

The Student's Book of Bedsit Management

or
How to Survive Three Years at
University



Dedication...

This book is dedicated to my son and his friends.

I wish them luck in their studies....

Jo Brindley

October 2014



Success!

You made it through 6th form, you filled in the application, you wrote the Personal Statement, you completed the course work, you revised, you worried, you made it!

And here you are! Surrounded by books, papers, pizza boxes and dirty washing. Discovering neurosurgery, Marxist dialectics and whether it's true that socks lose their odour after two weeks under the sofa.

It's time to take control of the domestics! Raise your game, shed that grey pallor and rejoin the human race - and still get that degree!



How to use this book

This book is a handbook for surviving 3 years at university.

The first chapter covers shopping for food and preparing food. There are no 'recipes' here, just suggestions for ways to make meals out of basic foods.

There are no lists of ingredients and no measurements either. Use your eyes! As long as they are not bigger than your belly you can't go wrong! And taste things! If it tastes cooked it is cooked! If it tastes good it is good!

For extra help follow the cook - click on the picture and you'll get a helpful tip.



You'll need little in the way of culinary skills to prepare these meals but, just in case you've never been in a kitchen before Section 10 covers some of the basics and Section 11 introduces some knife skills.

Chapter 2 covers the more tedious domestic skills - washing, ironing and cleaning - how to get by with as little effort as possible.

Chapter 3 offers some checklists that you might want to use as a basis for packing and shopping.

Once you've mastered the art of keeping body and soul together you might want to try some of the zillions of cookery apps out there or even buy a paper cook book! Whether its a slap up dinner for 10 or a romantic meal for 2, food is fun!

Enjoy!!



Chapter 1

Eating

A stylized illustration of a white plate with a grey rim, featuring concentric grey circles. In the center of the plate is a fried egg with a bright yellow yolk and a white, slightly irregular egg white. To the left of the plate is a silver fork, and to the right is a silver knife. The background is white, with green torn-edge banners at the top and bottom left.

How to reach the end of the course
without developing scurvy, rickets
or anaemia.

Chapter 1

Eating essentials



For 18 years you've tucked into breakfasts, lunches and dinners that have appeared from nowhere. Where did that pasta come from? How did that piece of bread become toast? This is where you find out.

If you're not in a hall of residence and you're not going to run up a massive restaurant and takeaway bill then you're going to have to feed yourself.

This section covers all you need to know about buying the food, storing the food and cooking the food.

Shopping



Happens in shops, markets and on the internet.

But which shops? Big or small? Supermarket, corner shop, specialist shops?

If you are living on campus and there's a Students' Union shop then try that. If you are living in the real world and there's a supermarket down the road then try that. If you are living in the back of beyond and there's a local shop then try that. There's no point in spending half your budget on getting to a supermarket 10 miles out of town, but then there's no point in paying over the odds in the corner shop if you could save a fortune in the supermarket.

And what do they sell? If you're a vegetarian then the organic butcher isn't going to be much use to you. And if you don't know the difference between an onion and a shallot then you could end

up making a fool of yourself in the green grocers. On the other hand if the fishmonger is willing to skin and bone the fish and tell you how to cook it then this might be the shop for you.

And what do you buy? You buy what you need to make something that you will enjoy eating. That doesn't mean 2 dozen fish fingers, 4 dozen chicken nuggets and a family pack of chocolate swiss rolls. This isn't your opportunity to stuff your face with everything your mum doesn't let you eat.

But let's get real. Are you honestly going to make a list and go to the shop once a week? Nah! Chances are you're going to busk it. You'll go to the shop you walk past every day for the food you want that day. And there's nothing wrong with that! As long as you think before you buy and think *meals* not *food*. If you think meals you won't buy stuff you don't need and you won't forget stuff you do need.

What do you want for **breakfast**? Be realistic. What are you prepared to do for breakfast? Cook bacon? Open a yoghurt? Tip out some cereal? Buy what you will eat not what you think you ought to eat or what you'd like to eat if someone else cooked for you.

What are you doing for lunch?

Where will you be? Who will you be with? If you barely have time to tip some cereal into a bowl then you don't have time to make up a packed lunch. And if you do have time to pack your lunch are you really going to find a nice corner of the students' union bar to eat your pilchard sandwiches while everyone else is wolfing chips or plates of curry? Nah! So don't buy any food for lunch! But when those final exams emerge over the horizon preceded by the angry letter from the bank you might be forced to enjoy a furtive cheese sandwich behind the book shelves in the library.

What are you doing for tea?

Where will you be? If you've got a 4 o'clock lecture and then you're going to the pub before going on to a gig then you're not going to be cooking. So don't buy any food for tea! But that's not going to happen every day and that's where this book comes in. You're going to feed yourself real food. And you never know, you might find yourself feeding someone else real food!

So, what are you going to buy?

First of all there's the essentials, the stuff that's going to get you out in the morning and be there when you return from the pub.

Essentials

- Milk ✓
- Cereal ✓
- Sugar ✓
- Coffee/Tea ✓
- Bread ✓
- Butter ✓
- Jam/Marmite/
- Peanut Butter ✓

If you've always got these items in the fridge/cupboard you won't die of starvation. You might die of food poisoning if the milk is off and the bread is mouldy or get scurvy as a result of having no vitamin C, but you could always add some orange juice....

This is quick turn around stuff that you'll buy most days. Milk and butter (or margarine if you must) needs to be kept in the fridge, bread in an airtight tin. The rest is food cupboard stuff. It will keep.

The Food Cupboard

Food is only as good (and as bad) as the ingredients that go into the pot. And if you're buying the food and cooking the food you'll want to eat the food. Not chuck it straight into the bin.

Basics

Extra Virgin Olive Oil ✓

Pasta ✓

Tinned tomatoes/passata ✓

Pesto ✓

Garlic ✓

Salt ✓

Black Pepper ✓

Curry powder ✓

Chilli powder ✓

Long Grain Rice ✓

Cous Cous ✓

Tinned tuna/salmon ✓

Beans ✓

Stock cubes/powder ✓

Wine vinegar ✓

If you've got these things in your cupboard you'll have the basic ingredients for a multitude of meals.

Extra Virgin Olive Oil - looks like a luxury but not when it's a major contributor to the dish. Try making a pasta sauce with corn oil or sunflower oil - I promise, you'll only do it once!

Pasta - whatever shapes you fancy but have some tube-shaped pasta and perhaps some straight pasta like spaghetti. Pasta keeps for ages so you can keep as many varieties as you like. Try coloured pastas and whacky shapes.

Tinned tomatoes - Italian plum tomatoes, chopped or whole, you choose. Again, a tomato sauce is only as good as its tomatoes so make sure they're good quality not the supermarket's cheapest bargain basic variety. If you want tomato sauce you want tomatoes not watery juice! Once opened tinned stuff goes off quickly. Tip any left over tomatoes out of their tin into a plastic food container, put it in the fridge and eat it within 2 or 3 days.

Passata - A good alternative to tinned tomatoes is just squished and sieved tomatoes. It comes in various quantities in cartons, jars and bottles. Once opened, like tinned tomatoes it goes off quickly so put it into a plastic food container in the fridge.

Pesto - A mixture of basil, pine nuts, garlic and parmesan. Comes in a jar and creates an instant meal when added to pasta or gnocchi. Once opened it goes in the fridge.

Garlic - the only 'fresh' item in your cupboard. It will go off if you leave it in the cupboard for months...

Salt - if you want something better than the stuff they put on the roads you could try Maldon Sea Salt. Salt flakes that you can squish in your hand.

Black Pepper - essential! You can buy the peppercorns already ground or you can buy them in a jar that works like a pepper mill to grind as much as you want. Black peppercorns taste of something they don't just add heat!

Curry powder - always good to have some to add to rice and cous cous dishes but not essential.

Chilli powder - as with curry powder, add it to some baked beans and serve with sausages.

Long grain rice - quick cook rice will save you time and comes out good every time if you follow the instructions on the packet. Rice is a danger food. Ask a microbiologist. Leave cooked rice to go cold and then reheat it inadequately and you'll find your self in casualty suffering from severe diarrhoea and vomiting.

Cous Cous - if you can't be bothered to cook the rice...

Tinned tuna or salmon - perfect with pasta, rice, cous cous and bread. Buy small tins so that you use it all in one meal.

Stock cubes or stock powder - will not only add flavour to some of your meals but you can just add boiling water to make a really good tasty hot drink. Perfect when you come back from the pub on a winter's night. Buy a good quality vegetable stock cube or a bouillon powder otherwise you'll just be drinking salted water.

Wine vinegar - No not an alternative to the Sauvignon Blanc. Wine vinegar makes a salad taste less like rabbit food and a splash can perk up your tomato sauce no end.

All of these items will need replacing as and when they get used up but they're not every day buys. If there's a supermarket nearby then it could be worth a visit to stock up.

Fresh Food

Oh no! Here comes the veg...

Fresh stuff

Onions ✓
Tomatoes ✓
Carrots ✓
Basil ✓
Salad leaves ✓
Peppers ✓
Courgettes ✓
Mushrooms ✓
Meat ✓
Fish ✓

This is a changing list. It depends on what you like, what you want to cook and what's in the shops.

Onions, tomatoes and carrots are pretty useful to have around. Tomatoes and carrots live in the fridge and the onions don't. You'll know why when you open the fridge to find everything smells of and tastes of onion. Mmmm nice onion flavoured milk for your cereal.

Basil!? - Yes! Buy a pot of growing Basil, keep it on your window sill in your room and not only will you improve your tomato sauces no end but you'll also have a nice plant to look at in the morning. You could go mad and buy a pot of coriander and parsley. A talking point for visitors if nothing else?

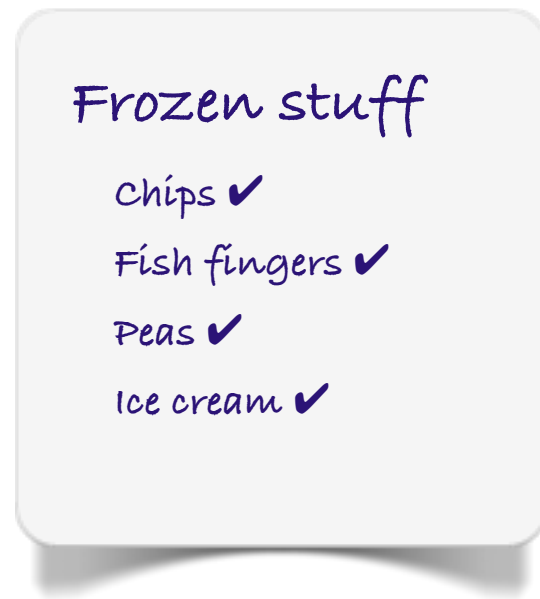
Salad leaves?! - Yes! Salads add flavour and colour to any meal. Splash a salad dressing on it and you won't even know it's good for you. Buy a mixed salad in a bag so that there is minimal waste. Buy a whole lettuce and you'll be eating it 'til graduation.

Add what ever **vegetables** you like to this basic list.

Meat - choose sausages, ham, bacon, small, quickly cooked pieces of meat.

Fish - choose fish that is already filleted, haddock, plaice, salmon or mackerel fillets. Smoked salmon trimmings, prawns can all be made to go a long way!

Frozen Food



If you have a freezer make use of it.

Frozen chips and fish fingers are always useful, nay essential!

Freezing is also a good way of storing left over food. If you make a large quantity of sauce you can always freeze it in small batches and save it for later. You do have to remember to take it out of the freezer or you'll be eating tomato lollipops with your pasta.

Never freeze anything twice. Ask a microbiologist...

Section 2

Getting ready to cook

Let's start from some assumptions:

You can boil a kettle ✓

You can turn the gas/electric hot plate on ✓

If you can do this then you are off to a flying start. If you can't, then you are either minor royalty or you should be examining your relationship with the person who has boiled the kettle and turned the gas on for you for the last eighteen years.



From now on, male or female, artist or scientist, youngest or oldest, what you eat is what you get.

The kitchen

Unless you are in halls of residence you will have a kitchen with some basic equipment.

If you're in university accommodation you may be sharing a kitchen with a dozen others. If you're in private rented accommodation the numbers are likely to be smaller.



Sharing a kitchen may conjure up visions of a scrubbed pine table, huge bowls of delicious, hearty food, hunks of fresh bread, glasses of rustic red wine and animated conversations about art, politics and the meaning of life. The reality is more likely to be a table littered with breakfast dishes pushed to one side by the solitary diner who is tucking into a pot noodle and swigging on a tinny.

You may start off with cooking rotas on the fridge door and a commitment to sharing the lentils and taking turns to bake the bread but you'll be the exception if you make it to Christmas without a screaming match over half a tin of beans or an icy silence in response to the rotting vegetables in the back of the fridge.

So let's start from the cynical assumption that you will be cooking for yourself. That means you need basic cooking and eating equipment and storage boxes for the fridge and the cupboard. Some landlords will provide these basics, some landlords don't. Some landlords provide good quality, clean equipment, some landlords don't. In any case, you'll be eating for the rest of your life so investing in a few pots and pans now might be a good start!



Essential equipment

- A coffee mug ✓
- Two saucepans - one large, one small ✓
- A non stick frying pan ✓
- A sharp kitchen/cook's knife ✓
- A cutting board ✓
- A tin opener ✓
- A colander ✓
- A wooden/silicone spoon/spatula ✓
- A grater ✓
- A potato peeler ✓
- A bowl ✓
- A plate ✓
- Tea cloths & dish cloths ✓
- Knives, forks and spoons ✓
- Plastic storage boxes ✓
- Tin foil ✓

These are your basic tools.

The **saucepans** can be non stick or stainless steel. The big one should be around 20 cms and the small one around 16 cms.

The **frying pan** should be around 24 cms

A good 12/13 cms **cook's knife** should do for everything.

The **cutting board** can be wood or plastic. Plastic is easier to keep clean.

A **silicone spoon/spatula** is easier to keep clean.

Plastic storage boxes come in a variety of sizes. Get large ones ,around 3 litres, that you can keep your fridge food in and your cupboard food in. That way when the gang warfare kicks off and you have to prove ownership of the sour milk your flatmate just used on his cornflakes you have some proof of ownership...

Small plastic storage boxes, around .5 litre, are ideal for storing left over food. They will also create unique ecosystems for various fungal cultures to flourish...



And if you are really going to get into this cooking lark you might want to ask for a **hand blender** for Christmas. A good one will chop for you, make soups and sauces and save you enormous amounts of effort - and money!



Cooking Pasta

Pasta is amazing stuff. It keeps for ever (almost) it takes 10 minutes to cook (generally) and you can make an infinite (almost) variety of meals with it.



There are loads of types of pasta. Buy some tubes (penne) or twirls (fusilli) and some spaghetti or ribbon pasta (tagliatelle) and you're ready to go.

How to cook pasta

- Boil enough water to fill your large saucepan to 2/3 full. You can do this in the kettle or in the saucepan.
- When the water comes to the boil - lots of bubbles - put your pasta into the pan along with at least a teaspoon full of salt. (Taste the water to see if you need more salt.)
- Boil for 1 minute less than it says on the packet. You will need to turn the gas/ electricity hot plate down otherwise the pan will turn into a seething volcano.
- Taste the pasta to see whether it is cooked, it should taste and feel just like - pasta!
- When you are satisfied that it is cooked put your colander into the sink and pour the whole contents of the saucepan into it.

That's it. You just cooked pasta.

Tomato Based Sauces

Pasta needs a sauce. Let's start with a tomato sauce - the classic and the simplest!



Start with your sauce. You can then leave it to look after itself while you cook your pasta.

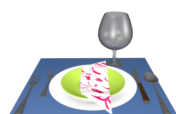
What to do

- Crush or chop a clove of garlic. 
- Chop some fresh basil leaves - say 4.
- Open a 14 oz tin of plum tomatoes or a small carton of passata.
- Put your smaller saucepan on a medium to low hot plate/gas ring.
- Pour about a teaspoon full of olive oil into the saucepan.
- Put the garlic in. Watch it start to fizzle - gently! Turn the heat down if it goes mad!
- When it just starts to turn golden at the edges pour the tomatoes in - gently! It will spit!
- Add the basil leaves, some salt and ground black pepper.
- Bubble on a gentle heat for anything up to 30 mins.
- If you used tinned whole plum tomatoes bash 'em to bits with your wooden spoon as the sauce cooks.

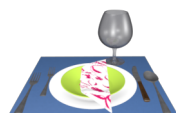
That's it! You just made tomato sauce! Pour it over your pasta and grate some parmesan cheese on top! Meal on the table!



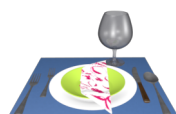
Adding ingredients can bring a whole new look to your tomato sauce!



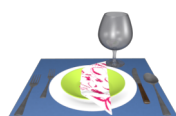
Add some sliced, cooked sausages to the tomato sauce, mix with the pasta and grate some cheese on top.



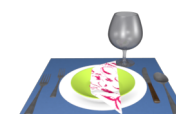
Put some mince beef into the saucepan with the garlic, cook it till the mince begins to turn brown and then add the tomatoes etc. Mix this with the pasta and top with grated cheese. You just made a simple version of spaghetti bolognese!



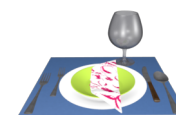
Add some cooked mushrooms to the tomato sauce and pour this over the pasta.



Add some tinned tuna to the tomato sauce. Throw in a few prawns if you have them.



Chop up an assortment of coloured peppers (red, green, yellow, orange and put them with into the saucepan with the garlic and then add the tomatoes.



If you're too exhausted to eat after all this cooking and you have to go to the pub to recover then simply put the pasta and sauce mixture into an ovenproof dish, cover it with foil and put it in the oven when you come back. The oven should be heated to 180°C and you need to make sure that the food is thoroughly heated. If everything has gone cold then allow about 25 mins, less if there is a small amount.

Creamy sauces

The 'other' sauce for pasta is a creamy sauce. Rich, luscious and simple...



The starting point is a small carton of double cream warmed gently in a saucepan.

What to do

- Fill your large saucepan at least $\frac{2}{3}$ full of water and bring it to the boil.
- Add your pasta to the fast boiling water. The water will cool so bring it back to the boil and lower the heat so the water doesn't boil over.
- The best pasta shapes to use for a creamy sauce are tubes and shells. They hold onto the sauce. Use about 75g of pasta per serving or roughly a couple of cups.
- While the pasta is cooking prepare your sauce by heating the cream until it is hot but not boiling in your small saucepan.
- When the pasta is cooked drain it.
- Pour the sauce over your cooked pasta, mix it together and grate some parmesan cheese over the top.



Add flavour to the cream sauce with other ingredients.



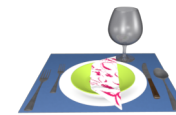
Add cheese - an italian blue cheese like gorgonzola is the classic but any good flavoured cheese will work.



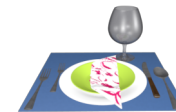
Cook some sliced or chopped mushrooms in butter along with a crushed clove of garlic then pour the cream over the softened mushrooms and let it heat through gently.



Cook some spinach in butter with a crushed clove of garlic then pour the cream over the spinach and let it heat through gently.



Add some smoked salmon (the trimmings are cheap!) to the cream and let it all warm through gently before adding to your pasta.

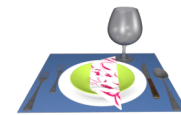


You can put any of these mixture of sauce and pasta into an oven proof dish, scatter parmesan cheese over the top and bake it for 20 mins or so in an oven heated to 180° C until it's bubbling and golden. If you've left the sauce and pasta to go cold it will take longer than 20 minutes to get good and hot.

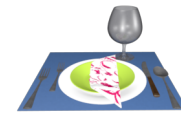
Pasta Salads

Another way to eat pasta

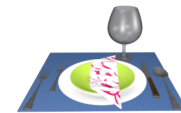
Pasta makes fantastic salads. Choose the right shape pasta, add vegetables, fish, meat, a vinaigrette, mayonnaise or pesto and you're off!



Mix pasta shells with a tin of tuna fish, some frozen peas, prawns and spring onions. Add a couple of tablespoons of mayonnaise.



Mix pasta twirls with fresh tomatoes chopped into pieces, a small onion or some spring onions chopped finely, some cheese cubes or sliced sausage and some black olives. Add a vinaigrette dressing or some pesto.



Mix pasta twirls with pesto, a chopped up red pepper, broccoli and walnut pieces.

Section 7

Cous cous

Cous cous is for those who think that pasta is too much of a faff.

It is made from wheat and comes in a number of forms - normal (which is a good starting point), whole wheat (which is a bit worthy) and giant (which is a bit like frogspawn).

You can eat it on its own - just think of it as rice - or you turn cous cous into a meal by putting other ingredients with it. You can make it into a hot meal or a salad.



How to cook cous cous

- Boil your water in a saucepan. 200 mls or one cup should be enough.
- Add a good quality stock cube/powder. A vegetable bouillon powder will give a good flavour.
- Add 175g of cous cous or one cup to the boiling stock.
- Turn the hotplate off. Put the lid on the pan.
- Wait 10 mins.
- Take the lid off and stir the cous cous to break up any lumps.
- Eat!



Cous cous will combine with vegetables, fruit, fish or meat. Just think of it as lazy rice!

Vegetable cous cous

Everything left in the fridge, chopped and stir fried... well not quite all. Try this:

Pour 3 good tablespoons of **olive oil** into a large saucepan. Let it warm over a medium heat. Then add these ingredients in turn:

- **Onion and garlic** chopped into small bits. Cook gently until the onion is soft.
- Now add what ever vegetables you have to hand or take your fancy.
- **Aubergine** - stalk cut off and chopped into 1 cm chunks;
- **Peppers** - any colour, stalk cut off, seeds removed and chopped into 1 cm chunks;
- **Courgettes** stalks cut off and chopped into 1 cm chunks;
- Cook with the onion until the aubergine chunks are soft and beginning to disintegrate.



- Finally add some **tinned tomatoes**.
- Leave the pot on a low heat so that it is bubbling away for at least 15 minutes. More than enough time to prepare the cous cous.
- Add the vegetable mixture to your 'cooked' cous cous.

Fishy cous cous

Pour a tablespoon of olive oil into a large pan. Let it warm over a medium heat. Then add these ingredients in turn:



- **Onion and garlic** chopped into small bits. Cook gently until the onion is soft.
- A cooked green vegetable like **green beans**, **broccoli** or peas.
- A couple of handfuls of **prawns** or a tin or jar of **tuna**, well drained.
- Add the mixture to your 'cooked' cous cous.



If you are eating your cous cous cold try putting a **salad dressing** on it. Just mix one spoon of **wine vinegar** with 3 spoons of **olive oil**, add salt and pepper and stir it all together. The scientists amongst you will recognise an emulsion...

Bread

Man (or woman) cannot live by bread alone, but add a few more ingredients and a salad leaf or two and you've got a meal.



A simple loaf could be the answer to your eating questions.
Breakfast, lunch, dinner, toast, sandwiches, pizza....

Remember, Jesus fed the five thousand with a loaf and some fishes -
he knew a thing or two about catering.

Buying and storing bread

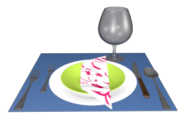
There are endless varieties of bread available from the plastic, sliced, white bread you can buy in the supermarket to the organic, black rye bread that you buy in the health food shop.

You can eat bread as toast on your way out in the morning, plastered with peanut butter when you come back from the pub or smothered in garlic butter with your evening meal.

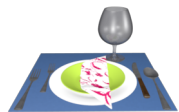
Buy what you can eat in two days and keep it in an air tight tin or a plastic bag. After two days - toast it. After three days, if it turns blue and furry, don't eat it. Buy a large loaf, cut it into pieces and freeze the pieces.



Let's start with the toast:



Beans on toast - but add a cooked sausage, or add some grated cheese to the hot beans.



Scrambled egg on toast - but add some grated cheese to the eggs as they finish cooking, or add some trimmings of smoked salmon for a special treat.

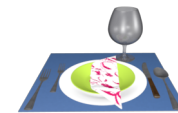


Cheese on toast - but add a tomato or a sausage or both.

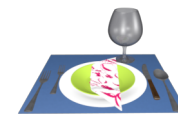


Fancy cheese on toast - ditch the Cheddar and use some fresh Mozzarella (pizza cheese), add sliced tomatoes and basil.

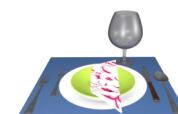
And now let's move on to the sandwich:



Turn a sandwich into a toastie (without a sandwich toaster) by buttering the outside of your sandwich and frying it gently in your frying pan.

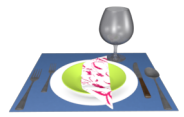


Make the sandwich as usual, fill it with cheese, cooked bacon, tomatoes, tuna, whatever takes your fancy, then smear the outside with butter. Pop it into a frying pan on a medium heat with a little more butter and watch it turn golden...



Make that toasted sandwich even more delicious by dipping the sandwich into beaten egg before frying it in butter.

And finally the fancy breads



Ciabatta - flat, Italian flat bread made with loads of olive oil.

- Put your oven on to heat to about 200C.
- Put the ciabatta on a piece of tin foil.
- Cover it with the tomato sauce you made for pasta, mozzarella cheese, a few olives and pop it into the oven.

You just made a fantastic pizza!



Baguettes or **French sticks** - can be made into more than just garlic bread.

- Put your oven on to heat to about 200C.
- Cut the loaves across taking the knife almost through, open up the cut and pile in:
- cheese and slices of tomato, drizzle with olive oil and a few basil leaves. Or...
- add tuna mixed with a little mayonnaise and a chopped gherkin or caper along with cheese - mozzarella is good.

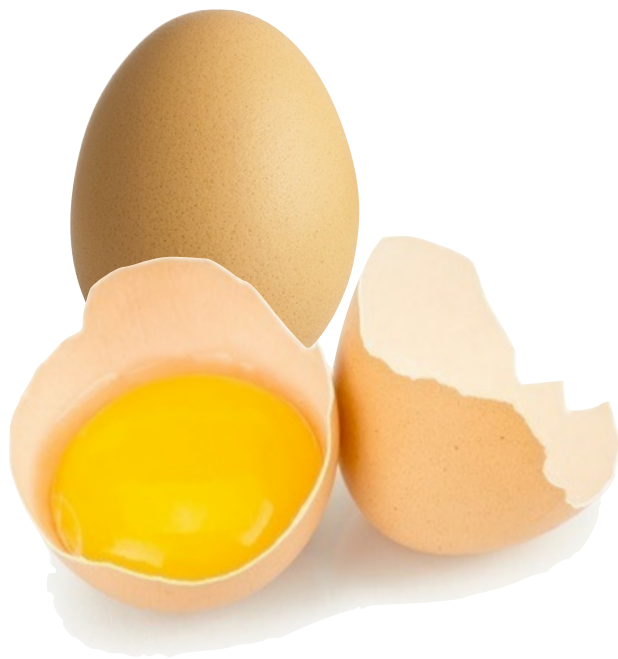
Wrap the loaf in tin foil, pop it into the oven for about 10 mins then open the tin foil to let the bread crisp up and put it back in the oven for another 5 minutes.



Toasted cheese, tarted up...

Eggs

The perfect food, perfectly packaged. simple to cook, simple to store and offering a perfect balance of nutrients.. Err, not exactly.



Eggs, like chickens (which came first?) can be produced cheaply using hideous and cruel farming practices. They can carry diseases such as salmonella that can be spread on contact with other foods. Bite on a piece of egg shell and you'll spend the rest of the day in the dentist's chair. Eat a dodgy egg and you'll spend the rest of the week locked in the lavatory.

That said there is nothing quite like a perfectly boiled, fresh, golden, free range egg...

If you buy good quality free range eggs and learn how to handle and cook them you will have the perfect food that you can enjoy at any time of the day or night.

There are two things to master when it comes to eggs-boiling them and breaking them. A boiled egg should never be broken but for other purposes you have to be able to break into that perfect packaging to extract the egg.

To boil an egg

- Boil a pan of water.
- Add a teaspoon of salt.
- Lower the egg into the water slowly using a large spoon.
- Bring the water back to the boil.
- Let it bubble for 5 minutes for a soft boiled egg. 8 minutes for a hard boiled egg.
- Pour away the boiling water and replace it with cold water.

When the egg is cool enough to handle give it a bash and peel off the shell along with the membrane just underneath the shell.

To break an egg

- Get a small bowl or a cup
- Hold the egg firmly-but not so firmly that it cracks.
- Hit the egg on the side of the bowl so that the edge of the bowl breaks into the egg shell. The crack in the shell needs to be big enough to push your thumbs in and open up the shell but not so big that you pierce the yolk inside.
- With your thumbs pull the shell open and tip the raw egg into the bowl for mixing.
- Discard the shell.
- Repeat for each egg.
- It's a good idea to break each egg into a small bowl or cup and then tip it into a larger bowl. That way it's easier to fish out any escaping bits of shell from the egg when you can see them clearly before mixing the eggs together.
- Now wash your hands.

Now you can break an egg you can make a scrambled egg:

Scrambled eggs

- Use a fork or a whisk to thoroughly mix 3 eggs together.
- Put a frying pan on a medium to low heat and put a small amount of butter in it. A piece about the size of a walnut should do.
- when the butter begins to fizzle pour the egg mixture into the pan and add a little salt and pepper.
- Stir the egg mixture in the pan over the heat until it begins to set.
- Then turn the heat off, keep stirring until the remaining heat of the pan takes the wet look of the eggs away.

And that is all there is to scrambled eggs!

Serve on toast, with cooked bacon or try stirring in some grated cheese just before it sets or even some smoked salmon trimmings for a really tip top breakfast.

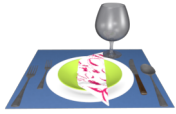
Once you have mastered scrambled eggs you can move on to omelettes. Not the delicate French ones but something more robust like the Spanish or Italian version. The process is simple.

Spanish or Italian Omelette

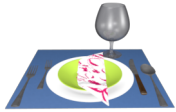
- Chop some vegetables.
- Fry them in a little oil and butter in your non stick frying pan until they are softened -taste them to see when they are ready.
- Spread the vegetables out in the pan
- Turn the heat down low and tip about 6 beaten eggs over the top.. The eggs should just about cover the vegetables.
- Leave the pan on a low heat until the eggs have set.This could take 20 minutes or so.
- Either put the pan under the grill to finish setting the top of the omelette or turn the omelette over by putting a plate over the top of the pan, inverting the whole thing so that the omelette lands on the plate then sliding the omelette back into the pan. (make sure that you do this over a clean surface so that when you drop the lot you can scoop it up and put it back in the pan and still be able to eat it.

So, what vegetables can you put into the omelette?

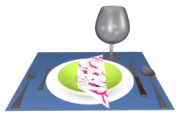
Try



a chopped onion and a couple of potatoes diced into 1/2 to 1 cm cubes



a chopped onion, a red pepper and a potato diced into 1/2 to 1 cm cubes and some cooked sausages or continental sausages.



a chopped onion and a courgette diced into 1/2 to 1 cm cubes

One of these omelettes should do at least two meals so it's worth investing in a few minutes of chopping to get one hot and one cold meal out of the one lot of effort.

Left overs go into the fridge once they have cooled down.

Chicken soup and apple pie



There comes a point in each term when everything seems like too much trouble...

Your room has become a laundry basket, the bathroom cleaner thoughtfully provided by your mum has disappeared behind the toilet bowl along with the full bottle of toilet cleaner, the deodorant and shampoo you brought with you have run out and you're now using washing up liquid in the shower and it's all too easy to find yourself living on a diet of mini muffins, bacon sarnies, and crisps. What's more, it's no coincidence that this collapse of the culinary skills usually marks the onset of exams.

If you're looking for comfort foods don't reach for the chocolate muffins, move along the shelf to the bread section and buy a ciabatta or a focaccia. Buy some sausages, fry some onions and make a giant hot dog. Buy fish fingers and add some mayonnaise and make a giant fish finger sandwich. Add a few salad leaves and you've got a well balanced meal! Buy some bacon, fry an egg and make a giant breakfast bun. Add a grilled/fried tomato and it's a meal.

Wander along to the frozen foods and buy some oven chips. Chips and sausage. Fish fingers and chips. Add some frozen peas and you're back to your childhood!

Feeling really adventurous? Buy some ready rolled puff pastry. Put a sheet of pastry onto a piece of tin foil. Then:

Gently fry some chopped leeks put these into the middle of the pastry. Place a salmon fillet on the leeks and top this off with a slice of tomato. Season with a little salt and pepper. Fold the corners of the pastry over the filling. Bake it in the oven at 200 F for 25 minutes or until it is golden.

Or

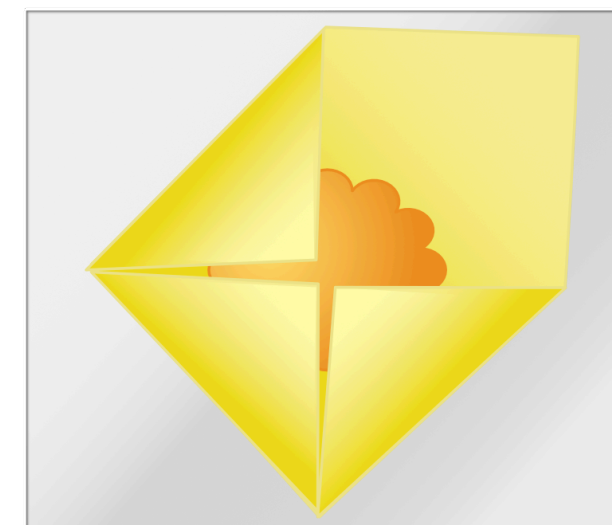
Put some bacon, grated cheese and a few slices of tomato in the middle of the pastry. Fold in the corners and bake as above.

Or

Put a couple of sausages, some grated cheese and a few slices of tomato in the middle of the pastry. Fold in the corners and bake as above.

Now doesn't that sound better than a bag of crisps and a mini muffin?

- Take a sheet of pastry and trim it into a square.
- Put your filling into the centre of the pastry



- Fold in all the corners to make a pastry envelope.
- Place the sheet of tin foil onto an oven proof plate or baking tray. or scrunch up the edges of the foil to form a dish to collect the juices and fat that will run off as the pastry cooks.

Basic food preparation



Aubergines Chop off the top and the bottom.
Peel if you prefer.
Slice or chop. put in a colander with plenty of salt.
Leave for 30 minutes to let the salt take out the bitter taste. Rinse.
Fry in olive oil.



Beans - round, runner, fine etc. Trim the stalks off.
Rinse.
Cut into pieces
Put into a saucepan with enough boiling water to cover.

Broccoli, cauliflower Break or cut the little clusters of flowers off the stem.
Rinse.
Put into a saucepan with enough boiling water to cover.



Carrots Peel and chop off the top and the bottom.
Slice or chop.
Put into a saucepan with enough boiling water to cover.



Courgettes Cut off stalks.
Rinse.
Slice or chop.
Fry in butter or olive oil.



Garlic Peel off the papery skin
Pull one clove off.
Chop off the tip and bottom.
Slice, chop finely or squash.
Fry gently in butter or olive oil.



Mushrooms Rinse. Use a piece of kitchen paper to wipe the mushroom clean.
Break the stalk out if you prefer.
Slice and fry gently in butter.



Onions Cut off the top and the bottom.
Slice through the middle longwise.
Remove the outer layers until you reach moist, fresh looking layers.
Slice or chop.
Fry in butter or olive oil.



Salad leaves Buy ready washed mixed leaves.
You may want to rinse before using
but it's not essential.

Spinach Buy ready washed spinach leaves,
otherwise wash three times in plenty
of water.
Put into saucepan with the water that
clings to the leaves.
Cook over a medium heat with a lid
on the pan.

Fish Buy ready prepared fillets.
Rinse.
Pat dry with kitchen paper.
Fry in a little butter or oil until it
changes colour and a white liquid
begins to ooze out. Most fish takes
only 5 minutes or so..



Meat Buy small amounts of meat such as
bacon, minced beef or lamb.
Fry in a little oil until it changes
colour and no blood can be seen.



Section 12

One step beyond

A basic tomato sauce is a good way of getting a meal on the table in minutes without having to demonstrate any culinary skills! But if you master the art of chopping you can add other things and you'll have a much tastier and more substantial dish.

Lesson 1 - knives are dangerous

There's no difference between a dagger and a kitchen knife. Stick either into someone and they'll not be attending the 9.30 lecture.

Lesson 2 - blunt knives are even more dangerous

The most dangerous bit of chopping is piercing the outer surface of the fruit or vegetable with the knife. If the knife is blunt it won't pierce the surface, it will slip off the surface and pierce your fingers. So much for the career as a concert pianist

Lesson 3 - submerged knives are killers

Put a knife into a washing up bowl and you're swimming with sharks. You won't come out alive. Wash all knives by hand, separately, dry them and put them away immediately- preferably in a knife block or at least in a box. NOT loose in a drawer!

Lesson 4 - when all else fails - buy a mezzaluna

A mezzaluna is a curved knife with two handles that you can use to chop food. With both hands on the two handles you can't chop your fingers off. But there's always your toes....





Slicing - the two stage process

The object of the exercise is to cut through the food while leaving your fingers in tact...

- Make sure your knife is sharp
- Make sure your cutting board isn't slipping around
- Hold what you are slicing but keep your fingers away from the blade
- Move the knife gently back and forth on the surface until it just cuts into the item. Once the knife is in place in the food it won't slip when you
- Push the knife firmly through the food.

That's it. Now just repeat 100+ times.

Chopping

Chopping is just slicing taken to excess...

- Slice the food - using the two stage process
- Turn the food
- Slice again - using the two stage process

If you need to chop finely then you can finish off by holding the knife with two hands, one on the handle the other holding the top of the blade and rocking the knife across the food on the cutting board.

Putting it all together

Planning your eating seems like one more unnecessary piece of bureaucracy, up there with planning your dissertation. You know what you're going to eat like you know what you're going to write... then all of a sudden paralysis sets in. What do you eat? What did you eat last week? Did you eat last week?

If you're really organised you'll plan your food around your week. Try to cook on one night and eat left overs on the next night. Almost any pasta dish can be baked in the oven perhaps with grated cheese on top if it was a cream based sauce or with a cheese sauce on top if it was a tomato based sauce.

Here's a plan for a week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Shopping
To do	Lectures	Lectures	Work at home	Lectures	Work at home	Night out		
		Band/football practice			Night out	Eating out		
Breakfast	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Cereal
								Milk
Lunch	No	No	Yes	No	Yes	Yes	Yes	Bread
			Left overs or sandwich		Left overs or sandwich	Big breakfast - eggs, bacon, sausage, beans.		Cheese, bacon, eggs, sausages, beans
Dinner	Yes	Yes - but quick	Yes	Yes	Yes - but quick	No	Yes	
	Pizza made using bought pizza base	Left over pizza	Pasta with sauce	Left over pasta baked in oven	Fish or sausage and chips with peas		Stir fry with noodles or cous cous	Pizza base, pasta, noodles/cous cous, passatta/cream, garlic, cheese, fish fingers/sausages, oven chips, vegetables.

Chapter 2

Washing

How to reach the end of the course without being eaten by bedbugs and lice.



Washing

The big one!

Take a deep breath. No one is going to empty the laundry basket. No one is going to collect your dirty underwear from under your bed. No one is going to check that your favourite shirt is clean for the weekend. If you wear it you wash it. If not, you don't wear it again. Simple.

So, meet the washing machine. Shake hands with the iron.

Washing machines have large appetites and a mischievous sense of humour. They offer you an unrivalled opportunity to mod your clothes. Every wash an adventure!

"Pink shirt, sir?"

"Grey bra, madam?"

"Smaller size, madam?"

"A bit bigger, sir?"

If you are going to tame the washing machine you need to show it some respect. Stick to its rules and it will be your friend.



Those rules are simple:

- Wash everything white together.
- Wash everything dark together.
- Wash everything at no more than 40 degrees except towels (60) and woolies (30).

Easy!

But... if you follow the rules and you sort your washing into neat piles you will see 4 neat and very small piles. Are you really going to wash one towel on its own? Are you going to make a trip to the laundry for one, solitary red shirt? Are you going to spend an hour a week ironing? I don't think so! You will have better things to do! Prepare to rethink your style.

It starts with the shopping. Read the label. If it says 'dry clean only' - put it back! If it says 'hand wash only' - put it back. 'Colour may run'. Put it back. There's a lot to be said for an all black wardrobe...



What to wash

Well, most things. If it goes next to your skin then it will need washing at some time. Yes. It may come as a surprise to you that towels and bedding have to be washed, but they do. Even face cloths need washing! If you don't believe that leave a damp facecloth in a nice dark place for a few days then go back and sniff it. Mmmm!

Sorting

You don't want to spend your life watching your knickers going round and round in the washing machine-unless you're also watching someone else's knickers going round and round in another washing machine.... but that's your business. So let's tame the laundry bag!

Make sure your bedding is the colour of your clothes. If your clothes are all dark buy dark bedding. If your clothes are all light, buy light bedding. If your clothes are all white-how did you get into this university?

If your clothes match your bedding then once a week, everything can go in the washing machine together. Job done!

The Exceptions

The whites

If you do have to wear white wash it separately. If you don't you'll be down the all night shirt shop...

Jeans

Put your jeans in the washer with anything else and you will be the one wearing quadruple denim in the students' union bar..so unless you have an all denim wardrobe it makes sense to have about 3 pairs of jeans - 2 to wash and one to wear.

And towels?

Well, it's one of those mysteries of life. You wash in hot, soapy water, you dry your clean body with the nice clean towel, and then the towel stinks. Now how did that happen?



So, same deal, 3 bath towels, one to use, two to wash. Same for hand towels to use as bath mats. And don't forget to throw in your cleaning cloths and tea towels too.

Checklist for washing:

Wash load 1

Temperature 30° to 40°

- Clothes
- Bedding

Wash load 2

Temperature 40° to 60°

- Towels
- Facecloths
- Cleaning cloths
- Tea towels

Wash load 3/4/5

Temperature 30° or cold

- Jeans and other very dark items
- Whites
- Woolies

OK. So now you've got the pile of washing to the laundry, what's next? You'll need detergent and fabric conditioner. Up to you now. Biological, ecological, non biological? Are you saving money, the planet or your skin? And fabric conditioner. Why? Well, try washing your clothes without it. If you like crispy socks and clingy knickers then leave the fabric conditioner. When sparks fly and static turns your disrobing into a nightly light show you might change your mind.

Clothes, detergent, fabric conditioner-all that's left is pushing buttons and twiddling knobs. Read the instructions! Remember-wash everything at 30/40° except towels (60°) and woollies (30° or cold).

Your next best friend could be the tumble dryer. But remember:

- Not everything can be tumble dried. Read the label!!
- Temperature requirements vary. You *can* burn things in a tumble dryer. Read the label!!

In fact just - **READ THE LABEL...**



Care labels - what they mean...

The care labels all use the same symbols. It's a pity the washing machines don't follow their lead. You will need to ponder the programmes on offer on the washing machine and tumble dryer you are using to decide which is the right setting for your garment.



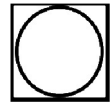
Washing instructions:

The number in the tub tells you what temperature to wash at.

A line underneath the tub tells you to use an easy care programme.

A hand in the tub tells you to hand wash only.

A cross tells you not to wash the item at all.



Tumble drying instructions:

One dot in the circle tells you to use a low temperature.

Two dots in the circle tells you to use a normal temperature.

A cross tells you not to tumble dry the item at all.



Ironing instructions:

One dot in the iron tells you to iron at a low temperature.

Two dots in the iron tells you to iron at a moderate temperature.

Three dots in the iron tells you to iron at a hot temperature.

A cross tells you not to iron the item at all.

So, a three cross garment is the one to aim for! Except if it says 'dry clean only'. If it says 'dry clean only', put it back on the rack.

Section 2

Ironing

Why?

Do you really have nothing better to do than iron?

Perhaps you need to reconsider your choice of course?

Or perhaps you need to reconsider your choice of deodorant?

If your life really will be incomplete without a crease free shirt then there are ways round the ironing board.

Don't spin your shirt dry, use a slower/shorter spin, hang the damp shirt up on a coat hanger, pull out all the creases and let it dry slowly. You might need to invest in a coat hanger or two and hang your shirts in a door way.

Drying your washing in a tumble dryer can keep your shirt crease free. But read the label. There's nothing quite like the smell of smouldering shirt.

Explore your skills set. Is there something you could offer to do for someone in exchange for some ironing? Think carefully before taking up this suggestion. You might have to offer more than you bargained for...



Section 3

Cleaning

Now this is going to be a short chapter...No one goes to university to hone their cleaning skills except perhaps a micro biologist...

The fact is baths get greasy, sinks get scummy, showers get slimy and toilets get stinky. If you weren't aware of this before thank a parent or carer. If you don't want to bath in your flatmate's slime and you don't want to assess the efficiency of your flatmate's digestive system each time you lift the toilet lid then someone is going to have to clean the bathroom, sometime.. The bog brush is not a magic wand.

There are two schools of thought on cleaning-there's the "little and often" school of thought and the "epic and rarely" school of thought. This ignores the "cleaning? What cleaning?" school of thought.. Those of you who are in in that category are advised to seek out like-minded people to share with.

So, your options are:

Wipe the sink/bath/shower round with a micro fibre cloth and hot water after you've used it and you'll never need to clean it. Squirt toilet cleaner down the toilet and you'll never need smell it.

Leave the sink/bath/shower after you've used it and sooner or later you'll have to head off to the shops to buy heavy duty cleaning products and rubber gloves. Whatever turns you on....

Same goes in the kitchen. Wash your dishes and wipe the work surfaces as you go or prepare to spend an evening hacking burnt food off the grill pan.

Cleaning is just common sense. Buy a decent washing up liquid, a good micro fibre cloth, a good bathroom cleaner, a toilet cleaner and a toilet brush, read the labels and you can't go far wrong.



Ask a micro biologist

Kitchens can be dangerous places. Electric shocks, burns, chip fat fires, and that's before we get to the knives and blades! Add to this list the invisible threats to life and limb that lurk there and it's a wonder anyone gets out alive!

So this bit covers some of the basic food hygiene rules you need to remember :



Take great care with raw chicken! Wash your hands after handling raw chicken. Make sure that no other food comes into contact with raw chicken that is not going to be cooked. Wash spoons, plates, work surfaces and cloths if they come into contact with raw chicken and never, ever, eat chicken that has not been thoroughly cooked. There should be no pink flesh, no blood. Worried? You should be! Might be best to leave chicken to the experts. Or at least someone you can sue after you leave hospital. Ask a micro biologist...



Other meats need care but don't need to be subjected to quite such a *cordon sanitaire*. **Keep raw meat separate** from all other food in the fridge. There's nothing quite like finding blood dripping onto your cheese from the minced beef on the shelf above. Would anyone be so stupid? Of course not! But, remember, you do not have an exclusive right to the fridge, you share a joint tenancy



with your flatmates. Might your flatmate “be so stupid”? You may be the owner of the cheese but not the owner of the meat. So wrap your cheese! Dripping blood is no respecter of legal title - ask a lawyer, and then ask a micro biologist...



Rice is dangerous! Never leave rice to cool and then reheat it unless you are prepared to make sure that it is scorching hot. There is a reason why fried rice takes the roof off your mouth when it comes from the takeaway. Ask a micro biologist...



Never freeze anything twice. Freezing does not kill bacteria, it can preserve it ready to multiply at a later date. Ask a micro biologist...



Read the label. If it says "refrigerate after opening" then refrigerate after opening. If it says "do not freeze" do not freeze. If it says "do not exceed the use by date" - then do not exceed the use by date. Ask a micro biologist...



Use your eyes. If the tomato looks wrinkly and sad don't buy it. If there is grey fur on the green beans don't eat them.. If the egg looks dodgy don't use it.



Use your nose. Food smells different when it goes off. If the milk smells funny don't drink it. If the meat smells funny don't eat it.



Chapter 3

Money



How to reach the end of the course
without being eaten by a loan shark

Section 1

Debt

“Neither a borrower or a lender be...”

Who was that fool?

Clearly someone who didn't have the benefit of a higher education that's for sure!

By the end of your three years (or more) of study you will have amassed tens of thousands of pounds of debt - £27,000 on tuition alone! But these are student loans. Cheap, state sanctioned borrowing. The Chancellor of the Exchequer will not be sending round the boys to collect in 5 years' time. We hope... And when the day comes and you're filling that form in to get a mortgage no one will question your credit worthiness because you owe the Student Loan Company £40,000.

Not all debt is like this. Not all creditors are so generous. And not all interest rates are so low. So how are you going to keep the shark from the door? Read on...



Section 2

Managing your money

“Annual income twenty pounds, annual expenditure nineteen pounds nineteen shillings and six pence, result happiness. Annual income twenty pounds, annual expenditure twenty pounds ought and six, result misery.”

Wise words! To avoid the misery and enjoy financial happiness you’ll need to take control.

Money in

How much control you have of the “money in” situation will depend on your circumstances. If you're lucky enough to have a dowager aunt then now's the time to start paying her visits. If there's a trust fund somewhere with your name on it, now's the time to raid it. For the rest of us, it's stacking shelves in Tesco if we want to augment the meagre pittance we're otherwise expected to live on.

Money out

Let’s list what you'll need to spend money on:

Money out

- Accommodation-including electricity, gas and water
- Food
- Books-a lesser known drain on your pocket
- Travel
- Subscriptions
- Course extras
- Eating out
- Drinking
- Clubbing
- Clothes
- Haircuts



Now put your spending into categories -

- must pay,
- will pay,
- might pay.

Think carefully.... What are your priorities? If you're into recreating the summer of '67 then haircuts will be optional. If you're considering a career in scuba diving then the subscription to the sub-aqua club will be a necessity.

What are the consequences of not paying? If you don't pay the gas and electricity the lights go off and the heating stops. If you don't pay for food you go hungry. If you don't stand your round in the pub you might be variously ostracised or have your legs broken.

You now have a list of essentials in order of priority. Interesting... but knowing that it's more important to pay the rent than get your haircut doesn't stop you from overspending. To do that you have to take control of how much you spend.

The simplest way of controlling your spending is to think before you spend.



Booking a taxi? Would the bus be cheaper?



Buying a coffee? Do you really need the extra cream/shot/chocolate flake?



Going out on the town? Remember that the "Happy Hour" can turn into the "Misery Morning"! Missing the cheap drinks might actually save you money!

And if the spirit is willing but the flesh is weak? Try the sock method.



Divide your available money into the number of weeks in the term. Each Monday, take one week's money out of the bank in cash.



Put the cash in a sock and put the sock under your mattress.



Each morning take out the sock, remove the cash you need for the day and put the sock back under the mattress.



When there's no more cash in the sock put the sock on and climb into the bed.



Stay there until it's time to take the next week's cash out of the bank.

The choice of Monday is important. If you spend too much in the week then you'll be spending Saturday night in bed with a sock.

Lesson learned? Brutal but effective.

And finally...

Here's some food (and drink) for thought...

£50 spent in the supermarket will be more than enough to keep you in food, toiletries etc. for at least a week.

The average cost of a pint of beer is £3.50

If you drink one pint a day that will cost you £24.50 a week.

If you drink two pints a day that will cost you £49.00 a week.
That's more than the supermarket bill for a week.

The cost of entry into a night club can vary from nothing to £15.00.

Two nights out a week drinking 3 pints a night could set you back $£30.00 + £21.00 = £51.00$ (Ignoring the taxi fare). That's more than the the supermarket bill for a week.

Hmmm...



Section 3

And when it all goes wrong...

Do not reach for a credit card. Chances are you will not pay off the balance. You will pay huge amounts of interest. You will make matters infinitely worse.

Do not overdraw at the bank without permission. It will cost you!

Do not borrow from your friends. If you don't pay up you'll have no friends.

Do not borrow from loan sharks. If you don't pay up you'll have no legs.

Choose your path into the valley of debt carefully. Pre arranged bank overdrafts (particularly those arranged with the Bank of Mum and Dad) are usually the cheapest method of borrowin.. Check to see whether your bank offers this before you approach the pay-day-lending shop.

Now think about it. Do you really need a taxi? Do you really need that extra pint?



Chapter 4

Lists



This chapter is full of lists...

Kitchen lists

Kitchen equipment

- ☐ Two saucepans - one large, one small
- ☐ A non stick frying pan
- ☐ A sharp kitchen/cook's knife
- ☐ A cutting board
- ☐ A tin opener
- ☐ A colander
- ☐ A wooden/silicone spoon/spatula
- ☐ A grater
- ☐ A potato peeler
- ☐ Plastic storage boxes - various sizes
- ☐ Knives, forks and spoons for eating
- ☐ A bowl
- ☐ A plate
- ☐ A coffee mug
- ☐ Dish cloths
- ☐ Washing up liquid

Store cupboard starters

- ☐ Extra Virgin Olive Oil
- ☐ Salt
- ☐ Black Pepper
- ☐ Curry powder
- ☐ Chilli powder
- ☐ Stock cubes/powder
- ☐ Wine vinegar
- ☐ Cous Cous
- ☐ Pasta - 2 shapes
- ☐ Long Grain Rice
- ☐ Tinned tomatoes/passata
- ☐ Tinned tuna/salmon
- ☐ Beans
- ☐ Breakfast cereal
- ☐ Cling film
- ☐ Kitchen foil

'Weekly' shopping

- ☐ Eggs
- ☐ Vegetables
- ☐ Salad ingredients
- ☐ Fruit
- ☐ Cheese
- ☐ Meat
- ☐ Laundry stuff
- ☐ Cleaning materials

Everyday shopping

- ☐ Milk
- ☐ Butter
- ☐ Bread

Bedroom and Bathroom Equipment

Linen and Laundry

- ☐ Pillow
- ☐ Duvet
- ☐ Mattress cover
- ☐ Two sets of bedding - duvet covers, sheets and pillowcases.
- ☐ 3 bath towels
- ☐ 3 hand towels to use as bath mats
- ☐ 3 tea towels
- ☐ Washing powder/liquid
- ☐ Fabric conditioner

Bathroom equipment

- ☐ Laundry bag
- ☐ Toilet brush
- ☐ Toilet paper
- ☐ Cleaning cloths
- ☐ Bathroom cleaner
- ☐ Plasters
- ☐ Antiseptic cream