

brain

boosting foods

EGGS

FEB

RECIPE BOOKLET



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boosting foods

EGGS

The humble egg has impressive health credentials. Both the white and yolk of an egg are rich in nutrients, including proteins, vitamins and minerals. The yolk also contains cholesterol, fat-soluble vitamins, such as vitamins D and E and also essential fatty acids.

Eggs are also an important and versatile ingredient for cooking, as their particular chemical make-up is literally the glue of many important baking reactions.

Eggs are a natural source of many nutrients including high quality protein, vitamins and minerals and are regarded as a complete source of protein as they contain all nine amino acids, the ones we cannot synthesise in our bodies we must get from our diet.

Hence the saying an egg a day keeps the doctor away. There was also a study of almost half a million people in China which suggested a daily egg may reduce the risk of heart disease and strokes.

With this in mind we've put together this recipe booklet for you to get very egg cited about.....we've got recipes for all tastes with some fabulous soups, salads and a fair few home bakes.

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LENTIL, BROCCOLI & EGG SALAD WITH CRUNCHY SEEDS

SERVES  Ten

ALLERGENS  Wheat, Soya, Egg, Gluten

INGREDIENTS

- 4 eggs, free-range
- 300g broccoli, larger spears halved
- 50g sunflower seeds
- 50g pumpkin seeds
- 40g honey, plus an extra squeeze
- 40ml soy sauce
- 120ml pomace olive oil
- 2 lemons, zest and juice
- 250g puy lentils, cooked
- 120g kale
- 1 avocado, peeled and sliced
- Basil leaves, small handful, chopped

METHOD

1. Put the eggs in a pan of cold water, bring up to a simmer, then cook for 6 minutes. Remove from the heat and cool under cold running water, then peel and cut in half.
2. Steam the broccoli for 3-4 minutes, until still firm but cooked. Drain and refresh under cold running water.
3. Put the seeds in a small non-stick frying pan and toast over a medium heat for a few minutes. Add the honey and soy and cook for a further 1-2 minutes. Set aside to cool.
4. Put the olive oil, lemon juice and a squeeze of honey in a small container with salt and pepper and ½ tsp water, then shake until well combined.
5. Place the lentils into a bowl with the kale, avocado, broccoli and most of the dressing. Arrange the quartered eggs on top, then scatter over the seeds.
6. Drizzle with the remaining dressing, then scatter over a few basil leaves to serve.

AKURI (SPICED SCRAMBLED EGGS)

SERVES  Ten

ALLERGENS  Wheat, Milk, Egg, Gluten

INGREDIENTS

- 500g tomatoes
- 70ml pomace olive oil
- Maldon sea salt flakes, pinch
- 2 green chillies, very finely chopped
- Coriander, small handful, chopped
- 2 red onion, finely chopped
- 1½tsp. ground turmeric
- Chilli powder, pinch to taste
- 15 eggs, free-range
- 120ml vegetable oil
- 1tsp. lo salt
- 10 bloomer, thick slices
- 100g flora

METHOD

1. Heat the grill to high. Slice the tomato in half. Put one half on a baking tray, cut-side up, drizzle with the olive oil and sprinkle with the sea salt flakes. Cook under the grill for approx. 10 minutes until softened and browned on top.
2. Put the coriander sprigs and red onion in a bowl. Remove and discard the seeds from the other tomato half, finely chop the flesh and add it to the bowl. Add the turmeric and chilli powder. Set the bowl aside. Put the bread in your toaster at this stage so it will be ready.
3. Warm a medium frying pan over a high heat. Crack the eggs into a small container, but don't mix them at this stage.
4. Add the vegetable oil to the pan and swirl to ensure the base is coated. Add the fine sea salt to the onion mixture and toss well. When the oil is hot, tip the contents of the bowl into the pan and let the mixture sizzle for 40 seconds, stirring regularly so nothing burns.
5. Add the eggs and mix well to scramble. Count to five, then mix the eggs again. Count to five again, then mix again. Repeat this process, counting only to three each time, until the eggs are just cooked and still very soft.
6. Place the spread on the toast, put it on a warm plate and pile the eggs on top. Serve immediately, scattered with a few coriander leaves and with the grilled tomato on the side.

SWEET FRENCH BREAKFAST MUFFINS

SERVES  Ten

ALLERGENS  Wheat, Milk, Egg, Gluten

INGREDIENTS

- 190g plain flour
- 100g caster sugar
- 1½tsp. baking powder
- ¼tsp. ground nutmeg
- ¼tsp. lo salt
- 1 egg, lightly beaten
- 120ml milk, semi skimmed
- 75g butter, melted
- 4tbsp. caster sugar
- ½tsp. ground cinnamon
- 75g butter, melted

METHOD

1. Preheat oven to 180°C. Grease muffin tin, or line with muffin cases.
2. In a medium mixing bowl stir together flour, 100g sugar, baking powder, nutmeg and salt. Make a well in the centre of the mixture. Stir together egg, milk and 75g melted butter. Add egg mixture to flour mixture; stir until just moistened. Spoon mixture into prepared muffin tin.
3. Bake in preheated oven for approx. 20 minutes.
4. Combine 4 tablespoons sugar and cinnamon. When muffins are finished baking, dip tops of muffins in the other 75g melted butter, then in the cinnamon sugar mixture.
5. Serve warm.

AROMATIC, SPINACH & EGG CURRY

SERVES  Ten

ALLERGENS  Mustard, Egg

INGREDIENTS

For the sauce:

- 1tbsp. vegetable oil
- 2 red onions, roughly chopped
- 5 garlic cloves, roughly chopped
- 2tbsp. freshly grated ginger
- 1½tbsp. curry powder
- 3 red chillies, roughly chopped
- 800ml coconut milk
- 1 lemongrass stalk, bruised
- 1 cinnamon stick
- 250ml vegetable stock
- 2 limes

For the curry:

- 700g baby new potatoes, quartered
- 10 eggs, free-range
- Baby spinach, large handful
- 4 spring onion, finely sliced
- Coriander, large handful, chopped
- 3 red chilli, finely sliced
- 10ptns basmati rice, to serve

METHOD

1. Put the oil, onion, garlic, ginger, curry powder, chillies and 100ml coconut milk in a mini-chopper or blender, then whizz to a smooth paste.
2. Set a large pan (one with a lid) over a high heat. Add the curry paste and fry, stirring, for about 3 minutes until fragrant and the oil begins to separate from the rest of the paste.
3. Add the lemongrass, cinnamon stick and a generous pinch of salt and pepper, then continue cooking for 2 minutes. Reduce the heat, then pour over the remaining coconut milk and the vegetable stock. Stir to combine and bring to a simmer. Cover with the lid and simmer gently for 30 minutes, stirring occasionally. Stir in the lime juice season to taste.
4. Place the potatoes in a large pan filled with water, bring to the boil and simmer for 5 minutes. Add the eggs (in their shells) and simmer for 5 minutes (for a fudgy yolk) or cook to your preference.
5. Drain the potatoes and eggs. Add the potatoes straight to the curry sauce along with the spinach. Stir, then keep warm. Run cold water over the eggs until cool enough to handle, then shell, cut in half and add to the curry.
6. Sprinkle over the sliced spring onion, chopped coriander, sliced chilli and plenty of ground black pepper. Serve with the basmati rice.

JAPANESE STYLE OMELETTE - OKONOMIYAKI

SERVES  Ten

ALLERGENS 

Wheat, Sulphur Dioxide,
Soya, Molluscs, Egg,
Gluten, Celery

INGREDIENTS

- 20 eggs, medium, free-range
- 70ml dark soy sauce
- 35ml Worcestershire sauce
- 4 red chilli, deseeded and sliced
- 8 spring onions, thinly sliced
- 800g cauliflower, thinly sliced or grated
- ½ Chinese leaf, chopped
- 100g cornflour
- 2 limes, juiced
- ½ cucumber, halved, deseeded and thinly sliced
- Lo salt, pinch
- Ground black pepper, pinch
- 50ml vegetable oil
- 100ml oyster sauce mixed with 50ml water

METHOD

1. Roughly beat the eggs, soy and Worcestershire sauce with a fork, add most of the chilli and spring onions, the cauliflower, Chinese leaf and cornflour, season, then mix.
2. Mix the lime juice in a bowl with the cucumber, remaining chilli and spring onions and set aside.
3. Heat a small frying pan (about 15cm) over a medium-high heat, add a little oil, then pour in some of the omelette mixture and cook for approx. 3 minutes, until browned. Using a spatula, turn and cook for 3 more minutes to brown the other side. Cover with a pan lid that fits and cook for 1-2 minutes until the cauliflower is tender.
4. Repeat the process until you have ten cooked and golden omelettes.
5. Place in a serving dish or box. Top each with a little of the cucumber and spring onion salad and drizzle with oyster sauce to serve.

STRACCIATELLA SOUP

SERVES  Ten

ALLERGENS  Egg

INGREDIENTS



- 1½ltr vegetable stock
- 3 garlic clove, finely sliced
- Flat-leaf parsley, small handful, roughly chopped, keep a few stalks
- 10 eggs, free-range, beaten
- 2 lemons, zested and juiced
- 150g parmesan, grated, plus extra to serve
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Put the vegetable stock, garlic and a few parsley stalks in a saucepan and gently warm for 5 minutes. Turn up the heat and bring up to the boil.
2. Season the beaten eggs with black pepper and a pinch of salt, then pour into the soup and allow to set for 30 seconds. Stir the egg to create thin, pasta-like strands.
3. Take off the heat and add the lemon zest and juice, most of the parmesan and most of the parsley leaves. Season a little more, to taste, then serve scattered with extra parmesan and the remaining parsley leaves.

BEETROOT & RADISH SALAD WITH HARD-BOILED EGGS

SERVES  Ten

ALLERGENS 

Sulphur Dioxide, Soya, Mustard, Milk, Egg, Gluten, Celery

INGREDIENTS

- 900g new potatoes
- 6 eggs, free-range
- 300g radishes, quartered
- 120g gherkins, finely sliced
- 900g beetroot, cooked, roughly chopped
- 2 small cucumber, cut into ribbons with a veg peeler

For the dressing:

- 200ml mayonnaise, light
- Dill, few sprigs, finely chopped
- 2tbsp. white wine vinegar
- 1 garlic clove, crushed
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Cook the potatoes in a large saucepan of boiling water for approx. 15 minutes, until tender. Drain, cool slightly, then cut into halves.
2. Cook the eggs in their shells into a pan of simmering water and cook for 7 minutes. Remove them from the pan, then run under cold water for 2 minutes to stop the cooking. Set aside.
3. To make the dressing, mix all the ingredients, (setting aside a little of the dill) in a small bowl until well combined. Peel the eggs, then halve lengthways. Put the rest of the salad ingredients into a large bowl, stir in the dressing to coat, then top with the quartered eggs.
4. Scatter over the extra dill to serve.

PERSIAN TRAYBAKE OMELETTE

SERVES  Ten

ALLERGENS  Milk, Egg

INGREDIENTS

- 4 leeks
- 500g spinach, baby
- 10 spring onions
- 14 eggs, free range
- Parsley, small handful, chopped
- Coriander, small handful, chopped
- Mint, small handful, chopped
- 2tbsp. pumpkin seeds, chopped
- 2tbsp. sunflower seeds, chopped
- 80g raisins
- Lo salt, pinch
- Ground black pepper, pinch
- 50g stork

METHOD

1. Wash the vegetables, dry them and chop them very finely. Beat the eggs in a large bowl, add the chopped vegetables, herbs, and the chopped seeds and raisins. Season to taste and mix well.
2. Grease an ovenproof dish and pour in the egg mixture. Bake in a slow oven 160°C for approx. 45 minutes, covering the dish for the first 30 minutes. The vegetables should be tender and the eggs set, with a golden crust on top.
3. Alternatively, cook the kuku in a large frying pan like an omelette, and when the eggs have almost set, brown the kuku under a hot grill or turn out on a plate and slip back into the pan to colour the underside.
4. Cut into wedges to serve.

CLASSIC CUSTARD TART

SERVES  Ten

ALLERGENS  Wheat, Milk, Egg, Gluten

INGREDIENTS

For the sweet pastry:

- 80g unsalted butter 80g
- 50g caster sugar 50g
- Lo salt, pinch
- 1 egg, yolk, free range
- 160g plain flour, plus extra for dusting

For the custard:

- 7 egg yolks
- 50g caster sugar
- 450ml double cream
- 1 vanilla pod
- ½tsp. ground nutmeg

METHOD

1. To make the pastry, mix the butter and sugar with a pinch of salt in an electric mixer or in a large bowl with a hand-held blender, until smooth and creamy.
2. Add the egg yolk and continue to mix so it is well combined. Add the flour and mix briefly, then scoop the mixture into a clean bowl, add a tablespoon of cold water and, using your hands, bring the pastry together. Wrap in clingfilm and allow to rest for at least an hour or overnight in the fridge.
3. On a lightly floured surface, roll out the pastry until it is large enough to fit a 23cm loose-bottomed tart tin. When ready to make your tart, line your tin with the pastry, keeping any offcuts in case you need to plug any holes after blind baking.
4. Chill in the fridge for 20 minutes while you preheat the oven to 150°C.
5. Line the pastry case with baking parchment and fill with baking beans. Bake blind for 15 minutes. Remove the paper and beans and return to the oven for a further 15 minutes, until golden and sandy textured.
6. In a large bowl, whisk the yolks and sugar until the sugar has dissolved. Put the cream into a pan, slit the vanilla pod lengthways and scrape the seeds into the cream.
7. Heat the cream until it just starts to come to the boil, then pour it in a thin stream into the yolks, whisking as you do. Return the whole mixture to the pan and heat very gently, stirring continuously, until it thickens slightly.
8. Strain the custard into a jug. If there are any lumps in the custard, give it a whizz with a handheld blender until it is completely smooth.
9. Pour the custard into the baked tart shell and return to the oven for 35-40 minutes or until the filling feels firm but still a little wobbly to the touch. Grate the nutmeg all over the surface and allow to cool completely. Once cooled, cut and serve.

APRICOT & LEMON CURD CRUMBLE CAKE

SERVES  Ten

ALLERGENS  Wheat, Sulphur Dioxide, Milk, Egg, Gluten

INGREDIENTS

- 250g lemon curd

For the cake:

- 125g stork
- 125g caster sugar
- 75g self-raising flour
- 75g polenta
- 3 eggs, free range

- 75g dried apricots, chopped
- icing sugar, for dusting

For the crumble:

- 80g stork
- 110g plain flour
- 3tbsp. demerara sugar
- 2tbsp. icing sugar

METHOD

1. In a food mixer, cream the stork and caster sugar together until light and fluffy. Stir together the flour and polenta. Break the eggs into a bowl and beat with a fork or small whisk. Chop the apricots finely using a food processor.
2. While the stork and sugar are creaming together, make the crumble. Rub the 80g of stork into the flour, then stir in the demerara sugar and set aside. Set the oven at 180°C. Line the cake tin.
3. Add the beaten egg, a little at a time, to the creamed stork and caster sugar. If the mixture starts to curdle, then add a few tablespoons of the flour to bring it together. Mix in the flour and chopped apricots.
4. Transfer the batter to the prepared loaf tin and smooth the surface. Spoon in 250g of the lemon curd and smooth the surface. Trickle a teaspoon or two of cold water over the crumble mix and shake the dish so the crumbs form a mixture of fine and coarse lumps. It makes for a more interestingly textured crumble. Tip the crumble over the lemon curd then bake for approx. 50 minutes, until lightly firm.
5. Remove the cake from the oven and set aside to rest until almost cool.
6. Release the cake from the tin, peel away the parchment, dust the cake with icing sugar and serve.

CARAMEL FLAN

SERVES  Ten

ALLERGENS  Milk, Egg

INGREDIENTS

- 400g caster sugar
- 1.2ltr milk, semi skimmed
- 2 lemons, zest and juice of 1 lemon
- 2 orange, zest
- 6 eggs, free-range
- 6 egg, yolks, free-range

METHOD

1. Preheat the oven to 170°C. Place 350g of the caster sugar in a pan, gently heat, stirring occasionally until the sugar dissolves. Carefully add the lemon juice and stir until the bubbling stops. Pour over the base of a suitable heatproof dish, swirl to spread the caramel over the base and sides. Set aside. Add the milk to the caramel pan with the lemon and orange zest. Slowly bring to the boil. Leave to cool, then strain and discard zest.
2. Beat the eggs and remaining sugar together, beat in the milk. Pour the egg mixture over the caramel lined dish. Place in a roasting tin; pour boiling water from the kettle to come halfway up the outside of the dish. Bake for approx. 35 minutes, until just set but still a little wobbly in the centre. Set aside to cool.
3. Chill for at least 4 hours. To serve invert the pudding onto a board and cut into wedges.

STRAWBERRY PAVLOVA

SERVES  Ten

ALLERGENS  Sulphur Dioxide, Milk, Egg

INGREDIENTS

For the meringue:

- 4 egg whites
- 250g caster sugar
- 1tsp. white wine vinegar
- 1tsp. cornflour
- 1tsp. vanilla extract

For the topping:

- 300g strawberries, hulled and halved
- 150g raspberries
- 3tbsp. icing sugar
- 250ml double cream, kerrymaid

METHOD

1. Heat oven to 130°C and line a baking sheet with greaseproof paper.
2. Whisk the egg whites with a hand mixer until they form stiff peaks, then whisk in the caster sugar, 1 tbsp. at a time, until the meringue looks glossy.
3. Whisk in the white wine vinegar, cornflour and vanilla extract.
4. Spread the meringue to desired shape on the lined baking tray, creating a crater by making the sides a little higher than the middle.
5. Bake for 1 hr, then turn off the heat and let the Pavlova cool completely inside the oven.
6. When the meringue is cool, chop 100g of the strawberries. Mix them with 100g of the raspberries and 2tbsp icing sugar.
7. Place in a food processor, blitz until smooth, then push the fruit mixture through a sieve.
8. Whip the double cream with the remaining icing sugar and spread it over the meringue. Put the remaining strawberries and raspberries on the cream and finally pour the sauce over the whole lot to serve.

POTATO SALAD WITH EGGS

SERVES  Ten

ALLERGENS 

Sulphur Dioxide, Soya, Mustard, Milk, Egg, Gluten, Celery

INGREDIENTS

- 1kg new potatoes
- 3 eggs, free-range
- 300g mayonnaise, light
- 150g onions
- 1 spring onions, shredded
- 1 green pepper
- ½ celery, head
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Bring a large pot of water to a boil. Add potatoes, and cook for 15 to 20 minutes, or until tender but still firm. Drain, cool and cut into cubes.
2. Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.
3. In a large bowl, combine chopped potatoes and eggs. Mix together mayonnaise, chopped onion, spring onion, green pepper, and celery.
4. Season with salt and pepper, then mix well. Cover, and refrigerate for several hours or overnight.

SPICY TEA EGGS

SERVES



Twelve

ALLERGENS



Wheat, Soya,
Egg, Gluten

INGREDIENTS



- 12 eggs, free range
- 5g io salt
- 750ml tap water
- 25ml soy sauce, dark
- 25ml soy sauce, light
- 2g star anise
- 4 tea bags, earl grey
- 1 orange, zest, large strips
- 1 cinnamon stick

METHOD



1. In a large saucepan, combine 750ml water, soy sauce, black soy sauce, salt, tea leaves, star anise, cinnamon stick and orange zest. Bring to the boil, then reduce heat, cover and simmer for 3 hours. Remove from heat.
2. In a large saucepan, combine eggs and 1 teaspoon salt; cover with cold water. Bring to the boil, reduce heat, and simmer for 20 minutes. Remove from heat, drain and cool. When cool, tap eggs with the back of a spoon to crack shells (do not remove shells).
3. Add the eggs into the tea liquor and allow to cool. Once cooled place the eggs in the liquor in the fridge and let steep for at least 8 hours.

FRENCH TOAST

SERVES  Ten

ALLERGENS  Wheat, Milk, Egg, Gluten

INGREDIENTS

- 6 eggs, free range
- 400ml milk, semi skimmed
- 200ml double cream
- 3tsp. vanilla extract
- 2tsp. ground cinnamon
- 10 white bloomer, thick slices
- 100ml vegetable oil
- 100g stork
- Icing sugar, to serve

METHOD

1. Whisk together the eggs, milk, cream, vanilla and cinnamon. Lay the bread slices in a single layer in a shallow dish and pour the egg mixture over them. Allow to soak for 2-3 minutes, then carefully turn over and soak for 2 mins more.
2. Heat a little of the vegetable oil and stork in a non-stick frying pan over a medium heat until foaming. Carefully lift 2 slices of the soaked bread out of the dish and add to the frying pan. Fry for approx. 3 minutes on each side, until golden and crisp, then place on a wire rack over a baking tray in a warm oven while you repeat with the remaining slices.
3. Serve dusted in icing sugar and enjoy.