

# Colourfuel

Vibrant food for bright ideas **#EatTheRainbow**

Look out for **limited edition** recipes from this month's colourfuel green ingredients.



# GREEN

## June

**RECIPE BOOKLET**



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*Vibrant food for bright ideas #EatTheRainbow*

Green fruits and vegetables contain iron and folate. These are needed so we can make red blood cells. These cells are vital for transporting oxygen around our body to make our muscles move, our brain think and our heart beat.

Without folate and iron, you may not have enough red blood cells to be able to complete these functions. Therefore it is important to eat your green vegetables to make sure you are looking after your red blood cells so they can look after you. Green fruits and vegetables include asparagus, broccoli, kale, brussels sprouts, spinach, peas, avocado and green kiwis.

### HUNGRY FOR MORE?

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# GREEN

## June

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### SPRING GREENS SPANAKOPITA

**SERVES**



Ten

**ALLERGENS**



Wheat, Milk, Eggs, Gluten

### INGREDIENTS



- 480g spring greens, washed, stalks cut out and sliced thinly
- 2tbsp. Olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 3 eggs, free range, beaten
- 55g cheddar, grated
- 80g feta cheese, crumbled
- 250g ricotta
- Dill, few sprigs, finely chopped
- 1 lemon, zested
- 50g baking margarine, melted
- 250g filo pastry
- Ground black pepper, pinch

### METHOD



1. Preheat the oven to 180°C.
2. Steam or boil the greens until tender. Drain, refresh and drain again. Place in a colander and squeeze out any excess water.
3. Heat the oil in a pan over a medium heat and add the onion and fry, stirring occasionally, until soft. Add the garlic and cook lightly for 30 seconds, until fragrant. Tip into a bowl and add the greens, eggs, cheeses, dill, lemon zest, black pepper and mix well.
4. Lightly brush with baking margarine, then add a sheet of filo, arranging so that some of the square hang over the edge of the tin. Brush with baking margarine. Repeat with another 5 layers, each time brushing with baking margarine and overlapping and angling the pastry, so it forms a rough case. Spoon the greens mixture into the pastry case.
5. Gently scrunch one of the remaining filo sheets and place it over the filling. Repeat with the remaining sheets, covering the sides first and finishing with the middle. Brush the remaining baking margarine over the top.
6. Bake for approx. 40 mins until firm and golden.
7. Leave to cool for a few mins, then remove from the tin.
8. Can be served hot or chilled in wedges.



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### VEGAN AVOCADO CHOCOLATE CAKE

**SERVES**



Ten

**ALLERGENS**



Sulphur Dioxide, Soya,  
Sesame

### INGREDIENTS



- 150g avocado
- 300g light muscovado sugar
- 350g gluten-free plain flour
- 50g cocoa powder
- 1tsp. Bicarbonate of soda
- 2tsp. Gluten-free baking powder
- 400ml unsweetened soya milk
- 150ml vegetable oil
- 2 tsp vanilla extract
- ½tsp. Lo salt

#### FOR THE FROSTING

- 85g avocado
- 85g dairy-free sunflower spread, and a little for greasing
- 200g dairy free chocolate
- 25g cocoa
- 125ml soya milk
- 200g icing sugar
- 1tsp. Vanilla extract

### METHOD



1. Preheat oven to 160°C.
2. Grease two 20cm sandwich tins with a little dairy-free sunflower spread, then line the bases with baking parchment.
3. Put the avocado and muscovado sugar in a food processor and whizz until smooth.
4. Add gluten-free plain flour, cocoa powder, bicarbonate of soda, gluten-free baking powder, soya milk, vegetable oil and 1tsp vanilla extract to the bowl with the salt and process again to a velvety, liquid batter.
5. Divide between the tins and bake for approx. 25 mins, until fully risen and a skewer inserted into the middle of the cakes comes out clean.
6. Cool in the tins for 5 mins, then turn the cakes onto a rack to cool completely.
7. Preparing the frosting. Beat together 85g ripe avocado flesh and dairy-free sunflower spread with electric beaters until creamy and smooth. Pass through a sieve and set aside.
8. Melt 200g dairy-free chocolate, either over a bowl of water or in the microwave, then let it cool for a few mins. Sift 25g cocoa powder into a large bowl. Bring 125ml unsweetened soya milk to a simmer, then gradually beat into the cocoa until smooth.
9. Cool for a few minutes. Add in the avocado mix, 200g sifted icing sugar, melted chocolate and 1 tsp vanilla to make a shiny, thick frosting. Use this to sandwich and top the cake.

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### CHOCOLATE COURGETTE BREAD

**SERVES**



Ten

**ALLERGENS**



Wheat, Soya, Milk, Eggs,  
Gluten

### INGREDIENTS



- 500g courgette
- 340g plain flour
- 170g cocoa powder
- 1tsp. Baking powder
- ¼tsp. Lo salt
- 255g dark chocolate chips
- 2 eggs, free range
- 85ml vegetable oil
- 85g greek yogurt
- 170g caster sugar
- 1tsp. Vanilla extract

### METHOD



1. Preheat the oven 150°C and line a loaf tin.
2. Grate the courgette and lightly squeeze to get rid of the extra moisture.
3. Mix flour, cocoa powder, baking soda, baking powder, salt, and chocolate chips in a large mixing bowl.
4. In a separate small bowl whisk together eggs, oil, yoghurt, sugar, and vanilla until smooth.
5. Mix the egg/sugar mixture into the dry ingredients, stirring until fully incorporated, and there are few lumps.
6. Use a spatula to fold in the courgette, pushing the dough around to make sure it is evenly spread throughout. Pour the batter into the prepared loaf tin.
7. Bake for 40-50 minutes, until an inserted skewer comes out clean.
8. Remove from oven and let cool on a wire rack.
9. Slice and serve.

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### WELSH LEEK SALAD

**SERVES**



Ten

**ALLERGENS**



None

### INGREDIENTS



- 200g leeks, sliced across, then thoroughly washed and rinsed
- 600g tinned butter beans, drained and washed
- 2 garlic, bulbs
- 1 cauliflower, cut into florets
- Parsley, large handful, finely chopped
- 50g capers

#### FOR THE DRESSING

- 300ml olive oil
- 1 lemon, juiced
- 2tsp. Garlic puree
- Lo salt, pinch
- Ground black pepper, pinch

### METHOD



1. Whisk all the dressing ingredients together well, adding salt and pepper to taste.
2. Dress the cauliflower and butter beans liberally. Toss and then leave to marinade overnight.
3. Cook the leek in a pan with the olive oil and set aside to cool. Once cold add to the marinated cauliflower and butter beans.
4. To serve add the chopped parsley, capers and season.



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### CELERY SOUP

**SERVES**



Ten

**ALLERGENS**



Milk, Celery

### INGREDIENTS



- 40ml olive oil
- 600g celery, sliced
- 2 garlic clove, peeled
- 400g potatoes, peeled and diced
- 1ltr vegetable stock
- 100ml milk, semi skimmed
- Lo salt, pinch
- Ground black pepper, pinch
- Chives, small handful chopped

### METHOD



1. Heat the oil in a large saucepan over a medium heat, tip in the celery, garlic and potatoes and coat in the oil. Add a splash of water and pinch of salt and cook, stirring regularly for 15 minutes, adding a little more water if the veg begins to stick.
2. Pour in the vegetable stock and bring to the boil, then turn the heat down and simmer for approx. 20 mins, until the potatoes are falling apart and the celery is soft.
3. Use a stick blender to purée the soup, then pour in the milk and blitz again.
4. Season to taste and add chopped chives to serve.

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### BRAMLEY APPLE CREAMS

**SERVES**



Ten

**ALLERGENS**



Wheat, Milk, Gluten

### INGREDIENTS



#### FOR THE PASTRY

- 170g plain flour
- 1tbsp. Milk
- 115g butter
- 1½tsp. Caster sugar

#### FOR THE FILLING

- 450g bramley apples
- 190ml. Whipping cream
- 115g caster sugar

### METHOD



1. Preheat oven to 150°C.
2. Make the pastry by the rubbing in method. Do not add any extra liquid. If the mixture appears dry press it together firmly with the fingers.
3. Knead pastry together firmly and put into the refrigerator for 30 minutes.
4. Roll the pastry out on a lightly floured board.
5. Cut with a fluted pastry cutter to suit the size of your muffin tin and grease them.
6. Prick with a fine skewer and bake in a moderate oven until a light biscuit colour, approx. 25 minutes.
7. Cool slightly and remove onto a cooling tray.
8. Fill each case with a spoonful of stewed apple and top with whipped cream



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### APPLE & WENSLEYDALE CHEESE CAKE

**SERVES**



Ten

**ALLERGENS**



Wheat, Sulphur Dioxide,  
Soya, Sesame, Milk, Lupin,  
Eggs, Gluten

### INGREDIENTS



- 250g baking margarine
- 250g muscovado sugar
- 250g self-raising flour
- 1tsp. Cinnamon
- 1tsp. Nutmeg
- 5 eggs, free range
- 2 apples, grated
- 100g Wensleydale cheese, crumbled
- 25g baking margarine
- 25g self-raising flour
- 2tbsp. Demerara sugar
- 2tsp. Cinnamon

### METHOD



1. Grease and line a loose bottomed baking tin and pre heat the oven to 160°C.
2. Cream the baking margarine and sugar together for approx. 5 minutes, until pale and soft.
3. Add all of the eggs and a spoonful of the flour and beat well for a few minutes until light and airy. Fold in the remaining flour and spices, then carefully fold in the grated apple and cheese and pour into the prepared cake tin.
4. In a clean bowl, rub the flour and baking margarine together to breadcrumbs. Stir in the cinnamon and sugar and sprinkle over the top of the cake batter.
5. Place in the oven and cook for approx. 75 minutes until cooked through. If it looks like it might be going too brown, cover with foil.
6. Once cooked, remove and set aside to allow to cool in the tin.
7. Once cooled, remove and cut into wedges to serve.

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### KENTISH APPLE CHUTNEY

**SERVES**



3kg

**ALLERGENS**



Barley, Gluten

### INGREDIENTS



- 3kg tomatoes, peeled and finely chopped
- 600g apples, peeled and finely chopped
- 300g white onion, peeled and finely chopped
- 200g shallots, peeled and finely chopped
- 6 garlic cloves, peeled
- 350g dates, finely chopped
- 350g raisins
- 1kg soft dark brown sugar
- 700ml malt vinegar

### METHOD



1. Prepare all the ingredients, peeling and chopping all fruit and veg, and place into a large, wide heavy-based stainless steel pan.
2. Bring to boil then simmer gently, uncovered, for approx. 1hr, until reduced to a chutney-like consistency.
3. Sterilise some sealable, oven-proof jars by washing them in very hot, soapy water and popping them into an oven for a few minutes to dry.
4. When the chutney is dark and reduced, let it cool a little then place in the jars. Once opened keep in the fridge and use within three days.

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### BUBBLE AND SQUEAK WITH POACHED EGGS

**SERVES**



Ten

**ALLERGENS**



Eggs

### INGREDIENTS



- 1.2kg potatoes, peeled weight, cut into chunks
- 60g baking margarine
- 600g savoy cabbage, shredded
- 2tbsp. Olive oil
- 1 spring onions, bunch, trimmed and chopped
- 10 eggs, free range
- 2tsp smoked paprika
- Lo salt, pinch
- Ground black pepper, pinch

### METHOD



1. Boil the potato chunks in just enough water to cover them until tender. Drain well, keeping the cooking water. Put them back in the pan, dry over the heat, add seasoning and half the baking margarine then roughly crush. Spoon into a large bowl.
2. Bring the cooking water to the boil again, add the cabbage and cook for 2 minutes. Drain well and add the cabbage to the mash. Season well.
3. Heat the rest of the baking margarine with the oil in a frying pan, add the spring onions, fry for a minute then add the mash mix, smoothing it out, and cook until it starts to brown on the bottom. Turn it over in chunks and cook for a few minutes more until golden and squeaking.
4. While that cooks, and if you want to add the egg, poach them for 2-3 minutes. Spoon the bubble and squeak on to plates and top with a poached egg.
5. Sprinkle with seasoning and paprika.



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### SOMERSET APPLE AND CHEDDAR SALAD

**SERVES**



Ten

**ALLERGENS**



Milk, Celery

### INGREDIENTS



- 50g pumpkin seeds
- 100ml olive oil
- 90ml honey
- 30ml cider vinegar
- 500g spinach leaves
- 4 green apples
- 4 celery, sticks
- 2 avocado
- 200g cheddar
- Ground black pepper, pinch
- Lo salt, pinch

### METHOD



1. Sprinkle the spinach leaves onto a large serving plate. Slice the apples, celery and avocado and add to the spinach.
2. Crumble the Cheddar over the salad.
3. Mix together the oil, cider vinegar and honey and season.
4. Pour it all over the salad and eat straight away.

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### PEAR, APPLE, BROCCOLI & COURGETTE JUICE

**SERVES**



Ten

**ALLERGENS**



None

### INGREDIENTS



- 3 pears, peeled and cored
- 4 apples, peeled and cored
- 2 broccoli, heads, cut into florets
- 1 courgette
- 2 spinach, large handfuls
- 500ml apple juice

### METHOD



1. Put all the ingredients in a juicer and blitz until all the juice is extracted.
2. Divide the juice between ten cups or plastic bottles and serve.

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### BROCCOLI FRITTERS

**SERVES**



Ten

**ALLERGENS**



Milk, Eggs

### INGREDIENTS



- 600g broccoli, stalks and head,
- Chives, few springs, chopped
- 4 spring onions, finely sliced
- 1 onion, finely diced
- 4 garlic cloves, crushed
- 2 lemon zest, juice
- 2 eggs, free range
- 250g gram flour
- 120g mozzarella, grated
- 150ml vegetable oil
- Coriander, large handful, chopped
- Lo salt, pinch
- Ground black pepper, pinch

### METHOD



1. Grate the whole broccoli through a robot coupe, if you have one or through a hand held grater if not.
2. Beat the egg in a large bowl, add the grated broccoli and all the other ingredients for the fritters.
3. Combine with a spoon and then shape the mix into a small patty to test and fry in a little oil for a few minutes on each side - try this one for flavour, then adjust the seasoning if you need to.
4. Once you're happy with your mix make into lots of patties and start frying them, giving them space from each other so they can fry rather than steam - depending on the size, they should cook for approx. 4 minutes on each side on a medium heat.
5. These can be cooked fully in the fryer, or pan fry and then arrange on a line baking tray and finished in the oven for approx. 15 minutes at 180°C.
6. Remove from the oven set aside to cool a little and serve.



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### SAVOURY BROCCOLI FOREST CAKE

**SERVES**



Ten

**ALLERGENS**



Wheat, Mustard , Milk,  
Eggs, Gluten

### INGREDIENTS



- 500g baking margarine, plus extra for greasing
- 800g broccoli, cut into florets
- 100g caster sugar
- 7 eggs, free range
- 550g plain flour, sifted
- 1½tsp. Baking powder
- 1tsp. Ground turmeric
- Cayenne pepper, pinch
- 1tsp. Curry powder
- ½tsp. Lo salt
- 2tbsp. Cocoa powder
- 125g feta

### METHOD



1. Preheat the oven to 180°C. Grease a 10" loaf tin and line its base and sides with parchment paper.
2. Blanch the broccoli in boiling water for about 3 minutes, then drain well and set aside.
3. Beat the baking margarine until it is very light and creamy, then beat in the sugar. Add the eggs, one at a time, beating well after each addition. Mix together the baking powder, turmeric, cayenne, curry powder and salt, and fold into the mixture with the flour. Mix well and add in the feta. Take 1/5 of the mixture and fold through the 2 tablespoons of cocoa. Spoon into the lined prepared tin first and then spoon in the yellow batter.
4. Push the broccoli into the mixture be quite generous so that each slice will have a good number of florets and tree shapes when you cut each slice. It is easier to use bigger florets to get bigger trees.
5. Bake for approx. 45 minutes, until a skewer inserted in the centre comes out clean.

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### CHEESE & BROCCOLI COUSCOUS PANCAKES

**SERVES**



Ten

**ALLERGENS**



Wheat, Soya, Milk, Eggs,  
Gluten

### INGREDIENTS



- 100g couscous, uncooked
- 300g broccoli
- 160g feta, crumbles
- 2 garlic cloves, finely-chopped
- Mint, small handful, chopped
- Parsley, small handful, chopped
- Chilli flakes, dried, pinch
- 6 eggs, whisked
- 4tbsp. Plain yoghurt
- 75ml vegetable oil
- Lo salt, pinch
- Ground black pepper, pinch

### METHOD



1. Cook the broccoli in boiling salted water, just until bright green. Drain and leave to cool. Once cooled finely chop with a sharp knife.
2. Place the couscous into a bowl and cover with 120ml of boiling water, which should just cover the couscous. Cover with cling film for approx. 5 minutes until completely absorbed. Once cooked, run a fork through the couscous to fluff it up.
3. Add the chopped broccoli, feta, garlic, mint, parsley, chilli, eggs, salt and pepper to the couscous and mix thoroughly.
4. Heat a non-stick frying pan on a medium heat with the oil and spoon 2tbsp of the mix into the pan.
5. Fry until golden brown on both sides.
6. Serve with a sprinkle of feta and a dollop of yoghurt.

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### CARAMELISED LEEK AND GARLIC JAM

**SERVES**



Ten

**ALLERGENS**



Sulphur Dioxide

### INGREDIENTS



- 4 garlic, bulbs
- 350g leeks
- 400g onions, finely chopped
- 800g caster sugar
- 50ml vegetable oil
- 180ml white wine vinegar
- 120ml lemon juice
- 50ml balsamic vinegar
- 1tsp. Ground ginger
- Lo salt, pinch
- Ground black pepper, pinch

### METHOD



1. Roast the garlic by drizzling them with oil and roasting at 220°C for 35 minutes. Allow to cool.
2. Heat the oil in a large pan, add the leeks and onions and fry gently until soft and golden. Squeeze the garlic bulbs so the flesh comes out as a paste and stir it into the pan with the leeks and onions.
3. Add the vinegars, lemon juice, ginger, salt and pepper and bring to the boil.
4. Add the sugar, and bring back to the boil then turn the heat down and allow it to simmer for 15 minutes, stirring regularly.
5. Remove from the pan into a separate container to cool.
6. Serve on the Flavour zone.



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