Chocolate Fudge Sauce   | 65   | 16      | 10 min | 22p  | 151  | 1       |      |
| Berry Coulis            | 66   | 18      | 15 min | 12p  | 25   | 1       |      |

*Cost and calories are per cube (30ml, or 15ml for the mini cubes). Serving is the number of cubes for one portion. Nutrition, costs and yields are estimates.*