

# Accent Catering Newsletter

## April 2025



### Seasonally Fresh

This month, we're celebrating spinach being in season, and we can't wait for you to try our tasty new creations! With freshly picked leaves packed full of goodness, we've added two exciting new dishes to our menu:

- Spinach and Leek Lasagne
- Spinach and Watermelon Super Salad

Spinach is a true superhero in the kitchen, loved for its rich flavour and impressive health benefits! Did you know that spinach contains a natural compound called ecdysterone, which has been shown to boost muscle growth and strength? No wonder Popeye was such a fan! Spinach is perfect for adding a burst of colour and nutrients to your meals. Whether blended into smoothies, stirred into pasta, or baked into comforting dishes, spinach is a versatile favourite that makes every bite better.



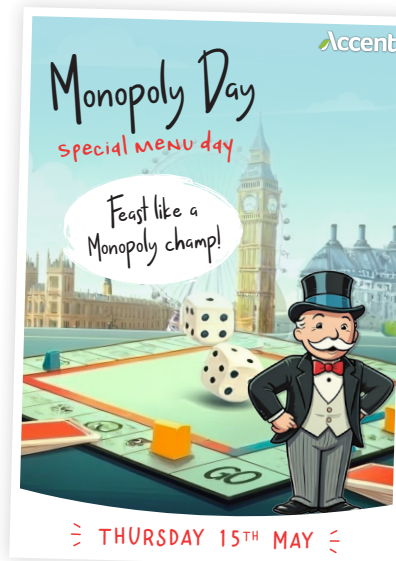
### Special days coming soon!

#### JOIN US IN MAY!

May is packed with celebrations you won't want to miss! We're rolling the dice for Monopoly Day, where pupils can enjoy a special menu inspired by this classic board game – expect fun, themed treats that are sure to be a winning move. Later in the month, we'll be turning up the heat for World Baking Day, celebrating the joy of baking with a delightful selection of sweet and savoury bakes. It's the perfect time for pupils to enjoy freshly baked goodies. Get ready for a month full of flavour, fun, and fantastic food!

#### WORD SEARCH:

Monopoly  
Game  
Winner  
Dice  
Cards  
London



W	I	N	N	E	R	V	A	K	M
D	Y	T	G	C	N	K	V	W	O
I	H	L	K	A	X	G	P	Y	N
C	C	J	I	R	J	Z	V	L	O
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# SPINACH

Try out these recipes!



## Spinach & Watermelon Super Salad

Makes 10 portions

Contains: Gluten, Milk

### Ingredients:

- 200g white quinoa
- 80g pumpkin seeds
- ½ watermelon
- 400g loose spinach
- 1 avocado
- ¼ bunch fresh mint
- 150g Greek feta block
- 1 lime
- 200g wild rocket
- Pinch of salt
- Pinch of ground black pepper

### Method:

1. Rinse the quinoa and place in a saucepan with a fitted lid and cover with 500ml of water, cooked covered over a medium heat for approximately 15 minutes. Fork through to loosen the grains and leave to cool.
2. Heat a frying pan over a medium heat and toast the pumpkin seeds for about 1 minute until they start to pop.
3. Deseed the avocado, cut the watermelon into cubes, roughly chop the mint and cut the feta into dice size.
4. Place all of the ingredients except the quinoa and lime into a bowl and gently mix together.
5. Add the quinoa and gently fold the ingredients together, then place into a bowl or a platter.
6. Squeeze lime juice over the salad and add a pinch of seasoning to taste.

## Spinach & Leek Lasagne

Makes 10 portions

Contains: Gluten, Egg, Milk

### Ingredients:

#### For the Bechamel Sauce:

- 500ml semi skimmed milk
- 25g plain flour
- 25g baking margarine
- 10g onions
- 4g nutmeg
- Pinch of salt
- Pinch of white pepper

#### For the Lasagne:

- 300g lasagne sheets
- 500ml bechamel sauce
- Spinach, large handful, roughly chopped
- 300g leeks, halved and sliced
- 20g garlic, chopped
- 20ml oil
- Pinch of salt
- Pinch of white pepper
- 100g grated cheddar
- 100g grated mozzarella
- Handful of parsley

### Method:

#### 1. To make the Bechamel Sauce:

In a pot sweat the onions, once translucent, add the milk, salt and pepper and bring to simmer. In another pot, melt the margarine and add the flour to make a paste and cook until blonde, being careful not to burn it. Remove the onions from the milk and pour slowly over the flour and margarine mixture whisking it to not create any lumps. Cook on low until thick, stirring it to avoid burning the bottom of the pan. Once ready, cook slightly.

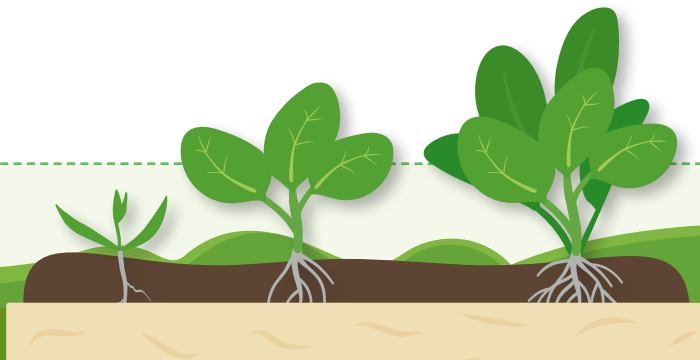
#### 2. For the Filling:

Add oil to a pan, tip in the spinach and leeks and cook until soft and add the garlic, salt and pepper.

#### 3. Preheat the oven at 180°C.

4. Take a baking tray and start layering top to bottom with a thin layer of white sauce, this is to avoid your lasagne to stick to the tray. Continue with your pasta sheets, bechamel, spinach and leeks, and then cheeses. Make 3 layers and top evenly with cheddar and mozzarella.

5. Bake in the oven for 30 min, until golden and crispy on the top. Allow to cool slightly before serving, sprinkle with freshly chopped parsley.



If making these recipes at home, please refer to the packaging on the products you use for accurate allergen information

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

WISHING YOU A


**HAPPY  
EASTER**

**RECIPE BOOKLET**

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# HAPPY EASTER



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 20<sup>th</sup> 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.



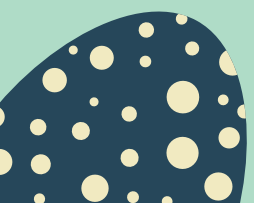
Hot cross buns are traditionally eaten over the Easter religious Christian holiday to symbolise the crucifixion of Jesus on Good Friday on the cross. Now, they are sold all year round and now come in an assortment of flavours, from chocolate and caramel to orange and cranberry. There are 'luxury', 'very 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.



## HUNGRY FOR MORE?

Visit us at [www.accentcatering.co.uk](http://www.accentcatering.co.uk)  
01784 224690 / [info@accentcatering.co.uk](mailto:info@accentcatering.co.uk)



# HAPPY EASTER

## 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.

# HAPPY EASTER

## 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.

# HAPPY EASTER

## 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.

# HAPPY EASTER

## 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.

# HAPPY EASTER

## 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.

# HAPPY EASTER

## 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.

# HAPPY EASTER

## 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.

# HAPPY EASTER

## 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.

# HAPPY EASTER

## 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.

# HAPPY EASTER

## VEGAN LEMON & CHOCOLATE EASTER LOAF CAKE

**SERVES**



Ten

**ALLERGENS**



Wheat, Gluten

## INGREDIENTS



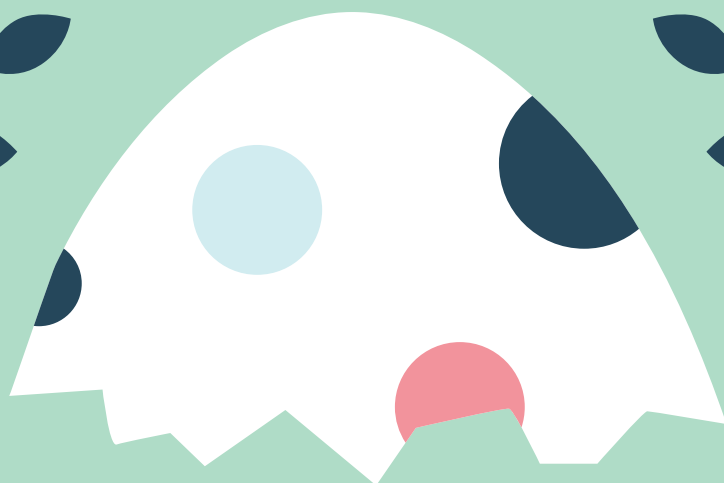
- 100ml vegetable oil, plus extra for the tin
  - 275g self-raising flour
  - 200g caster sugar
  - 1tsp. baking powder
  - 1 lemon, zested, 1/2 juiced
  - 170ml tap water
- For the topping:
- 150g icing sugar
  - ½ lemon, juiced
  - 80g vegan chocolate, melted

## 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.

WISHING YOU A



**HAPPY  
EASTER**

