



# Autumn and Winter 2023 recipe book



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Startwell

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# Lamb Stew

## with Bubble and Squeak Mash

### Ingredients

6 portions

Diced Lamb  
**500g**

Onion (diced)  
**1**

Celery (thinly Sliced)  
**1**

Leek (thinly sliced)  
**1/2**

Carrot (Diced)  
**1**

Swede (small) (diced)  
**1/2**

Thyme  
**1tsp**

Black pepper  
**pinch**

Boiling Water  
**500ml**

Gravy granules  
**To thicken**

Tomato puree  
**2 tsps**

Bayleaf  
**2**

### Bubble and squeak mash

Potatoes  
**1kg**

Cabbage  
**1 small**

Sprouts  
**50g**

Butter /margarine  
**80g**

### Method

1. Brown off the lamb in a deep based pan. Drain excess fat. And add the lamb back to the pan Add the vegetables, thyme, and bay leaf. Fry for approximately 15 minutes.
2. Add the water and bring to a simmer. Transfer the stew to an oven proof dish and cover tightly. Place the lamb stew in the oven for approximately 1.5-2 hours until the meat is tender.
3. Remove the bay leaves.
4. Stir in the gravy granules to thicken the stew.
5. Serve with a bubble and squeak mash

### Bubble and squeak mash

1. Boil the potatoes in a large pan of water with the cabbage and sprouts.
2. Drain the potatoes, sprouts and cabbage in a colander and mash together with the butter.



### Food Safety, and Health & Safety Tips:

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# Sweet and Sour Chicken with Noodles

## Ingredients

6 portions

Diced Chicken  
**500g**

Ginger paste or fresh  
**1tsp or a thumbnail  
size if fresh**

Garlic puree or fresh  
**1tsp or 2 cloves**

Onion  
**200g**

Red pepper  
**200g**

Pineapple Chunks in juice  
**1 tin**

Malt vinegar  
**100ml**

Cornflour and water  
**1tbsp & 2 tbsp**

Sunflower oil  
**1tbsp**

Tomato puree  
**1tbsp**

Water for the sauce  
**200ml**

Noodles  
**500g**

## Preparation

1. Peel and dice the onions.
2. Wash, de-seed and remove stalk from the peppers, then slice.
3. Peel and grate the ginger, Peel, and crush the garlic.
4. Drain the Pineapple juice into a jug to add to the sauce.

## Method

1. Fry off the chicken in a large pan with the oil for 5 minutes over a high heat, add the onions, garlic, ginger and peppers and fry for a further 5 minutes.
2. Add the pineapple juice from the tin and 200ml of water, tomato puree and vinegar.
3. Bring to the boil, then turn down to a simmer.
4. Once the vegetables have softened, add the pineapple chunks.
5. Mix the cornflour with the water.
6. Stir into the sauce until it thickens to a velvety consistency.
7. In a large pan of boiling water, place the noodles, giving a stir to break them up and cook until soft.

## Chef tips

This recipe is versatile and can be made with pork, tofu or further vegetables.

If the sauce is too thick add a small amount of water, too thin add a little more cornflour.



## Did you know?

Sweet and sour is traditionally Chinese, but can also be found in many Southeast-Asian cuisines including Thai.



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### Chef tips

It is important to complete step one fully as by doing this it will release natural sugars, so the sauce does not need added sugar.



### Did you know?

Tomatoes were first introduced to Italy by the Spanish between the 16th and 17th centuries.

Before Neapolitans began embracing them, most Italians considered tomatoes poisonous. The common use for tomatoes was for decorative purposes.



# Tuna meatballs in a tomato sauce

## Ingredients

6 portions

Noodles

### Tuna Meatballs

Tinned Tuna (400g tin)

2

Lemon Zest

1/2

Garlic Puree

1 tsp

Fresh Parsley

(Finely chopped)

15g

Egg

1

Breadcrumbs

2 tbsp

### Tomato Sauce

Tomato puree

1tbsp

Tinned chopped tomatoes

400g

Onions (diced)

100g

Garlic Puree

1tsp

Mixed herbs

1tsp

Red Lentils

200g

Carrot

200g

Water

400ml

## Preparation

1. Pre heat the oven 200C/180 fan /gas mark 6.
2. Line a baking tray with greaseproof paper.

## Method

### Tuna Meatballs

1. Drain and then flake the tuna into a bowl.
2. Next, tip in the lemon zest, parsley, breadcrumbs, and egg.
3. Mix with a spoon until completely combined.
4. Roll the mix into equal sized balls and place onto a lined baking tray.
5. Bake until golden and the correct temperature of 75c has been achieved (20-25mins).

### Tomato sauce

1. Heat the oil in a large saucepan over a medium heat, cook the carrot and onions, for 10 minutes, stirring frequently, until softened and just starting to colour.
2. Add the tomatoes, water, red lentils, and tomato puree.
3. When the sauce starts to bubble, turn down to low and simmer for 45 minutes to 1 hour.
4. Remove the pan from the heat. Using a stick blender, blend until smooth.
5. Return the pan to the heat, add the cooked tuna meatballs, and bring back to temperature.
6. Place a large pan of water on to boil, then cook the noodles according to pack instructions.

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# Vegetable and Lentil Stew

## with Bubble and Squeak Mash

### Ingredients

6 portions

Puy lentils  
**500g**

Onion (diced)  
**1**

Celery (thinly Sliced)  
**1/2**

Leek (thinly sliced)  
**1**

Carrot large (diced)  
**1**

Swede (small) (diced)  
**1/2**

Thyme  
**1tsp**

Parsnip (large) (diced)  
**1**

Black pepper  
**pinch**

Boiling Water  
**500ml**

Gravy granules  
**To thicken**

Tomato puree  
**2 tsps**

Bayleaf  
**2**

### Bubble and squeak mash

Potatoes  
**1kg**

Cabbage  
**1 small**

Sprouts  
**150g**

Butter/margarine  
**80g**

### Method

1. Rinse the lentil in cold water, drain thoroughly.
2. Fry off the vegetables in a deep based pan then add the thyme, and bay leaf. Fry for approximately 15 minutes.
3. Add the water, lentils and tomato puree and bring to a simmer until the vegetables and lentils are soft.
4. Gently remove the bay leaves.
5. Stir in the gravy granules to thicken the stew.
6. Serve with a bubble and squeak mash.

### Bubble and squeak mash

1. Boil the potatoes in a large pan of water with the cabbage and sprouts.
2. Drain the potatoes, sprouts and cabbage in a colander and mash together with the butter.



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# Vegetarian Toad in the Hole with puy lentil gravy

## Ingredients

6 portions

Vegetarian Sausages  
8

Plain flour  
115g

Semi skimmed milk  
300ml

Eggs  
4

Dried Thyme  
1 tsp

Black pepper  
Pinch

Sunflower oil  
2 tbsp

Gravy granules  
10g

Puy lentils  
100g

Water  
1l

## Preparation

1. Pre heat the oven 200C/180 Fan/ Gas mark 6
2. Rinse the lentils under cold water and drain.
3. Grease an oven proof dish.

## Method

### Yorkshire Pudding Batter

1. Weigh out all the equal measures of ingredients. (Egg, Milk, and Flour) (Water can be used for dairy free Yorkshire puddings).
2. Whisk all together, there should be no lumps.
3. Leave to rest while the sausages are cooking.

### Filling

1. Brown the Vegetarian sausages in the oven.
2. Leave in excess fat and pour in Yorkshire pudding batter whilst fat is still very hot (See Health and Safety Tips)
3. Once Yorkshire has risen fully turn down the heat to 200c/ gas 6 and continue to cook until Yorkshire is stable, and sausages are fully cooked.
4. Remove from the oven, and cover with tin foil.
5. Place the lentils in to a pan and cover with boiling water, Bring to the boil and cook until soft. Remove any scum that floats to the surface.
6. Puree, then thicken with a small amount of gravy granules.
7. Using a jug , transfer to the serving jugs and cover .

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## Chef tips

Try to resist opening the oven door too much as Yorkshires will not rise.

Take extra care when pouring in the batter as the fat can spit. Pour slowly from a jug, keeping the tray on the oven shelf at arm's length.



## Did you know?

Toad in the hole or sausage toad is a traditional English dish consisting of sausages in Yorkshire pudding batter, usually served with gravy and vegetables.



# Cheese straws

## Ingredients

6 portions

Ready rolled Puff Pastry  
**375g**

Soft Cream Cheese  
**180g**

Cheddar Cheese (grated)  
**75g**

Dried Mixed Herbs  
**1tsp**

Egg  
**1**

## Preparation

1. Pre heat the oven 200C /180 fan /gas mark 6.
2. Line a baking tray with greaseproof paper.

## Method

1. In a mixing bowl, mix the cream cheese, cheddar, and mixed herbs together.
2. Unroll the pastry on a lightly floured surface and cut in half, lengthways.
3. Spread the cream cheese mix over one half, placing the other half on top to create a sandwich.
4. We then need to cut it in half lengthways to create 2 long rectangles.
5. Divide each rectangle into short strips, about 1cm thick.
6. Twist each pastry strip and place on a lined baking.
7. Brush with egg and bake for 20-25 mins until risen and golden.



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# Blueberries and Banana Muffins

## Ingredients

6 portions

### Muffin cases

Banana  
90g

Fresh Blueberries  
60g

Butter  
100g

Sugar  
15g

Eggs  
2

Self-raising flour  
100g

## Preparation

1. Pre heat the oven 200C /180 fan /Gas mark 6.
2. Line a muffin tray with muffin cases.

## Method

1. Mash the bananas with a fork and put to one side.
2. Next, in a large mixing bowl, cream together the sugar and butter, until the mix is fully combined and pale in colour.
3. Next slowly combine the eggs, one at a time whilst continually mixing.
4. Fold in the banana and blueberries.
5. Mix the flour, then spoon it into the prepared muffin cases.
6. Bake in the preheated oven for around 20 minutes, by which time the muffins should be dark, rounded and peeking out of their cases.
7. Allow to cool slightly in their tin before removing to a wire rack.

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# Fruity Mousse

## Ingredients

6 portions

Frozen fruits of  
your choice

**500g**

Icing sugar

**60g**

Double cream

**250g**

Greek Yoghurt

**250g**

## Method

1. Place the frozen fruit into a saucepan with 50g of icing sugar and cover with just enough water to slightly cover berries.
2. Bring to the boil and simmer for 15 minutes. blend the berries using a stick blender and put through a sieve and allow to cool.
3. Next, whip the cream up until it stands to peak.
4. Add the yogurt to a mixing bowl, fold in sugar and cream and then add berry sauce.

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