



LEADING THE WAY FOR  
A SUSTAINABLE FUTURE

SUSTAINABLE EATS  
COOKBOOK 2025  
BULK COOKING EDITION





# SUSTAINABLE EATS COOKBOOK

‘BULK COOKING’ EDITION

SOME RECIPES, IDEAS, TIPS AND HINTS  
THAT HELP YOU PREPARE LARGE BATCHES  
OF DELICIOUS FOOD

FEATURING CHEF HIGHLIGHTS

2025



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# THE BENEFITS OF BULK COOKING

BULK COOKING, OFTEN REFERRED TO AS MEAL PREPPING, OFFERS A MULTITUDE OF BENEFITS THAT CATER TO BOTH CONVENIENCE AND HEALTH. ONE OF THE PRIMARY ADVANTAGES IS TIME EFFICIENCY; BY PREPARING MEALS IN ADVANCE, YOU CAN SIGNIFICANTLY REDUCE THE TIME SPENT ON DAILY COOKING, ALLOWING FOR MORE LEISURE OR PRODUCTIVITY IN OTHER AREAS.

ADDITIONALLY, IT CAN BE A COST-EFFECTIVE STRATEGY, AS BUYING INGREDIENTS IN BULK OFTEN REDUCES THE OVERALL GROCERY BILL. BULK COOKING ALSO ENCOURAGES HEALTHIER EATING HABITS, AS HAVING PREPARED MEALS ON HAND CAN DETER THE TEMPTATION OF OPTING FOR FAST FOOD OR UNHEALTHY OPTIONS WHEN PRESSED FOR TIME.

FURTHERMORE, IT AIDS IN PORTION CONTROL, HELPING TO MAINTAIN A BALANCED DIET. LASTLY, IT REDUCES FOOD WASTE, AS PLANNED MEALS ENSURE THAT INGREDIENTS ARE USED BEFORE THEY SPOIL. OVERALL, BULK COOKING IS AN EXCELLENT WAY TO SIMPLIFY LIFE WHILE PROMOTING A HEALTHIER LIFESTYLE.



BENEFITS



## INGREDIENTS

500G STEWING BEEF, CUBED  
2 ONIONS, CHOPPED  
3 CARROTS, PEELED AND SLICED  
3 POTATOES, PEELED AND CUBED  
2 PARSNIPS, PEELED AND SLICED  
2 GARLIC CLOVES, MINCED  
1L BEEF STOCK  
1 TIN OF CHOPPED TOMATOES  
2 TBSP TOMATO PURÉE  
2 TBSP OLIVE OIL  
2 TSP DRIED THYME  
SALT AND PEPPER TO TASTE

## METHOD

IN A LARGE POT, HEAT THE OLIVE OIL AND BROWN THE BEEF ON ALL SIDES REMOVE AND SET ASIDE

IN THE SAME POT, ADD ONIONS, GARLIC, AND CARROTS, COOKING FOR 5 MINUTES UNTIL SOFTENED

STIR IN THE TOMATO PURÉE, FOLLOWED BY THE BEEF, POTATOES, PARSNIPS, AND STOCK. ADD THE TOMATOES AND THYME

BRING TO A SIMMER, COVER, AND COOK ON LOW FOR 1.5-2 HOURS UNTIL THE BEEF IS TENDER

COOL COMPLETELY BEFORE PORTIONING INTO CONTAINERS FOR FREEZING

KEEP IN AIRTIGHT CONTAINERS FOR UP TO 3 MONTHS IN THE FREEZER. FOR SMALLER PORTIONS, DIVIDE INTO INDIVIDUAL SERVINGS. DEFROST OVERNIGHT IN THE FRIDGE



# BEEF AND VEGETABLE STEW





# VEGAN LENTIL AND SWEET POTATO CURRY

## INGREDIENTS

200G RED LENTILS, RINSED  
2 SWEET POTATOES, PEELED AND DICED  
1 ONION, CHOPPED  
2 GARLIC CLOVES, MINCED  
400ML COCONUT MILK  
1 TIN OF CHOPPED TOMATOES  
1 TBSP CURRY POWDER  
1 TSP TURMERIC  
1 TSP CUMIN  
1 TSP GROUND CORIANDER  
500ML VEGETABLE STOCK  
2 TBSP COCONUT OIL  
FRESH CORIANDER TO GARNISH

## METHOD

HEAT THE COCONUT OIL IN A LARGE PAN AND SAUTÉ THE ONIONS AND GARLIC FOR 5 MINUTES.

ADD THE SPICES AND COOK FOR ANOTHER MINUTE.

STIR IN THE LENTILS, SWEET POTATOES, TOMATOES, COCONUT MILK, AND STOCK. SIMMER FOR 25-30 MINUTES UNTIL THE LENTILS AND POTATOES ARE TENDER.

COOL AND PORTION INTO CONTAINERS FOR FREEZING OR REFRIGERATING.

STORE IN THE FRIDGE FOR UP TO 4 DAYS OR FREEZE FOR UP TO 3 MONTHS. FOR SINGLE SERVINGS, USE FREEZER BAGS.



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## INGREDIENTS

2 TINS OF MIXED BEANS, DRAINED  
1 TIN OF CHOPPED TOMATOES  
2 PEPPERS, DICED  
1 ONION, CHOPPED  
2 GARLIC CLOVES, MINCED  
2 TSP CHILLI POWDER  
1 TSP CUMIN  
1 TSP SMOKED PAPRIKA  
200ML VEGETABLE STOCK  
1 TBSP OLIVE OIL  
FRESH CORIANDER TO SERVE

## METHOD

1 HEAT OLIVE OIL IN A LARGE PAN AND SAUTÉ THE ONIONS, PEPPERS, AND GARLIC FOR 5 MINUTES

ADD THE SPICES AND COOK FOR ANOTHER MINUTE

STIR IN THE BEANS, TOMATOES, AND STOCK. SIMMER FOR 20-25 MINUTES UNTIL THICKENED

COOL AND PORTION FOR STORAGE

STORE IN THE FRIDGE FOR UP TO 4 DAYS OR FREEZE FOR UP TO 3 MONTHS. IDEAL FOR QUICK BURRITOS OR OVER RICE.



# VEGETARIAN CHILLI



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# CHICKEN & LEEK PIE

## INGREDIENTS

500G COOKED CHICKEN, SHREDDED  
2 LEEKS, SLICED  
300ML CHICKEN STOCK  
200ML MILK  
2 TBSP BUTTER  
2 TBSP PLAIN FLOUR  
1 SHEET READY-MADE PUFF PASTRY  
1 EGG, BEATEN (FOR GLAZING)  
SALT AND PEPPER TO TASTE

## METHOD

PREHEAT OVEN TO 200°C. SAUTÉ THE LEEKS IN BUTTER UNTIL SOFT.

STIR IN THE FLOUR AND COOK FOR 2 MINUTES. GRADUALLY ADD THE STOCK AND MILK, WHISKING UNTIL THICKENED.

ADD THE SHREDDED CHICKEN, SEASON WITH SALT AND PEPPER, AND TRANSFER THE MIXTURE TO A PIE DISH.

LAY THE PUFF PASTRY OVER THE TOP, TRIM THE EDGES, AND BRUSH WITH BEATEN EGG.

BAKE FOR 25-30 MINUTES UNTIL GOLDEN.

FREEZE IN PORTIONS BEFORE ADDING THE PASTRY, OR FREEZE AFTER BAKING FOR UP TO 3 MONTHS. DEFROST IN THE FRIDGE OVERNIGHT.



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## INGREDIENTS

1 LARGE BUTTERNUT SQUASH, PEELED AND CUBED  
1 ONION, CHOPPED  
2 GARLIC CLOVES, WHOLE  
750ML VEGETABLE STOCK  
200ML COCONUT MILK  
2 TBSP OLIVE OIL  
1 TSP GROUND CUMIN  
SALT AND PEPPER TO TASTE

## METHOD

PREHEAT OVEN TO 180°C. TOSS THE SQUASH, GARLIC, AND ONION IN OLIVE OIL AND ROAST FOR 25-30 MINUTES UNTIL SOFT.

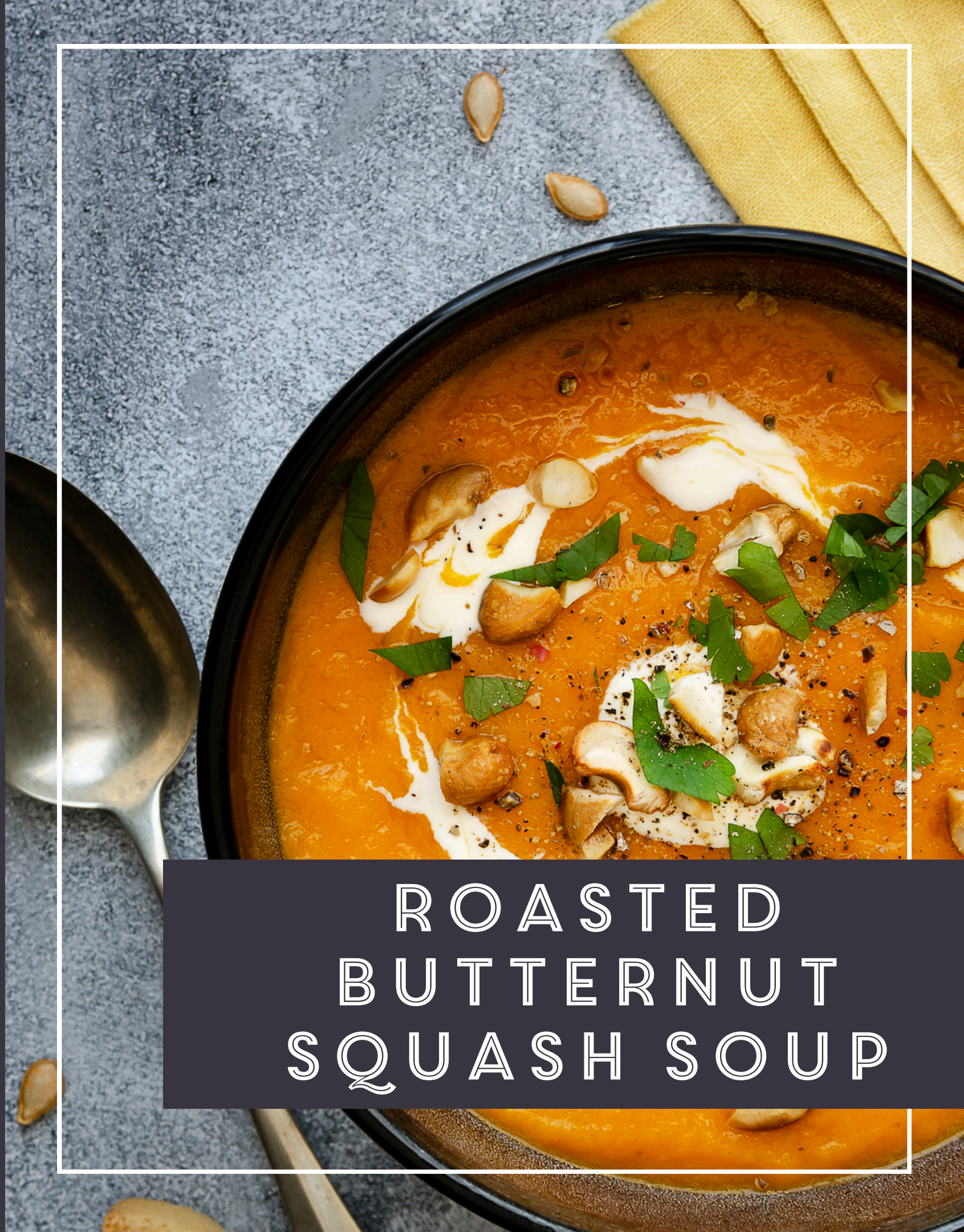
BLEND THE ROASTED VEGETABLES WITH THE STOCK AND COCONUT MILK UNTIL SMOOTH.

REHEAT IN A POT AND SEASON WITH CUMIN, SALT, AND PEPPER.

PORTION INTO CONTAINERS AND FREEZE FOR UP TO 3 MONTHS. GREAT FOR INDIVIDUAL MEALS WHEN FROZEN IN SMALLER PORTIONS.



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ROASTED  
BUTTERNUT  
SQUASH SOUP





## INGREDIENTS

500G MINCED BEEF  
1 ONION, CHOPPED  
2 GARLIC CLOVES, MINCED  
2 TINS OF CHOPPED TOMATOES  
1 TBSP TOMATO PURÉE  
1 CARROT, GRATED  
1 CELERY STALK, CHOPPED  
200ML BEEF STOCK  
2 TSP DRIED OREGANO  
2 TBSP OLIVE OIL

## METHOD

HEAT THE OLIVE OIL IN A LARGE PAN AND BROWN THE MINCED BEEF.

ADD THE ONION, GARLIC, CARROT, AND CELERY, COOKING UNTIL SOFTENED.

STIR IN THE TOMATOES, PURÉE, STOCK, AND OREGANO. SIMMER FOR 30 MINUTES.

COOL AND PORTION INTO CONTAINERS.

KEEP IN THE FRIDGE FOR UP TO 4 DAYS OR FREEZE FOR UP TO 3 MONTHS. IDEAL FOR MAKING IN BULK AND PORTIONING FOR LATER MEALS.

# BEEF BOLOGNESE



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## INGREDIENTS

400G GREEN LENTILS, COOKED  
1 ONION, CHOPPED  
2 CARROTS, DICED  
2 GARLIC CLOVES, MINCED  
1 TIN CHOPPED TOMATOES  
500ML VEGETABLE STOCK  
2 TBSP TOMATO PURÉE  
1 TSP THYME  
6 POTATOES, PEELED AND BOILED  
100ML OAT MILK  
2 TBSP VEGAN BUTTER  
SALT AND PEPPER TO TASTE

## METHOD

SAUTÉ THE ONION, CARROTS, AND GARLIC IN A PAN FOR 5 MINUTES. ADD THE LENTILS, TOMATOES, PURÉE, STOCK, AND THYME

SIMMER FOR 20 MINUTES UNTIL THICKENED

MASH THE BOILED POTATOES WITH OAT MILK AND VEGAN BUTTER. SEASON WITH SALT AND PEPPER.

SPOON THE LENTIL MIXTURE INTO A BAKING DISH AND TOP WITH MASHED POTATOES. BAKE AT 180°C FOR 25 MINUTES.

COOL AND FREEZE IN INDIVIDUAL PORTIONS FOR UP TO 3 MONTHS.



VEGAN  
SHEPHERDS PIE





# CHICKEN & VEGETABLE STIR FRY

## INGREDIENTS

500G CHICKEN BREAST, SLICED  
1 RED PEPPER, SLICED  
1 COURGETTE, SLICED  
1 CARROT, JULIENNED  
200G BROCCOLI FLORETS  
3 TBSP SOY SAUCE  
1 TBSP SESAME OIL  
1 TBSP HONEY  
1 TSP GRATED GINGER  
2 GARLIC CLOVES, MINCED  
2 TBSP VEGETABLE OIL

## METHOD

HEAT THE VEGETABLE OIL IN A WOK AND STIR-FRY THE CHICKEN FOR 5 MINUTES.

ADD THE GARLIC, GINGER, AND VEGETABLES, COOKING FOR ANOTHER 5 MINUTES.

STIR IN THE SOY SAUCE, HONEY, AND SESAME OIL. COOK FOR 2 MINUTES.

COOL AND PORTION INTO CONTAINERS.

STORE IN THE FRIDGE FOR 3 DAYS OR FREEZE FOR UP TO 2 MONTHS. GREAT FOR QUICK REHEATS.



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## INGREDIENTS

300G PENNE PASTA  
1 AUBERGINE, DICED  
2 COURGETTES, SLICED  
1 RED PEPPER, SLICED  
1 TIN CHOPPED TOMATOES  
2 TBSP OLIVE OIL  
2 TSP DRIED OREGANO  
200G GRATED CHEDDAR  
SALT AND PEPPER

## METHOD

PREHEAT OVEN TO 180°C. TOSS THE VEGETABLES WITH OLIVE OIL, OREGANO, SALT, AND PEPPER  
ROAST FOR 25 MINUTES

COOK THE PASTA ACCORDING TO PACKET INSTRUCTIONS AND DRAIN

MIX THE PASTA WITH ROASTED VEGETABLES AND TOMATOES. TRANSFER TO A BAKING DISH, TOP WITH CHEESE, AND BAKE FOR 20 MINUTES

FREEZE PORTIONS FOR UP TO 3 MONTHS OR REFRIGERATE FOR 4 DAYS



ROASTED  
VEGETABLE  
PASTA BAKE



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# TOMATO & BASIL SAUCE

## INGREDIENTS

1.5KG RIPE TOMATOES, CHOPPED  
1 ONION, CHOPPED  
3 GARLIC CLOVES, MINCED  
2 TBSP OLIVE OIL  
1 TSP SUGAR  
1 TSP SALT  
1 SMALL BUNCH FRESH BASIL, TORN  
1 TSP DRIED OREGANO (OPTIONAL)  
FRESHLY GROUND BLACK PEPPER

## METHOD

HEAT THE OLIVE OIL IN A LARGE POT OVER MEDIUM HEAT AND SAUTÉ THE ONION AND GARLIC FOR 5-7 MINUTES UNTIL SOFT.

ADD THE CHOPPED TOMATOES, SALT, SUGAR, AND OREGANO (IF USING). SIMMER GENTLY FOR 30-40 MINUTES, STIRRING OCCASIONALLY, UNTIL THE SAUCE THICKENS.

REMOVE FROM HEAT AND STIR IN THE FRESH BASIL AND BLACK PEPPER TO TASTE.

COOL THE SAUCE AND BLEND TO YOUR PREFERRED CONSISTENCY IF YOU LIKE A SMOOTHER SAUCE.

PORTION THE SAUCE INTO CONTAINERS OR FREEZER BAGS. FREEZE FOR UP TO 6 MONTHS, OR REFRIGERATE FOR UP TO 5 DAYS. THIS SAUCE IS PERFECT FOR BATCH COOKING AS IT CAN BE USED IN A VARIETY OF DISHES.



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# KEY FOOD SAFETY POINTS

(BASED ON FSA UK GUIDELINES)

## CHILL FOOD CORRECTLY

KEEP YOUR FRIDGE AT 5°C OR BELOW TO SLOW DOWN THE GROWTH OF HARMFUL BACTERIA. ALWAYS STORE COOKED FOODS PROMPTLY IN THE FRIDGE OR FREEZER, AND AVOID LEAVING FOOD AT ROOM TEMPERATURE FOR MORE THAN 2 HOURS

## COOK FOOD THOROUGHLY

ENSURE FOOD REACHES A CORE TEMPERATURE OF 75°C TO KILL HARMFUL BACTERIA. WHEN REHEATING, CHECK THAT THE FOOD IS PIPING HOT THROUGHOUT BEFORE SERVING. USE A FOOD THERMOMETER TO VERIFY THE TEMPERATURE WHEN NECESSARY.

## AVOID CROSS-CONTAMINATION

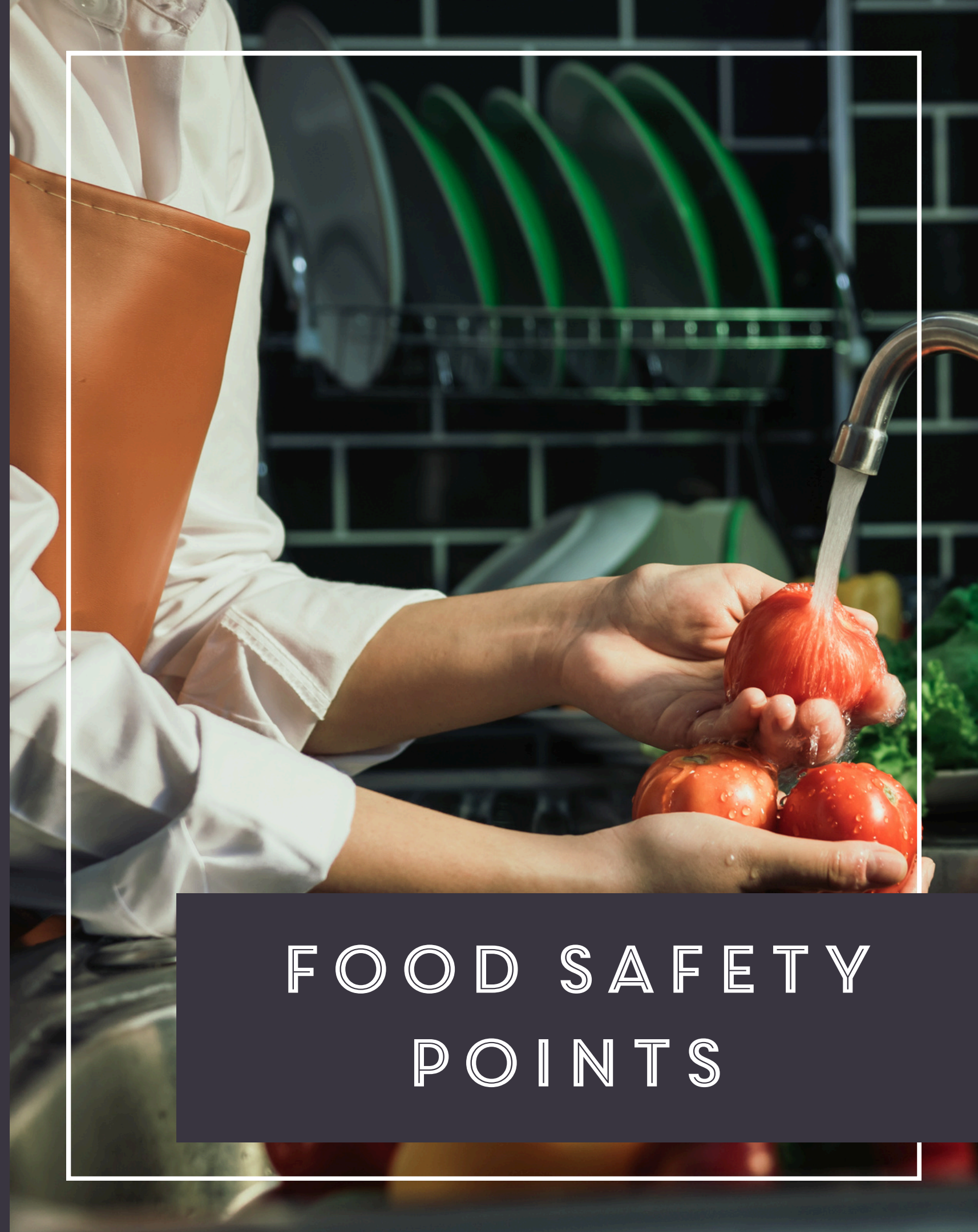
KEEP RAW MEAT, POULTRY, AND SEAFOOD SEPARATE FROM COOKED FOODS OR READY-TO-EAT ITEMS. USE SEPARATE CHOPPING BOARDS AND UTENSILS TO PREVENT THE SPREAD OF BACTERIA FROM RAW TO COOKED FOODS.

## DEFROST SAFELY

DEFROST FROZEN FOOD IN THE FRIDGE, NOT AT ROOM TEMPERATURE, TO REDUCE THE RISK OF BACTERIA GROWTH. FOR FASTER DEFROSTING, USE THE MICROWAVE ON THE DEFROST SETTING, BUT COOK IMMEDIATELY AFTERWARD.

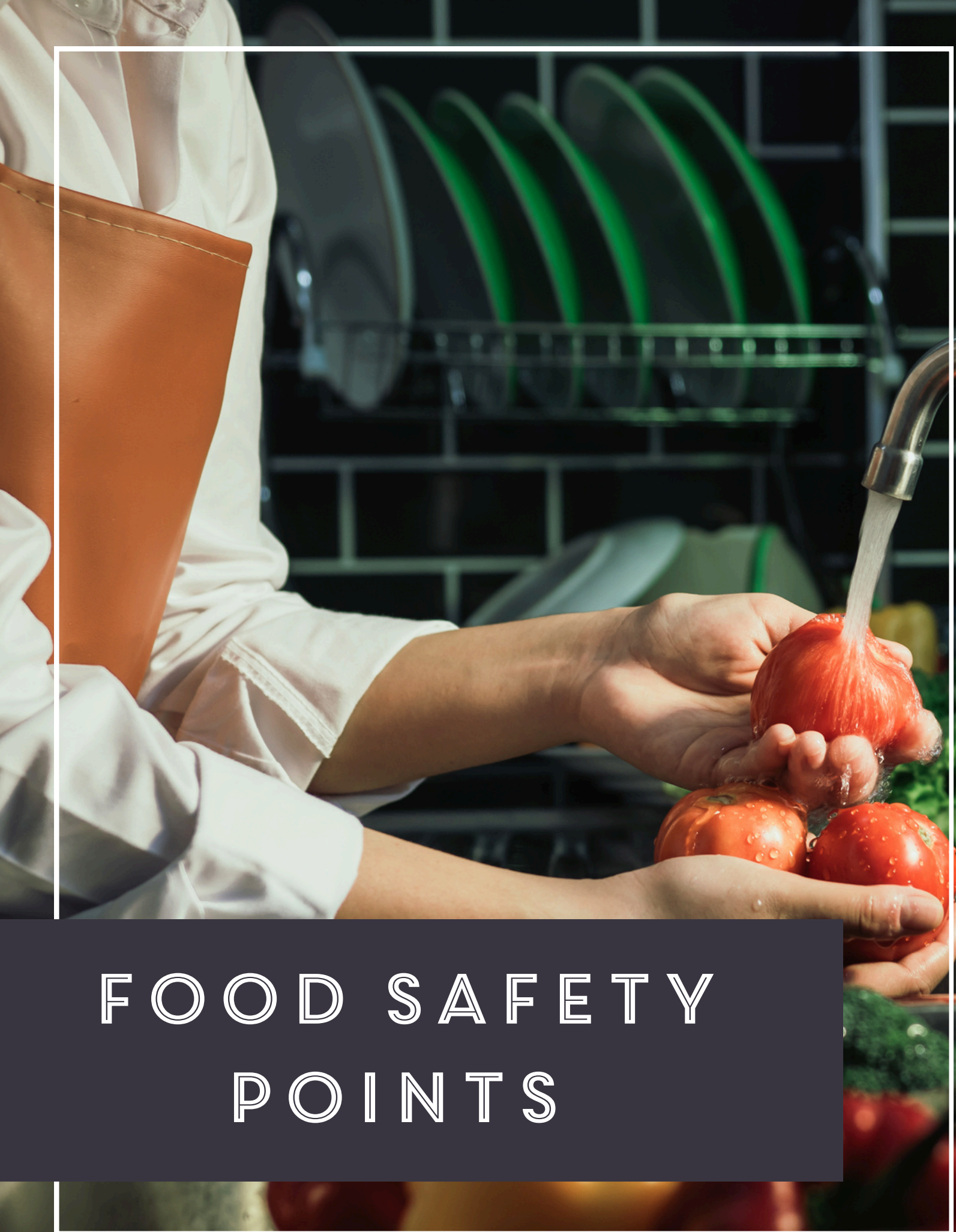
## FREEZE AND STORE FOOD PROPERLY

FREEZE FOOD IN AIRTIGHT CONTAINERS OR FREEZER BAGS TO AVOID FREEZER BURN AND CONTAMINATION. ACCORDING TO THE FSA, FOOD CAN BE FROZEN INDEFINITELY, BUT IT'S BEST TO USE IT WITHIN \*\*3-6 MONTHS\*\* FOR OPTIMAL TASTE AND QUALITY.



FOOD SAFETY  
POINTS





# FOOD SAFETY POINTS

**USE THE '2 HOUR RULE'**  
COOL COOKED FOOD WITHIN 2 HOURS BEFORE REFRIGERATING OR FREEZING. DIVIDE LARGE PORTIONS INTO SMALLER ONES TO COOL FASTER, REDUCING THE RISK OF HARMFUL BACTERIA GROWTH AS FOOD COOLS DOWN.

**CHECK USE-BY DATES**  
ALWAYS PAY ATTENTION TO USE-BY DATES ON PERISHABLE FOODS LIKE MEAT, FISH, AND DAIRY. FOODS SHOULD BE CONSUMED BEFORE THIS DATE, AS IT RELATES TO FOOD SAFETY, NOT JUST QUALITY. ONCE A PRODUCT HAS PASSED ITS USE-BY DATE, IT SHOULD BE DISCARDED.

**KEEP HANDS AND SURFACES CLEAN**  
WASH YOUR HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS BEFORE AND AFTER HANDLING FOOD, ESPECIALLY RAW MEAT AND FISH. CLEAN KITCHEN SURFACES, CHOPPING BOARDS, AND UTENSILS REGULARLY TO PREVENT CONTAMINATION.

**REHEAT ONLY ONCE**  
REHEAT LEFTOVERS OR PRE-COOKED MEALS ONLY ONCE. REPEATED REHEATING INCREASES THE RISK OF BACTERIAL GROWTH AND CAN DEGRADE THE QUALITY OF THE FOOD.

**USE SAFE TEMPERATURES FOR STORAGE**  
KEEP HOT FOOD HOT (ABOVE 63°C) AND COLD FOOD COLD (BELOW 5°C). IF YOU'RE PREPARING LARGE AMOUNTS, ENSURE FOOD IS STORED AT SAFE TEMPERATURES TO AVOID THE DANGER ZONE (BETWEEN 5°C AND 63°C), WHERE BACTERIA THRIVE.

BY FOLLOWING THESE FOOD SAFETY POINTS, YOU CAN ENSURE THAT YOUR BULK COOKING REMAINS SAFE, HEALTHY, AND ENJOYABLE FOR EVERYONE



**LARGE POTS AND PANS**  
IDEAL FOR COOKING BIG BATCHES OF SOUPS, STEWS, AND SAUCES

**FREEZER-SAFE CONTAINER**  
AIRTIGHT, STACKABLE CONTAINERS FOR STORING AND FREEZING MEALS IN  
INDIVIDUAL OR FAMILY-SIZED PORTIONS

**CHOPPING BOARDS (COLOUR-CODED)**  
USE DIFFERENT BOARDS FOR RAW MEATS, VEGETABLES, AND COOKED FOOD TO  
PREVENT CROSS-CONTAMINATION

**FOOD THERMOMETER**  
ESSENTIAL FOR CHECKING THAT FOOD IS COOKED OR REHEATED TO THE CORRECT  
TEMPERATURE (75°C)

**SHARP KNIVES**  
GOOD QUALITY KNIVES ARE KEY TO SPEEDING UP YOUR PREP WORK, ESPECIALLY  
WHEN CHOPPING LARGE QUANTITIES

**MEASURING JUGS AND SCALES**  
HELPFUL FOR ACCURATE PORTIONING AND ENSURING RECIPES ARE SCALABLE FOR  
BULK COOKING

**FREEZER BAGS AND CLIPS**  
IDEAL FOR STORING BULK MEALS OR INGREDIENTS IN THE FREEZER IN A SPACE  
SAVING WAY

**BLENDER OR FOOD PROCESSOR**  
USEFUL FOR PREPARING SAUCES, SOUPS, AND PUREES IN LARGE QUANTITIES

**SLOW COOKER OR PRESSURE COOKER**  
GREAT FOR COOKING LARGE BATCHES OF MEALS LIKE STEWS, CURRIES, AND  
CASSEROLES WITH MINIMAL EFFORT

**LABELS AND PERMANENT MARKERS**  
ESSENTIAL FOR LABELLING CONTAINERS WITH THE DATE AND CONTENTS TO KEEP  
TRACK OF WHAT'S IN YOUR FREEZER

BY INVESTING IN THIS EQUIPMENT, YOU'LL STREAMLINE THE BATCH COOKING  
PROCESS, KEEP FOOD SAFE, AND MAKE STORAGE EASIER!



**SUGGESTED  
EQUIPMENT**





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# CLOOTIE DUMPLING

- 100G/4OZ SULTANAS
- 75G/3OZ CURRENTS
- 75G/3OZ CHOPPED STONED DATES
- 50G/2OZ MUSCATEL RAISINS
- 1 APPLE OR CARROT, COARSELY GRATED
- 1 TBSP BLACK TREACLE
- 1 MEDIUM EGG
- 150ML BUTTERMILK
- 225G/ CLOTTED CREAM
- 225G PLAIN FLOUR
- 1 TSP BI CARB SODA
- 1 TSP MIXED SPICE
- 1 TSP GROUND CINNAMON
- 1 TSP GROUND GINGER
- ¼ TSP SEA SALT
- 175G/6OZ CASTER SUGAR
- 100G/4OZ SHREDDED SUET

## METHOD:

1. SIFT FLOUR, BICARBONATE OF SODA, SPICES, AND SALT. STIR IN SUGAR, SUET, DRIED FRUITS, AND GRATED CARROT OR APPLE.
2. MIX BLACK TREACLE WITH EGG AND PART OF THE BUTTERMILK, THEN COMBINE WITH DRY INGREDIENTS TO FORM A SOFT MIXTURE.
3. PREPARE A CLOTH BY SOAKING AND SPRINKLING FLOUR AND SUGAR IN THE CENTER. SPOON THE PUDDING MIXTURE, TIE SECURELY, LEAVING SPACE FOR EXPANSION.
4. PLACE A TRIVET IN A LARGE PAN, ADD THE PUDDING, COVER WITH WATER, AND SIMMER FOR 3-4 HOURS, CHECKING THE WATER LEVEL.
5. PREHEAT OVEN TO 180C/160C FAN/GAS 4. DIP PUDDING IN COLD WATER, REMOVE THE CLOTH, AND BAKE FOR 15 MINUTES UNTIL DRY.

SERVE IN WEDGES WITH CLOTTED CREAM AND OPTIONALLY A GLASS OF WHISKY.



RECIPE BY  
**JOHN PRATT**  
EDINBURGH







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