

Christmas Dinner without an oven.

You may not have an oven, that does not mean that you cannot enjoy a great Christmas meal. It may not be traditional, but it will be tasty.

This guide will help you to plan a tasty oven free Christmas dinner, there's even a shopping list with approximate prices and methods.

We are going to look at how to make Christmas dinner using different cooking methods:

Hob

Microwave

Slow cooker

Match your food to your cooker!

Just slow cooker	Just hob
Slow cooked chicken Slow cooked gammon Slow cooked beef Slow cooked pulled pork Christmas Dinner bake Jacket potatoes (or mash)	Pre-cooked sliced meat Turkey steaks Steamed veg Mashed potatoes Sprouts Precooked pigs in blankets
Just microwave	Kettle
Pre-cooked sliced meat. Prepacked mashed potato. Pre-cooked mashed carrots and swede Pre-cooked pigs in blankets	Gravy

Hints and tips:

The smaller you cut the veg the quicker it will cook.

Using a lid on the pan will reduce cooking time.

Use a sharp knife to see if the vegetables are cooked (they should fall off easily if they are cooked.)

You can part cook vegetables and freeze them for future use.

Try a Slow Cooker recipe

Food	Morrison's	Tesco	Asda
Starter: Own brand tomato soup	1 can per 2 people 38p	1 can per 2 people 45p	1 can per 2 people 45p
White bread	45p	59p	49p
Beef brisket	£8.50 per kilo	£9.34 per kilo	£9 per kilo
Gammon joint	£7 for a 2-kilo joint	£10 for a 2-kilo joint	£6.80 for a 2-kilo joint
Fresh chicken	£3	£3	£3
Turkey steak	£3.25	£4	£2.90
Baking potatoes	£1.45	£1	£1.75
Stew pack (root veg)	£1	£1	£1
Dessert: Jelly	55p	55p	55p
Swiss roll	Jumbo £1	Jumbo 89p	Jumbo £1
Squirty cream	£1.15	£1.10	99p
Tinned fruit	Cherries £1.25	Cherries £1.25	Cherries £1.14
	Raspberries £1	Strawberries £1	Strawberries 98p
Frozen fruit	£1.49	£2	£1.65

Ingredients	Method
Gammon	
Take some Gammon Smoked (which can be salty) or unsmoked Can be cooked in: Water Apple juice Pineapple juice Cola	Place the chosen liquid in the slow cooker. Cook on high for 4 hours. If cooked for a little longer and pulled apart with forks to create pulled pork.
Slow cooker baked potatoes	
Potatoes Salt Oil Salad	Wash the potatoes. Prick them with a fork. Rub with a little oil and salt. Wrap tightly in tin foil. Cook on medium for 4 hours (maybe longer for larger potatoes) Turn halfway through. Check they are cooked by putting a knife into one of them, if it feels soft, they are cooked. Carefully remove from the slow cooker. And serve with salad.
Beef	
Beef joint / brisket Onions Carrots Stock cube 500ml water Vegetables	Cut onions in to 4. Cut carrots. Place veg in the bottom of the slow cooker. Put beef on top. Mix the stock cube with the water. Add to slow cooker.

Designed by Teresa Mercer and Alexandra Barber.
St Helens Council and Public Health.
Free to distribute but please acknowledge the council.

Gravy	Cook on low for 3 hours for medium 3 and half hours for well done. Remove and leave for 10 mins. Serve with Vegetables and gravy.
Christmas Dinner, OK not a 100% traditional Christmas dinner but still pretty good.	
Potatoes Carrots Parsnips Swede sprouts Turkey breast steaks Stock cube 500ml water Pigs in blankets	Peel the vegetables. Cut the Potatoes, Carrots and Parsnips into 4 Cut the swede into cubes. Place the vegetables in the bottom on the slow cooker. Put the turkey steaks on top of the vegetables. Mix the stock cube with the water. Add to the slow cooker. Cook on low for 90mins. After 90mins stir the pot. Add the pigs in blanket to the top of the turkey steaks. Cook for another 90min on low. Check that the meat (turkey and pigs in blanket) is fully cooked – no pink bits. Serve when required.

Easy Desserts – These may need a Microwave and kettle

Ingredients	Method
Easy Trifle	
Jelly Swiss roll Custard Squirty cream	Make jelly put a slice of the swiss roll on the top and let set. Add custard and squirty cream.
Black forest	
chocolate swiss roll Mixed berries (tinned or defrosted) Squirty cream	Chop up the swiss roll. Add the fruit. Top with squirty cream.

3 course meal for microwave and kettle

Microwave and kettle prices

Food	Morrison's	Tesco	Asda
Starter: Own brand tomato soup	1 can per 2 people 38p	1 can per 2 people 45p	1 can per 2 people 45p
White bread	45p	59p	49p
Gravy	70p	£1	71p
Stuffing	35p	40p	32p

Designed by Teresa Mercer and Alexandra Barber.
St Helens Council and Public Health.
Free to distribute but please acknowledge the council.

Preprepared mash	£1	£2.25	75p
Preprepared carrots and swede	£1	£1.50	85p
Sliced chicken	Morrison's From Our Deli Roast Chicken Slices £2 or 2 for £3.50	Tesco British Roast Chicken £2 or 2 for £3	ASDA Chicken Breast with Pork Sage & Onion Stuffing Slices £1.60 per packet or 3 for £4
Sliced turkey	Morrison's Carvery Turkey £2 or 2 for £3.50	Tesco British Roast Turkey £2 or 2 for £3	ASDA Sliced Turkey & Stuffing £1.80 per packet or 3 for £4
Sliced beef	M Carvery Roast Beef 4 Slices £2 or 2 for £3.50	Tesco 4 Roast Beef Slices £2 or 2 for £3	ASDA Thick Topside Beef Slices £1.60 per packet or 3 for £4
Dessert: Jelly	55p	55p	55p
Swiss roll	Jumbo £1	Jumbo 89p	Jumbo £1
Squirty cream	£1.15	£1.10	99p
Tinned fruit	Cherries £1.25	Cherries £1.25	Cherries £1.14
	Raspberries £1	Strawberries £1	Strawberries 98p
Frozen fruit	£1.49	£2	£1.65

<p>Starter Make soup according to instructions. Slice bread. Serve.</p>	<p>Shopping list Sliced Meat of your choice Frozen Mash Frozen carrots and swede Frozen sprouts Gravy granules Packet soup French bread Jelly Swiss roll Tinned / frozen fruit Squirty cream</p>
<p>Main Put meat on plate. In separate bowls microwave the mash, carrots and swede and spouts according to instructions. Make gravy using hot water from the kettle. Plate up the veg and add the gravy.</p>	
<p>Dessert Make jelly in separate bowls the night before Add slices of swiss rolls and fruit to bowls. Top with squirty cream and serve.</p>	

Hob and kettle prices

Food	Morrison's	Tesco	Asda
Starter: Own brand tomato soup	1 can per 2 people 38p	1 can per 2 people 45p	1 can per 2 people 45p
White bread	45p	59p	49p
Packet soup	Will serve 4 – 85p	Will serve 4 – 85p	Will serve 4 – 84p
Main: Diced carrots and swede	75p	NA	50p
Gravy	70p	£1	71p

Designed by Teresa Mercer and Alexandra Barber.
St Helens Council and Public Health.
Free to distribute but please acknowledge the council.

Potatoes	99p	£1.15	79p
Stuffing	35p	40p	32p
Parsnips	49p	42p	49p
Fresh sprouts	£1.60	£1.25	79p
Streaky Bacon	£1.69	£2	£2
sausages	£1.49	£1.70	£1.39
Sliced chicken	Morrison's From Our Deli Roast Chicken Slices £2 or 2 for £3.50	Tesco British Roast Chicken £2 or 2 for £3	ASDA Chicken Breast with Pork Sage & Onion Stuffing Slices £1.60 per packet or 3 for £4
Sliced turkey	Morrison's Carvery Turkey £2 or 2 for £3.50	Tesco British Roast Turkey £2 or 2 for £3	ASDA Sliced Turkey & Stuffing £1.80 per packet or 3 for £4
Sliced beef	M Carvery Roast Beef 4 Slices £2 or 2 for £3.50	Tesco 4 Roast Beef Slices £2 or 2 for £3	ASDA Thick Topside Beef Slices £1.60 per packet or 3 for £4
Dessert: Jelly	55p	55p	55p
Swiss roll	Jumbo £1	Jumbo 89p	Jumbo £1
Squirty cream	£1.15	£1.10	99p
Tinned fruit	Cherries £1.25	Cherries £1.25	Cherries £1.14
	Raspberries £1	Strawberries £1	Strawberries 98p
Frozen fruit	£1.49	£2	£1.65

3 Course Meal for a Hob only

<p>Starter Make soup according to instructions. Slice bread. Serve.</p>	<p>Shopping list Packet soup French bread Pre sliced meat of your choice Gravy Potatoes Carrots and swede Parsnips Sprouts Pre-cooked pigs in blanket Jelly Swiss roll Tinned / frozen fruit Squirty cream</p>
<p>Main Peel the vegetables. Cut the potatoes into cubes. Cut the carrots and swede into small pieces. Cut the parsnips long ways. Remove lose leaves from sprouts. In separate pans cook the vegetables. Make the gravy according to instructions and put in pan with the sliced meat and heat gently. Plate up and serve.</p>	
<p>Dessert Make jelly in separate bowls the night before. Add slices of swiss rolls and fruit to bowls. Top with squirty cream and serve.</p>	

Easy starters

Pate on toast

Melon

Packet soup with bread

Suggested meats to replace the traditional turkey:

Precooked Chicken

Sliced cooked meats

Slow cooker Ham

Slow cooker beef

Slow cooker chicken

Leftover ideas

Please see: www.sthelens.gov.uk/recipes for more leftover recipes.
www.lovefoodhatewaste.com/recipes
www.deliciousmagazine.co.uk/collections/christmas-leftover-recipes/
www.realfood.tesco.com/christmas/christmas-leftover-recipes.html
<https://www.bbcgoodfood.com/recipes/collection/christmas-leftovers-recipes>

Gammon	Chicken
Pulled pork Creamy Ham pasta Gammon and Eggs Ham and leek pie	Crustless quiche Chicken sandwiches Chicken Stew
Beef	Turkey
Stew Beef sandwiches	Salad Sandwiches curry
Leftovers: Bubble and squeak Soup	

Disclaimer:

Food prices are correct as of November of 2020, St Helens council cannot accept responsibility for price fluctuations.

Please note:

Supermarkets sometimes reduce the price of vegetables for the Christmas period.

You can part cook and freeze vegetables.

Make soup or stews and freeze.

Designed by Teresa Mercer and Alexandra Barber.
 St Helens Council and Public Health.
 Free to distribute but please acknowledge the council.