



FOOD
THEME DAYS

6TH FEB
NATIONAL
PIZZA DAY

Recipe Booklet



We're celebrating early, we didn't want to miss it!

Accent

6TH FEB PIZZA DAY



EASY PIZZA DOUGH

SERVES



Ten

ALLERGENS



Gluten

INGREDIENTS



- 1kg strong flour
- 1 tsp lo-salt
- 7g dried yeast
- 700ml warm water
- 50ml olive oil

METHOD



1. Put the flour and salt in a bowl with a hook attachment, mix the yeast into the water.
2. Turn on the mixer and pour in the liquid, mix on medium speed for 7-8 minutes until the dough is shiny and it springs back when you press your finger into it. Try not to add too much extra flour if you can.
3. Use oiled hands to remove the dough from the bowl. Oil another bowl and place the dough in it. Turn it around so that it's lightly coated in the oil. Cover tightly with cling film and place in a warm area leave until doubled in size, approx. 1 hour.
4. Divide the dough into 2 pieces for big pizzas or 10 for individuals, then shape into balls, dust them in flour as they will be sticky. Keep them covered for approx. 30 minutes, until ready to use.
5. The Pizza dough has multi uses, try experimenting with Classic Pizzas, Stromboli & Calzone.

6TH FEB PIZZA DAY



PIZZA SAUCE

SERVES



Twelve

ALLERGENS



None

INGREDIENTS



- 2 tbsp olive oil
- 1 x small onion, finely chopped
- 2 cloves garlic, crushed
- 500g chopped tomatoes
- 50g tomato purée
- 1 tbsp dried oregano
- 1 tsp sugar
- ½ tsp lo-salt
- Basil small handful, finely chopped

METHOD



1. Heat the oil in a saucepan over a low heat, then add the onion along with the salt. Cook gently for 12-15 mins or until the onion has softened and is turning translucent.
2. Add the garlic and fry for a further minute, tip in the tomatoes and purée along with the oregano and sugar. Bring to the boil and lower the heat. Simmer uncovered for 30-35 mins or until thickened and reduced.
3. Stir in the chopped basil and the sauce is ready, for a really smooth sauce, blitz with a stick blender.

6TH FEB PIZZA DAY

CLASSIC STROMBOLI

SERVES



Ten

ALLERGENS



Gluten, Milk

INGREDIENTS



- 1 x recipe pizza dough
- 1 x recipe pizza sauce
- 100g parma ham
- 250g grated mozzarella
- Basil leaves, large handful
- 5g sea salt
- ½ tsp cracked black pepper
- 50ml olive oil

METHOD



1. This recipe will make 10 stromboli.
2. Divide the dough into 2, roll out the dough portion on a lightly floured surface into a rectangle measuring about 44cm x 32cm.
3. Spread half the tomato sauce over the dough, leaving a 2cm border around the edge. Lay half the prosciutto in a single layer, sprinkle with mozzarella and then scatter the basil leaves on top.
4. Tuck in the two short ends and roll the stromboli up firmly to enclose the filling. Place it, seal-side down, on a large baking sheet lined with baking parchment and leave to rise for 30 minutes.
5. Preheat the oven to 200°C
6. Brush the oil over the dough, season with salt and pepper and bake for 25–30 minutes until well risen and golden brown.
7. Cut into portions & serve.

6TH FEB
PIZZA DAY



ROASTED VEGETABLE CALZONE

SERVES  Ten

ALLERGENS  Gluten, Milk

INGREDIENTS

- 1 x pizza dough recipe
- 1 x pizza sauce recipe
- 200g mozzarella
- 300g onions
- 200g mixed peppers
- 200g courgettes
- 1 x aubergine
- 150g olives
- 50ml olive oil
- ½ tsp lo-salt
- ½ tsp cracked black pepper

METHOD

1. Preheat the oven to 200°C
2. Wash peel and dice the vegetables into small chunks, place on a roasting tray & drizzle with the oil & seasoning, roast for 10-15 minutes until roasted & tender, set aside to cool.
3. Divide the pizza dough into 10 and roll into balls, place each ball onto a floured work surface and roll out into a large circle.
4. Spread the tomato sauce, vegetables, olives & cheese & onto one half of each dough circle, leaving a 2cm gap around the edge.
5. Brush the clean edges with water then fold the other sides over to cover the filling and pinch the edges to seal into a parcels similar a Cornish pasty.
6. Place the calzones onto the preheated baking sheet and transfer to a hot oven to bake for 8-10 minutes, or until the dough is cooked through and the filling hot.

6TH FEB PIZZA DAY

POLENTA CHIPS

SERVES



Ten

ALLERGENS



Soya

INGREDIENTS



- 50ml olive oil
- 50g vegetable bouillon made into 1 litre vegetable stock
- 250g polenta
- Rosemary, small handful, leaves only
- ½ tsp salt
- ½ tsp cracked black pepper

METHOD



1. Line a 20cm square baking tin with baking parchment and rub a little oil over the surface and sides.
2. Bring the stock to the boil in a saucepan over a medium heat, then whisk in the polenta. Cook stirring continuously for 5 mins until thickened, the texture should be like loose mashed potato.
3. Add the rosemary and seasoning, stir for another minute, then pour the polenta into the prepared tin and level the surface with the back of the spoon. Leave to cool, then chill for at least 30 mins until set firm. Can be made up to a day before serving and kept chilled in the fridge.
4. Heat the oven to 200°C turn out the set polenta onto a chopping board and cut into thick chips. Arrange on a baking tray lined with parchment in a single layer and brush each one with a little more oil. Bake for 25 mins until golden & crisp.

6TH FEB PIZZA DAY



HOUSE SALAD

SERVES



Ten

ALLERGENS



Sulphur Dioxide,
Soya, Mustard

INGREDIENTS



- 1 x cos lettuce
- 50g rocket
- 1 x avocado sliced
- Chives, large handful, chopped
- 1 x cucumber

For the dressing:

- 250ml olive oil
- 50ml mayonnaise
- 20g Dijon mustard
- 50g parmesan cheese
- ½ lemon
- 20ml vegan Worcester sauce
- ½ tsp lo-salt
- ½ tsp cracked black pepper

METHOD



1. Cut the cucumber in half and using a small spoon remove the seeds & slice thinly, wash the cos lettuce and tear into rough pieces, add to a large bowl with the washed rocket & cucumber.
2. Peel & slice the avocado.
3. In a large bowl or blender, combine all of the dressing ingredients together until smooth & creamy.
4. When ready to serve gently mix the dressing through the salad & top with the sliced avocado & chives.

6TH FEB
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GLAZED APPLE & CINNAMON ROLLS

SERVES



Ten

ALLERGENS



Gluten

INGREDIENTS



- 1 recipe pizza dough
- 100g baking margarine melted
- 2 tsp ground cinnamon
- 150g apples finely diced
- 100g light brown sugar
- 150g icing sugar
- 10ml vanilla essence

METHOD



1. Roll out the dough on a lightly floured surface into a rectangle measuring about 44cm x 32cm.
2. Brush generously with the baking margarine, top with the apples & sprinkle over the cinnamon & brown sugar.
3. Roll up firmly to enclose the filling, trim the ends and cut into 10 and place each portion cut side up on baking sheet lined with parchment, cover & leave to rise for 1 hour or until doubled in size.
4. Pre heat the oven to 180°C, brush the rolls with the remaining margarine and cook for approx. 8-10 mins until well risen & golden, do not over bake as they will become hard, remove from the oven and allow to cool.
5. Mix the icing sugar with the vanilla and a small amount of water to make the glaze, place in a piping bag and drizzle over the rolls.

6TH FEB
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CAPRESE SALAD

SERVES



Ten

ALLERGENS



Milk

INGREDIENTS



- 2kg tomatoes
- 440g mozzarella balls
- 1 bunch basil
- 50g sunflower seeds
- 100g grated parmesan cheese
- 200ml pomace olive oil
- 1 lemon
- ½ tsp lo salt

METHOD



1. Lightly toast the sunflower seeds in a hot pan & allow to cool, blend the basil with the sunflower seeds, parmesan cheese & oil until it forms a paste, stir in the juice of the lemon & season with salt.
2. Slice the tomatoes and dress them with a little olive oil, and seasoning, tear the mozzarella into chunks.
3. Arrange the tomato slices along with the mozzarella chunks on a serving platter, garnish with torn basil leaves and the pesto sauce.

6TH FEB
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BUTTERNUT & PUMPKIN SEED FOCACCIA

SERVES  Twenty four

ALLERGENS  Gluten

INGREDIENTS

- 1kg strong white flour
- 20g lo salt
- 20g yeast
- 150ml olive pomace oil
- 720ml tap water
- 10g sea salt flakes
- 25ml vegetable oil
- 2 cloves garlic finely sliced
- 250g butternut squash
- 25g pumpkin seeds
- Rosemary, small handful

METHOD

1. Wash the butternut squash & dice into small chunks removing the seeds, place on a baking tray toss with the vegetable oil season well & roast for 15 mins in a hot oven, add the garlic to the tray and roast for 5 mins more until tender, remove for the oven & allow to cool.
2. Put the flour, yeast and lo-salt in the bowl of a mixer with a dough hook attachment, add the olive oil and water.
3. Mix on a medium speed for around 8 minutes to produce a wet, elastic dough. Turn out onto an oiled tin and cover with cling film. Leave in a cool part of the kitchen to rise for at least an hour until doubled in size.
4. Line a shallow gastro tin with parchment, and spread oil over the parchment. 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. Stretch the dough to roughly cover the base – it will find its own level as it proves for a second time.
5. Smear the top with oil, and then cover with cling film. Leave to prove for an hour. Pre-heat the oven to 220°C.
6. Evenly top the dough with the butternut mix & push indentations into the dough with your fingers. Sprinkle the top with more oil, sea salt flakes, pumpkin seeds & rosemary.
7. Bake for around 10 mins at 220°C, then turn the oven down to 200°C, and bake for a further 15 to 20 minutes.
8. Remove from the oven and put on a cooling rack.
9. Drizzle more oil over the bread to soak in.

6TH FEB PIZZA DAY



CHORIZO, FETA & HONEY PIZZA BOMBS

SERVES  Ten

ALLERGENS  Gluten, Milk

INGREDIENTS

- 500g pizza dough
- 100g pizza sauce
- 100g feta cheese
- 50ml honey
- 50g green olives chopped
- 100g chorizo sausage
- 4g dried oregano
- 10g vegetable oil

METHOD

1. Divide the pizza dough into 10 and roll into balls.
2. Remove the skin from the chorizo and cut into small dice. Add to a small frying pan; cook over a low heat (no oil needed) for around 10 minutes so they crisp up and the fat begins to melt, mix in half the honey & set aside to cool.
3. Brush a muffin tin with vegetable oil.
4. Roll out each dough ball & press into the muffin case until each mould is covered with the dough.
5. Using a piping bag, add the pizza sauce to the bombs.
6. Spoon in the chorizo, feta cheese, olives and sprinkle over the oregano, cover & leave to prove for approx. 1 hour.
7. Bake for approx. 12- 15 mins at 180°C making sure the dough is cooked all the way through, drizzle with the extra honey & serve.

**6TH FEB
PIZZA DAY**

ORANGE LEMONADE

SERVES



Ten

ALLERGENS



None

INGREDIENTS



- 2 x oranges
- 2 x lemons
- 600ml tap water
- 200g caster sugar
- Rosemary, small handful
- 600ml litre sparkling water

METHOD



1. Thinly peel the outer skin from orange & lemon, cut in half & squeeze out all of the juice reserve for later.
2. Place the tap water, fruit peel and sugar in a large saucepan, bring to the boil, simmer for 10 minutes.
3. Add in the juice and the rosemary, allow the mixture to cool in the pan before passing through a sieve into a serving jug and refrigerate until needed.
4. When ready to serve, top up with the sparkling water and garnish with orange slices.

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TIRAMISU CHEESECAKE POTS

SERVES  Ten

ALLERGENS  Gluten, Milk

INGREDIENTS

- 150g digestive biscuits
- 100g baking margarine
- 250ml whipping cream
- 250g low fat soft cheese
- 25g icing sugar
- 15g instant coffee granules
- 15g cocoa powder

METHOD

1. Crush digestive biscuits and combine with melted margarine, place in the base of pot and refrigerate until hardened.
2. Add a few table spoons of boiling water to the coffee granules and caster sugar so they dissolve, mix & set aside to cool.
3. Whip the cream, sugar and cream cheese together until forming stiff peaks, then fold in the cooled coffee mix.
4. Pipe the mousse into the pot on top of biscuit base, dust with the cocoa powder & serve.

6TH FEB PIZZA DAY

HOT HONEY DOUGH BALLS

SERVES



Thirty

ALLERGENS



Gluten

INGREDIENTS



- 500g strong flour
- 14g yeast
- 40ml olive oil
- 4g lo salt
- 200ml honey
- ½ tsp chilli flakes
- 1 x lime juiced
- 2 cloves garlic, crushed
- Parsley, small handful chopped

METHOD



1. Measure the flour, yeast and olive oil into a mixing bowl fitted with a dough hook, add the salt to a separate part of the bowl from the yeast and stir in the lukewarm water. Mix on a medium speed for 8-10 minutes until you have a smooth dough.
2. Transfer into a large oiled bowl, cover with clingfilm and leave to rise in a warm place for 1-1½ hours or until doubled in size.
3. Once the dough has doubled in size, tip on to a floured work surface & work the dough for 5 minutes, Divide into 30 even-sized balls and arrange on a baking sheet lined with parchment, so they are just touching. Cover with clingfilm and prove in a warm place for 30-45 minutes.
4. Preheat the oven to 200°C, Heat the honey in a small pan with the chilli flakes & garlic when hot remove from the heat carefully stir in the lime juice, set aside.
5. Bake the dough balls for approx. 15-18 minutes until golden, well risen and cooked through, drizzle with the hot honey & parsley & serve.

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SPICY CHICKEN FLATBREAD PIZZA

SERVES  Ten

ALLERGENS  Gluten, Milk

INGREDIENTS

- 10 x flour tortillas
- 250g grated mozzarella
- 150g pizza sauce
- 200g diced chicken thigh
- 15g fajita spice
- 100g red onion sliced
- 100g peppers sliced
- 75g jalapeños finely chopped

METHOD

1. Pre-heat oven to 200°C, coat the chicken with oil & season with the fajita spice & roast for 10-15 mins until cooked through.
2. Lay the tortillas on baking trays lined with baking parchment
3. Top each one with the sauce, leaving a 1cm border, then scatter over the chicken and vegetables, top with the cheese & jalapeños, do not over fill the tortilla or it will be soggy.
4. Bake for 6-8 minutes until crispy and the cheese has melted, serve flat or folded with a side salad.



6TH FEB
NATIONAL
PIZZA DAY

SEASONED

FEBRUARY '25

Sharing our passion for
deliciously good food
#FOODISOURLOVELANGUAGE
#February #Foodie

LOVE *at*
first BITE

RECIPE BOOKLET



Marry Me Chicken Pasta

SERVES  Ten

ALLERGENS  Gluten, Milk

INGREDIENTS

- 500g diced chicken
- 100g plain flour
- 100ml vegetable oil
- 300g onions chopped
- 2 garlic cloves, finely chopped
- 100g sun-dried tomatoes, finely chopped
- Thyme small handful, leaves only
- 1 tsp dried oregano
- 1 tsp ground paprika
- ½ tsp chilli flakes
- 1 lemon, zest and juice
- 100g spinach
- 625g penne pasta
- 100g cream cheese
- 75g grated parmesan cheese
- Lo-salt
- Freshly ground black pepper
- Torn basil leaves, to serve

METHOD

1. Sprinkle the flour into a dish and season with salt and freshly ground black pepper. Toss the chicken in the flour on all sides.
2. Heat a large frying pan over a medium heat and half of the oil, followed by the margarine, add the chicken and cook for 5-10 minutes or until golden brown & cooked through.
3. Meanwhile, heat the rest of the oil in another pan and fry the onions & garlic for 1–2 minutes over a medium heat, once fragrant, add the sun-dried tomatoes, thyme, oregano, paprika, chilli flakes, lemon zest and juice, and salt and freshly ground black pepper to taste.
4. Cook for 1 minute further before adding the spinach and wilting it down, stirring often to prevent anything catching.
5. Add the chicken to the sauce and keep warm.
6. Meanwhile, cook the pasta according to packet instructions in a large pan of boiling salted water. Drain once you reach the 'al dente' stage and reserve some of the pasta water.
7. Add the cream cheese to the sauce and allow it to melt down. Tip the pasta into the sauce with some of the pasta water to loosen things up. Stir together adding more pasta water until a velvety sauce is formed. Add half of the Parmesan and stir again until melted.
8. Serve with the rest of the Parmesan and a few torn basil leaves.

Watermelon & Lime Mocktail

SERVES  Ten

ALLERGENS  None

INGREDIENTS 

- 1 x watermelon
- 2 limes
- 1 tbsp honey
- 1 litre sparkling water
- 10 mint leaves, plus a few mint sprigs for garnish
- 10-15 ice cubes to serve

METHOD 

1. Halve the watermelon and cut the flesh into chunks, discarding any seeds and the rind, transfer to the freezer, in a suitable container, and leave for an hour to get really cold.
2. Slice two thin round slices from each of the limes and set aside for garnish, then squeeze the juice from the remaining limes into a blender.
3. After an hour, remove the watermelon from the freezer and add to a blender, along with the honey, chilled sparkling water and the mint leaves.
4. Blend until smooth, adding more water if you prefer a thinner consistency, then stir and pour into a jug filled with the ice cubes.
5. Garnish with the reserved lime slices and the mint sprigs.

Cute Cucumber Salad

SERVES  Ten

ALLERGENS  Sulphur Dioxide

INGREDIENTS 

- 2 cucumbers sliced thinly
- 500g peas
- 1 large red onion, sliced thinly
- 100ml white wine vinegar
- 1 tbsp honey
- 1 tsp sea salt
- Dill, small handful
- Chives, small handful
- ¼ tsp ground black pepper

METHOD 

1. In a large bowl, toss together the cucumber, onion, vinegar, honey, and salt. Chill for 20 minutes.
2. Transfer to a serving bowl, leaving any excess water behind, mix in the peas & sprinkle with the chopped dill and chives, Season with black pepper and serve.

Funfetti Heart Biscuits

SERVES



Ten

ALLERGENS



Gluten, Egg, Milk, Soya

INGREDIENTS



- 220g baking margarine, softened
- 200g caster sugar
- 1 egg, beaten
- 2 tsp vanilla essence
- 400g plain flour, plus extra for dusting
- 100g dark chocolate
- 100g white chocolate
- 50g sugar strands, to decorate

METHOD



1. Whisk the margarine and sugar in a large bowl with an for 2 mins until creamy and smooth. Add the egg and continue to whisk until fully combined.
2. Add the vanilla and flour and mix with a spoon to form a smooth dough. Cover the bowl with cling film and chill for 10 mins.
3. Preheat the oven to 160°C, on a lightly floured surface, roll out the dough to about 2cm thick. Cut out biscuits using a 6cm heart-shaped cookie cutter. Reroll the trimmings as necessary until the dough is used up. Place the biscuits on baking sheets lined with baking parchment and bake for 12-15 mins until pale golden and turning crisp around the edges. Transfer to a wire rack and leave to cool completely.
4. Melt the dark and white chocolate in separate heatproof bowls each set over a small pan of simmering water. Dip half the biscuits halfway into the dark chocolate and sprinkle the chocolate-coated side with sugar strands. Repeat with the remaining shortbread biscuits and white chocolate. Place on a wire rack to cool and set.

"Pie like you very much"

Mediterranean Vegetable Tart

SERVES  Ten

ALLERGENS  Gluten, Milk

INGREDIENTS

- 625g puff pastry
- 200g courgettes diced
- 1 large red pepper diced
- 1 large yellow pepper diced
- 150g red onion diced
- 4 garlic cloves, sliced
- 2 sprigs rosemary, leaves picked and finely chopped
- 4 sprigs thyme, leaves picked
- 50ml vegetable oil
- 1 tbsp semi-skimmed milk
- 100g cherry tomatoes, halved
- 100g feta cheese crumbled
- Lo-salt
- Cracked black pepper

METHOD

1. Using a sharp knife, cut the sheet of puff pastry into 10 rough heart shapes, place them on a baking tray lined with baking parchment and score a border 1 cm in from the edge all the way round. Prick the pastry within the margin, using a fork. Leave to rest in the fridge for about an hour. Meanwhile, preheat the oven to 200oc.
2. Put the courgettes, pepper and red onion into a large bowl, add the garlic and herbs and season generously with salt and pepper, Line a large baking tray with baking parchment, lay the vegetables on it and drizzle with the oil.
3. Brush the puff pastry all over with the milk and sprinkle with a little salt. Cook on the middle shelf of the oven, with the vegetable tray on the top shelf above, for 15 minutes, rotating both trays halfway through to ensure even colouring. Remove both trays from the oven.
4. Press the inside of the pastry down and return to the oven for 25 minutes to get a crisp base.
5. Take the tart cases out of the oven and place the roasted vegetables into the tart cases, scatter over the cherry tomatoes and goats' cheese and season with salt and pepper.
6. Bake for 15 minutes until the vegetables are cooked through and the cheese is softening and colouring at the edges.

Passion Cake

SERVES  Ten

ALLERGENS  Gluten, Egg, Milk

INGREDIENTS

- 175g light soft brown sugar
- 175ml vegetable oil
- 3 medium eggs
- 140g carrots
- 100g pineapple pieces drained and patted dry
- 1 x orange
- 175g self-raising flour
- 7g bicarbonate of soda
- 7g ground cinnamon
- 3g ground nutmeg
- 7g mixed spice
- 250g soft cheese
- 25g baking margarine
- 50g icing sugar
- 1 tsp vanilla essence

METHOD

1. Preheat the oven to 180C. Oil and line the base and sides of your cake tin with baking parchment.
2. Tip the sugar into a large mixing bowl, pour in the oil and add the eggs. Lightly mix with a wooden spoon. Stir in the grated carrots, pineapple and orange rind.
3. Mix the flour, bicarbonate of soda and spices, then sift into the bowl. Lightly mix all the ingredients – when everything is evenly amalgamated stop mixing. The mixture will be fairly soft and almost runny.
4. Pour the mixture into the prepared tin and bake for 40- 45 minutes, until it feels firm and springy when you press it in the centre. Cool in the tin for 5 minutes, then turn it out, peel off the paper and cool on a wire rack.
5. Beat the margarine icing sugar & vanilla together until pale then stir in the cream cheese to make your frosting, spread liberally over the cake & serve.

Meringue Kisses

SERVES



20-40 depending
on size

ALLERGENS



Egg

INGREDIENTS



- 200g caster sugar
- 3 egg whites
- 50g sugar strands
- 10ml purple food colouring
- 10ml red food colouring
- 10ml yellow food colouring

METHOD



1. Preheat the oven to 180°C. Line 2 large baking trays with baking parchment. Put the sugar in a small roasting tin and heat in the oven for 5 mins.
2. In a bowl, whisk the egg whites on medium speed, with a pinch of salt, to form soft peaks.
3. Remove the sugar from the oven and tip into the bowl. Whisk on high speed for 8 mins, or until the mixture is stiff. Reduce the oven temperature to 130°C.
4. You will need a piping bag with a star nozzle for each colour. Using a small brush, apply three stripes of colouring gel to the inside of the piping bag, from the nozzle to the opening. Fill with meringue mixture and pipe kisses on the trays. Sprinkle with the sugar strands. Repeat, altering the colour, if you wish, until all the meringue mixture is used up.
5. Bake for 40 mins, swapping the shelves half-way to ensure both trays cook evenly. Leave to cool completely.
6. Try these sandwiched together with whipped cream and either, berry puree, chocolate buttercream, lemon curd, or salted caramel.

Avo-Cuddle Smoothie

SERVES  Twelve

ALLERGENS  Milk, Soya

INGREDIENTS 

- 600ml natural yoghurt
- 1½ltr litre apple juice
- 3 bananas
- 1 avocado
- 50g baby spinach
- 20g honey

METHOD 

1. Peel & dice the banana & avocado.
2. Add all of the ingredients into the blender and pulse until smooth.
3. Serve straight away or cup and place in multi deck refrigerator.

"I Loaf You"

Tear & Share Cheese & Garlic Loaf

SERVES  Ten

ALLERGENS  Gluten, Milk

INGREDIENTS

- 600g strong white flour
- 1 tsp caster sugar
- 2g salt
- 7g dried yeast
- Parsley, large handful, chopped
- 400ml tap water
- 75g grated cheddar
- 2 cloves garlic peeled & sliced thinly
- 10ml pomace olive oil

METHOD

1. Sift the flour into a large warmed mixing bowl and stir in the caster sugar, salt, yeast and parsley.
2. Gradually add the water, and mix to a soft dough. Turn out onto a lightly floured surface and knead for 10 minutes.
3. Divide the dough into 8 balls and gradually incorporate the cheese into each ball by kneading it through. Place all the balls together in a rectangular shallow tin and cover loosely with a sheet of oiled cling film. Leave to prove in a warm place for approx. 40-60 minutes, until doubled in size.
4. Meanwhile, cook the garlic in the oil for 1 minute, then scatter over the top of the risen bread. Push a few of the garlic slices gently into the dough.
5. Preheat the oven to 200°C. Bake for 30-35 minutes until well risen and golden. Serve warm, sprinkled with a little extra parsley.

Red Velvet Cookies

SERVES  Ten

ALLERGENS  Gluten, Egg, Milk, Soya

INGREDIENTS

- 75g baking margarine
- 200g light brown soft sugar
- 100g caster sugar
- 1 egg
- 2 tsp vanilla essence
- 5ml red food colouring gel
- 225g plain flour
- 25g cocoa powder
- ½ tsp bicarbonate of soda
- 150g white chocolate chips

For the drizzle:

- 30g soft cheese
- 75g icing sugar

METHOD

1. Beat the margarine and sugars together until pale and fluffy. Beat in the egg, vanilla and food colouring until you have a bright red batter. Sieve over the flour, cocoa and bicarb. Fold everything together to make a stiff evenly-coloured dough, then fold in the chocolate chips.
2. Put the dough on a sheet of baking parchment, fold the parchment over the dough and mould into a sausage shape about 6cm wide. Chill until ready to bake.
3. Pre-heat the oven to 170°C. Cut the cookie dough into 1cm thick slices using a sharp knife and arrange on a large baking sheet lined with baking parchment well-spaced apart so they have room to spread in the oven.
4. Bake for 13-15 mins until the cookies are crisp at the edges, but still soft in the centre. Leave to cool on the baking sheet for a few minutes, then transfer to a wire rack to cool completely. Beat the soft cheese in a small bowl to a loose consistency, then stir in the icing sugar. Use a piping bag or spoon to drizzle the icing over the cookies.

Roses are Red Slaw

SERVES  Ten

ALLERGENS  Egg, Milk, Soya

INGREDIENTS 

- 200g red apples finely sliced
- 400g red cabbage shredded
- 35g red onions finely sliced
- Large handful flat parsley chopped
- 1 lemon
- 40ml mayonnaise
- 20ml natural yoghurt
- ½ tsp ground white pepper

METHOD 

1. Chop and toss the apples in the lemon juice.
2. In a large sized bowl mix together the cabbage, apples, onion and parsley.
3. Add the mayonnaise and yoghurt, season with pepper.

Warm Your Heart Soup

SERVES  Ten

ALLERGENS  Gluten

INGREDIENTS 

- 500g green lentils
- 600g onions
- 1 large clove garlic chopped
- 20ml vegetable oil
- 800g chopped tomatoes
- 30g vegetable bouillon
- Small handful chopped basil leaves
- 1.2 litre water
- ½ tsp lo-salt
- ½ tsp cracked black pepper

METHOD 

1. Add the lentils to a large saucepan and cover with water. Bring up to a boil and immediately turn down to simmer for approx. 15 minutes. To test if the lentils are cooked crush one between your fingers, it should feel creamy not starchy. Season the lentils with salt and pepper and set aside.
2. Heat a large saucepan and add the oil. Add the onions and cook over a medium heat until soft and golden.
3. Add the garlic and basil stalks. Once the dish starts smelling strongly of garlic add the chopped tomatoes.
4. Leave to cook for 15-20 minutes, add in the lentils & bring back to a simmer for 5 minutes more.
5. Season with salt and pepper, garnish with torn basil leaves.
6. For an extra special finish cut some heart shape croutons out of bread & serve alongside the soup.



LOVE *at*
first **BITE**

RECIPE BOOKLET