

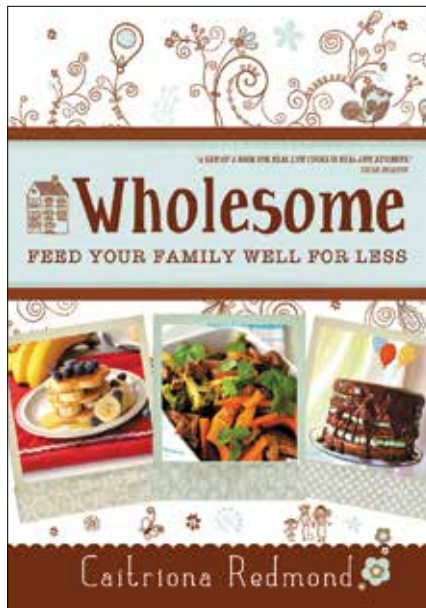
# Cooking on a budget

**WHOLESOME:** *Feed your family well for less* may be aimed primarily at hard-pressed parents as the title suggests, however it contains a multitude of tips, tricks and recipes that are well worth studying by anyone.

Caitriona Redmond opens the book by recalling pre-recession days when she didn't have to give much thought to budget while grocery shopping. Students living away from home on tight budgets will learn much from this book: from calculating grocery budgets and writing shopping lists to recommended store cupboard staples and savvy shopping tips.

While supermarkets wage war among themselves with fruit and veg on offer for as little as 29c, Caitriona wisely points out that there's no point in buying anything if you've no time to eat it. "Special offers will only benefit you if you're going to use all that you buy, otherwise you might as well burn your money before it reaches the till operator. Food not used is wasted food and this in turn is wasted money."

You don't need an A1 in project maths to figure this out. "For example, imagine you buy a bag of tomatoes for €1.50 and



pass over an offer of 25 cent per tomato. If you only use two tomatoes from the bag and throw away the rest, that's a waste of the majority of a bag of tomatoes and a loss of €1," says Caitriona.

There are numerous tips about healthy foods, healthy portions and how to bag

real bargains in supermarkets. An interesting tip is to buy battered tins, bashed cereal boxes and out-of-season products, which go on discount all the time with plenty of wiggle room on their best before/sell-by date.

Caitriona has also compiled a well-organised, basic cookery book that wouldn't be beyond a beginner cook; from bountiful breakfasts and lovely lunches through to 15-minute suppers and hearty meals.

Apart from a couple of recipes that are overly simplistic even for this book, such as mixed salad (tomatoes, lettuce etc mixed up in a bowl), there are plenty of tasty-looking recipes and meal ideas. Whether you feel like whole sea bass in a parcel, pea risotto or a simple ragu, you will find straightforward, step-by-step budget recipes here. Caitriona has tested every recipe on her family and friends in her home in north Co Dublin. She also blogs on [wholesomeireland.com](http://wholesomeireland.com) where you will find lots of recipes and great tips.

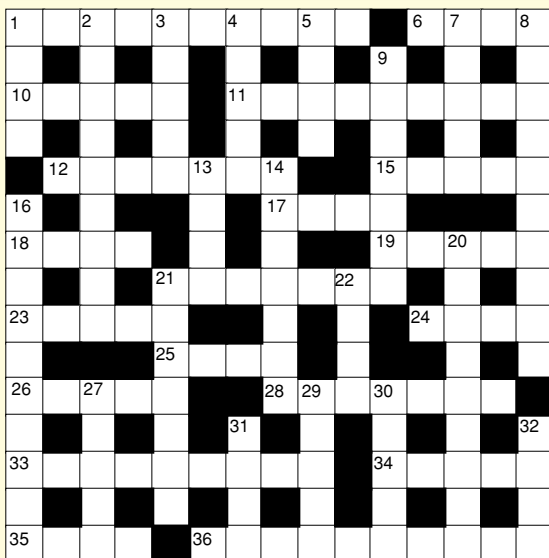
— Tara Horan

*Wholesome: Feed your family well for less* is published by Mercier, €19.99 ISBN 978-1-78117-202-5

## Crossword Competition



WIN A €30 BOOK TOKEN



**Across**

- Tear a cape before a dog is the one who determines the rate at which the race is run (10)
- Snakes (4)
- Dried plum (5)
- Being sinful, she upset the altruistic (9)
- The Garden of Ireland (7)
- Infantile paralysis (5)
- 17 & 3 down. Upmarket's another way of presenting this cut of meat (4,5)
- Not any (4)
- Type of antelope (5)
- Let on, feign (7)
- Asian subcontinent (5)
- Glimpse (4)
- The what-do-you-call-it is encased in enamel (4)
- Municipal (5)
- 28 & 33. An apprehensive, stalled car may lead to emotional disorder (7,9)
- Fastening found on a door (5)
- Otherwise (4)
- Person who will sell you the daily (10)

**Down**

- Pontiff (4)
- Warned that this may be auctioned off (9)
- See 17 across
- This city is Cornwall's administrative centre (5)
- The Orient (4)
- Not moving (5)
- Time spent in education - but not at night class? (10)
- Applauded (7)
- Ogle (4)
- Inscribed (7)
- Unbeatable (10)
- Attacked with a used atlas? (9)
- Pre-Lenten treat (7)
- Close by (4)
- Swerves (5)
- The county town of Clare (5)
- It controls the flow of a liquid through apparatus (5)
- Made cloth (4)
- Scorch (4)

**Solutions to July/Aug crossword:**

- Across:** 1. Woe 3. Side effects 8. Needed 9. Collagen 10. Equip 11. Elect 13. Fleck 15. Haricot 16. Mexican 20. Treat 21. Traps 23. Cacti 24. Disciple 25. Govern 26. Double check 27. End

**Down**

1. Winter wheat 2. Executor 3. Sweep 4. Escaped 5. False 6. Cygnet 7. Sun 12. Thin-skinned 13. Frost 14. Knelt 17. Concrete 18. Refresh 19. Nassau 22. Spill 23. Crook 24. Dad

The winner of the July/August crossword is:  
**Theresa Gould, Montenotte, Cork**

Name: .....  
Address: .....

The prize will go to the first all correct entry opened.  
Closing date: Thursday, August 18, 2014  
Post your entry to: Crossword Competition, WIN, MedMedia Publications, 17 Adelaide Street, Dun Laoghaire, Co Dublin