

# Autumn and Winter 2022 recipe book





### Chef tips

If you would prefer to use a slow cooker. Follow up to step 4, then add all the ingredients into the slow cooker, then cook on high for 3 hrs or on low for 6 hrs, then serve.

To shred the chicken, use two forks to gently pull it apart.



### Did you know?

A Brunswick stew is a tomato-based stew generally involving local beans, vegetables, and originally small game meat such as squirrel or rabbit, though today we use chicken. The origin of the stew is unknown. However, the states of Virginia and Georgia both maintaining it was developed there.



# Chicken Brunswick Stew

## with mashed potato

### Ingredients

6 portions

Chicken breasts  
**400g**

Butterbeans **400g**

Onion, diced  
**100g**

Celery, diced  
**100g**

Carrot, diced  
**200g**

Sweetcorn **100g**

Potatoes, peeled  
and diced **250g**

Tomato Puree  
**1 tbsp**

Tinned Tomatoes  
**400g**

Ground Black Pepper  
 $\frac{1}{2}$  tsp

Sunflower oil  
**2 tsp**

### On the side

Potatoes, peeled and  
evenly diced **500g**

Milk **80ml**

Butter **1 tbsp**

Pepper **pinch**

### Preparation

1. In a pan of water, bring the chicken to a boil, then reduce the heat to low, cover and simmer until chicken is tender.
2. Remove the chicken and allow to cool until easy to handle, whilst keeping the chicken water for use later.

### Method

3. Shred or chop the chicken into bite size pieces and discard any skin and bones.
4. In a separate pan, on a medium heat, add the oil and sweat off the potatoes, onions, carrots, and celery for a few minutes.
5. Add the Tomato puree and tinned tomato stirring well.
6. Return the chicken and add the corn and butterbeans and cover with some of the water that you used to cook the chicken.
7. Stir well and simmer, uncovered, for 1 hour stirring regularly to avoid the beans from sticking.
8. Season with pepper and serve with mashed potato.

### On the side

9. Add the potatoes to a pan of cold water and boil for about 15 mins or until tender.
10. Transfer to a colander and drain well, then return to the pan and set over a very low heat for 2 mins to dry completely.
11. Heat the milk and butter in a small pan, then pour over the potatoes. Remove from the heat, then mash potatoes using an electric hand whisk or potato masher.
12. Season with pepper.



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# Minestrone Soup

## Ingredients

6 portions

Carrots, peeled and  
finely diced  
**200g**

Onion, peeled and  
finely diced  
**100g**

Potatoes, peeled  
and finely diced  
**100g**

Celery, finely diced  
**50g**

Garlic puree  
**¼ tsp**

Dried oregano  
**½ tsp**

Tomato purée  
**1 tsp**

Chopped tomatoes  
**800g**

Cannellini beans  
**200g**

Spaghetti snapped  
into short lengths  
**100g**

Savoy cabbage,  
finely shredded  
**50g**

Water  
**400ml**

## Preparation

1. Prepare the vegetables as specified in the ingredient list.

## Method

2. Heat the oil in a pan, add the vegetables, garlic and potatoes, then cook over a high heat for 5 mins until softened.
3. Stir in the tomato purée, water and tomatoes.
4. Bring to the boil, then turn down the heat and simmer, covered, for 10-15mins.
5. Tip in the beans and pasta, then cook for a further 10 mins, adding the cabbage for the final 2 min.

## Did you know?

The word minestrone, meaning a thick vegetable soup in Italian.

Because of its unique origins and the lack of a fixed recipe, minestrone varies widely across Italy depending on traditional cooking times, ingredients, and season.

Minestrone ranges from a thick and dense texture with very boiled-down vegetables, to a more brothy soup with large quantities of diced and lightly cooked vegetables; it may also include meats.





### Did you know?

The first sauce they made was very simple. In 1698, a Dominican missionary named Père Labat visited the French West Indies and witnessed cooks using lime juice and hot peppers to season barbecued meat.

We can trace the root of this process to Africa where they use both lime and lemon juices as a traditional method of flavouring meat.



## Ingredients

6 portions

Diced chicken breast  
240g

Onion, peeled and sliced  
150g

Mixed peppers  
200g

Grated Cheese  
100g

### BBQ Sauce

Paprika  
1tsp

Cinnamon  
¼ tsp

Ground Cumin  
½ tsp

Black Pepper  
pinch

Garlic, pureed  
½ clove

Bay Leaves  
1

Tomato Puree  
1 tsp

Brown Sugar  
25g

Water  
400ml

Corn flour  
Enough to Thicken

### On the side

Potatoes, cut into wedges  
500g

Sunflower oil  
1 tbsp

Sweetcorn  
400g

# BBQ chicken melt with wedges and sweetcorn

## Preparation

1. Preheat the oven to 200c/180c Fan/Gas5.

## BBQ Sauce

2. In a pan add all the sauce ingredients together (Excluding the Cornflour) and stir well until completely mixed.
3. Bring to a boil and simmer for 15mins.
4. Thicken with cornflour if necessary.

## Method

5. Brown off the chicken in a large pan/deep oven tray.
6. Add the onion and pepper slices and continue to fry.
7. Pour the sauce over the chicken and vegetable and mix well.
8. Cook out gently until the chicken is cooked through.
9. Transfer the BBQ mix to an oven proof dish and top with grated cheese.
10. Bake in the oven uncovered until the cheese has melted and the sauce is bubbling.

## On the side

11. Place the wedges in a pan of cold water and bring to the boil.
12. Turn down the heat and simmer till almost cooked.
13. Drain well, toss in the sunflower oil, and place on a baking tray in the oven until they are just starting to colour, this will only take around 30 minutes as the potatoes we already almost cooked.
14. In a pan of boiling water, cook the sweetcorn as directed by the manufacturer.



# Lemon shortbread

## Ingredients

12 portions

Plain flour  
**450g**

Butter  
**315g**

Caster sugar  
**35g**

Lemon zest  
**1 tsp**

Lemon juice  
**1 lemon**

Icing sugar  
**A light dusting**

## Preparation

1. Heat oven to 180C /170c Fan/ Gas4.
2. Weigh out ingredients.

## Method

3. Mix the sugar and butter together until smooth.
4. Add the lemon juice and zest, stir in well.
5. Add the flour.
6. Dust a clean surface with flour and roll out the shortbread dough to 1cm thick.
7. Cut out shapes using a 6cm cookie cutter or into fingers with a knife.
8. Place them individually on a baking sheet, and chill them for 15-30 minutes before baking.
9. Bake for 12-15 mins, cool, dust lightly with icing sugar.

## Did you know?

Shortbread originated in Scotland, with the first printed recipe, in 1736, from a Scotswoman named Mrs McLintock.

Shortbread was defended by early Scottish bakers who fought to prevent shortbread from being classified as a biscuit to avoid paying a government tax on biscuits.



# Sloppy joe's bake

## Ingredients

6 portions

Lean beef mince  
**250g**

Onion, diced  
**100g**

Carrot, grated  
**200g**

Button mushroom, quartered  
**200g**

Celery, small diced  
**100g**

Leeks, fine slice  
**100g**

Mild chilli powder  
**1 tbsp**

Oregano  
**1 tsp**

Cumin  
**1 tsp**

Garlic powder  
**½ tsp**

Baked beans  
**400g**

Tomato paste  
**1 tbsp**

Chopped tinned tomatoes  
**400g**

Water  
**As needed**

Garlic bread slices,  
cut in fingers  
**6 slices**

Grated cheese  
**30g**

## Preparation

1. Prepare the vegetables as stated in the ingredient list.
2. Preheat the oven to 160c/150c Fan/Gas 4.

## Method

1. Start by browning off the beef in a deep based pan.
2. Add the onion, carrot, mushrooms, celery, and leeks, then cook for 5mins or until soft.
3. Add the tomato paste, chilli, oregano, garlic, and cumin.
4. Stir in well, coating the beef and vegetable and cook out for a minute.
5. Now add the beans and tinned tomatoes and stir well.
6. If the sauce is too thick, you may need to add some water to loosen the sauce down.
7. Allow to cook out for 20mins on a low to medium heat, stirring regularly to reduce the risk of the chilli sticking to the pan.
8. Now carefully transfer the mix to an oven proof dish, covered in tin foil, to continue cooking within the oven.
9. Around 20-25mins before serving, remove from the oven and place enough garlic bread, directly on top of the chilli and sprinkle with the grated cheese.
10. Return to the oven and bake until the garlic bread is cooked, and the cheese is golden.
11. Serve

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## Did you know?

Most believe the sloppy joe was first served in Havana Cuba at the bar and café "Sloppy Joe's" in the early 1900's.

"Sloppy Joe's" were mentioned in several movies of the 1930's, Citizen Kane and even It's a Wonderful Life. Even though it was not widely popular until the 1960's.



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### Did you know?

Bananas are believed to have originated up to 10,000 years ago and some scientists believe they may have been the world's first fruit.

The first bananas are thought to have grown in the region that includes the Malaya Peninsula, Indonesia, the Philippines and New Guinea.



# Banana and blueberry loaf

## Ingredients

12 portions

Banana **385g**  
Fresh blueberries  
**250g**  
Butter **250g**  
Sugar **35g**  
Egg **4**  
Self-raising flour  
**250g**

## Preparation

1. Preheat the oven to 190°C/170c fan/Gas 5.
2. Line a loaf tin with grease proof paper.

## Method

3. Mash the bananas with a fork and put to one side.
4. Next, in a large mixing bowl, cream together the sugar and butter, until the mix is fully combined and pale in colour.
5. Add the eggs one at a time.
6. Add the flour and mix until fully combined.
7. Fold in the banana and blueberries, pour the mix into the prepared loaf tin.
8. Bake in the preheated oven for approximately 20 minutes, by which time the loaf should be golden, rounded, and peeking out of the tin.
9. Allow to cool slightly in their tin before removing to a wire rack.



## Chef tips

Very ripe or slightly overripe bananas are best for this recipe.



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