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Delicious Slow Cooker Recipes from Slough's Diverse Cultures



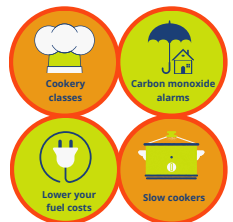
Savour the flavours from Slough
& save money too!



sloughcvs 
www.sloughcvs.org.uk

In partnership
with

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Welcome to the Slough Slow Cooker Recipe Book

Slough is a vibrant and diverse town, rich in heritage, culture, and a strong sense of community. As we work together to shape a new Joint Health and Wellbeing Strategy for our borough, the voices of both health professionals and local residents are at the heart of building a healthier future for everyone.

One of the biggest challenges we face in Slough is that our healthy life expectancy is lower than in most parts of England. For many, this means living nearly two decades of life in poor health. Conditions like obesity, high blood pressure, and diabetes are widespread in our community—but importantly, they are also preventable.

Making small, positive changes to our daily habits—especially around food—can have a big impact on our health and wellbeing. What we eat matters.

That's where this book comes in.

Slow cookers are a simple, practical tool that can support healthier eating. They preserve nutrients through low, gentle cooking, reduce the need for added fats, and encourage the use of fresh ingredients like vegetables, lean meats, and fish. They're also easy to use and convenient, helping to cut down on processed foods and takeaways.

Inside, you'll find a collection of nutritious and delicious recipes inspired by the many cultures that make up our amazing community. These meals are a celebration of Slough's diversity—and a small step towards a healthier, longer life.

Enjoy the journey to better health, one slow-cooked meal at a time.



Launch of the Slough Slow Cooker Recipe Book

"Eating well is one of the best things we do for our health and our wellbeing. It goes without saying that good nutrition is essential for staying well, but food is much more than that, playing an integral role in our social and family lives. This cookbook provides the perfect combination of delicious recipes, that will not only do us good but deserve to be shared with friends and loved ones. I can't wait to try them."

Tessa Lindfield

**Director of Public Health and Public Protection
Slough Public Health**



"The tasty recipes that have been cooked and explored, learning and tips and tricks was wonderful to hear and see. The joy alone that comes from cooking a great meal is next to none but also being able to save energy and eat healthily while doing so, makes it even better."

Lucy Nembaware

**Safeguarding and Community Partnership Lead
Cadent**



About the project

Slough CVS has partnered with Cadent Energy, as part of their nationwide energy saving project that aims to create awareness that making small changes in our daily life can save energy, time and money.

Slow cooking is a major part of this project and local Slough groups Art Classes Group, The Sangeet Group Slough, East Berkshire Community Learning & Skills Service and Ujala Foundation, Together as One, Cippenham Carers Group, the SBC Community Detached Team, and Asian Carers Group worked with local residents on weekly slow cooking sessions where residents have learnt and shared new recipes and have found a new, more energy efficient approach to their cooking habits. Each group embraced the sessions, adding their own creative flare and passion. This cookbook has some of the recipes that they created.



Vegetarian Recipes

"What an amazing class! We learned a lot of new recipes and enjoyed the company of the ladies. This class wasn't just about cooking, but also about releasing stress by all the laughter we had. It was a chance to network with other mums from different specialities, and we had a great teacher. We all agree that we would love another group session."

Participant from Ujala
Foundation Slough





Arabian

Slow-Cook Chickpeas Stew



With cumin and chilli



6 servings



5-7 hours

INGREDIENTS

- 600 g chickpeas (soaked overnight) or 2 cans of boiled chickpeas
- 3 tbsp tomato paste
- 2 cloves garlic, finely chopped
- ½ tbsp cumin powder
- 2 tbsp olive oil
- ¾ tsp Salt
- 1 tsp paprika powder
- ½ tsp red chilli flakes
- 2 bay leaves
- 2 tbsp chopped fresh parsley

DIRECTIONS

1. Mix tomato paste, garlic, olive oil, cumin powder, paprika powder, salt and chilli flakes in bowl.
2. Add the chickpeas to the slow cooker along with the tomato paste and spice mixture. Give it a good mix.
3. Add 500ml water and stir, then add the bay leaves and cover.
4. For soaked chickpeas, Slow Cook for 5 hours on "High", then 7 hours on "Low" setting.
5. For tinned or cooked chickpeas, Slow Cook for 2 hours on "High" and 3 hours on "Low" setting.
6. Garnish with the chopped fresh parsley and serve the delicious chickpeas stew with white rice and naan bread.

NOTES

This recipe was developed by East Berkshire Community Learning & Skills Service.



220 kcal per serving





Indian

Potato & Aubergine curry



With tomatoes and coriander



6 servings



3-4.5 hours

INGREDIENTS

- 1 kg aubergines
- $\frac{3}{4}$ kg potatoes
- 2 medium onions
- 2 medium tomatoes
- $\frac{1}{2}$ tbsp ginger paste
- $\frac{1}{2}$ tbsp garlic paste
- 1 tsp salt
- $\frac{1}{2}$ tsp red chilli powder
- $\frac{1}{4}$ tsp turmeric powder
- $\frac{1}{4}$ tsp coriander powder
- $\frac{1}{2}$ tsp garam masala powder

Garnish (optional):

- Fresh coriander

DIRECTIONS

1. Dice the onions and add in slow cooker, add in ginger and garlic paste and add in all the spices except the garam masala.
2. Add in peeled and chopped potatoes (medium cubes), chopped aubergines, chopped tomatoes and add 200 ml water in the slow cooker.
3. Slow cook for 3 hours on “High”, or 4.5 hours on “Low” setting.
4. Open the lid and mash only the aubergines until blended to a medium smooth consistency and slow cook for 30 minutes.
5. Garnish the curry with chopped fresh coriander and serve.
6. Finally, add $\frac{1}{2}$ tsp garam masala powder.
7. Stir gently and add fresh chopped coriander to garnish.
8. Serve with white rice or chapati bread.

NOTES

This recipe was developed by
Art Classes Group



164 kcal per serving





Chinese

Vegetable Noodle Soup



With mushrooms & garlic



6 servings



2-5 hours

INGREDIENTS

- 100 g noodles (of your choice) fresh noodles were used
- 50 g cabbage, thin sliced or chopped
- 50 g closed cup (or any) fresh mushrooms
- 1 medium carrot, diced
- 1 tsp vegetable broth powder
- 1 clove fresh garlic, chopped
- 2 tsp soya sauce
- 1 tsp apple cider vinegar
- 1 tbsp tomato paste
- 1 tbsp cornflour
- ¼ tsp black peppers, crushed or ground
- ½ tsp salt (to taste)

DIRECTIONS

1. Mix garlic, apple cider vinegar, vegetable broth powder, soya sauce and tomato paste in 100g of water and add into the slow cooker.
2. Add fresh vegetables, salt, pepper and 200 ml water into the slow cooker, mix well.
3. Slow cook for 2-3 hours on “High” or 4-5 hours on “Low” setting.
4. Then add noodles and cook for 30-45 minutes.
5. Mix the cornflour and leave it for 5 minutes.
6. Serve the delicious Vegetable Noodle Soup with garlic bread or any bread.

NOTES

This recipe was developed by the Young People's Service, Slough Borough Council



46 kcal per serving





Indian

Vegetable Pilau Rice



With black pepper & cloves



6 servings



3-4 hours

INGREDIENTS

- 250 g rice
- 160 g mixed vegetables - carrots, green beans, sweet corn, peas, - cut into small pieces
- 2 small potatoes, cut into pieces
- 1 small onion, chopped
- 2 tbsp oil
- 1 fresh tomato, chopped
- 1 tsp ginger garlic paste
- 1 tbsp salt
- 1/4 tsp turmeric
- 1/2 tsp coriander powder
- Small handful of cumin seeds
- 3-4 whole black peppers
- 3-4 cloves

DIRECTIONS

1. Soak the rice for 25-30 mins.
2. Switch on the slow cooker and set on "Low".
3. Add all above ingredients into the slow cooker and add the soaked rice.
4. Add 2 cups of water to cook the rice.
5. Stir well and cover the slow cooker.
6. Check after 2 hours and stir once.
7. The pilau rice will take 3-4 hours to cook on low heat.

NOTES

This recipe was developed by Ujala Foundation.



145 kcal per serving



Chicken & Meat Recipes



Sangeet Group Lead
showing a recipe developed
by her members.





Arabian

Garnish with fried onions, green chillies, ginger, fresh coriander and serve with fresh Naan Bread.

Lamb shank stew (Nihari)



With ginger and garlic



6 servings



5-7 hours

INGREDIENTS

- 1 kg (3 to 4) Spring lamb shanks
- 1 tbsp ginger paste
- 1 tbsp garlic paste
- 2 tbsp tomato paste
- 1 tsp of garam masala
- 1 packet (approximately 50-75 g) of nihari masala
- 50 g finely milled medium wheat flour (atta)

Garnish (optional):

- 1 medium onion, fry until golden brown
- 1 piece (2cm) of fresh ginger, chopped finely
- 2 green chillies, chopped finely
- Fresh coriander

DIRECTIONS

1. Add in 50 ml olive or vegetable oil to your slow cooker.
2. Add in the ginger, garlic and tomato paste, stir well for a few seconds.
3. Add in the lamb shanks.
4. Dissolve the nihari masala powder into half a cup of water and add to the meat. Mix well and add 600 ml water in the slow cooker.
5. Slow Cook on "High" for 5 hours or for 7 hours on "Low" setting.
6. Carefully remove the lamb shanks.
7. In a separate bowl, dissolve the wheat flour (atta) into 250 ml water, to make a gravy.
8. Gradually add the mixture to the gravy, making sure to continuously stir so that no lumps are created.
9. Once the gravy is of a medium thick consistency, add the lamb shanks back into the pot and slow cook for 30 minutes.
10. Stir in 1 tsp of garam masala powder.

NOTES



515 kcal per serving

This recipe was developed by Pakistan Welfare Association (PWA).



Indian

Chicken Tikka with Vegetables



With cumin and chilli



6 servings



3-5 hours

INGREDIENTS

- 1/4 tbsp chicken tikka (masala) powder
- 1/2 tsp crushed coriander seeds
- 1/4 tsp crushed black pepper
- 1/2 tsp of salt
- 1/4 tsp turmeric powder
- 500 g boneless chicken breasts cut up into 2-3 cm cubes
- 1 medium red onion, chopped
- 400 g courgettes, cut into quarters
- 200 g closed cap mushrooms
- 2 medium green peppers
- 1 tbsp vegetable or olive oil
- 4 mild green chilies slit open into halves.
- 1 fresh lemon and 4 stems of fresh coriander

DIRECTIONS

1. Marinate the chicken with the chicken tikka powder, coriander seeds, black pepper, salt and turmeric powder.
2. Place in a sealed container to marinate in the fridge for 30 minutes.
3. Add the vegetables to the chicken with a tablespoon of oil.
4. Pour everything in the slow cooker and slow cook for 3 hours on “High” or 5 hours on “Low” setting.
5. Garnish the meal with chopped fresh coriander and lemon slices.

NOTES

This recipe was developed by Sangeet Group Slough.



155 kcal per serving



A close-up photograph of a Hungarian oxtail curry. The dish features tender oxtail pieces, chunks of red tomatoes, and fresh green coriander leaves. The ingredients are coated in a rich, reddish-brown sauce.

Hungarian

Oxtail Curry



With garlic and tomatoes



6 servings



3 hours

INGREDIENTS

- 2 kg oxtail
- 2 onions
- 2 tsp garlic
- 2 tsp ginger
- 4 tsp curry powder
- 1 can chopped tomatoes
- 2 tsp salt
- Fresh coriander

DIRECTIONS

1. Place oxtail in the pot with a little water for 1 hour and set aside.
2. Fry onions in a separate pan, then add the curry powder, fry for a few minutes.
3. Add the garlic, ginger and tomatoes, fry for a few minutes.
4. Add the oxtail, with some water let this all cook for about 2 hours until the oxtail is soft.
5. Garnish with fresh coriander.

NOTES

This recipe was developed by Cippenham Carers.



870 kcal per serving





Beef Goulash



With paprika and peppers



6 servings



7-9 hours

INGREDIENTS

- 700 g diced beef
- 1 onion, chopped
- 4 cloves garlic, crushed
- 400 g tinned tomatoes
- 2 tbsp tomato puree
- 2 beef stock cubes
- 1 tbsp paprika
- 2 tbsp sweet smoked paprika
- Salt and freshly ground black pepper
- 2 red peppers, deseeded and thinly sliced
- Parsley to garnish

Carrots, green beans, pulses can be added.

DIRECTIONS

1. Put all of the ingredients, apart from the red peppers into the slow cooker and cook for 4-5 hours on “High” or 6-8 hours on “Low”.
2. Add the peppers and cook for a further 45-60 minutes on “High”.
3. Garnish with parsley.

NOTES

This recipe was developed by the SCVS Community Connectors.



351 - 384 kcal per serving





Italian

Spaghetti Bolognaise



With oregano and mushrooms



6 servings



7-9 hours

INGREDIENTS

1 tbsp vegetable oil
450 g lean mince beef (any meat or vegetables)
1 onion, chopped
115 g mushrooms, sliced
1 tsp oregano
1 tsp thyme
2 tsp tomato puree
400 g can chopped tomatoes
250 ml cold water
275 g spaghetti, cooked

Carrots, green beans, pulses can be added.



305 - 338 kcal per serving

DIRECTIONS

1. Heat the oil in the slow cooker.
2. Add the mince meat, onions, mushroom, chopped tomatoes.
3. Cook for 25 minutes.
4. Add the spaghetti and keep in the slow cooker until ready to serve.

NOTES

This recipe was developed by Art Classes Group.





Chinese

Soy Sweet Chicken



With honey & pineapple

Garnish with chopped fresh parsley and/or spring onions and sesame seeds.

Serve with rice, bread with fresh salad



6 servings



2-5 hours

INGREDIENTS

- 500 g (boneless skin-off) chicken thighs whole or cut into 3-5cm
- 200 g pineapple (2-3 cm chunks)
- 1 white onion (cut into 2 cm squares)
- 30 g honey
- 2 tsp soya sauce
- 4 tbsp brown sugar
- 15 g ginger, grated
- 1 garlic clove, chopped
- 2 tsp sesame seeds
- 1 tbsp cornflour
- 1 red pepper and 1 green pepper, 2cm chunks

Garnish (optional):

- 1 tsp sesame seeds
- Fresh parsley and spring onion

DIRECTIONS

1. In a non-stick frying pan add a tablespoon of olive/vegetable oil and a pinch of chopped garlic and fry chicken thighs (both sides) until golden brown.
2. First add pineapple chunks and chopped onion in the slow cooker.
3. Add honey, soya sauce, sugar, garlic and ginger in the slow cooker.
4. Now add chicken thighs back into the slow cooker.
5. Slow cook for 3 hours on "High" or 5 hours on "Low" setting.
6. Mix cornflour in 50 ml water and add into the slow cooker, add red pepper and let it slow cook for another 30 minutes on "High".

NOTES

This recipe was developed by
Together As One.



250 kcal per serving



Fish Recipes



Together As One
receiving the slow
cookers





Spanish

Cod Fish with Potatoes & Spring Onions



With garlic and parsley



6 servings



2 hours

INGREDIENTS

- 400 g of cod fish cut into 4cm pieces or whole fillet
- 500 g of fresh small new potatoes, cut into 4 pieces if large
- 1 medium white onion, chopped small
- 200 g of spring onions, chopped
- 4 chopped fresh tomatoes
- 3 cloves (pressed) of garlic
- 2 tbsp white vinegar
- 2 tbsp fresh parsley, chopped
- ½ tsp salt
- ½ tsp black pepper, crushed
- ¼ tsp of paprika powder
- 1 fresh lemon

DIRECTIONS

1. Add chopped onions, tomatoes, garlic, 100 g spring onions and potatoes into the slow cooker.
2. Add white vinegar, salt, pepper, paprika powder and stir until mixed evenly.
3. Place cod (whole fillet) or place chunks evenly on top of vegetables in the slow cooker.
4. Slow cook for 3 hours on “High” or 5 hours on “Low” setting.
5. Pour the ready meal into a dish and garnish with 100 g chopped spring onions, chopped fresh parsley and lemon slices.
6. Enjoy the delicious Cod Fish with Potatoes & Spring Onions.



156 kcal per serving

NOTES

This recipe was developed by Slough CVS.





Greek

Salmon with Fresh Herbs



With dill & lemon



6 servings



2-4 hours

INGREDIENTS

- 4 salmon steaks (100 g each) or a whole fillet (400-500 gs)
- 100 g of spring onions, chopped
- 2 cloves (pressed) garlic
- 2 tbsp fresh dill (chopped)
- 2 tbsp fresh parsley (chopped)
- ½ tsp of lemon zest
- ½ tsp salt
- ½ tsp black pepper (crushed)
- ¼ tsp of paprika powder
- ¼ tsp of turmeric powder
- 2 fresh lemons (cut into round slices)

DIRECTIONS

1. Place baking paper in the slow cooker and place salmon fillet or steaks evenly on top.
2. Add chopped spring onions, garlic, lemon zest, 1 tablespoon fresh dill and 1 tablespoon fresh parsley.
3. Add all the spices and place ½ of the lemon slices on top.
4. Slow Cook for 2 hours on “High” or 4 hours on “Low” setting.
5. Pour the ready meal into a dish.
6. Garnish it with the remaining fresh dill, parsley and lemon slices.
7. Enjoy the delicious salmon with fresh herbs.



NOTES

This recipe was developed by Slough CVS.



150 kcal per serving

Desserts & Cakes



Participant from training session
run by Young People's service,
Slough Borough Council



Jamaican

Banana Cake



With vanilla



6 servings



2 hours

INGREDIENTS

- 2 bananas, very ripe, mashed
- 140 g butter
- 140 g caster sugar or brown sugar
- 2 eggs
- 1 tsp vanilla essence
- 1½ tsp baking powder
- 140 g plain flour
- **Icing: (optional)**
- 3 tbsp icing sugar
- 1 tbsp milk

DIRECTIONS

1. Mix (room-temperature) butter with sugar, add the eggs one at a time.
2. Add the mashed bananas and vanilla essence.
3. Now add all the dry ingredients and fold with a wooden spoon.
4. Put the baking paper in the slow cooker. If your paper is covering the walls of the crock pot, you don't need to oil it, otherwise butter or oil the walls.
5. Pour the mixture into the slow cooker and cook for 2 hours (on “High” setting) or once golden brown from the sides.
6. Switch off the cooker and leave it to cool down, add icing and enjoy the delicious Banana Cake!

NOTES

This recipe was developed by Community Connectors, Slough CVS.



436 kcal per slice





Irish

Bread & Butter Pudding



With cinnamon & raisins



6 servings



2 hours

INGREDIENTS

- 6 slices of white bread, preferably stale
- 50g unsalted butter and extra for greasing
- 4tbsp caster sugar
- 3 whole large eggs
- 1tsp cinnamon powder
- 500ml (2 cups) milk
- A handful of raisins
- A pinch of salt

DIRECTIONS

1. Cover the lid of the slow cooker with a tea cloth and pre-heat the slow cooker on high for 10 minutes.
2. Butter one side of each of the 6 slices of bread and cut each slice into four triangles.
3. Once heated, butter the sides and base of the slow cooker generously.
4. Put the buttered triangles to cover the base and layer them.
5. Sprinkle the raisins evenly on top of the buttered bread and cook for 10 minutes with the lid on.
6. Whisk the eggs and add sugar, stir well.
7. Add cinnamon powder and the milk to the egg mixture, combining all the ingredients.
8. Pour evenly over the buttered bread.
9. Cover and cook for 1 hour and 45 minutes to 2 hours on high.

NOTES

This recipe was developed by East Berkshire Community Learning & Skills Service.



436 kcal per slice





Indian

Coconut Rice Pudding (Coconut Kheer)



With coconut and cream



6 servings



2-7 hours

INGREDIENTS

- ½ cup basmati rice
- 2 ltr whole milk
- ½ cup sugar or sweetener
- 1 can (400 ml) coconut milk
- ½ cup double cream

Garnish (optional):

- Sliced almonds
- Pistachios

DIRECTIONS

1. Mix milk and rice in the slow cooker and cook for 1.5-2hrs on “High”, 6-7hrs on “Low”.
2. Stir occasionally.
3. Once thick, add the sugar, coconut milk and double cream. Cook for 2 hrs more and check for desired consistency.
4. Garnish with sliced almonds and pistachios.



558 kcal per serving (without garnish)

NOTES

This recipe was developed by East Berkshire Community Learning & Skills Service.





About the groups

SWIPE (Slough West Indian Peoples Enterprise)

SWIPE aims to bring young people and the wider community from diverse backgrounds together in a safe and structured environment to develop their creativity, focus, teamworking ability, leadership and mentoring skills and to offer them positive experiences, such as music tuition, that they may not otherwise have.

Pakistan Welfare Association (PWA)

The Pakistan Welfare Association (PWA) in Slough supports the local Pakistani community by promoting cultural understanding, providing welfare services, and organising social events. They address issues such as education, healthcare, and community integration, while fostering unity and mutual support among members.

Ujala Foundation

The Ujala Foundation focuses on empowering disadvantaged communities in Slough through education, training, and social support programmes. They work to uplift individuals, particularly women and youth, by providing skills development opportunities, counselling, and resources for self-reliance and confidence building.

Art Classes Group

The Art Classes Group in Slough offers creative workshops for individuals of all ages and skill levels. These classes provide a welcoming space for self-expression, skill development, and relaxation through various art forms, fostering a sense of community and artistic growth.

Cippenham Carers Group

The Cippenham Carers Group provides vital support for unpaid carers in Slough, offering a safe space to share experiences, access resources, and reduce isolation. They organise social events, advice sessions, and workshops to enhance the well-being of those who care for loved ones.

The Sangeet Group Slough

The Sangeet Group Slough celebrates South Asian music and culture by bringing together enthusiasts to learn, perform, and enjoy traditional and contemporary music. Through regular gatherings, the group fosters a vibrant cultural community, while preserving musical heritage.

East Berkshire Community Learning and Skills Service

This service delivers adult education and skills training in Slough, offering courses in literacy, IT, employability, and more. By empowering individuals through lifelong learning, they help residents enhance their prospects, achieve qualifications, and integrate into the community.

Together As One

Together As One promotes community cohesion in Slough, through youth empowerment, conflict resolution, and creative projects. They address social challenges by fostering dialogue, understanding, and collaboration among diverse groups, helping to build a more inclusive and united community.

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