Power through exam season with SEASONAL SUPERFOODS! #SpringSuperfoods #ExamSeason #StudentIlfe

WAY.

TTS GONDA

RECIPE BOOKLET

**MAY '25** 



Gluten, Milk,

Sulphur Dioxide

Pear, Cheddar & Roasted Kale Puff Pastry Tarts

ALLERGENS

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INGREDIENTS

SERVES

- 1 x puff pastry sheet
- 30g baking margarine
- 4 x pears
- 250g grated cheddar cheese

Ten

100g curly kale

- 120ml olive oil
- 50g pumpkin seeds
- 40ml balsamic vinegar
- Salt & ground white pepper



- 1. Preheat the oven to 200°c.
- 2. Cut the pears into wedges. In a frying pan, melt the margarine with a little of the balsamic vinegar over a medium heat. Add the pears and cook for 2 minutes on each side until caramelised, then remove from the heat and set aside.
- 3. Defrost the puff pastry sheet and cut into 10 squares. Score a border just around the inside of each square then arrange them on a baking sheet.
- 4. Arrange the pears over each pastry within the border, then scatter over the grated cheese on each.
- 5. Bake for 10-15 minutes until the pastry is puffed and golden and the cheese is melted and bubbling.
- 6. In a medium sized pan and half of the olive oil, fry the curly kale until just cooked. Season and set aside.
- 7. Season, then serve scattered with kale, pumpkin seeds and drizzled with a little more balsamic vinegar and some olive oil.



None

Crispy New Potatoes with Wilted Spinach & Fennel Seeds

ALLERGENS 🗥



SERVES

- 1kg new potatoes
- 60ml pomace olive oil
- Spinach, large handful

Ten

- 1tbsp. fennel seeds
- 1tsp. sea salt flakes
- 1tsp. cracked black pepper

#### METHOD 🐻

- 1. Boil the potatoes for 10 mins until tender, then drain and leave to steam dry.
- 2. Preheat the oven to 200°c.
- 3. Drizzle half the oil over a flat, sturdy baking tray and tip in the potatoes. Add the fennel seeds, and season with the flaky sea salt and black pepper, tossing everything to coat.
- 4. Gently squash the potatoes with a potato masher to just break the skins. Drizzle with the extra oil and bake for approx. 45 mins, until crispy and golden.
- 5. Once the potatoes come out of the oven, scatter over the spinach and gently mix in. Leave for a few minutes for the spinach to wilt, then give one final stir to serve.



Gluten, Soya

Strawberry & Rhubarb Seeded Cruwble



SERVES

- 600g strawberries
- 600g solid pack rhubarb
- 160ml agave syrup
- 2 x lemons zested
- 200g white bread, blitzed to fresh crumbs

Ten

• 50g caster sugar

ALLERGENS 🗥

- 100g baking margarine, melted
- 50g sunflower and pumpkin seeds, chopped

#### METHOD 🔞

- 1. Mix the rhubarb, strawberries, sugars and lemon zest in a bowl, then set aside to macerate for 30 minutes.
- 2. Heat the oven to 180°c. In a bowl, combine the breadcrumbs, melted margarine, sugar and seeds and set aside.
- 3. Arrange the fruit in a fairly shallow oven dish. Scatter the seedy breadcrumb topping on top and bake for approx. 20 minutes, until the fruit is bubbling and the topping golden brown and crisp. Leave to rest for 10 minutes, and serve hot.
- 4. As this is an alternative to crumble, it will go great with either hot custard or ice cream, the choice is yours.



Sulphur Dioxide,

Mustard, Milk, Egg

Apple, Turmeric & Radish Coleslaw



SERVES

8 x Granny Smiths

Ten

- 1 x lemon
- 1 x pack radish
- 100ml mayonnaise
- 50g crème fraiche
- 20g Dijon mustard
- 1tsp turmeric

ALLERGENS

- 60g pickled gherkins finely diced
- 1tsp. caster sugar
- Lo salt, pinch
- Cracked black pepper, pinch



- Peel and core the apples, then cut into matchsticks. Put in a large bowl and toss in the lemon juice so they are evenly coated and won't discolour, thinly slice the radishes and add them to the bowl.
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- 2. Mix in the other ingredients, season and, if too tart, add a pinch of sugar.
- 3. Leave to sit for 30 minutes before serving.



None

Roast Aubergine, Tomato & Garlic Soup with Oregano Pesto

INGREDIENTS

SERVES

- 750g aubergines
- 500g onions
- 500g tomatoes
- 800g chopped tomatoes
- 1tsp vegetable bouillon made into 400ml stock

Ten

- 4 garlic, cloves
- Oregano, leaves, few sprigs, picked
- 2 lemons

ALLERGENS

- 100ml pomace olive oil
- Lo salt, pinch
- Cracked black pepper, pinch

#### METHOD 🔞

- 1. Preheat an oven to 200°c. Set a roasting tray on the top shelf to heat up.
- 2. Halve your aubergine lengthways and cut into thick slices. Set aside in a large bowl.
- 3. Halve, peel and cut your onion & tomato into slices. Add the onions and tomatoes into the bowl and add half of the oil.
- 4. Season well and add it all into the hot roasting tray. Roast for 20 mins or until the vegetables are tender and golden.
- 5. In a pan, warm a little of the oil and add 2 of the peeled chopped garlic cloves, chopped tomatoes and vegetable stock to warm. Add the roasted vegetables and bring to the boil and simmer for 20 minutes.
- 6. Put the veg mix in a food processor or blender & blitz until smooth. If you need to make it thinner, you can add a little boiled water. Once blitzed set aside to keep warm.
- 7. Peel and finely chop the remaining garlic. Strip the leaves from your oregano and finely chop. Mix the garlic and oregano together with the zest of the lemon, lemon juice and remaining olive oil.
- 8. Season to taste and serve the pesto with the soup.



Gluten,

Egg, Milk

Kale & Spring Green Spanakopita

ALLERGENS



SERVES

• 200g kale, picked and washed

Ten

- 280g spring green washed
- 30ml pomace olive oil
- 300g onions finely chopped
- 3 cloves garlic finely chopped
- 3 eggs
- 55g grated cheddar cheese

- 80g feta cheese
- 300g ricotta cheese
- Small handful dill
  - 1 x lemon
  - 50g baking margarine
  - 250g filo pastry
  - Cracked black pepper

#### METHOD 🝈

- 1. Preheat the oven to 180°c.
- 2. Steam or boil the greens until tender. Drain, refresh and drain again. Place in a colander and squeeze out any excess water.
- 3. Heat the oil in a pan over a medium heat and add the onion and fry, stirring occasionally, until soft. Add the garlic and cook lightly for 30 seconds, until fragrant. Tip into a bowl and add the greens, eggs, cheeses, dill, lemon zest, black pepper and mix well.
- 4. Lightly grease a tin with baking margarine, then add a sheet of filo, arranging so that the 4 corners of the square hang over the edge of the tin. Brush with baking margarine. Repeat with another 5 layers, each time brushing with margarine and overlapping and angling the pastry, so it forms a rough case. Spoon the greens mixture into the pastry case.
- 5. Gently scrunch one of the remaining filo sheets and place it over the filling. Repeat with the remaining sheets, covering the sides first and finishing with the middle. Brush the remaining margarine over the top.
- 6. Bake for approx. 40 mins until firm and golden.
- 7. Leave to cool for a few mins, then remove from the tin.
- 8. Can be served hot or chilled.



Gluten,

Soya, Milk

Beetroot Hummus

SERVES



Ten



- 500g raw beetroot
- 800g chickpeas
- 2 garlic, cloves
- 2 lemons, juiced
- 1tbsp. ground cumin
- 100ml natural yoghurt
- Lo salt, pinch

ALLERGENS

• Cracked black pepper, pinch

#### METHOD 🝈

- 1. Cook the beetroot in a large pan of boiling water with the lid on for 30-40 mins until tender. When they're done, a skewer or knife should go all the way in easily. Drain, then set aside to cool.
- 2. Peel the beetroot & roughly chop the flesh. Whizz the beetroot, chickpeas, lemon juice & cumin, season with salt & pepper to taste.
- 3. Serve swirled with the yoghurt.



Gluten

Cous-Cous & Quinoa with Lemony Watercress



SERVES

- 125g cous-cous
- 100g quinoa
- 1 lemon
- 20ml pomace olive oil

Ten

- 1 bunch watercress
- 100g red onions

- 100g tomatoes
- ½ cucumber

ALLERGENS 🛆

- 20g vegetable bouillon made up to 1 litre
- Lo salt, pinch
- Cracked black pepper, pinch

#### METHOD 💿

- 1. Place the Quinoa into a pan with boiling water, bring to the boil and simmer for twenty minutes until cooked and fluffy. Set aside to cool.
- 2. Place the cous-cous in a bowl and add the boiling stock to just cover, cover the bowl and allow to soak for 5 minutes, then fluff up with a fork & add the oil and allow to cool completely.
- 3. Finely peel and chop the red onions, tomatoes, & cucumber, wash & roughly chop the watercress.
- 4. Zest & juice the lemon and add all the ingredients to a mixing bowl, stir well & season with salt & cracked black pepper.



None

Beetroot & Blueberry Smoothie

ALLERGENS 🛆



SERVES

- 5 x bananas
- 250g blueberries
- 1ltr apple juice
- 200g cooked beetroot

Ten

#### METHOD 🐻

- 1. Peel the bananas & add to a blender with the rest of the ingredients & blend until smooth.
- 2. Pour into cups and serve, add ice if desired.



Gluten, Soya,

Milk, Egg

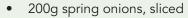
Spring Onion, Sweet Potato & Chilli Cheese Cornbread

ALLERGENS



INGREDIENTS

SERVES



Ten

- 100g sweet potato, diced
- 100g sweetcorn
- 4 x eggs
- 325g cornmeal
- 250ml milk
- 5g baking powder

- 20g plain flour
- 100g cheddar, grated
- 30g red chillies, thinly sliced
- 20ml pomace olive oil
- 5g sea salt
- 5g cracked black pepper



- 1. Preheat your oven to 180°c. Put your oil into a frying pan on a medium heat and add your spring onions and sweet potato. Fry gently for about 5 minutes until softened, while that's happening, get your corn ready. Add the sweetcorn & chillies to the pan with the onions and sweet potato and cook for a further 5 minutes, then remove from the heat and set aside to cool for a few minutes.
- 2. In a bowl, mix your eggs, cornmeal, milk, baking powder, cheese, flour and a good pinch of salt and pepper. Beat until well mixed, then stir in your cooled onion, sweet potato and corn mixture. Grease a 22cm cake tin with some olive oil, line the base with greaseproof paper, and pour in your mixture.
- 3. Pop the combread into the oven to bake for 35 minutes.
- 4. Once ready, let it cool for 15 minutes, then turn it out on to a wire rack or serving plate.



Gluten, Milk

Chicken & Aubergine Parmigiana

ALLERGENS

INGREDIENTS 🥑

SERVES

- 3 x aubergines
- 500g diced chicken thigh

Ten

- 2 cloves garlic
- 700g chopped tomatoes
- 160g tomato puree
- 1 tsp oregano
- 500g red onions
- 75ml pomace olive oil
- 35ml white wine vinegar

- 100g parmesan cheese
- 1 bunch basil
- 250g natural breadcrumbs
  - 250g mozzarella cheese
- 100g grated cheddar cheese
- Lo salt, pinch
- Cracked black pepper, pinch
- Caster sugar, pinch

#### METHOD 🝈

- 1. Put the chicken into a bowl & season with salt & pepper add a little bit of oil to coat & roast in a hot oven until cooked through
- 2. Brush the aubergine slices with olive oil on both sides to coat. Heat a griddle pan and cook the aubergines for a couple of minutes on both sides until lightly browned. Set aside while you get on with the tomato sauce
- 3. Heat a large frying pan, fry the garlic and onion with a little oil until soft. Add the chopped tomatoes, oregano, tomato puree & vinegar Simmer for about 15 minutes, or until the sauce thickens, season to taste adding sugar if the sauce is to sharp, stir in the cooked chicken.
- 4. In a medium-sized roasting tin, spread a little tomato sauce over the bottom of the tin. Add a layer of aubergine slices & torn basil and spread another layer of tomato sauce on top.
- 5. Mix the Cheese with the breadcrumbs & sprinkle over the final layer, Bake for 25 minutes.
- 6. Serve the parmigiana hot with a green salad alongside.



Gluten, Sulphur

Dioxide

Seeded Strawberry Flapjack Fingers

ALLERGENS



SERVES

#### 100g strawberries

- 100g agave syrup
- 20ml lemon juice
- 200g baking margarine

Ten

- 150g porridge oats
- 200g plain flour
- 50g pumpkin seeds
- 50g sunflower seeds
- 50g light brown soft sugar



- 1. Preheat the oven to 180°c slice the strawberries and mix with 15ml of the agave syrup and lemon juice. Set aside.
- 2. Put the butter in a saucepan and heat gently stirring until the butter is dissolved then add in the syrup, remove from the heat and stir in oats, sugar, seeds and flour.
- 3. Spread half the oat mixture across an 8" square oiled oven dish.
- 4. Spoon the strawberries evenly over this.
- 5. Spread the remaining oat mixture over the strawberries, press everything into the bottom and edges of the dish
- 6. Bake in a pre-heated oven for approx. 30 minutes, remove from the oven and, while still warm, cut into squares
- 7. When cold slice again and remove from the dish.

# TTOS GONNA DE DE DOCKLET



## BRITISH SARDWICH WEEK 19<sup>TH</sup>-23<sup>RD</sup> MAY Recipe Booklet

We're celebrating with a range of delicious sandwiches!



## BRITISH SANDWICH WEEK

There is perhaps no food more versatile than the humble sandwich.

That might sound like a funny thing to say about something that can essentially be described as "something delicious jammed between two hunks of starch." But that basic template allows the sandwich to be so much more, and its presence in virtually every culture on the planet and across the centuries speaks to its universality.

Sandwiches can be pretty much anything. They can be a simple, on-thego street food affordable to the masses. They can be luxurious creations by lauded chefs. They can be sweet or savoury, hot or cold, big and small. And sometimes, they can offer a glimpse into traditions and customs of the regions from which they've sprung. Sandwiches bridge gaps between cultures and classes. No matter where you go, odds are you'll find a variation on that simple starch + delicious formula.

Nearly every sandwich tells a story, from delicacies created to honour royalty, to peasant foods designed to maximize deliciousness and feeling of fullness and satisfaction. They come in all shapes and sizes, packed with proteins, cheeses, spreads, sauces, and veggies that all but define their place of origin. And as society becomes more global, sandwiches serve as ambassadors into the rich cultures of the world, providing entry points into diverse cuisines in a (usually) handheld package. We can all find common ground between starches. Perhaps it's time for the sandwich to be less humble.

With this in mind, we have done our very best to bring together some great recipes that fit this brief and will satisfy and delight your customers and teams. Have fun and be sure to let us know how you get along!

#### HUNGRY FOR MORE?

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#### CHICKEN KATSU SANDO

SERVES

ALLERGENS 🛆

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Gluten, Soya, Mustard, Egg

#### 



• 125g white cabbage, finely shredded

Ten

- 125g red cabbage, finely shredded
- 75ml white wine vinegar
- 150g plain flour
- 5 eggs, free range, beaten
- 750g panko breadcrumbs
- 5 chicken fillets, butterflied, bashed flat

- Vegetable oil, for frying
- 250ml mayonnaise, light
- 20 white bread, slices

For the tonkatsu sauce:

- 150ml ketchup
- 75ml Worcestershire sauce
- 75ml soy sauce
- 75g caster sugar
- 1tsp mustard, English

#### 

#### METHOD 🐻

- 1. Put the cabbages in two separate small bowls, sprinkle each one with ½ tbsp. of the vinegar and leave to marinate. Put the flour, egg and breadcrumbs onto separate plates. Mix all the ingredients for the tonkatsu sauce in a bowl and set aside.
- 2. Preheat the oven to 180°c.
- 3. Dust the chicken in flour, dip in the egg on both sides and then into the breadcrumbs, making sure they are well covered. Place the breaded chicken onto a lined baking tray and bake in the oven for approx. 20 minutes, until cooked and set aside to keep warm.
- 4. Spread mayonnaise over the slices of bread and lay them out on a board, then drizzle some tonkatsu sauce on half of the slices and the mayonnaise on the other. Place the chicken on one slice with tonkatsu on the other. Spoon the pickled cabbage onto the chicken. Press the other slice of bread, mayo-side down on each to make a sandwich.
- 5. Trim the crusts off if you wish with a sharp knife and cut each one in half.



#### HALLOUMI, HARISSA & HONEY TOASTIER

SERVES

Ten ALLERGENS

Milk, Gluten

#### 

INGREDIENTS

- 40ml vegetable oil, for frying
- 750g halloumi, cut into slices
- 40g butter
- 20 bloomer, slices, lightly toasted
- 10tsp. harissa
- 10tbsp. honey
- 10 tomatoes, sliced

#### \_\_\_\_\_\_



- 1. Heat a frying pan over a medium heat with a drizzle of olive oil and fry the halloumi for a couple of minutes on each side until golden then remove. Wipe the pan clean.
- 2. Divide the halloumi between 2 slices of the bread, smear the rose harissa onto the halloumi, drizzle with honey and lay the tomato slices on top. Season well with black pepper, then put the other slices of toasted bread on top and press down.
- 3. Heat half the butter in the same frying pan. Add the sandwiches then weigh down with a plate and a tin of beans. Once golden, flip, add the remaining butter and repeat on the other side until golden and toasted.



#### EGGS BENEDICT BAGUETTE

SERVES

Ten ALLERGENS

Milk, Egg, Gluten, Sesame

#### 



- 10 eggs, free-range
- 5 baguettes, par baked
- 80g sunflower spread
- 800g ham, cooked, sliced, roughly torn
- Cayenne pepper, pinch
- Rocket, few small handfuls
- 200g hollandaise
- 1tsp. malt vinegar



- 1. Heat the oven to 90°c.
- 2. Bring a pan of water to a gentle simmer. Add the 1tsp vinegar and swirl the water to make a vortex. Add cracked eggs, one at a time, to the middle of the pan and cook for 2-3 minutes until the white is just set. Scoop out, and plunge into ice water. Repeat with the remaining eggs and keep in the ice water until you're ready to serve. Meanwhile, halve the baguette and split the baguette down one side, horizontally, and pull out some of the bread in the middle to make a hollow for the eggs to sit in. Butter generously and put in the oven for approx. 5 minutes to warm through.
- 3. In a small pan, gently warm the hollandaise and keep warm.
- 4. To serve, add all the eggs back to boiling water for a minute to reheat. Add the ham to the warmed baguette, and cut into portions now (this will make it easier to divide later when the eggs are in). Drain the eggs on kitchen paper and divide between the baguette sections. Drizzle over some of the hollandaise, add a pinch of cayenne, and scatter over a few rocket leaves.



#### TURKEY MEATBALL SUBS

SERVES

Ten ALLERGENS

Wheat, Oats, Barley, Sesame, Milk, Gluten

#### 



- 750g turkey mince
- 5tsp. fennel seeds, crushed
- 3 lemons, zested and juiced
- 50ml vegetable oil
- 3 onions, chopped
- ½tsp. caster sugar
- 4 garlic, cloves, crushed

- 750g chopped tomatoes
- Lo salt, pinch
- Ground black pepper, pinch
- 4 red peppers, roasted, chopped
- 10 kara rolls, toasted
- Rocket, few small handfuls
- 150g mozzarella, grated



- Mix the mince with the fennel and lemon zest and season, then form into 30 balls. Heat a little oil in a pan and brown the meatballs. Remove from the pan, add the onion and cook until softened, then add the garlic and cook for 1 minute. Add the chopped tomatoes and a pinch of sugar and bring to a simmer. Add the meatballs back to the pan with the peppers and cook for 15 minutes.
- 2. Pile the meatballs and a little sauce into the buns with the rocket, grated mozzarella to serve.



#### CHEESEBURGER TACOS

SERVES

ALLERGENS

Mustard, Milk, Egg, Gluten

#### 

Ten



- 1kg minced beef
- 2 onions, grated, juice squeezed out
- 2tsp garlic powder
- 1tsp. smoked paprika
- 2 eggs, free range, yolk
- 50ml vegetable oil, for frying
- 10 flour tortillas, charred on a griddle
- 4 Little Gem lettuces, shredded
- 200g mozzarella, grated

- 100ml mayonnaise, light
- 100ml tomato ketchup
- 30g American mustard
- 60g gherkins, finely chopped to make, plus 1 tsp of brine from the jar
- 30g onion, finely chopped
- 1tsp. caster sugar

For the pink pickled onions:

- 4tbsp. red wine vinegar
- 4tsp. caster sugar
- 2 red onion, cut into thin rounds



- 1. Mix the burger sauce ingredients and set aside while you prepare everything else.
- 2. Mix the vinegar and sugar. Then add the red onions and toss.
- 3. Put the mince, onion, garlic salt, paprika, egg yolk and lots of pepper in a bowl. Mix together well using clean hands, then form into 10 balls. Squash each one into a really flat patty. Heat a large frying pan to hot. Oil the patties then sear for approx. 4 minutes, on each side, turning regularly, until cooked through.
- 4. To build the tacos, add some lettuce to each tortilla then break up a patty into chunks and sit on top. Add some cheese, pickled onions and burger sauce.



#### MUMBAI SANDWICH

Ten ALLERGENS

SERVES

#### 



For the green chutney:

- Mint leaves, small handful
- Coriander leaves, large handful
- 2 green chillies
- 5cm ginger, piece, peeled
- Lemon juice, to taste
- Lo salt, pinch

#### For the masala mix:

- 1tsp. curry powder
- 2tsp. garam masala
- Ground black pepper
- Lo salt, pinch

For the Mumbai sandwich:

• 20 slices of white bread

Gluten, Sulphur

Dioxide, Soya, Milk

- 150g mozzarella, grated
- 100g cheddar, grated
- 1/2 cucumber, sliced
- 5 tomato, sliced
- 2 red onion, sliced
- 50g sunflower spread
- 5 garlic cloves, halvedz

To serve:

200ml tomato ketchup



- 1. Begin by making the chutney. Place all the ingredients in a blender and blitz until fully combined. Transfer to a small bowl and set aside.
- 2. To make the masala mix, simply add all the ingredients to a large bowl and stir until evenly combined.
- 3. Rub one side of each piece of bread with the cut side of the garlic. Butter both sides of bread and spread over a generous layer of chutney.
- 4. Layer with the cucumber, then sprinkle over the masala mix. Repeat this process with a layer of tomato, then cheese, then onion
- 5. Top with the other slice of bread. Either toast the sandwich in a sandwich toaster, or fry in a heavy-based pan with something heavy on top (like another pan) until golden on each side.
- 6. Serve with ketchup.



#### VIETNAMESE TURKEY BANH MI

SERVES

Ten

ALLERGENS 🛆

Gluten, Soya, Sesame, Mustard, Egg, Celery

#### 



- 4 carrots, coarsely grated
- 2 cucumber, deseeded and thinly sliced
- 60ml rice vinegar
- 1 lime, zest and juice
- 2 red chilli, deseeded and finely chopped
- Coriander, small handful, chopped
- Basil, small handful, chopped
- Mint, small handful, chopped
- 10 baguette, white
- 100ml mayonnaise, light
- 100ml hoisin sauce
- 400g turkey, cooked, sliced



- 1. In a glass or ceramic bowl, mix together the carrots, cucumber, vinegar, lime zest and juice, fresh chilli and herbs. Set aside.
- 2. Cut the baguette into quarters, then slice each quarter in half horizontally. Remove the soft bread inside leaving a cavity for the sandwich filling.
- 3. Spread one half of each sandwich with mayo and the other with hoisin sauce. Pile on the turkey and pickled veg, shaking off most of the pickling liquid, then sandwich together.
- 4. Wrap in cling film and chill until ready to eat.



### MOZZARELLA & PESTO TOASTIES

SERVES

Ten ALLERGENS

Wheat, Milk, Egg, Gluten

#### 



- 20 white bloomer, slices
- 500g mozzarella, grated
- 10 ham slices
- 100ml vegetable oil, for frying
- 4 eggs, free-range
- 2tbsp. milk, semi-skimmed
- 100g sunflower spread

For the pesto:

- Basil leaves, large handful
- 60g pumpkin seeds, toasted
- 50g parmesan, grated
- 60ml olive oil
- 1 lemon, juiced
- Lo salt, pinch
- Ground black pepper, pinch



- 1. Heat the oven to 180°c. To make the pesto, whizz all the pesto ingredients in a food processor and season to taste.
- 2. Sunflower spread half of the bread on one side, then put the other half of the slices on a board, spread-side down. Spread each with a thin layer of pesto, then top each with the grated mozzarella and ham. Top with the remaining bread slices, sunflower up, pressing into a sandwich.
- 3. Heat enough oil to cover the base of a large frying pan. In a wide shallow bowl, whisk the eggs with the milk. Carefully dip the sandwiches into the beaten egg, turning to coat both sides. Fry one sandwich at a time for 1 minute on each side until golden and the cheese has started to melt. Put each fried sandwich on a baking sheet while you fry the remaining sandwiches.
- 4. Bake in the oven for approx. 5 minutes, until the cheese is oozing from between the bread.
- 5. Serve the toasties cut in half with the remaining pesto.



## GREEN CLUB SANDWICH

SERVES

Ten ALLERGENS

Gluten, Soya, Sesame

#### 



- 30 wholemeal, slices
- 200g hummus
- 2 avocado, stoned and sliced
- Rocket, large, handful

- 5 tomatoes, sliced
- Lo salt, pinch
- Ground black pepper, pinch



- 1. Toast the bread and spread hummus evenly over one side of each slice. On one slice of bread, lay a few slices of the avocado, rocket and tomato. Season with pepper, then cover with another slice.
- 2. Pile on the rest of the avocado, rocket and tomato, season again and top with the third slice.
- 3. Repeat the process, with each of the sandwiches, ideally laying out all of the first 10 slices on a clean work bench and building them from there.



#### BEETROOT, HUMMUS & CRISPY CHICKPEA SUB

SERVES

Ten ALLERGENS

Wheat, Oats, Barley, Sesame, Milk, Egg, Gluten

#### 



- 900g cooked beetroot in water, drained, half sliced
- 800g chickpeas, drained

For the pesto:

- Basil leaves, large handful
- 60g pumpkin seeds, toasted
- 50g parmesan, grated
- 60ml olive oil
- 1 lemon, juiced

- Lo salt, pinch
- Ground black pepper, pinch

For the sandwich:

- 20ml white wine vinegar
- 10 kara rolls
- Rocket, large handfuls
- Watercress, small handful
- Lo salt, pinch
- Ground black pepper, pinch

#### METHOD 適

- 1. To make the pesto, whizz all the pesto ingredients in a food processor and season to taste.
- 2. Blitz the whole beetroot, <sup>3</sup>/<sub>4</sub> of the chickpeas, 2 tbsp. pesto and 1 tbsp. oil in a food processor with some seasoning until you have a thick, smooth hummus. Heat the ciabatta following the pack instructions.
- 3. Fry the remaining chickpeas in a little oil until crisp, then set aside.
- 4. Toss the salad leaves with the remaining pesto and a splash of vinegar.
- 5. Slice the rolls, then assemble the sandwiches with the hummus, beetroot slices, salad leaves and fried chickpeas.



#### PAPRIKA CHICKEN CIABATTAS

SERVES

#### 

Ten ALLERGENS



- 5 chicken breasts, skinless and boneless
- 2 lemons, juiced
- 2tbsp. smoked paprika
- 30ml olive oil, for drizzling
- 10 ciabatta rolls

- 2 garlic, cloves, crushed
- 120ml mayonnaise; light
- 4 baby gem lettuce, torn
- Lo salt, pinch
- Ground black pepper, pinch

Gluten, Soya,

Milk, Egg

#### \_\_\_\_\_\_\_



- 1. Cut the chicken breasts in half horizontally and lay each between two sheets of cling film. Bash with a rolling pin until about 1cm thick.
- 2. Squeeze lemon juice over the chicken and dust with the paprika. Season with salt and pepper, and drizzle with a little olive oil. Lay on a hot griddle pan or barbecue and cook for approx. 4 minutes on each side until charred and cooked through.
- 3. Halve the ciabatta horizontally and lay, cut side down, on the pan for 1 min. Mix the crushed garlic and mayonnaise, then spread over the cut side of each ciabatta half. Top with the lettuce and chicken, then season with a little salt and pepper.
- 4. Cut in half to serve.



#### MEXICAN SWEET POTATO & BEAN WRAP

SERVES

Ten ALLERGENS

Wheat, Mustard, Milk, Egg, Gluten

#### 



- 2 sweet potato, baked whole and left to cool
- 2tsp Cajun seasoning
- 200g mozzarella cheese, grated
- 800g five bean salad, drained and rinsed
- 1 cos lettuce, shredded

- 1 red onion, finely sliced
- 120ml mayonnaise, light
- Coriander, small handful, chopped
- 10 tortilla wrap
- Lo salt, pinch
- Ground black pepper, pinch



- 1. Cut the sweet potato lengthways and scoop out the soft filling into a bowl. Mix the potato with the cheese and Cajun seasoning and share the mixture between the 10 wraps.
- 2. Next add the lettuce, red onion, coriander and a spoonful of the mixed beans and mayonnaise.
- 3. Roll the filling fairly tightly in the wrap, using a little of the mayo to glue the closed wrap together. Cut in half to serve.



#### SWEETCORN FRITTER & TOMATO CHUTNEY FLATBREAD



Ten ALLERGENS

Wheat, Sulphur Dioxide, Mustard, Milk, Egg, Gluten

#### 



- 300g sweetcorn
- 3 spring onions, very finely chopped
- 3 eggs, free-range
- 30ml milk, semi-skimmed
- 75g plain flour
- <sup>1</sup>/<sub>2</sub>tsp. cayenne pepper
- 100ml vegetable oil, for frying

- Lo salt, pinch
- Ground black pepper, pinch
- 100g tomato chutney
- Rocket, large handful
- Coriander, small handful, picked
- 10 10" flour tortilla wraps



- 1. To make the fritters, put the sweetcorn and spring onions in a bowl. Beat the eggs with the milk. Pour this mixture over the sweetcorn and mix well. Season with salt and pepper. Sieve the flour with the cayenne pepper and then stir into the sweetcorn mixture.
- 2. Add the oil to a large frying pan, you want to shallow fry these, so make sure the base of the pan is well covered. Heat the oil then test by adding a tiny bit of the batter it should immediately start bubbling around the edges when it hits the oil. Using a small ladle, drop batter onto the oil you need around 2 tbsp. of mixture per fritter. You should be able to fry 4–5 at any one time. Fry for a couple of minutes on one side until light brown then turn over and cook for a further minute.
- 3. Turn out onto kitchen paper to remove any excess oil and set aside to keep warm in a low oven until all of the fritters are cooked.
- 4. Lay out the wraps and spread a table spoonful of tomato chutney on each of the wraps and scatter the washed rocket and picked coriander. Break up the fritters and scatter on top of the rocket and coriander and wrap, using a little of the chutney to seal the wraps.



#### LONDON CLUB SANDWICH

SERVES

ALLERGENS Milk, Egg, Gluten

#### 



- 1<sup>1</sup>/<sub>2</sub> granary bloomer, sliced
- 750g chicken breast, chargrilled

Ten

- 100g streaky bacon
- 5 eggs, free range
- 3 little gem lettuce
- 200g tomatoes, sliced

- Lo salt, pinch
- Ground black pepper, pinch
- 100ml mayonnaise, light
- 100g sunflower spread

- 200g spinach
- Tarragon, few sprigs



- 1. Thinly slice the tomato and wash the gem lettuce in ice-cold water and tear the leaves up by hand, leaving them nice and big for texture in the sandwich.
- 2. Finely chop some tarragon and fold it through half of the mayonnaise.
- 3. Toast the granary bread and spread with the flora.
- 4. Starting from the bottom up, spread the toast with tarragon mayonnaise. Now add the spinach leaves and the mayonnaise will hold it in place. Assemble the chargrilled chicken breast on top of this and then the sliced egg.
- 5. Spread a generous layer of mayonnaise on the next slice of toast and place on top of the sandwich. Give the tomato slices a really good season, and add to the sandwich, followed by the crispy bacon and lettuce.
- 6. Now the final layer of toast goes on, also having been spread with another serving of mayonnaise.
- 7. Push it down and using four skewers, insert them to each flat side of the bread so that you can cut from corner to corner into four triangles to serve.



#### LEEK, CHEDDAR & ONION LOAF SANDWICH

SERVES 📳

Ten **ALLERGENS** 

Wheat, Milk, Egg, Gluten

#### 



- 560g strong white flour
- 11g lo salt
- 7g yeast
- 20ml pomace oil
- 345ml tap water
- 200g onions
- 30g Kerrymaid / margarine
- 375g leeks

- 20g plain flour
- 200g cheddar, grated
- 2 eggs, free-range
- Sage, few leaves
- 30g parmesan, grated
- Lo salt, pinch
- Ground black pepper, pinch

#### \_\_\_\_\_\_\_



- 1. Put all of the 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. Put the dough into an oiled bowl and cover with cling film to prove for 90 minutes or until doubled in size.
- 3. Put the onions with the Kerrymaid / margarine in a frying pan. Heat gently at first for approx. 5 minutes, until soft, sticky and golden. Add the leeks to the pan and cook to soften and season. Remove from the pan and set aside to cool.
- 4. Roll out the dough on a lightly floured surface to a rectangle about 20 x 70cm.
- 5. Mix the onion and leeks with the cheddar, one of the eggs, the sage and season. Spoon the filling down one long edge of the rectangle, then brush the edge with some remaining egg. Fold the other half of the dough over the filling and pinch together the edges, but not the ends, to seal into a long sausage. Carefully shape into a ring on a floured baking tray, around a floured empty jar or tin. Pinch together the open ends to finish the ring. Brush all over with egg, scatter with Parmesan and cover with oiled cling film. Set aside to rise for 20 minutes.
- 6. Heat oven to 180°c. Bake for approx. 30 minutes until golden and the base sounds hollow when tapped.
- 7. Cut into wedges and enjoy warm.

# Accent

We're celebrating with a range of delicious sandwiches!