



**FOOD**  
THEME DAYS

**JUNE  
LGBTQ+  
MONTH**

**Recipe Booklet**

We're celebrating Pride Month in the kitchen!

**Accent**

# JUNE

## LGBTQ+ MONTH



### RAINBOW BHAJIS WITH CORIANDER CREAM

**SERVES**  Ten

**ALLERGENS**  Sulphur Dioxide, Soya, Milk, Gluten

### INGREDIENTS

- 280g carrots, grated
  - 3tsp nigella seeds
  - 200g parsnips, peeled into shavings
  - 60g desiccated coconut, toasted
  - Coriander, large handful, stalks, chopped
  - 280g raw beetroot, half grated, half cut into julienne
  - 25g ginger, peeled and grated
  - 350ml vegetable oil, for frying
  - 1 lemon, wedges
  - 1 lime wedges to serve
- For the batter:
- 100g madras curry powder
  - 500g gram flour
  - 14g baking powder
  - 14g cumin seeds
  - 14g ground cumin
  - 14g ground coriander
  - 14g garam masala
  - ½tsp chilli powder
  - 4 onions
- For the coriander cream:
- 700ml natural yoghurt
  - Coriander, large handful, leaves, chopped
  - 2 limes, zest and juice

### METHOD

1. Mix the flour, baking powder and spices in a mixing bowl, make a well in the centre, then pour in 500ml tap water and gradually stir together to a smooth batter. Stir in the onions, then divide between 3 bowls.
2. Stir the carrot and nigella seeds into one batch of batter, the parsnip, coconut and chopped coriander stalks into another, and the beetroot and ginger into the third.
3. Make the coriander cream by whizzing half the yogurt with the coriander leaves and lime juice until well blitzed and green. Stir through the lime zest and remaining yogurt, then keep cold until serving.
4. Heat the oil in a deep pan or a non-stick wok to 180C or until a piece of bread browns in 20 secs. Starting with the parsnip and ending with the beetroot, add spoonful's of the mixture to the oil, a few at a time, and cook for a few mins, turning occasionally until evenly browned and crispy – about 4 mins. Lift out onto kitchen paper with a slotted spoon, sprinkle with a little salt and keep warm in a low oven while you cook the rest.
5. Serve the hot bhajis with the coriander cream, and lemon and lime wedges for squeezing over.

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### RAINBOW FRUIT SKEWERS

**SERVES**  Ten **ALLERGENS**  None

### INGREDIENTS

- 10 raspberries
- 10 hulled strawberries
- 10 satsuma segments
- ½ pineapple, cut into chunks
- 1 peeled kiwi fruit chunks
- 10 green grapes
- 10 red grapes
- 20 blueberries

### METHOD

1. Take 10 wooden skewers and thread the following fruit onto each – 1 raspberry, 1 hulled strawberry, 1 satsuma segment, 1 chunk of peeled pineapple, 1 chunk of peeled kiwi, 1 green and 1 red grape, and finish off with 2 blueberries.
2. Arrange in a rainbow shape and let everyone help themselves.

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### RAINBOW RIPPLED BIG MERINGUES

**SERVES**  Ten

**ALLERGENS**  Egg, Sulphur Dioxide

### INGREDIENTS

- 4 eggs, medium
- 225g caster sugar
- 10ml vanilla essence
- 20ml green food colouring
- 5g pumpkin seeds, blitzed
- 20ml red food colouring
- 1 orange, zested
- 20ml yellow food colouring
- 1 lemon, zested
- 10 raspberries
- 10ml red wine vinegar
- 10g cornflour

### METHOD

1. Heat oven to 120°C and line 2 large baking sheets with baking parchment. First, set up your piping bags. You will need 3 disposable piping bags for the 3 flavours. Using a wet paintbrush, paint lines of undiluted food colouring along the inside of the piping bags. Be quite generous, because you want bold colours. Wash the brush well between each colour so they don't mix. Snip off the end of 1 bag and drop in an extra-large round piping nozzle, then put the bags to one side.
2. Tip the egg whites into a large mixing bowl or table-top mixer – make sure it's grease-free before you start. Whisk the eggs with an electric hand whisk or in your mixer, until they hold soft peaks. Begin adding the sugar 1 tbsp. at a time, whisking continuously, until you have a thick and glossy meringue, which will hold up in a stiff peak on the end of the whisk. Divide the meringue into 3 bowls and swirl through your chosen flavourings. You want to achieve a marbled effect rather than thoroughly mixing it all in.
3. Put the piping bag fitted with your nozzle into a tall glass or jug and roll the piping bag down over the lip of the jug to hold it in place. Fill the bag with the correct flavoured meringue to match the colour in the bag. Lift up and twist the end to seal.
4. Hold the piping bag about 2cm vertically above the baking tray. Apply an even pressure to the bag, slowly lifting the bag as you squeeze, to make a smooth round meringue, approximately 6cm wide. To finish with a nice peak at the top, push down a little on the mixture then quickly pull the nozzle away.
5. Continue until all the mixture in the bag is used up, leaving enough room for the meringues to spread a little. Quickly remove the nozzle, wash it and dry well, then drop in the next piping bag. Continue with the remaining mixtures until they are all used up and you have 2 trays covered with 3 colours of meringues.
6. Bake for 1 hr, turning the heat down to 100°C for the final 30 mins. Remove from the oven and cool on wire racks while you make another batch of meringues with the remaining 3 flavours, if you like.

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### CHORIZO CROQUETAS WITH GARLIC MAYONNAISE

**SERVES**  Ten

**ALLERGENS**  Gluten, Soya, Milk, Egg

### INGREDIENTS

- 50g baking margarine
  - ½ medium onion, finely chopped
  - 70g plain flour
  - 435ml milk, semi skimmed
  - 135g chorizo, cut into small chunks
  - 50g grated parmesan
  - Flat parsley, small handful, chopped
  - 3 eggs, lightly beaten
  - 150g panko breadcrumbs
  - Vegetable oil, for frying
- For the mayonnaise:
- 4 garlic cloves, crushed
  - 350ml light mayonnaise
  - 1 lemon, zest and juice

### METHOD

1. Heat the margarine in a pan over a medium-low heat, and fry the onion for 8 mins until softened but not coloured. Stir in the flour until it's incorporated into the margarine and onions. Reduce the heat to low and cook for 4 mins, stirring – don't let it brown. Warm the milk in a medium pan over a low heat until steaming.
2. Remove the onion mixture from the heat and add the milk, a little at a time, stirring after each addition until smooth. When all the milk has been added, return the pan to medium-low heat and bring to the boil, stirring constantly. Reduce the heat to low and cook for 6 mins, stirring often to prevent it from catching. Set aside.
3. Cook the chorizo in a frying pan over a medium heat for 3 minutes. Stir the fried chorizo into the sauce along with the cheese, parsley and seasoning. Pour the sauce into a dish and leave to cool completely, then cover and chill for at least 3 hrs, or overnight.
4. Place the mayonnaise and crushed garlic into a bowl and mix well. Squeeze in some lemon juice and season, tasting as you go to ensure the flavour is balanced. Cover and chill until ready to serve.
5. Using wet hands, roll the chilled chorizo mixture into walnut-sized balls. Put the egg in a shallow bowl and the breadcrumbs on a shallow plate. Roll the croquetas in the egg, then crumbs, making sure each is well coated. Put the croquetas on a baking tray, then cover loosely and chill for a few hours to firm up, so they don't break up when you fry them.
6. Pour the oil into a pan until it is no more than a third full, and heat to 180°C, or until a cube of bread dropped in turns golden within 30 seconds. Deep-fry the croquetas in batches for 2-3 mins per batch, they should be golden. Use a slotted spoon to transfer the croquetas to a plate lined with kitchen paper, leave to drain for a few minutes, then serve with the mayonnaise.

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### RAINBOW SLAW

**SERVES**



Ten

**ALLERGENS**



Sulphur Dioxide

### INGREDIENTS



- ¼ red cabbage
- ¼ white cabbage
- 250g red onions
- 1 radish, packet
- 1 red pepper
- 75ml pomace olive oil
- Lo salt, pinch
- Cracked black pepper, pinch
- 1 lime
- 500g beetroot, raw
- 50g poppy seeds
- 50g dark soft brown sugar
- 50ml red wine vinegar

### METHOD



1. Shred the cabbages & onions.
2. Cut the peppers & peeled beetroot into julienne strips, sliced the radish into thin slices & mix with the cabbage mix.
3. Make a dressing with the olive oil, mustard, brown sugar & zest & juice of lime.
4. Place the dressing over the vegetables & toss through, season to taste.

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### VEGAN RAINBOW TABBOULEH

**SERVES**  Ten **ALLERGENS**  Gluten

### INGREDIENTS

- 400g bulgar wheat
- 500ml tap water
- 20g vegetable bouillon
- 75g cherry tomatoes
- 2 lemons
- ½ spring onions, bunch
- 1 radish, pkt
- 2 avocado
- ½ pomegranate
- Flat parsley, handful, chopped
- 40ml pomace olive oil
- Lo salt, pinch
- Ground black pepper, pinch

### METHOD

1. Preheat the oven to 180°C. Mix the bulgur wheat, boiling water, vegetable bouillon, tomatoes, lemon zest in a roasting tin, then transfer to the oven and cook, uncovered, for 20 minutes.
2. Take the bulgur wheat out of the oven, give it a stir and leave it to steam dry for 5 minutes before stirring through the lemon juice, coriander, parsley, olive oil, salt and black pepper.
3. Taste and adjust the seasoning as needed then stir in the spring onions and radishes. Top with the avocado and pomegranate seeds and serve warm or chill and serve from the salad bar.

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### RAINBOW PRIDE CHEESECAKE

**SERVES**  Ten

**ALLERGENS**  Gluten, Milk, Egg

### INGREDIENTS

- 300g caster sugar
  - 120g baking margarine
  - 300g digestive biscuits
  - 4 eggs
  - 900g low fat soft cheese
  - 2 lemons
  - 300g digestive biscuits
- For the gel food colouring:
- 3ml red food colouring gel
  - 3ml orange food colouring gel
  - 3ml yellow food colouring gel
  - 3ml green food colouring gel
  - 3ml blue food colouring gel
  - 3ml purple food colouring gel

### METHOD

1. Preheat the oven to 170°C. Grease and line two 9-inch/23cm sandwich tins.
2. In a food processor, blend the sugar and digestive biscuits until you have the texture of bread crumbs.
3. Add the melted margarine and mix.
4. Pour into the lined baking tins and gently pat down with a spoon.
5. Bake in the oven for 12 minutes until golden.
6. When done set aside to cool and turn the oven down to 140°C.
7. Add the cream cheese, eggs, sugar, lemon zest and juice to the food processor and mix until well combined. It should have a smooth consistency.
8. Split into 6 different bowls and colour each of them with each of the gels.
9. Spoon in the red filling and carefully spread it out in an even layer, then repeat with the orange, yellow, green, blue and finally, purple.
10. Carefully place in the oven and bake for approx. 35 minutes, until the centre only slightly jiggles.
11. Remove from the oven and set aside to cool completely before refrigerating for at least 3 hours.
12. Dust with Icing sugar and cut into wedges to serve.



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### RAINBOW CUPCAKES

**SERVES**  Ten

**ALLERGENS**  Gluten, Milk, Egg

### INGREDIENTS

- 110g baking margarine
  - ½tsp. vanilla essence
  - 110g caster sugar
  - 2 large eggs
  - 110g self-raising flour
  - 3ml red food colouring gel
  - 3ml blue food colouring gel
  - 3ml yellow food colouring gel
  - 20g dr oetker sugar strands
- For the buttercream:
- 150g baking margarine
  - 300g icing sugar
  - 3tbsp. milk

### METHOD

1. Heat the oven to 160°C and fill a cupcake tray with 10 cases.
2. Beat the margarine, vanilla and caster sugar together with an electric whisk until pale and fluffy. Gradually whisk in the eggs, scraping down the sides of the bowl after each addition.
3. Mix in the flour and a pinch of salt until just combined. Divide into five bowls and colour each a different shade with a drop of food colouring. We chose red, yellow, green, blue and purple.
4. Starting with the end of the rainbow (in our case purple), evenly spread 1 tsp of the mixture into each cupcake case using a piping bag or the back of a teaspoon. Top with 1 tsp of the next colour and spread – be careful not to mix the colours together whilst bringing the mix all the way to the edge of the case. Repeat until all the colours are used up and you're left with an even layer of red on the top.
5. Bake for approx. 15 mins, until a skewer inserted into the middle of each cake comes out clean. Leave to cool completely on a wire rack.
6. To make the buttercream, beat the margarine until very soft. Add the icing sugar, vanilla extract and a pinch of salt and whisk together until smooth (start off slowly to avoid an icing sugar cloud). Beat in the milk until combined.
7. Pipe the buttercream on top of the cupcakes using a circular nozzle, or spread on with a palette knife. Top with sprinkles, if you like.

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### RAINBOW PANCAKES

**SERVES**  Ten

**ALLERGENS**  Gluten, Milk, Egg

### INGREDIENTS

- 200g self-raising flour
- 1tsp. baking powder
- 1tbsp. caster sugar
- ½tsp. vanilla essence
- 200ml milk
- 3 eggs
- 25g baking margarine, melted, plus extra for frying
- ½ tsp each red, yellow, green and blue gel food colouring gel
- 50g maple syrup
- 100g golden syrup
- 50g caster sugar
- 2 lemons

### METHOD

1. Put all the pancake ingredients, except the dye, in a bowl and mix well with a whisk until smooth. Divide the batter into 5 bowls or disposable cups. Use the food colouring to dye 4 of them a different colour, leaving one plain.
2. Melt a small knob of margarine in a large non-stick frying pan over a medium-low heat. Once foaming put spoonful's of the pancake batter into the pan and shape into 4-5cm circles with the back of your spoon, you should have enough to make 4 pancakes from each coloured batter. Cook for 2-3 mins then flip over and cook the other side for another minute or until cooked through and ever so slightly golden.
3. Stack the pancakes so everyone gets one of each colour. Serve with maple syrup, golden syrup, lemons and sugar.

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### RAINBOW FRUIT LOLLIES

**SERVES**  Twelve **ALLERGENS**  Soya, Milk

### INGREDIENTS

- 100g mango, peeled, stoned and chopped
- 3 bananas
- 800ml yoghurt
- 3 kiwi fruit, peeled and roughly chopped
- 150g frozen raspberries
- 150g frozen blueberries
- 12 lolly sticks and moulds

### METHOD

1. Blitz the mango with 1 banana and 200g yogurt in a blender until smooth. Divide between 12 ice lolly moulds and insert a stick into each. Hold each stick upright in the mould, and secure on both sides with tape. Freeze for 1 hr until set.
2. Repeat with another 1 banana, 200g more yogurt and the kiwi fruit, and pour that over the banana layer. Freeze for another 1 hr until set. Repeat with the raspberries, then the blueberries, freezing each layer before topping with the next. Cover and freeze the lollies overnight.
3. Run under warm water to remove from the moulds to serve.

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### VEGGIE RAINBOW PICNIC PIE

**SERVES**  Ten

**ALLERGENS**  Gluten, Soya, Milk, Egg

## INGREDIENTS

- 400g butternut squash, peeled, sliced and cut into small chunks
- 2 tbsp. vegetable oil
- 1 large onion, sliced
- 550g white potatoes, peeled and sliced
- 750g puff pastry, sheet
- Flour, for dusting
- 320g puff pastry, sheet
- 2tbsp breadcrumbs
- 300g cooked beetroot, sliced
- 400g red peppers, sliced and roasted
- 100g feta cheese
- 150g peas
- Flat parsley, small handful, chopped
- Mint, small handful, chopped
- 8 eggs

## METHOD

1. Heat oven to 180°C. Toss the squash in 1tbsp oil and some seasoning and roast for 20 mins until soft. Meanwhile, fry the onion in the remaining oil for approx. 10-15 mins over a low heat until golden and boil the potatoes for 8 mins until soft. Drain the potatoes and leave the veg to cool.
2. Reduce oven to 160°C. Line a 20cm x 30cm baking tin with parchment. Lay the puff pastry sheet on the side to soften and then use to line the tin, leaving any excess pastry hanging over the edges.
3. Sprinkle the breadcrumbs over the base of the pastry. Layer in the beetroot slices, peppers, squash, onions, feta, potatoes, peas and herbs (in that order for a nice rainbow effect), seasoning well between each layer. Beat the eggs and pour slowly over the filling until most of it has sunk through the layers, saving a little to glaze the top. Brush some egg over the overhanging pastry then lay the rolled pastry sheet on top. Press the pastry sheets together, then trim the excess pastry, leaving about 2cm. Roll the edges in to seal, then press them firmly with a fork.
4. Brush with egg then use the fork prongs to mark out 12 portions. Bake for 1 hr 20 mins until the pastry is golden and crisp.
5. Leave to cool completely before slicing, or chilling fully to serve cold.

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### RAINBOW CAKE

**SERVES**



Eighteen

**ALLERGENS**



Gluten, Milk,  
Egg

### INGREDIENTS



- 360g baking margarine
  - 360g caster sugar
  - 360g self-raising flour
  - 6 large eggs
  - 4 tsp vanilla essence
  - 40ml milk
  - 3ml red food colouring gel
  - 3ml orange food colouring gel
  - 3ml yellow food colouring gel
  - 3ml green food colouring gel
  - 3ml blue food colouring gel
  - 3ml violet food colouring gel
- For the icing:
- 200g baking margarine
  - 220g cream cheese
  - 700g icing sugar, sieved

### METHOD



1. Heat the oven to 160°C. Grease and base line six 20cm sandwich tins.
2. Put the margarine into a bowl with the caster sugar, flour, eggs, vanilla essence and milk. Beat, until light and creamy.
3. Divide the mixture equally between six bowls. Add each colour to each of the bowls. Adding only ¼ tsp of colour at a time until you reach the desired shade. Mix well. Pour each bowl of sponge mix into a prepared tin and spread to level. Bake in the oven for 12–15 mins, or until firm to the touch. Turn onto a wire rack to cool.
4. To make the icing, put the margarine and cream cheese into a bowl and beat until smooth. Add half the icing sugar and mix well. Then, add the remaining icing sugar and beat until smooth.
5. Place the sponges on a cake board or plate and spread with a little icing. Place the next sponge on top. Continue layering this way, following the colours of the rainbow. Spread a thin layer of icing around the sides of the cake and chill until firm.
6. Spread the remaining icing over the top and sides of the cake. Chill until firm and serve.

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### RAINBOW FRUIT PIZZA

**SERVES**  Twelve

**ALLERGENS**  Gluten, Milk, Egg

### INGREDIENTS

For the pastry:

- 225g plain flour, sifted, plus extra for dusting
- 110g kerrymaid margarine
- 75g caster sugar
- 2 eggs
- 1tbsp. semi-skimmed milk
- ½ orange, zest only

For the topping:

- 100ml double cream
- 100g cream cheese
- 1tbsp. maple syrup
- ½ orange, finely grated zest and 1tbsp. juice
- 150g strawberries, hulled and quartered
- 2 kiwi fruit, peeled and sliced
- 100g blueberries
- 1 x 200g tin mandarins in juice, drained

### METHOD

1. Place the flour and margarine in a food processor and blitz until it resembles fine breadcrumbs. Or place into a bowl and rub together with your fingertips until it resembles fine breadcrumbs.
2. Add the sugar, one of the eggs, milk and orange zest, and blitz again until it just comes together. If you're not using a food processor, add the sugar, one of the eggs, orange zest and milk and using a knife, mix together, trying not to overwork the dough, until it comes together as a ball.
3. Tip out onto a lightly floured surface and roll into a disc, wrap in cling film and chill for 1 hour.
4. Preheat the oven to 180°C. Roll the pastry out onto a lightly floured surface to the thickness of a pound coin and cut into a rainbow shape that will fit on your baking sheet. Place on the baking sheet lined with non-stick baking paper, prick with a fork all over and chill for 10 minutes, until firm. Brush with the remaining egg, beaten, and bake for 12-15 minutes, or until lightly golden.
5. Remove from the oven and leave to cool for 5 minutes before transferring to a wire rack to cool completely.
6. In a large bowl, whisk the cream to soft peaks. Fold in the cream cheese, maple syrup, orange zest and juice and beat together until smooth.
7. Spread the mixture over the pastry rainbow, leaving a small gap around the edge. Top with the quartered strawberries, mandarins, kiwi fruit and blueberries, making rainbow stripes.
8. Serve immediately, cut into large pieces.

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### UNICORN TWISTED BISCUITS

**SERVES**  Ten

**ALLERGENS**  Gluten, Milk, Egg

### INGREDIENTS

- 25g icing sugar
- 160g kerrymaid
- 75g soft cheese
- 1 egg
- ½tsp. vanilla extract
- 275g plain flour
- ½tsp red gel colour
- ½tsp yellow food colouring gel
- ½tsp green food colouring gel
- ½tsp orange food colouring gel
- ½tsp blue food colouring gel
- ½ tsp violet food colouring gel
- 20g dr oetker sugar strands
- 25g caster sugar
- 20ml water

### METHOD

1. In a mixing bowl, beat the icing sugar with the margarine, soft cheese and egg until smooth. Add the vanilla extract and plain flour; mix to form a soft dough.
2. Divide the dough between 6 bowls and add ½tsp of different food colouring gel to each; mix well. Wrap each coloured dough in non-stick baking paper and freeze for 45 mins, or until firm.
3. Preheat the oven to 160°C. Line a work surface with a large piece of non-stick baking paper. Divide each coloured dough into 10 pieces. Take one piece in each colour and roll into 15cm lengths. Line up the coloured lengths side by side and gently press together to make a rainbow sausage. Twist at each end to make a 20cm rope. Coil the rope onto a lined baking sheet, tucking in any surplus dough. Repeat with the remaining dough to make 8 biscuits.
4. In a pan bring the 25g sugar and the 20ml water to a boil until the sugar has dissolved and set aside to cool fully.
5. Bake for approx. 12 minutes. Cool on a wire rack. Brush each with sugar syrup and scatter with coloured sugar strands.



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