



Eat the Seasons

- SEASONALLY FRESH, PERFECTLY PICKED -



**DID YOU
KNOW?**

Cauliflower
actually means
'cabbage flower'
because it is
a flower that
has not fully
developed!



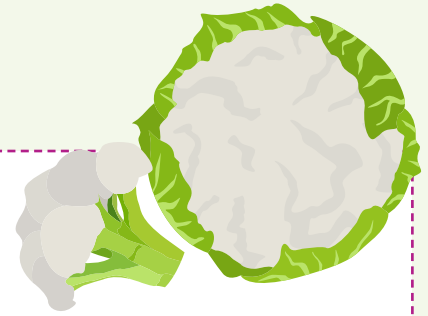
What's grown in December?
CAULIFLOWER





CAULIFLOWER

Try out these recipes!



Cauliflower and Red Onion Focaccia

Makes 1 standard loaf
Contains: Gluten

Ingredients:

- 500g strong white flour
- 1tbsp. salt
- 14g yeast, dried active
- 75ml olive oil
- 360ml luke warm tap water
- 1tsp. sea salt, flakes
- 1/4 cauliflower
- 1/2 red onion, peeled and finely sliced

Method:

1. Put the flour, yeast and salt in a bowl of a mixer with the oil and water.
2. Mix on a medium speed for approx. 8 minutes to produce a wet, elastic dough.
3. Turn out dough into an oiled deep baking dish lined with baking paper and cover with cling film.
4. Leave in a cool area to rise for at least an hour, until doubled in size.
5. Line a shallow baking tin with baking paper and spread over a little oil.
6. Fold the proved dough from 4 directions, as if North, South, East and West, then lift gently into the lined gastro, with the seam on the bottom.
7. Stretch the dough to roughly cover the base of the baking pan and smear the top with oil, and then cover with cling film.
8. Leave to prove for a further hour.
9. Pre-heat the oven to 220°C.
10. Once proved, push indentations into the dough with your fingers.
11. Slice the cauliflower in half and continue to cut thin slices downwards so that the stalk and florets remain intact.
12. Gently place the thinly sliced cauliflower and red onion evenly on top of the dough. Sprinkle the top with more oil and sea salt flakes.
13. Bake for approx. 10 minutes at 220°C, then turn the oven down to 200°C and bake for a further 15 minutes. Once cooked, remove from the oven and place on a cooling wire.
14. Once cooled slice to serve and enjoy.

Cauliflower and Chocolate Loaf Cake

Serves 10
Contains: Gluten, Soya Milk, Egg

Ingredients:

- 100ml oil
- 3 eggs, free range
- 100ml natural yoghurt
- 1/2 cauliflower florets, boiled and mashed
- 230g castor sugar
- 230g self raising flour
- 40g cocoa powder
- 15g baking powder
- 50g baking margarine, softened
- 100g icing sugar
- 5ml vanilla essence

Method:

1. Whisk the baking margarine, yoghurt and sugar until creamed together. Add the eggs, vanilla essence, oil and cauliflower mash and mix thoroughly
2. In a separate bowl sieve flour, baking powder and 1/2 the cocoa powder together and add to the wet mix. Mix until all of the ingredients are combined and the consistency of a smooth batter.
3. Preheat the oven to 180°C.
4. Line a loaf tin with baking paper and pour in the batter
5. Place into the oven and bake for approx. 25 minutes
6. After 25 minutes poke the cake with a wooden skewer and if it comes out clean then the cake is done. Once cooked, remove from oven and allow to cool
7. Sieve the icing sugar and remaining cocoa powder into a bowl and mix in a tablespoon of water, add more water if necessary until you have a thick paste.
8. Once the cake has fully cooled, use a spatula and gently smooth the chocolate icing over the top of the cake.
9. Slice to serve and enjoy.

Compared to an average packed lunch an Accent school meal contains:

15%
LESS
SATURATED FAT



2x
THE FIBRE



46%
LESS
SALT



1/2
THE FREE SUGARS

