

SEASONED

APRIL '25

Let's get cracking on some
EASTER SHOW-HOPPERS!

#Eggstravaganza
#WeAreGoodEggs

EASTER
Treats

RECIPE BOOKLET



EASTER *Treats*

The clocks will soon go forward, which means springtime is very nearly upon us and there are now just weeks to go until Easter Sunday, which this year falls on 20th April. Whether you honour it for its religious sentiments or simply enjoy the long weekend, for many, food is a massive part of the celebration.

With the delicious bakes, spiced biscuits or chocolatey eggs, Easter just wouldn't be the same without hot cross buns. Their history can be traced back to the Hertfordshire countryside, where an old mill still bakes buns to an ancient recipe at Redbournbury Mill. This is called the Alban bun and was baked off and delivered by Monk Brother Thomas Roccliffe and is still available to this day with the bakery baking off over 5000 last year.

Hot cross buns are traditionally eaten over the Easter religious Christian holiday to symbolise the crucifixion of Jesus on Good Friday on the cross. Now, they are sold all year round and now come in an assortment of flavours, from chocolate and caramel to orange and cranberry. There are 'luxury', 'very berry' and 'extra fruity' versions. There are even buns filled with fudge, a sickly notion that might have Brother Roccliffe fleeing back to the safety of St Albans Abbey. If medieval monk Thomas Roccliffe were alive today, he might stop and say a prayer for forgiveness when he reached the hot-cross-bun aisle of a supermarket or high-street bakery.

We've put together some great recipes in this booklet for you and your teams to celebrate Easter. As always be sure to send in your terrific pictures.

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NUT-FREE SIMNEL MUFFINS

SERVES



Twelve

ALLERGENS



Wheat, Sulphur Dioxide,
Milk, Egg, Gluten

INGREDIENTS



- 250g mixed dried fruit
- 175g Kerrymaid softened
- 175g caster sugar
- 3 eggs, beaten
- 300g self-raising flour
- 1tsp. mixed spice
- ½tsp. ground nutmeg
- 75ml semi-skimmed milk
- 200g icing sugar
- 50ml orange juice
- Mini eggs

METHOD



1. Tip the fruit into a bowl, add the zest and juice and microwave on medium for 2 minutes (or leave to soak for 1 hour). Line 12 deep muffin tins with paper muffin cases.
2. Preheat the oven to fan 180°C. Beat together the baking margarine, sugar, eggs, flour, spices and milk until light and fluffy. Stir the fruit in well.
3. Two thirds fill the muffin cases with the mixture. Bake for approx. 20 minutes, until risen, golden and firm to the touch. Leave to cool.
4. Beat together the icing sugar and orange juice to make icing thick enough to coat the back of a wooden spoon. Drizzle over the muffins and top with a cluster of mini eggs and leave to set.



ICED OR JAMMY EASTER BISCUITS

SERVES



Eighteen

ALLERGENS



Wheat, Milk,
Egg, Gluten

INGREDIENTS



- 300g plain flour , plus extra for dusting
- 150g caster sugar
- 150g stork
- 1 egg, free range
- 2tsp. vanilla essence

For the iced option:

- 500g icing sugar
- Food colouring gel

For the jammy middle:

- Icing sugar, for dusting
- 400g apricot jam, or lemon curd

METHOD



1. Weigh the flour and sugar in a bowl. Add the stork and rub together with your fingertips until the mixture resembles fine bread crumbs. Beat the egg with the vanilla, then add to the bowl. Mix briefly to combine, then use your hands to knead the dough together. Shape into a disc, then wrap in cling film and chill for at least 15 minutes. Heat oven to 160°C and line two baking sheets with baking parchment.
2. Dust a work surface with flour. Halve the dough, then roll one half out to the thickness of a £1 coin. Use an egg-shaped cookie cutter to stamp out as many biscuits as you can, then transfer them to one of the baking sheets, leaving a little space between the biscuits. Repeat with the other half of the dough. If you want to make jammy biscuits, use a small circular cutter to stamp holes in half of the biscuits (where the yolk would be). If you intend to make both iced and jammy biscuits, only stamp holes in a quarter of the biscuits.
3. Bake for approx. 12 minutes, until the biscuits are pale gold. Cool on the sheets for 10 minutes, then transfer to a wire rack to cool fully.
4. To decorate the biscuits with icing, add enough water to the icing sugar to make a thick icing – it should hold its shape without spreading when piped. Transfer about a third of the icing to a piping bag fitted with a very small round nozzle (or just snip a tiny opening at the tip). Pipe an outline around the biscuits, then draw patterns in the middle – lines, spots and zigzags work well.
5. Leave to dry for 10 mins. Divide the remaining icing between as many colours as you'd like to use, then use the gels to dye them. Loosen each icing with a few drops of water, then transfer them to piping bags. Use the coloured icing to fill the empty spaces on the biscuits. You may need to use a cocktail stick to tease it into the corners. Once covered, leave to dry for a few hours.
6. **To make the jammy middle biscuits**, dust the biscuits with holes in the middle with a heavy coating of icing sugar. Spread the jam or curd generously over the whole biscuits, then sandwich the dusted biscuits on top of them.



CARROT CAKE COOKIES

SERVES



Ten

ALLERGENS



Wheat, Milk,
Egg, Gluten

INGREDIENTS



- 140g soft cheese
- 45g icing sugar
- 350g plain flour
- ½tsp baking powder
- 1tsp ground cinnamon
- 1tsp mixed spice
- 140g stork
- 140g soft brown sugar
- 1 egg, free range
- 200g carrots
- 140g icing sugar
- ½tsp vanilla essence

METHOD



1. Mix together the cream cheese, 3tbsp icing sugar and the vanilla extract in a bowl, then put in the freezer to firm up for 30 mins.
2. In a bowl combine the flour, baking powder and spices. In a larger bowl, beat the stork and sugar together until creamy. Beat in the egg, followed by the carrot.
3. Add the flour in the creamed stork and sugar to form a dough.
4. Line a baking sheet with baking parchment. Dust your hands with a little flour, then divide the dough into 10 balls and place on the sheet. Slightly flatten each one to a thin circle. Add 1tsp of the cream cheese mixture to the centre of each one, then carefully wrap the dough up and around the filling to seal it in, pinching the top and rolling back into a rough ball to stop any of the filling leaking out.
5. When all the balls are shaped, just flatten them slightly and put in the fridge to chill for approx. 30 mins.
6. Preheat oven to 180°C.
7. Bake the cookies for approx. 20 mins until golden and crisp. Remove from the oven, let them firm up on the tray for 10-15 mins, then transfer to wire racks to cool completely.
8. Mix the icing sugar with the orange juice to a drizzling consistency. Drizzle all over the cookies.



EASTER SPINACH PIE

SERVES



Ten

ALLERGENS



Wheat, Milk,
Egg, Gluten

INGREDIENTS



- 25g stork
- 30g plain flour
- 5 eggs, free range
- 200g spinach
- 110g rocket
- 30ml vegetable oil
- 250g onions
- 500g ricotta
- 50g parmesan, grated
- 140g cheddar, grated
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Preheat the oven to 180°C and grease a deep pie dish with stork, then dust with flour.
2. Place the five eggs into a pan of boiling water and boil for ten minutes. Drain and place the eggs into running cold water and leave to cool. Once cool, remove the shells and cut the eggs in half lengthways.
3. Heat a large pan with a lid until hot, then add the spinach and rocket leaves and cover. Cook for approx. 4 minutes, until steamed and wilted down. Drain the mixture, and, once cool enough to handle, squeeze out any excess liquid. Roughly chop the mixture and place into a bowl.
4. Heat a frying pan over a medium heat and add the oil and onion. Fry the onion gently for a few minutes until softened, then set aside and allow to cool.
5. Add the cooked onion to the spinach and rocket and mix well. Add the ricotta and parmesan and mix well. Add the cheddar, season, to taste and mix well.
6. Lay out the puff pastry sheet and line the prepared pie dish. Fill the pie case with half of the spinach and cheese mixture. Add the boiled egg halves, yolks down, evenly spaced, then top with the remaining spinach mixture.
7. Brush the edge of the pastry with a little beaten egg.
8. Place the remaining puff pastry over the top of the pie filling, pressing down the edges well. Trim away any excess pastry and crimp the edges with your fingers, so that the pie is well sealed.
9. Make a small incision the shape of a cross into the centre of the pastry top to allow steam to escape during baking.
10. Brush the top of the pastry with beaten egg, then transfer to the oven to bake for approx. 35 minutes, until risen and golden-brown all over.
11. Remove from the oven and allow to rest for a couple of minutes. Then cut into portions to serve.



SPRING ONION & LEEK MACARONI CHEESE

SERVES



Ten

ALLERGENS



Wheat, Mustard,
Milk, Gluten

INGREDIENTS



- 50ml vegetable oil
- 60g stork
- 700g macaroni
- 40g garlic
- 1tsp mustard powder
- 1 spring onions, bunch
- 150g leeks
- 150g red onions
- 70g plain flour
- 1ltr milk, semi skimmed
- 400g cheddar, grated
- 75g parmesan, grated

METHOD



1. Preheat the oven to 180°C. Cook the macaroni.
2. Heat the oil in a pan and add the garlic, onions and leeks and allow to soften.
3. Melt the stork in a pan. Stir in the flour gradually.
4. Add the milk gradually, stirring to avoid lumps. Add the mustard powder.
5. Add the cheese and stir the mixture until it has melted into the sauce. Stir the leeks into the sauce and add the cooked pasta.
6. Put the mixture into an oven proof dish, top with cheese and bake for 20mins to serve.



EASTER HOT CHOCOLATE

SERVES



Ten

ALLERGENS



Soya, Milk

INGREDIENTS



- 2tsp. vanilla essence
- 1tsp ground cinnamon
- 2½ltr milk, semi skimmed
- 375g callebaut dark chocolate callets
- 80g caster sugar
- ½tsp mixed spice

METHOD



1. Heat the milk vanilla, ground cinnamon and milk in a saucepan until just below boiling.
2. Remove the pan from the heat and add the chocolate pieces, stirring until the chocolate melts.
3. Whisk the hot chocolate vigorously until frothy on top and serve with a dusting of mixed spice.



EASTER SPICED COOKIES

SERVES



Eighteen

ALLERGENS



Wheat, Milk,
Egg, Gluten

INGREDIENTS



- 100g unsalted Kerrymaid, softened
- 100g caster sugar
- 1 egg, free-range, separated
- ½ tsp. ground cinnamon
- ⅛ tsp. mixed spice
- 1 lemon, zested
- 1 orange, zested
- 75g currants
- 200g plain flour
- 2tbsp. milk, semi skimmed
- 1 tbsp. granulated sugar, for sprinkling

METHOD



1. Heat the oven to 180°C. Line two baking sheets with baking parchment.
2. Beat the baking margarine and sugar together until pale and fluffy. Add the egg yolk, mix again until well combined, stir in the spices, zests, currants, flour and milk to make a stiff dough.
3. Roll the mixture out between two sheets of parchment, until about 5mm thick. Remove the top layer of parchment, then use a fluted cookie cutter, about 7cm wide, to cut out shapes from the dough. Transfer to the prepared trays.
4. Whisk the egg white with a fork until lightly foamy, then brush over the tops of the biscuits. Sprinkle over some sugar and bake for approx. 10 minutes, until lightly golden and they look set.
5. Cool on the trays, before transferring to an airtight container or serving.



HOT CROSS BUN BREAD & BUTTER PUDDING

SERVES



Ten

ALLERGENS



Gluten, Sulphur Dioxide, Milk, Egg

INGREDIENTS



- 100ml double cream
- 500ml semi skimmed milk
- 3 eggs, free range
- 75g caster sugar
- 1tsp. vanilla extract
- 2tbsp orange juice
- 1 orange, zested
- 50g Kerrymaid, room temperature
- 8 hot cross buns, halved
- 4tbsp. marmalade, plus extra to glaze

METHOD



1. Pour the cream and milk into a pan, and heat gently to just below simmering point. Whisk together the eggs and sugar in a large bowl. Gradually whisk in the hot liquid, then stir in the vanilla extract, Orange juice and zest.
2. Margarine the buns and spread with marmalade, then sandwich back together and cut all but one in 1 / 2 so you have 14 semi-circles in total, plus 1 whole.
3. Arrange around the whole bun in a 26cm round baking dish and pour over the custard. Leave to soak for 15 minutes. Heat the oven to 140°C and put in a heavy baking sheet.
4. Gently press the buns down into the custard before putting the dish on the hot baking sheet. Bake for 35-40 minutes or until the custard is just set. Brush with more marmalade and leave in the dish for 10 minutes before serving.



HOT CROSS BUNS

SERVES



Fifteen

ALLERGENS



Gluten, Sulphur
Dioxide, Milk, Egg

INGREDIENTS



- 300ml semi skimmed milk, plus 2 tbsp.
 - 50g Kerrymaid
 - 500g strong bread flour
 - 1 tsp. salt
 - 75g caster sugar
 - 1tbsp. vegetable oil
 - 7g yeast, dried
 - 1 egg, beaten
 - 75g sultanas
 - 50g mixed peel
 - 1 orange, zest
 - 1 apple, peeled, cored and finely chopped
 - 1tsp. ground cinnamon
- For the cross:
- 75g plain flour, plus extra for dusting
- For the glaze:
- 3tbsp. apricot jam

METHOD



1. Bring the milk to the boil, then remove from the heat and add the baking margarine. Leave to cool until it reaches hand temperature. Put the flour, salt, caster sugar and yeast into a bowl. Make a well in the centre. Pour in the warm milk and baking margarine mixture, then add the egg. Mix well, then bring everything together with your hands until you have a sticky dough.
2. Tip on to a lightly floured surface and knead by holding the dough with one hand and stretching it with the heel of the other hand, then folding it back on itself. Repeat for 5 mins until smooth and elastic. Put the dough in a lightly oiled bowl. Cover with oiled cling film and leave to rise in a warm place for 1 hr or until doubled in size and a finger pressed into it leaves a dent.
3. With the dough still in the bowl, tip in the sultanas, mixed peel, orange zest, apple and cinnamon. Knead into the dough, making sure everything is well distributed. Leave to rise for a further hour, or until doubled in size, again covered by some well-oiled cling film to stop the dough getting a crust.
4. Divide the dough into 15 even pieces, approx. 75g. Roll each piece into a smooth ball on a lightly floured work surface. Arrange the buns on one or two baking trays lined with parchment, leaving enough space for the dough to expand. Cover (but don't wrap) with more oiled cling film, then set aside to prove for a further 1hr.
5. Heat oven to 200°C. Mix 75g plain flour with about 5 tbsp. water to make the paste for the cross – add the water 1 tbsp. at a time, so you add just enough for a thick paste. Spoon into a piping bag with a small nozzle. Pipe a line along each row of buns, then repeat in the other direction to create crosses. Bake for 20 mins on the middle shelf of the oven, until golden brown.
6. Gently heat 3 tbsp. apricot jam to melt, then sieve to get rid of any chunks. While the jam is still warm, brush over the top of the warm buns and leave to cool.



VEGAN LEMON & CHOCOLATE EASTER LOAF CAKE

SERVES



Ten

ALLERGENS



Wheat, Gluten

INGREDIENTS



- 100ml vegetable oil, plus extra for the tin
- 275g self-raising flour
- 200g caster sugar
- 1tsp. baking powder
- 1 lemon, zested, 1/2 juiced

- 170ml tap water

For the topping:

- 150g icing sugar
- ½ lemon, juiced
- 80g vegan chocolate, melted

METHOD



1. Heat oven to 180°C. Grease a 1lb loaf tin and line it with baking parchment. Mix the flour, sugar, baking powder and lemon zest in a bowl. Add the oil, lemon juice and cold water, then mix until smooth.
2. Pour the mixture into the tin. Bake for approx. 25 minutes, until a skewer comes out clean. Cool in the tin for 10 mins, then remove and transfer the cake to a wire rack to cool fully.
3. Sieve the icing sugar into a bowl. Mix in just enough lemon juice to make an icing thick enough to drizzle over the loaf. Then drizzle the melted vegan chocolate over the cake to finish.

The image shows a recipe booklet titled "Easter Treats" with a chocolate drip effect at the top. The booklet is placed on a wooden surface next to a braided bread and a vase of white daffodils. A yellow and white checkered cloth is at the bottom.

EASTER *Treats*

RECIPE BOOKLET



FOOD
THEME DAYS

**STOP FOOD
WASTE DAY
30TH APRIL**

Recipe Booklet



We're using all edible parts of our ingredients, root to tip!

Accent

STOP FOOD WASTE DAY

This year Stop Food Waste Day 2025 is on Wednesday 30th April. Did you know, one third of food produced for human consumption is lost or wasted globally? Food waste is central to some of the key challenges facing the world today, including hunger and poverty, climate change, health and wellbeing and the sustainability of agriculture and oceans. Wasting food is also a waste of the energy used to grow, harvest, process and cook, and food waste in landfill can cause methane emissions, a potent greenhouse gas.

It is easy for everyone to get involved with reducing the impact of food waste, not just on Stop Food Waste Day, but day in, day out - both in our personal and professional lives.

Prevent food waste by storing food optimally, making use of every edible part of the ingredient and planning meals ahead of time and ordering only what you need.

Inspire others to waste less, and repurpose more. Repurpose food by giving a second life to ingredients that most commonly go to waste.

With this in mind and to inspire you, we have put together this booklet of recipes to start you on your journey of looking at foods and seeing how they can be re-purposed and made into something just as delicious and appealing as the original dish.

We can't wait to see how you get on with these recipes and perhaps some of your own. Together we can all make a real difference.





GLUTEN FREE LEMON & ORANGE MASH POTATO CAKE



MAKES : Ten



ALLERGENS : Milk, Eggs

INGREDIENTS

- 250g kerrymaid margarine
- 250g caster sugar
- 4 eggs
- 250g gluten-free self-raising flour
- 2tsp. gluten-free baking powder
- 250g mashed potatoes, forked through so it doesn't go in as one lump
- 2 lemons, zest and juice
- 1 orange, zest and juice

To Decorate:

- 175g icing sugar
- Squeeze lemon juice (save a little from the cake quantity)

METHOD

1. Heat oven to 160°C. Grease and line a deep, 20cm round cake tin.
2. Beat the margarine and sugar together until pale and fluffy, then gradually beat in the eggs, one by one.
3. Fold in the flour, baking powder, mashed potato, zests and juices.
4. Scrape into the tin and level the top.
5. Bake for approx. 40 minutes until golden and a skewer poked in comes out clean.
6. Cool in the tin for 10 mins, then move to a wire rack.
7. Sift the icing sugar, then mix in enough of the lemon juice to make a stiff, but still runny icing.
8. Spread over the cake so it dribbles down the sides a little. Set aside until the icing has set and then cut to serve.



BORN AGAIN POTATO GNOCCHI



MAKES : Ten



ALLERGENS : Wheat, Gluten,
Milk, Eggs

INGREDIENTS

- 1½kg mash potato
- 5 eggs, beaten
- 450g plain flour or less, depending on the texture of the potatoes
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Place the mash into a bowl and make a hollow in the middle, then pour in the egg and sprinkle over some of the flour. Start to blend everything with your hands, adding more flour but as little as you can get away with (you want them to taste of potato, rather than flour). Work carefully and quickly, as you would with pastry. The more you handle the dough, the harder and bouncier it will become.
2. You should now have a soft dough that holds together, doesn't feel sticky and can be easily shaped. You should now check the dough by cooking a few gnocchi to see how they perform.
3. Divide the dough into 3 equal pieces. Roll a piece at a time into long, thumb-nail thick cylinders on a lightly floured surface, again working lightly and quickly. As you roll you will also be gently stretching the dough. Keep the surface well-floured as you don't want the gnocchi to stick.
4. Cut the dough into thumb-nail long lengths and roll the gnocchi in a little flour. Holding them very lightly, form each into a small concave gnocchi shape: hold them against the prongs of the back of a fork, pressing only firmly enough to get the imprint then guide each one so it tumbles away from the fork, this allows a sauce to cling to them better. Once they are done, spread them on a large board until required.



PASTA FRITTATA



MAKES : Ten



ALLERGENS : Wheat, Gluten, Milk, Eggs

INGREDIENTS

- 8 eggs
- 80g tugo mozzarella , plus extra to serve
- Lo salt, pinch
- Ground black pepper, pinch
- 800g leftover cooked pasta or spaghetti
- 40ml vegetable oil

METHOD

1. Preheat the oven to 200°C. Beat the eggs in a large bowl, then add in the mozzarella. Season with the salt and pepper. Whisk well, then stir in your pasta.
2. Heat enough oil to cover the base in a 26cm non-stick ovenproof frying pan over a medium heat. Add the frittata mixture and cook for approx. 5 minutes, until crisp underneath, then place in the oven for a further 5 minutes, until firm. Carefully flip the frittata onto a large plate, then slide it back into the pan and return it to the oven for a further 5 minutes, or until crisp underneath.
3. If you're cooked pasta is already coated in sauce, you can swap that in too and add some vegetables too for an easy twist on this recipe. Just remember to fill out your pro forma to capture all of the allergens.



VEGGIE FRITTERS



MAKES : Twenty
(2 per portion)



ALLERGENS : Milk, Eggs

INGREDIENTS

- 500g plain cooked vegetables
- 200g cooked greens
- 1 garlic, clove
- 2 lemons
- Dill, few sprigs, chopped (or any herbs)
- 100g cheddar cheese, grated
- 6 eggs
- 100ml vegetable oil, for frying
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Shred the leftover cooked vegetables and greens. Peel and finely chop the garlic, and finely grate the lemon zest and add in the chopped dill.
2. Put the shredded vegetables and greens into a bowl. Sprinkle in the cheese and add the garlic, dill and lemon zest. Add a good pinch of salt and black pepper, then mix well.
3. Crack in the eggs and mix to combine.
4. Place a large frying pan over a medium heat and add the oil. Once the oil is hot, carefully lower in heaped tablespoons of the mixture and flatten them out into little patties.
5. Fry for approx. 3 minutes, until the egg is beginning to set, then carefully flip and fry on the other side for 2 more minutes, until the egg is completely cooked.
6. Serve with a salad and or sauce, or just enjoy on their own.



POTATO PEEL SOUP



MAKES : Ten



ALLERGENS : Milk

INGREDIENTS

- 30ml vegetable oil
- 400g potato peelings, washed
- 1 bay leaf
- 1ltr. Vegetable stock
- 2 onions, diced
- 1ltr milk
- Parsley leaves, small handful, chopped
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Heat the oil in a medium saucepan over a medium-low heat and add the onions, bay leaf and a good pinch of salt. Sauté gently, for approx. 10 minutes, until the onions are soft but haven't taken on much colour.
2. Add the potato peelings and give everything a good stir for a minute.
3. Pour in the milk and stock, season well with salt and pepper and bring to the boil. Reduce the heat and simmer gently until the peels are very tender.
4. Remove from the heat and cool slightly, then purée in a food processor, blender or using a stick blender until very smooth.
5. Return the soup to the pan and reheat gently. Season well with salt and pepper and stir in the chopped parsley.



SPRING PANZANELLA



MAKES : Ten



ALLERGENS : Wheat, Gluten, Soya

INGREDIENTS

- 600g stale bread
- 3 garlic, cloves
- 300g peas
- 300g broad beans
- 6 spring onions, sliced diagonally
- 3 lemon, zested & juiced
- 6tbsp. Capers
- Basil, small bunch, torn
- 50ml pomace olive oil
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Tear the bread into chunks. Season and dress liberally in olive oil. Bake in a 180°C oven for approx. 15 minutes until lightly toasted. Grate over the garlic and toss to combine.
2. Roughly chop the capers and add to a mixing bowl. Add a good few glugs of pomace oil along with the lemon zest, juice and spring onions. Tear in the basil and add the bread, beans and peas.
3. Season and toss everything together, squeezing the bread so that it soaks up all the lovely fresh flavours.
4. Serve with an extra grating of lemon zest, more torn basil and pomace oil.



SWEETCORN AND TOMATO MUFFINS



MAKES : Ten



ALLERGENS : Wheat, Gluten, Milk, Eggs

INGREDIENTS

- 250g sweetcorn
- 250g plain flour
- 50g semolina
- 2tsp. Baking powder
- 50g cheddar, grated
- 1tsp. Cumin seeds, toasted
- 3 eggs, free range
- 100g cherry tomatoes, halved
- Tarragon, few leaves, roughly chopped
- Coriander, small handful, chopped
- 250ml milk, semi skimmed
- 100ml vegetable oil
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Preheat the oven to 160°C and grease a 12-hole muffin tin.
2. Put the cumin seeds in a dry frying pan and cook over a low heat for 2 minutes, until lightly toasted.
3. In a large bowl, combine the flour, semolina, baking powder, cumin seeds and cheese. Season well and set aside.
4. In a separate bowl, beat the eggs with the herbs, sweetcorn, oil and milk. Add the egg mixture to the dry ingredients and stir until just combined and drop in the cherry tomatoes.
5. Divide the muffin mixture between the muffin-tin holes and bake for approx. 18 minutes, until risen and golden. Leave to cool a little and serve warm.



SPRING TIME USE UP RISOTTO



MAKES : Ten



ALLERGENS : Celery,
Milk, Egg

INGREDIENTS

- 1ltr vegetable stock
- 1 onion
- 1 stick of celery
- 30ml vegetable oil
- 30g kerrymaid margarine
- 300g risotto rice
- 300g mixed frozen green veg, such as spinach, green beans and peas
- 60g grated Parmesan cheese , plus extra for sprinkling
- 50ml olive oil
- 1 lemon

METHOD

1. Bring the stock to a simmer in a pan on a low heat. Peel the onion, trim the celery, then finely chop or coarsely grate them.
2. Put 1 tablespoon of oil, margarine plus the onion and celery into a high-sided pan on a low heat. Season lightly with sea salt and black pepper and cook for 5 to 10 minutes, stirring occasionally, until the veg is soft but not coloured.
3. Turn up the heat to medium, add the rice and stir for 2 minutes, so it sucks up all the lovely flavour. If using, pour in the wine and stir until absorbed.
4. Add a ladleful of hot stock, stir, and wait until it's been fully absorbed before adding more. Cook for 16 to 18 minutes, adding more stock every minute or so and stirring regularly, until the rice is al dente. This means it should be soft and a pleasure to eat, but still holding its shape.
5. About 5 minutes before your rice is ready, stir in the frozen veg to cook through.
6. Now, your risotto needs to be slightly looser than you want it to be, as it will thicken as it sits, so add an extra ladleful of stock. Turn off the heat, stir or beat in the remaining butter and the Parmesan, then season to perfection.
7. Pop the lid on and let it sit for 2 minutes before serving. The most important thing is that the risotto is always oozy.
8. Finish with a drizzle of olive oil, an extra grating of cheese and, if you've got it, a tiny squeeze of lemon juice per portion.



ROAST POTATO AND CHEDDAR PARATHAS



MAKES : Ten



ALLERGENS : Wheat, Gluten, Milk

INGREDIENTS

- 375g plain flour, plus extra for dusting
- 1tsp. lo salt
- 4tbsp veg oil, plus extra for greasing and frying
- 300g left over potatoes
- 1tsp turmeric
- 2tsp mild curry powder
- 1 green chilli, finely chopped
- Coriander, small handful, chopped
- 200g cheddar, grated

METHOD

1. For the dough, mix the flour and salt in a large bowl, then add the oil and mix again. Gradually add 250-300ml warm water, a little at a time, kneading well until soft, springy and malleable. Cover with a clean tea towel and rest for 30 minutes.
2. To make the filling, coarsely mash the leftover roast potatoes. Mix in the spices, chillies, coriander and cheese, then set aside. Divide the dough into 10 balls. Dust each ball with a little extra flour, then keep them covered with a clean damp tea towel to prevent them from drying out. Grease your gloved palms with a little oil. Take one ball in the palm of your hands and flatten to form a disc about 10cm wide. Place some of the potato mixture in the centre and bring the edges of the disc together; pinch the top together to seal, similar to making a dumpling.
3. Flatten the top with your hands and keep pressing down to form a disc about 15cm wide. While flattening the disc, try to push the filling in the centre towards the sides, being careful not to split open the dough. Repeat with the remaining dough and potato mixture.
4. Heat a non-stick frying pan over a medium-high heat. Add a paratha; cook 1 side until lightly blistered (about 2 minutes), then brush liberally with oil and flip. Cook for about 1 minute 30 seconds, then brush the blistered side with oil and flip again. Cook for a further minute, until both sides are lightly blistered and golden. Keep warm in a low oven while you cook the remaining parathas in the same way.
5. Serve as an upsell alongside your curry dishes, if liked.



ASIAN PICKLED CARROT SALAD



MAKES : Ten



ALLERGENS : Sulphur Dioxide,
Soya, Sesame

INGREDIENTS

- 2kg carrots – peeled then can be grated, sliced or julienne
- 120ml white wine vinegar
- 80g sugar
- 60ml sesame oil
- 2tsp. salt
- coriander, small handful, chopped

METHOD

1. Place carrots in a small bowl.
2. Whisk all other ingredients together.
3. Pour over carrots. Mix to coat.
4. Soak for at least an hour, but overnight is fine. They get more delicious the longer they sit. Store in refrigerator.



MEDITERRANEAN STYLE BREAD SOUP



MAKES : Ten



ALLERGENS :

Wheat, Rye,
Barley, Soya, Milk,
Eggs, Gluten,
Celery

INGREDIENTS

- 2tbsp. Vegetable oil
- 250g onion, chopped
- 4 garlic, cloves, minced
- 2 celery, stalks, chopped
- 125g carrot, chopped
- 1 bay leaf
- Parsley, small handful, chopped
- 1ltr tap water
- 30g vegetable bouillon
- 400g chopped tomatoes
- 1tsp. Thyme, sprigs
- 200g green cabbage, shredded
- 75g potato, peeled and diced
- 400g cannellini beans, drained
- Lo salt, pinch
- Ground black pepper, pinch
- 10 slices ciabatta
- 4tbsp. Parmesan cheese, grated

METHOD

1. In a large saucepan, heat the oil over medium heat. Cook the onions, garlic, celery and carrot until the onion is soft.
2. Stir in bay leaf, parsley, vegetable bouillon, water, tomatoes, thyme, cabbage, potato and beans. Bring to a simmer and cook for approx. 40 minutes. Season with salt and pepper to taste.
3. Preheat oven to 180°C. Cut the slices of ciabatta in half and lay the slices on a greaseproof sheet, sprinkle with Parmesan cheese and bake for approx. 10 minutes, until the cheese is light golden.
4. Add the bread into the soup and serve or offer with the soup on the side.



BROCCOLI GRILLED CHEESE BLOOMER SANDWICH



MAKES : Ten



ALLERGENS :

Wheat, Rye, Oats,
Barley, Gluten, Milk,
Soya, Celery

INGREDIENTS

- 500g cheddar, sliced
- 20 white bloomer bread, slices
- 500g broccoli, cut into florets, cooked
- Ground black pepper, pinch
- 20ml worcestershire sauce
- 200g flora, softened

METHOD

1. Divide the cheese equally between ten slices of bread. Roughly chop the broccoli and arrange it on top of the cheese. Season with pepper and a splash of Worcestershire sauce. Top the sandwiches with the remaining slices of bread.
2. Spread the top and bottom of the sandwiches evenly with the spread. Take a heavy-based frying pan and place over a low heat. Carefully lay the sandwiches in the pan and slowly heat, so that the bottom of the sandwich turns crisp and golden, approx. 3 minutes. Flip the sandwiches over and cover the pan with a lid, so that the cheese melts. Check every minute or so to make sure the bottom of the sandwich doesn't burn.
3. Once the sandwich is golden brown on the bottom and the cheese is oozing out, remove from the pan and cut each one in half.
4. Allow them to cool a little before eating.



CORN AND TOMATO SALAD



MAKES : Ten



ALLERGENS : None

INGREDIENTS

- 500g tomatoes, diced
- 650g sweetcorn, drained and rinsed
- 4 spring onions, finely chopped
- 1 red chilli, deseeded and thinly sliced
- Coriander, small handful, finely chopped
- 1 lime, juiced
- 2tbsp. Pomace olive oil
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Put all the ingredients in a bowl, season and toss together.



BROCCOLI PESTO



MAKES : Ten



ALLERGENS : Gluten, Egg

INGREDIENTS

- 2 broccoli, chopped roughly into florets
- 2 garlic, cloves
- 2tsp. sea salt
- 100ml pomace oil
- 25g pumpkin seeds, lightly toasted
- 2 lemon, zested and juiced
- 40g Parmesan cheese, grated

METHOD

1. Boil a pan of water and when the water is boiling, blanch the broccoli until vibrant green, approx. one minute then strain. Place the broccoli in iced or very cold water and set aside to cool fully.
2. Place the garlic, salt, lemon juice and oil in a food processor and pulse until the garlic is finely minced and the mixture has formed a thick paste.
3. Strain the broccoli well and add to the processor. Pulse until it resembles fine bread crumbs. Add the seeds and pulse until just combined.
4. Empty the mixture from the processor into a bowl and stir through the grated parmesan and lemon zest.



NEW POTATO & ROSEMARY FOCACCIA



MAKES : Ten



ALLERGENS : Wheat, Gluten

INGREDIENTS

- 500g new potatoes
- 15g dried yeast
- 100ml olive oil, plus extra for greasing
- 1kg strong white bread flour, plus extra for kneading and dusting
- 600ml warm water
- Rosemary, sprigs
- 5g io salt
- 5g salt, sea

METHOD

1. Place the potatoes in a pan of salted water and cook for approx. 15 mins, then drain and refresh under cold water to cool completely. Drain and set aside.
2. Pour the water into a large bowl. Sprinkle over the yeast, io salt (making sure the yeast and io salt are at separate sides) and olive oil. Mix well, then stir in the flour, adding a little more water, if the mixture feels too dry.
3. Turn out the dough onto a clean work surface and knead for approx. 15 mins until smooth and elastic, then shape into a ball. Grease the inside of a large bowl with oil, then add the dough to the bowl. Cover with oiled cling film and leave in a warm place for approx. 1 hr or until doubled in size.
4. Preheat oven to 180°C.
5. Grease a baking tray with oil and dust with a little flour. Carefully stretch out the dough to fit the tin and press into the corners. Cut the cooked potatoes into wedges and tuck them into the dough at regular intervals, along with sprigs of rosemary, and scatter a few sprigs over the top.
6. Cover the tin with cling film and leave to prove for another 45 mins.
7. Remove the cling film, drizzle over 3 tbsp. olive oil and sprinkle over the sea salt.
8. Bake in the oven for approx. 25 minutes, until the bread is golden and the potatoes are browning lightly.
9. Remove from the oven and drizzle over another 3 tbsp. olive oil. Leave to cool for 10 mins, then turn out onto a board, slice and serve.



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