

# SEASONED

OCTOBER '24

Fall in love with autumnal recipes from **PUMPKINS & SPICE** to all things nice #SpookySeason #AutumnVibes #Halloween

**NO TRICKS,  
JUST TREATS!**

RECIPE BOOKLET

**NO TRICKS,  
\*JUST TREATS!**

**SEASONED**  
**OCTOBER '24**

## *Carrot & Ginger Drizzle Cake*

**SERVES**



Ten

**ALLERGENS**



Gluten, Egg, Sesame Seeds,  
Soya, Sulphur Dioxide, Lupin

**INGREDIENTS**



- 100g baking margarine
- 100g muscovado dark sugar
- 50g black treacle
- 50g golden syrup
- 1 orange
- 1 lemon
- 14g carrots
- 25g stem ginger
- 175g self-raising flour
- ½tsp. bicarbonate of soda
- 2tsp. ground ginger
- ½tsp. ground black pepper
- 2 eggs, medium
- 140g Icing sugar

**METHOD**



1. Heat oven to 180°C. Grease then line a loaf tin with a strip of baking parchment. Put the baking margarine, sugar, treacle, syrup and half the zests into a large saucepan. Heat gently until everything has melted together.
2. Add the carrot, ¾ of the chopped ginger, all the flour, bicarb, ¼ tsp salt, the ground ginger, pepper and eggs to the pan and stir well until you have a smooth batter. Pour into the tin and bake for approx. 45 minutes, until dark brown and risen and a skewer inserted into the middle comes out clean.
3. Cool for 20 mins in the tin, then turn out onto a wire rack.
4. Sift the icing sugar into a bowl, add the remaining zests, then stir in enough lemon juice to make a smooth, thick icing.
5. When the cake is completely cool, spread the icing over the top and let it dribble down the sides.
6. Scatter with the reserved chopped ginger. Allow to set, then cut into slices and serve.

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**OCTOBER '24**

## *Beetroot & Lentil Tabbouleh*

**SERVES**  Ten

**ALLERGENS**  Gluten

## **INGREDIENTS**

- 200g radish
- 500g beetroot, cooked
- 2 red apples
- 10g cumin powder
- 60ml olive oil
- 300g quinoa cooked
- 300g chick peas drained & rinsed
- 1kg green lentils, cooked
- 2 lemons
- Flat parsley, large handful chopped
- Mint, large handful, chopped
- Chives, large handful chopped
- ½tsp. lo salt
- ½tsp. ground black pepper

## **METHOD**

1. Chop the beetroot, apple & radish into small pieces
2. Stir in the rest of the ingredients, adding the lemon juice.
3. Season, then place in a large bowl & garnish with a few parsley leaves.

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## *Thai Parsnip Mint & Lime Soup*

**SERVES**  Ten

**ALLERGENS**  Gluten, Egg

## **INGREDIENTS**

- 500g parsnips
- 500g onions
- 5cm, piece, fresh ginger
- 1 red chilli
- 1 spring onions, bunch
- 1 lemon grass, stalk
- 40ml vegetable oil
- 2g vegetable bouillon
- 800ml tap water
- 400ml coconut milk
- 1 lime
- ½tsp. ground black pepper
- ¼tsp. ground turmeric
- ½ tsp lo-salt
- 200g egg noodles
- Mint, small handful, chopped
- Coriander, small handful, chopped

## **METHOD**

1. Prepare & chop the vegetables, crush the lemongrass stalk so it releases its flavour but stays in one piece.
2. Heat the oil in a medium saucepan, then add the onions, ginger, chilli and two of the spring onions and fry until soft.
3. Add the parsnips and lemongrass to the saucepan and pour over the vegetable stock.
4. Bring to the boil and simmer for 10 minutes.
5. Stir in the coconut milk and lime juice, and season with the black pepper and turmeric.
6. Continue to simmer until the parsnips are soft, approx. 10 minutes.
7. When ready to serve remove the lemongrass stalks, and add the noodles.
8. Garnish with fresh mint and coriander leaves and the remaining spring onion.

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## Apple & Carrot Crunch Salad

**SERVES**  Ten

**ALLERGENS**  Sesame Seeds,  
Sulphur Dioxide

## INGREDIENTS

- 600g carrots
- 2 packs radishes
- 4 granny smith apples
- 150g sultanas
- Flat parsley, small handful, chopped
- Mint, small handful, chopped
- 40ml red wine vinegar
- 80ml pomace oil
- 20g sesame seeds
- ½tsp. lo salt
- ½tsp. black pepper

## METHOD

1. Peel and finely slice your carrots into matchstick-sized batons. Finely slice your radishes. Quarter your apples, remove the cores and finely slice.
2. Make the dressing & add everything to a bowl with the rest of the ingredients, toss together, season and serve.

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## *Courgette Pakoras with Mango Chutney*

**SERVES**  Ten

**ALLERGENS**  None

### **INGREDIENTS**

- 1kg courgettes grated
- 300g red onions thinly sliced
- 350g gram flour
- 1 red chilli, chopped
- 2tsp. ground coriander
- 2tsp garam masala
- 5cm ginger, peeled & grated
- Coriander, large handful, chopped
- ½tsp. I.o salt
- ½tsp. cracked black pepper
- 1ltr vegetable oil
- 150g mango chutney

### **METHOD**

1. Put all the ingredients, except the oil, in a bowl with ½ tsp salt, and squidge it all together using your hands. The moisture from the courgettes should help bind everything together; you want a sticky but not overly wet mixture.
2. Fill a heavy-based saucepan no more than a third full with oil and set over a medium heat until the oil reaches 180C. If you don't have a cooking thermometer, test it's ready by dropping in a pinch of the pakora mixture. It should sizzle and turn golden brown after 10-20 seconds.
3. Carefully drop tablespoons of the mixture into the oil, using another tablespoon to help you slide them in. Fry for about 2 mins before turning and cooking for a further 2-3 mins until golden brown, crisp and cooked through. Continue frying in batches until all the mixture has been used up.
4. Serve with the mango chutney as a dip.

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## *Pumpkin Cupcakes*

**SERVES**  Ten

**ALLERGENS**  Gluten, Egg, Milk

## **INGREDIENTS**

- 280g plain flour
- ½tsp. ground cinnamon
- ½tsp. ground nutmeg
- ½tsp. ground ginger
- ½tsp. Lo-salt
- ½tsp. baking powder
- ½tsp. bicarbonate of soda
- 110g baking margarine
- 200g caster sugar
- 50g soft brown sugar
- 2 eggs
- 180ml milk, semi skimmed
- 250g pumpkin, peeled and diced
- 200g low fat soft cheese
- 350g icing sugar
- 1tsp. vanilla

## **METHOD**

1. Pre heat the oven to 175c
2. Line a muffin tin with 10 muffin cases.
3. Cook the pumpkin in a pan with a little water until soft and tender, drain and blitz in a food processor until smooth.
4. Cream together the margarine caster & brown sugar until light & creamy.
5. Gradually beat in the pumpkin, milk & eggs a little at a time and beat until smooth.
6. Mix the flour with the spices, baking powder & bicarb and sift into the mixture, fold in gently until fully combined.
7. Divide the mixture evenly between the cases & bake for 20-25 mins, remove from the oven & allow to cool completely.
8. Beat the soft cheese with the icing sugar & vanilla to make the topping, and smooth over the cupcakes.

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**SEASONED**  
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## Scary Sausage Fingers

**SERVES**



Ten

**ALLERGENS**



Gluten, Egg,  
Sulphur Dioxide

**INGREDIENTS**



- 500g shortcrust pastry
- 500g pork Cumberland sausage 8's
- 1 egg, beaten
- 20g black olives, pitted
- 30g parmesan style grated cheese
- 50g tomato ketchup

**METHOD**



1. Preheat the oven to 180°C.
2. Use a rolling pin to roll and shape the pastry into a long rectangle
3. Halve lengthways, then cut each length into 5 rectangles.
4. Roll the pieces of pastry around the chipolatas, pressing together at one end to create a fingertip shape.
5. Use a sharp knife to mark lines in each finger, brush each finger with the egg wash and press a halved black olive 'fingernail' onto the tip.
6. Lay on a lined baking tray. Sprinkle over the grated Parmesan and bake for approx. 15 minutes, until golden.
7. Brush the base of the fingers with tomato ketchup 'blood' to serve.



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## *Red Onion Rosemary & Cheddar Bread*

**SERVES**  Ten

**ALLERGENS**  Gluten, Milk

## **INGREDIENTS**

- 550g strong white flour
- 7g io salt
- 7g yeast
- 50ml vegetable oil
- 125g grated cheddar
- 150g red onion thinly sliced
- Rosemary, few sprigs
- 345 ml tap water, luke warm

## **METHOD**

1. Put 25g cheese, onion & the rosemary aside & put all of the other ingredients into the bowl of a stand mixer fitted with a dough hook and mix on a medium speed for 6 minutes. The dough should be smooth and silky once done.
2. Transfer the dough to a floured baking tray and stretch it gently to make a large oblong that almost covers the whole tray.
3. Sprinkle the onion and remaining cheese over the top of the loaf, then add the rosemary. Cover with greased cling film and leave for approx. 30-40 minutes to rise and double in size.
4. Preheat the oven to 200°C. Remove the cling film, drizzle with the olive oil and bake for approx.
5. 20-25 minutes, until the bread is well risen, golden and the base sounds hollow when tapped with a
6. finger.



**NO TRICKS,  
JUST TREATS!**

**RECIPE BOOKLET**



**FOOD**  
THEME DAYS

**OCTOBER**  
**BLACK HISTORY**  
**MONTH**

**RECIPE BOOK**



We're supporting Black History Month in the kitchen!

**Accent**



# BLACK HISTORY MONTH

OCTOBER IS BLACK HISTORY MONTH IN THE UK, AN EVENT THAT HAS BEEN CELEBRATED NATIONWIDE FOR MORE THAN 30 YEARS.

THE MONTH WAS ORIGINALLY FOUNDED TO RECOGNISE THE CONTRIBUTIONS THAT PEOPLE OF AFRICAN AND CARIBBEAN BACKGROUNDS HAVE MADE TO THE UK OVER MANY GENERATIONS. IT ALSO SERVES AS AN OPPORTUNITY TO INSPIRE AND EMPOWER FUTURE GENERATIONS.

BLACK HISTORY MONTH HAS SINCE EXPANDED TO INCLUDE THE HISTORY OF NOT JUST AFRICAN AND CARIBBEAN PEOPLE BUT BLACK PEOPLE IN GENERAL. IT IS A MOMENTOUS OCCASION TO RECOGNISE AND CELEBRATE THE INVALUABLE CONTRIBUTIONS OF BLACK PEOPLE TO BRITISH SOCIETY.

THIS YEAR, BLACK HISTORY MONTH WILL BE DEDICATED TO HONOURING THE ACHIEVEMENTS OF BLACK WOMEN WHO ARE OFTEN THE FORGOTTEN HEROINES. THE THEME OF 'SALUTING OUR SISTERS' HIGHLIGHTS THE CRUCIAL ROLE THAT BLACK WOMEN HAVE PLAYED IN SHAPING HISTORY, INSPIRING CHANGE, AND BUILDING COMMUNITIES.

TO CELEBRATE THIS AND SALUTE OUR SISTERS AND BROTHERS TOO, WE HAVE PUT TOGETHER THIS RECIPE PACK OF DELICIOUS 'CARNIVAL' FOODS FOR YOU TO CREATE AND INSPIRE AND WE CAN'T WAIT TO SEE YOUR CELEBRATIONS.

## HUNGRY FOR MORE?

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# OCTOBER

## BLACK HISTORY MONTH



### NIGERIAN CHIN CHIN

**SERVES**



Ten

**ALLERGENS**



Gluten, Milk

### INGREDIENTS



- 950g plain flour
- 100g caster sugar
- 275g baking margarine
- 40g desiccated coconut
- 2tsp. ground nutmeg
- 100ml semi skimmed milk
- 50ml coconut milk
- 200ml vegetable oil

### METHOD



1. Mix the flour, baking margarine, caster sugar, coconut and nutmeg together in a large bowl until well incorporated. Stir in the milks until the dough comes together.
2. Roll dough ½cm thick on a floured work surface and cut into small pieces.
3. Heat oil in a deep-fat fryer or large saucepan until it reaches 175°C.
4. Fry dough pieces in batches until they turn golden brown and float to the surface, 3 to 5 minutes.
5. Remove from the fryer and pat dry on paper and serve.

# OCTOBER

## BLACK HISTORY MONTH



### SOUTH AFRICAN STYLE MALVA PUDDING

**SERVES**



Ten

**ALLERGENS**



Gluten, Eggs, Milk

### INGREDIENTS



- 360g caster sugar
- 4 eggs
- 2tbsp apricot jam
- 300g plain flour
- pinch of salt
- 2tbsp. baking margarine
- 2tsp. vinegar
- 2tsp. baking powder
- 340ml milk

#### For the sauce

- 400ml double cream
- 150g caster sugar
- 4tsp vanilla essence

### METHOD



1. Preheat oven to 180°C and grease a suitable oven dish.
2. Beat the sugar and eggs, until thick and light in colour, then add the jam and mix through.
3. Add the melted margarine and vinegar to the wet mixture.
4. Sieve, the flour, baking powder and salt together - then add to the wet mixture and mix well.
5. Pour into your dish and bake until pudding is brown and well-risen - around 20-30 minutes.
6. For the sauce, melt together all the ingredients - until the sugar has dissolved.
7. Once the pudding/puddings are out the oven, pour over the sauce straight away so this soaks into the sponge. Set aside for 5 or 10 minutes to allow this to soak and infuse, then serve and enjoy.

# OCTOBER

## BLACK HISTORY MONTH



### NIGERIAN BBQ PORK STEW WITH FRIED PLANTAIN

**SERVES**



Ten

**ALLERGENS**



None

### INGREDIENTS



- 30ml pomace oil
- 1kg pork leg, diced
- 350g onions
- 20g smoked paprika
- 800g chopped tomatoes
- 20g vegetable bouillon
- 2 red peppers
- 400g cannellini beans
- 10g garlic
- 250ml tap water
- 20g madras curry powder
- 1 spring onions, bunch
- 6g red chillies
- 400g plantain
- 50ml vegetable oil
- Lo salt, pinch
- Ground black pepper, pinch
- 10g ground ginger
- Cayenne pepper, pinch
- 3 limes, cut into wedges

### METHOD



1. Heat 1tbsp. oil in a very large casserole or heavy based saucepan. Add the pork and cook until well browned all over. Remove the pork from the pan and add the onion. Leave to cook for 5 minutes, until just soft.
2. Stir the paprika, curry powder, ginger, cayenne and chillies into the onion then return the pork to the pan, along with the tomatoes and stock. Bring to the boil, then cover the pan, reduce the heat to very low and leave to simmer, turning the pork occasionally, for 3 hrs or until the meat is very tender. Remove the meat from the pan. When cool enough to handle, use a fork to tear into shreds, discarding any fat or skin.
3. Meanwhile, add the peppers and beans to the pan and leave to simmer for 20 mins. Return the shredded pork to the pan and cook together for 10 mins.
4. Peel and slice the plantain in hot oil and drain on kitchen towel and season.
5. Shred the spring onion and chop the coriander and sprinkle along with the lime juice over the stew and serve with the fried plantain.

# OCTOBER

## BLACK HISTORY

### MONTH



## JERK CHICKEN AND SALAD WRAPS

**SERVES**



Ten

**ALLERGENS**



Gluten, Soya, Eggs

## INGREDIENTS



- ¼ Bunch spring onions
- Thyme, bunch, sprigs
- 2tsp. Ground allspice
- 2tsp honey
- 2tsp dark soy sauce
- 2tsp vegetable oil
- 4g garlic
- 5g red chillies
- 10 Chicken thighs, skinless and boneless
- 10 8" Flour tortillas
- 30ml olive oil
- Lo salt, pinch
- Ground black pepper, pinch
- 75ml sweet chilli sauce
- 200ml mayonnaise, light
- ½ White cabbage, shredded
- 150g carrots, grated
- 50g red onions, finely sliced
- 200g mixed leaf
- 100g tomatoes, diced
- ¼ Cucumber, sliced

## METHOD



1. For the jerk chicken, put the spring onion, thyme, allspice, honey, soy sauce, vegetable oil, garlic and chilli in a food processor and blend into a thick paste. Season with salt and pepper.
2. Put the chicken thighs in a large bowl and rub generously with the paste. Cover and leave to marinate in the fridge overnight.
3. Preheat the oven to 180°C and place the chicken thighs on a lined baking sheet. Drizzle the chicken thighs with a little olive oil. Cook the thighs for approx. 20 minutes, until golden-brown, slightly charred and cooked through. Remove from the oven and set aside for 2-3 minutes and then cut into slices and place in a clean bowl and chill until cold.
4. Mix together the salad ingredients in a bowl. Put the coleslaw ingredients in another bowl and mix to combine. In a third bowl, mix together the chilli sauce and mayonnaise.
5. Place the tortillas onto a board or clean work surface. Place some salad and coleslaw in the middle of each tortilla. Top with the jerk chicken, drizzle with the chilli mayonnaise.
6. Wrap up and serve.



# OCTOBER

## BLACK HISTORY

### MONTH



## SOUTH AFRICAN BOBOTIE WITH RAISINS AND DRIED APRICOTS

**SERVES**  Ten

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

## INGREDIENTS



- 1kg minced beef
- 40g madras curry powder
- 100g white bread
- 400g onions
- 50g baking margarine
- 12g garlic
- 1tsp mixed herbs
- ½Tsp. Ground cloves
- 1tsp ground allspice
- 40g mango chutney
- 30g sultanas
- Bay leaves, 2-3
- Lo salt, pinch
- Ground black pepper, pinch
- 300ml milk, semi skimmed
- 2 Eggs
- 75g diced apricot

## METHOD



1. Heat oven to 180°C. Pour cold water over the bread and set aside to soak.
2. Meanwhile, fry the onions in the baking margarine, stirring regularly for 10 mins until they are soft and starting to colour. Add the garlic and beef and stir well, crushing the mince into fine grains until it changes colour. Stir in the curry powder, herbs, spices, chutney, sultanas, apricots and 2 of the bay leaves and season.
3. Cover and simmer for 10 mins. Squeeze the water from the bread, then beat into the meat mixture until well blended. Tip into a suitable ovenproof dish. Press the mixture down well and smooth the top.
4. For the topping, beat the milk and eggs with seasoning, then pour over the meat. Top with the remaining bay leaves and bake for 35-40 mins until the topping is set and starting to turn golden.

# OCTOBER

## BLACK HISTORY MONTH



### SENEGAL YASA CHICKEN

**SERVES**



Ten

**ALLERGENS**



Mustard

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## INGREDIENTS



- 10 Chicken thighs, skinless and boneless
- 2 Lemons
- 500g onions
- 8g garlic
- 2-3 Bay leaves
- 25g chicken bouillon mix
- 50ml vegetable oil
- 30g wholegrain mustard
- 1tsp cayenne pepper
- 260ml tap water
- Coriander, small handful, chopped
- Lo salt, pinch
- Ground black pepper, pinch

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## METHOD



1. Season the chicken thighs and add a little oil. Add a little of the onions and half of the garlic and all of the bouillon powder. Set aside and let marinade for about 2 hours, or ideally overnight.
2. Preheat a frying pan with oil. Sauté the chicken for approx. two minutes on each side and place onto a tray and set aside.
3. Heat up a separate sauce pan on a medium heat, add the oil, remaining onions, remaining garlic, the bay leaves, mustard and the remains of the marinade left over from the chicken. Cook for a further 5 minutes.
4. Add the chicken thighs to the saucepan and bring to a simmer over low heat, spooning the sauce over the chicken to coat.
5. Add the chicken stock, lightly season with salt and chicken bouillon and cook until the chicken is cooked through, approx. 20 minutes.
6. Once the chicken is cooked, season and remove the bay leaf.
7. Arrange the chicken in a serving dish and top with the lemon and mustard sauce over it.
8. Garnish with the remaining lemon slices and chopped coriander to serve.

# OCTOBER

## BLACK HISTORY MONTH



### SOUTH AFRICAN MIELE BREAD

**SERVES**



Ten

**ALLERGENS**



Gluten, Milk, Eggs

### INGREDIENTS



- 410g sweetcorn
- 2 eggs
- Lo salt, pinch
- 60g baking margarine
- 60ml milk, semi skimmed
- 350g self-raising flour
- ½tsp smoked paprika

### METHOD



1. Place sweet corn, eggs, salt, milk and 30g Baking margarine Bake into a bowl and stir.
2. Mix in flour and paprika to form a dough.
3. Brush a bread tin with melted Baking margarine Bake, dust with flour and pour in the dough.
4. Bake at 170°C for about 45 minutes, until well risen and lightly browned.
5. Remove from the oven and brush the top with the rest of the melted baking margarine to keep the top soft. Set aside for ten minutes to rest.
6. Then removed from the pan, slice and enjoy.

# OCTOBER

## BLACK HISTORY MONTH



### SWEET POTATO PIE

**SERVES**



Ten

**ALLERGENS**



Gluten, Milk, Eggs

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### INGREDIENTS



- 500g sweet potato
- 125g baking margarine
- 200g caster sugar
- 125ml semi skimmed milk
- 2 eggs
- ½tsp ground nutmeg
- ½tsp ground cinnamon
- 1tsp vanilla essence

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### METHOD



1. Boil sweet potato whole in skin for approx. 40 minutes, until soft. Run cold water over the sweet potato, and remove the skin.
2. Preheat oven to 180°C.
3. Roll out pastry and line a 23cm pie dish or tart tin.
4. Break apart sweet potato in a bowl. Add baking margarine and mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour the filling into prepared pastry base.
5. Bake in the preheated oven for approx. 55 minutes, until knife inserted in centre comes out clean.
6. Pie will puff up like a soufflé, and then will sink down as it cools.
7. Set aside to cool fully and cut into wedges to serve.

# OCTOBER

## BLACK HISTORY MONTH



### AFRICAN JOLLOF RICE WITH CHICKEN

**SERVES**



Ten

**ALLERGENS**



None

### INGREDIENTS



- 600g easy cook long grain rice
- 20ml vegetable oil
- 1kg diced chicken thigh
- 450g onions
- 10g garlic
- 5g ginger
- 5g red chillies
- 2tsp smoked paprika
- 40g tomato puree
- 1.4kg chopped tomatoes, tinned
- 20g chicken bouillon mix
- 4 red peppers
- Coriander, large handful, chopped
- Ground black pepper, pinch
- Lo salt, pinch
- 600ml tap water

### METHOD



1. Heat the oil in a large lidded sauté pan, add the chicken and fry for approx. 2 minutes, until just golden brown. Remove the chicken and set aside, add the onion and cook for approx. 4 minutes, until just softened but not coloured.
2. Stir the chicken back into the onions, then add the garlic, ginger, chilli and smoked paprika and cook for 1 minute. Add the tomato purée and mix well.
3. Add the rice and stir into the chicken mixture. Add the chopped tomatoes and half the stock. Stir well and bring to a simmer. Cover with a lid and cook gently over a medium-low heat for 15 minutes, or until the liquid has nearly been absorbed.
4. Stir the rice well, then add the remaining stock and stir once more. Scatter the peppers over the top of the rice, return the lid to the pan and cook for another 5 minutes, until all the liquid has been absorbed and the rice and peppers are tender.
5. Season with pepper, stir through the coriander to serve.

# OCTOBER

## BLACK HISTORY MONTH



### HOME-MADE NORTH AFRICAN HARISSA PASTE

**SERVES**



Ten

**ALLERGENS**



None

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## INGREDIENTS



- 60g red chillies
- 45g cumin seeds
- 35g coriander seeds
- 35g fennel seeds
- 15g caraway seeds
- 45g garlic
- 15g lo salt
- 225ml white wine vinegar
- 225ml pomace oil

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## METHOD



1. Place the cumin, coriander, fennel and caraway in a dry frying pan over high heat. Toast for 3 minutes, stirring constantly, till fragrant. Remove the spices from the pan immediately to prevent burning, placing in a mortar and pestle. Roughly grind the spices with the pestle.
2. Place the garlic in a food processor with a little of the olive oil. Blend thoroughly. Add the chopped chillies, spices, salt and vinegar. Process for several minutes, till smooth.
3. With the food processor running, begin adding a slow, steady stream of olive oil to the mixture. Stop adding once a paste-like consistency is achieved, you may not need all of the oil.

# OCTOBER BLACK HISTORY MONTH



## PAPAYA COLESLAW

**SERVES**



Ten

**ALLERGENS**



Gluten, Soya

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## INGREDIENTS



- 1 papaya
- ½ white cabbage
- 350g carrots, peeled and grated
- 240ml coconut milk
- 2 limes
- 30g pumpkin seeds, toasted and chopped
- 2tsp. Soy sauce
- Coriander, small handful, chopped
- Lo salt, pinch
- Ground black pepper

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## METHOD



1. Cut the papaya into chunks, and place into a bowl with the cabbage, carrot and coconut milk, add the lime juice, pumpkin seeds and soy sauce.
2. Mix well until evenly coated. Season if needed and set aside until ready to serve.

# OCTOBER

## BLACK HISTORY MONTH



### SPICED NORTH AFRICAN COUS COUS

**SERVES**



Ten

**ALLERGENS**



Gluten, Soya, Mustard

### INGREDIENTS



- 300g cous cous
- 10ml pomace oil
- 5g veg bouillon
- Lo salt, pinch
- Ground white pepper, pinch
- 175g carrots
- Coriander, large handful, chopped
- Mint, small handful, chopped
- 1tsp. Ground coriander
- 1tsp. Ground cumin

### METHOD



1. Place the cous cous into a tray, add the olive oil, salt and pepper and mix well, add approx. twice the amount of boiling water to the tray and cover with cling film and allow to soak for approx. 15 minutes. Remove the cling film and mix well to remove any lumps, allow to cool quickly.
2. Peel and grate the carrots, wash drain and chop the mint and coriander. Chop the dried apricots
3. Place all the ingredients together and mix until well combined, place into a suitable bowl for service and store in the fridge until needed. Adhere to all relevant hygiene and safety procedures.



# OCTOBER

## BLACK HISTORY MONTH



### CARIBBEAN HOT & SPICY SWEET POTATOES

**SERVES**



Ten

**ALLERGENS**



None

### INGREDIENTS



- 5 sweet potatoes
- 4tbsp. Pomace olive oil
- Thyme, few sprigs
- 15g red chillies
- Lo salt, pinch
- Cracked black pepper, pinch

### METHOD



1. Cut the sweet potatoes in half and cut crossways into slices 2.5cm thick. Lay the potato slices on a large sheet of greaseproof paper.
2. Drizzle the potatoes with the olive oil, sprinkle with the thyme leaves, about half of the chopped chilli and season with plenty of salt and pepper. With your hands, massage the flavourings in and place back on the greaseproof.
3. Lay a thyme sprig across the top of each potato and sprinkle with the remaining chilli.
4. Place the potatoes into the oven at 180° and bake for approx. 25 minutes, until the potatoes are buttery and softened.
5. Remove from the oven, check the seasoning and serve.

# OCTOBER

## BLACK HISTORY

### MONTH



## KENYAN BEEF AND SPINACH SAMOSAS

**SERVES**



Ten

**ALLERGENS**



Gluten

## INGREDIENTS



- 2tsp vegetable oil
- 500g onions
- 1tsp garlic
- 10g ginger
- 15g ground coriander
- 500g minced beef
- 15g ground cumin
- 2 limes, zest and juice
- Spinach, large handful
- 4 spring onions
- 270g filo pastry
- 20ml vegetable oil
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD



1. Heat the oil in a large frying pan over a medium heat. Add the onions and cook for minutes until light golden. Add the garlic and ginger and cook for 2 minutes. Stir in the spices and cook for 2 minutes.
2. Add the minced beef, season well with salt and pepper and cook for 5 minutes, breaking it up with a spoon as it cooks. Add the spring onions and spinach and cook for 3 minutes, until the spinach has wilted. Season with salt and pepper and leave to cool completely.
3. Preheat the oven to 200°C. Line 2 baking trays with baking paper.
4. Cut the filo sheets in half, to give 2 long rectangles (20 strips in total). Keep the filo you aren't working with covered with a lightly dampened clean tea towel.
5. Lay a filo rectangle on your work surface with a short edge facing you and spray it well with oil. Put 3 tablespoons of the filling at the bottom left-hand corner and shape it into a rough triangle. Fold over the right half of the filo sheet, then fold the bottom left corner over the filling to make a triangle. Keep folding over and upwards, forming triangles, until you reach the top. Seal with a little oil and transfer to the lined baking tray. Repeat with the remaining filling and pastry.
6. Brush the samosas liberally on both sides with oil, then bake for approx. 12 minutes, until evenly golden brown.

# OCTOBER

## BLACK HISTORY MONTH



### CREAMY WHITE BEAN AND COLLARD GREEN SOUP

**SERVES**



Ten

**ALLERGENS**



Milk

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## INGREDIENTS



- 4tbsp. vegetable oil
- 2 onions, chopped
- 6 garlic, cloves, minced
- 750g green cabbage
- 1o salt, pinch
- ground black pepper, pinch
- ½tsp chilli flakes
- 500g butter beans
- 1½ltrs veg stock
- 200ml double cream
- basil, large handful, chopped
- 1 lemon, zest and juice

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## METHOD



1. Heat a large soup pot to medium-high heat and add the oil. Once hot, add onion and garlic and cook until onions are translucent, approx. 3 to 4 minutes.
2. Add the cabbage, salt and chilli flakes. Sauté for approx. 2 to 3 minutes.
3. Add beans, stock, cream, basil, and lemon juice and zest. Simmer for 20 minutes, until the cabbage is tender.



**FOOD**  
THEME DAYS

**OCTOBER**

**BLACK HISTORY  
MONTH**

**RECIPE  
BOOK**

