

RECIPE BOOK – APRIL 2024

1 - CAJUN SPICED SQUASH SOUP

25 Portions

Recipe:

600g Grated Carrots
500g Chopped Onion
1800g Diced Butternut Squash
1tbsp Rapeseed Oil
2tsp Mild Chilli Powder, Smoked Paprika, Garlic, Cumin and Coriander
80g Vegetable Bouillon (Brakes 100445)
4000ml Water

Method:

Gently sweat onions, carrots and squash in oil.
Add stock and spices
Bring to the boil and simmer until vegetables are cooked.
Blend as required.

2 - LENTIL SOUP

20 Portions

Recipe:

750g Red Lentil
250g Tomato Puree
30g Mixed Herbs
700g Chopped Carrots
400g Diced Onions
3600ml Water
75g Vegetable Bouillon (Brakes 100445)

Method:

Place all ingredients in pan.
Bring to the boil and simmer until vegetables and lentils are tender.
Blend if required.

3 - CARROT SOUP

20 Portions

Recipe:

1000g Grated Carrots
750g Diced Potatoes
250g Diced Onion
1tbsp Rapeseed Oil
20g Mixed Herbs
75g Vegetable Bouillon (Brakes 100445)
3500ml Water

Method:

Gently sweat onions and carrot in the oil
Add stock and potatoes
Bring to the boil and simmer until vegetables are cooked.
Blend as required

4 - VEGETABLE SOUP

20 Portions

Recipe:

500g Diced Onion
500g Chopped Carrot
500g Turnip
450g Sliced Leek
750g Diced Potatoes
25g Parsley
80g Vegetable Bouillon (Brakes 100445)
4000ml Water

Method:

Place all ingredients in the pan
Bring to the boil and simmer until all vegetables are tender
Blend as required
Adjust seasoning before serving

5 - BROCCOLI AND PEA SOUP

20 Portions

Recipe:

3 Bunches of Spring Onions
500g Diced Potatoes
15ml Garlic Puree
1 Chopped Green Chilli
4ltr of Vegetable Bouillon (Brakes 100445)
600g Frozen Peas
300g Frozen Broccoli
200g Fresh Spinach
20g Mint
3000ml Water

Method:

Sauté the chopped onions, potato, garlic and chilli until soft
Add stock and bring to the boil
Add broccoli and cook until just ready. Add the peas and bring back to the boil
Add spinach and remove from the heat and blend. Add in mint and blend to serve
The key to this soup is to very lightly cook all the green vegetables to produce a bright green soup when blended. You can always use coriander instead of mint

6 – MINISTRONE

30 Portions

Recipe:

5 Kg Soup Mix
2 Tbsp Tomato Puree
1 Tin Chopped Tomatoes
30g Veggie Bouillon (Brakes 100445)
4 Tbsp Garlic Puree
4 Tbsp Smoked Paprika
1 Tbsp Oregano
400g Spaghetti (146173) GF spaghetti (124868)

Method:

Place the soup mix, tomato puree and chopped tomatoes in a pot to cook
Add the veggie bouillon, garlic puree
Add the spaghetti break into small pieces
Add smoked paprika and oregano

7 – SPANISH VEGETABLE SOUP

20 Portions

Recipe:

900g Carrots
350g Red Peppers
250g Leeks
250g Diced Onions
4 Garlic Cloves
3 Tbsp Olive Oil
75g Vegetable Bouillon (Brakes 100445)
1 Tsp Paprika
1 Tsp Ground Black Pepper
1 Tbsp Parsley
3600ml Water

Method:

Place all ingredients in the pan
Bring to the boil and simmer until all vegetables are tender
Blend as required
Adjust seasoning before serving

7 – TATTIE AND LEEK SOUP

20 Portions

Recipe

250g Diced Leeks
250g Diced Onion
350g Diced Potatoes
4tbsp Oil
75g Vegetable Bouillon (Brakes 100445)
3000ml Water

Method

Soften the leeks and onion in the pan of oil
Add the 350g of potatoes, water and stock and simmer until potatoes are soft.
Blend

PRIMARY MENU

Filled Rolls/Sandwiches

N.B. You can choose from the following selection of fillings, or you can make up fillings of your own to meet the needs of your customers. You can also use from a selection of rolls/breads on contract, as long as they are 50/50 or wholemeal and low salt preferably, again to suit your customers. Ensure that the spread you use is C71514

TUNA MAYO FILLING

20 Portions

Recipe:

850g Tuna (in Brine/Spring Water)
150g Light Mayonnaise

EGG MAYO FILLING/PLAIN EGG (NO MAYO)

20 Portions

Recipe:

20 Eggs
110g Light Mayonnaise

CHEESE/VEGAN CHEESE FILLING

20 Portions

Recipe:

800g Grated Cheese or Cheese Slices

CHICKEN FILLING

20 Portions

Recipe:

800g Chicken Slice

RICE AND PASTA COOKING

Pasta

Our recipes allow 65g - 90g of dry pasta per person.

If boiling on the hob - Place pasta in a pan of boiling water (1L of water per 100g of pasta) and boil for 11 minutes, stirring occasionally. When pasta is cooked, strain immediately and serve.

If steaming in a traditional steamer – fill your tin with half pasta and fill to the top with water

If steaming in a rational – you can leave the lid off the tin and cook for 11 minutes (it cooks considerably quicker than a traditional steamer)

If transporting the pasta can be drizzled with olive oil to prevent it from sticking together – always take 2/3 minutes off the cooking time as the pasta will continue to cook in transport. If the dining centre has a kettle, we would recommend refreshing the pasta in boiling water when it reaches the dining centre

Rice

Allow an average of 50g of dry rice per person.

Cook on the top

Bring a large pan of water to the boil.

Stir in rice and return to a medium boil. Cook for 20-25 minutes, depending on your required texture.

Drain well, stand for 3 minutes, and lightly fork through the grains before serving.

Cook in the Steamer

Fill your tin with the required amount of rice and top with double the quantity of water

Steam for 25-30 minutes

Drain and refresh in boiling water

When transporting, always take 2/3 minutes off the cooking time as the rice will continue to cook in transport. If the dining centre has a kettle, we would recommend refreshing the pasta in boiling water when it reaches the dining centre

BAKED POTATO

The perfect baked potato is soft on the inside with a crispy skin.

Steaming only will not give us that nice finish on the potato.

If you have a rational – use the baked potato setting “59 minutes” to make the perfect baked potato – It uses steam technology at the start of the cooking process and then dry heat for the perfect crispy skin.

If you don't have a rational – steam your potatoes in the steamer for 40/50 minutes.

Remove from the steamer and brush with a small amount of oil. Then finish them off in the oven for 25 minutes to crisp up the skin.



SALAD BAR



SPONGE

Method:

Add Water to mix as per packaging guidance

Add 100g of fruit/vegetables (raspberries, blueberries, sweet potato for example) per 50g of dry mix

CUSTARD

Makes 600ml

Recipe:

30g Custard Powder (134174)

600ml Milk

5ml Vanilla Essence

Method

In a measuring jug mix the custard powder with 50 ml of the milk to form a smooth paste

Bring the remaining milk up to a soft boil in a saucepan with the vanilla essence

Add the custard paste into the milk and bring back to the boil stirring continuously with a whisk until the correct consistency is achieved

Week 1 Index

1. Plant based hot dog in a finger roll with potato wedges and BBQ coated sweetcorn ribs
2. Cowboy beans with baby bakers and BBQ coated sweetcorn ribs
3. Bubble coated salmon with baby potatoes, peas and carrot
4. Pasta Arrabbiata with crusty bread
5. Chicken breast curry with wholegrain rice and cucumber dip
6. Cheese and tomato pizza with chips and coleslaw
7. Butcher's pork sausage with mash potatoes and green beans
8. Quorn sausage with mashed potatoes, green beans and peas

PLANT BASED HOT DOG IN A FINGER ROLL

Method: Cook as manufacturer's guidelines – If transporting, place a few tablespoons of water in the Reiber tin

Serve with a sachet of tomato ketchup

COWBOY BEANS

10 Portions

Recipe:

25ml Rapeseed Oil
900g Quorn Best of British Sausage
1000g RSS Baked Beans
150g Diced Onion
1tsp Paprika
1tsp Garlic Puree

Method:

Cook off the garlic powder with chopped onions in the oil.

Chop up the Sausage and place them and baked beans into the pot and simmer for 35 minutes

Top tip: Avoid stirring frequently or place in the steamer to stop beans thickening

Season with paprika

Serve with baby bakers and corn on the cob/cobettes

BUBBLE COATED SALMON

20 Portions

Method: Cook as manufacturer's guidelines

PASTA ARRABBIATA

10 Portions

Recipe:

2tbsp Rapeseed Oil
285g Chopped Onion
225g Grated Carrot
1tbsp Garlic Puree
400g Uncooked or 800g Cooked Penne Pasta
450g Chopped Tomatoes
1tbsp Chilli Powder
2tbsp Tomato Puree
125g Red Peppers Diced

Method:

Soften the onions in the pan with the garlic, chilli powder and oil

Add the grated carrot, diced pepper, tomato puree and plum tomatoes and cook for 25 minutes

Add vinegar to taste.

Cook pasta for 20 minutes (less for transporting)

Cook garlic bites as per the manufacturer's instructions

COOKS CHICKEN CURRY WITH WHOLEGRAIN RICE

20 Portions

Recipe:

45ml Vegetable Oil
750g Chopped Fresh Apple
750g Diced Onion
45g Curry Powder
5g Chilli Powder
60g Corn Flour (GF)
20g Chicken Bouillon (Brakes 100446)
1500ml Water
15ml Lemon Juice
30ml Mango Chutney
100g Sultanas
750g Chopped Carrot
1200g Chicken Breast Portions

1000g Chickpea
5g Garlic Powder

Method:

Soften onions in a little oil.

Add curry powder, chilli powder, garlic powder and cornflour and cook for 2 minutes.

Add carrots, sultanas, chutney, apples and lemon juice and mix thoroughly and heat through.

Add the chickpeas and water.

Heat thoroughly and simmer for approx. 30 minutes

Oven cooks the chicken breast as per the manufacturer's guidelines separately from the sauce

CHEESE AND TOMATO PIZZA

Method: Cook as manufacturer's guidelines

BUTCHER' S PORK SAUSAGE

Method: Cook as manufacturer's guidelines

QUORN SAUSAGE

Method: Cook as manufacturer's guidelines

Week 2 Index

1. Quorn Burger in a wholemeal roll with paprika dusted potato wedges and homemade tomato salsa
2. Mild Veggie chilli with rice, cherry tomatoes and slices peppers
3. Roast Chicken dinner with boiled potatoes, carrots, peas and Yorkshire pudding
4. Quorn Sausage casserole with baby boilers, carrots and peas
5. Fish fingers with chips, peas and sweetcorn
6. Macaroni cheese with fresh broccoli, cauliflower and crusty bread
7. Butcher's Scotch beef cottage pie with fresh cabbage and carrots
8. Homemade Vegetable and lentil cottage pie with fresh cabbage and carrots

QUORN BURGER IN A WHOLEMEAL ROLL WITH TOMATO SALSA

SALSA

20 portions

Recipe:

2kg Tinned Tomatoes
200g Chopped Onions
2tbsp Mild Chilli Powder
2tbsp Garlic Powder
3tbsp Cumin Powder
2tbsp Lime Juice
1tbsp Honey
2tbsp Chopped Coriander

Method:

Blend all ingredients together
Season to taste
Serve in 2oz sauce pots of souffle pots

VEGGIE CHILLI WITH RICE

20 portions

Recipe:

2Kg of Vegan Mince
400g of Diced Onions
4 Grated Garlic Cloves
4tbsp Mild Chilli Powder
4tbsp Ground Cumin
4tbsp Oregano
800g Chopped Tomatoes
25g Vegetable Bouillon (Brakes 100445)
2kg Baked Beans Blended
2tbsp Rapeseed Oil

Method:

Brown the mince in 2tbsp of oil
Add the onions and cook until soft,
Add the garlic, herbs and spices and cook for a few minutes
Add the tomatoes plus one can of water
Add the blended beans and the bouillon
Simmer for 30 minutes
Option to use Vegan grated cheese on top and serve with some nachos for dipping(5 nachos per person)

ROAST CHICKEN DINNER

20 portions

Method: Cook as manufacturer's guidelines

QUORN SAUSAGE CASSEROLE

20 Portions

Recipe

1200g Best of British Quorn Sausages
250g Diced Carrots
250g Diced Onion
200g Diced Turnip
1 Tin Chopped Tomatoes
450ml Vegetable Bouillon (Brakes 100445)

Method:

Soften the onion, carrot and turnip
Add in the Quorn sausage – Sliced
Add the tomatoes, stock and simmer for 35 minutes

FISH FINGERS

Method: Cook as manufacturer's instructions

MACARONI CHEESE

20 portions

Recipe:

800g Uncooked or 1600g Cooked Short Cut Macaroni
2000ml Semi Skimmed Milk
125g Flour
100g Margarine
500g Reduced Fat Grated Cheese

Method:

Make cheese sauce by making roux then add milk and grated cheese.
Add cheese sauce to cooked drained pasta.
Divide into tins and finish off with 100g of the grated cheese.
Finish in oven until cheese is lightly browned

MINCE COTTAGE PIE

20 Portions

Recipe:

1.2kg Butchers Lean Steak Mince
225g Diced Onion
225g Frozen Peas
2.25kg Sliced or Mashed Potato
550g Diced Carrots
1.5ltr Gravy Mix (Knorr 28347)
2tbsp Beef Bouillon (Brakes 100448)

Method:

Fry off onions in a pan with 2tbsp of oil.
Add mince and diced carrots
Add in gravy mix and bouillon
Once simmered, add in peas
Top with sauté potato or mashed potato if you prefer and bake

VEGETABLE AND LENTIL COTTAGE PIE

24 Portions

Recipe:

1 x 2kg Soup Mix (carrot, leek, onion)
225g Frozen Peas
250g Red Lentils
2tbsp Garlic Powder/Paste
2.5kg Tinned Chopped Tomatoes
800ml Vegetable Bouillon (Brakes 100445)
2tbsp Mixed Herbs
2.25kg Sliced or Mashed Potato
2tsp Rapeseed Oil

Method:

Heat oil – Fry off vegetable mix
Add garlic powder/paste
Stir in lentils, veg stock and chopped tomatoes and simmer for 40mins to 1 hour
Top with sauté potato or mashed potato and bake

Week 3 Index

1. Cheese and Tomato Pizza with potato wedges and homemade coleslaw
2. Plant Based Pasta Bolognese with green beans and garlic bread
3. Chef's choice of salmon dish with baby potatoes, carrots and kale
4. Sweet potato and spinach curry with wholegrain rice and wholemeal pitta bread
5. Butchers beef burger in a wholemeal roll with chips and peas
6. Campbell's vegetarian haggis with mashed potatoes, turnip and carrots
7. Homemade chicken and vegetable pie with fresh broccoli, cauliflower and baby potatoes
8. Broccoli and pea pasta/pasta bake in a creamy sauce with garlic bread

PIZZA and HOMEMADE COLESLAW

Method: Cook as manufacturer's guidelines

HOMEMADE COLESLAW

Recipe:

600g Dry Coleslaw Mix
300ml Light Mayonnaise

Method:

Mix the coleslaw mix and mayo in a large bowl ready for serving

PLANT BASED PASTA BOLOGNAISE

20 Portions

Recipe:

1200g Vegan Mince
200g Diced Onion
250g Tomato Puree
60g Garlic Puree
10g Mixed Herbs
120g Veg Bouillon (Brakes 100445)
1kg Chopped Tomatoes
250g Grated Carrots
200g Mixed Peppers
250g Red Lentils
1ltr Water
600g Uncooked or 1600g Cooked Pasta

Method:

Sauté the onions then add the garlic. Sauté further until soft/cooked.

Add the mince and lentils and cook for 10 minutes

Add the tomato puree and mix well. Once puree mix starts to lose oil add the chopped tomatoes and the stock with 1 litre of water.

Cook for a further 10 minutes then add the grated carrots and let simmer for around 30-45 minutes

Add the mixed peppers and simmer for a further 5 minutes

Add the cooked pasta and mix thoroughly

cornflour to thicken then blend to a smooth sauce

Cook for 20 mins

Adjust seasoning to taste

HOMEMADE SALMON FISHCAKES

10 Portions

Recipe:

800g Mashed Potatoes
1 Bunch Chopped Spring Onion
2 Eggs (beaten)
200g Breadcrumbs
8 x 57g of Frozen Salmon Portion
2-3tbsp of Milk
1tsp Black Pepper

Method:

Poach the salmon for 15 minutes then flake

Mix the salmon, mash and spring onion together making sure that the salmon is well incorporated

Form into balls, dip each one into the egg mix then into the breadcrumbs

Bake on greaseproof paper for 25 minutes until golden

Top Tip: These can be made in advance and frozen

SWEET POTATO AND SPINACH CURRY

10 Portions

Recipe:

1kg of Sweet Potato
500g of Spinach

50g Mango Chutney
200ml Coconut Milk
20g Curry Powder
10g Vegetable Bouillon (Brakes 100446)
700ml Water
Chopped Coriander
Method:
Oven cooks the sweet potato and the spinach separately from the sauce

BUTCHER'S BEEF BURGER

Method: As per manufacturer's guidelines.
1 sachet of tomato sauce is permitted per pupil

VEGGIE HAGGIS

Method: Cook as manufacturer's instructions

CHICKEN AND VEGETABLE PIE

15 Portions

Recipe:

1kg Diced Chicken (Campbell's)
400g Onion
500g Leeks
400g Carrots
800ml Milk
60g Chicken Bouillon (Brakes 100445)
50ml Rapeseed Oil
20g Dry Mixed Herbs
60g Cornflour
500g Puff Pastry Sheets

Method:

Heat up 2tbsp of oil in a pan on a low heat and add the onions and leeks and cook without colouring
Add the chicken and cook for a further 10 minutes
Add in the mixed herbs and garlic powder
Slowly add the chicken stock
Soft boil for 20 minutes
Add the milk mixed with the cornflour and cook until a thick consistency is achieved
Chill and top with puff pastry brushed with milk
Bake in the oven for 25 minutes, until the pastry is golden brown
Serve with mashed potatoes and fresh vegetables

BROCCOLI AND PEA PASTA IN A CREAMY SAUCE

10 portions

Recipe:

400g Broccoli Florets
250g Frozen Peas
2 Lemon Zested
400g Crème Fraise (Brakes 27699)
1tbsp Dry Mixed Herbs
1/2tbsp Black Pepper
20g Chopped Parsley
2tbsp Veg Bouillon (Brakes 100445)

Method:

Steam or boil the broccoli and peas in veg stock for 2-3 minutes and strain.
Cook the pasta
Mix in the crème fraise and if needed, 50ml of milk to loosen the mixture
Add in the veg, herbs and lemon zest and warm through

Week 4 Index

1. Vegetable paella with garlic bread
2. Veggie balls in a Spanish tomato sauce with patatas bravas and roasted Mediterranean vegetables
3. Chicken meatballs in gravy with mashed potatoes, peas and sweetcorn
4. Macaroni cheese with fresh broccoli, cauliflower and crusty bread
5. Home Comforts Scotch beef mince in gravy with baby potatoes and fresh cabbage
6. Veggie Nuggets with baby potatoes and baked beans
7. Bubble coated crispy fish with chips, peas and carrots
8. Rainbow pasta in tomato and vegetable sauce with fresh broccoli and cauliflower

VEGETABLE PAELLA

Recipe:

930g Rice
75ml Olive Oil
155g Onions
155g Mix Peppers
155g Broccoli
30g Garlic Powder
30g Paprika
40g Turmeric
30g Black Pepper
30g Parsley
300ml Vegetable Bouillon (Brakes 100445)
Garlic Bread

Method:

Soften the onions in the pan with olive oil, mix peppers, broccoli and garlic powder
Add the rice, paprika, turmeric, black pepper, bouillon paste vegetable, parsley and mix for 2 mins.
Add the water and cook for 25 minutes

Method:

Cook rice as manufacturers guidelines
Cook the vegetables and mix with the cooked rice

VEGGIE BALLS IN SPANISH TOMATO SAUCE

20 Portions

Recipe:

Veggie Meatballs (4/5 per portion)

Sauce:

1350g Tinned, Chopped Tomatoes
2tsp Garlic Powder/Puree
115g Tomato Puree
340g Diced Onion
200g Red Pepper
30g Parsley
15g Sugar
30ml Olive Oil
30g Black Pepper
30g Cumin

Method:

Brown Veggie meatballs gently and slowly in oven then drain off any excess fat.
N.B. DO NOT OVERCOOK AT THIS STAGE.
Place all ingredients for the sauce in the pan.
Bring to boil then simmer until onion is soft.
Remove from heat then liquidise/blend until smooth and adjust seasoning.
Divide meatballs into tins and cover with sauce.
Place in hot oven/steamer and bring back to temperature before serving.
Serve with boiled rice

PATATAS BRAVAS

20 Portions

Recipe:

For the Potatoes

900g Potatoes, cut into small cubes.
50ml Olive Oil

For the Sauce

55ml Olive Oil
1 Onion, chopped
40g Garlic Powder
227g Can Chopped Tomatoes

15g Tomato Puree
40g Paprika
20g Mild Chilli Powder
Tbsp Sugar
50g Chopped Fresh Parsley, to garnish.

METHOD

STEP 1 (sauce)

Heat the oil in a pan and fry the onion for about- 5 mins until softened. Add the garlic, chopped tomatoes, tomato puree, sweet paprika, mild chilli powder and sugar, then bring to the boil, stirring occasionally. Lower to a simmer and cook for 10 mins until pulpy.

STEP 2 (Potatoes)

Heat oven to 200c/180 fan/gas 6. Pat the potatoes dry with kitchen paper, then tip into a roasting tin and toss in the olive oil and some seasoning. Roast for 40-50 mins until crisp and golden. Tip the potatoes into container and spoon over the tomato sauce. Sprinkle with some fresh parsley to serve.

CHICKEN MEATBALLS IN GRAVY

20 Portions

Recipe:

1250g Chicken Meatballs (4/5 per portion)
50g Knorr gravy granules
1500ml Water

Method:

Brown the Chicken Meatball in a pan / oven
Slowly add water and gravy
Add more water/gravy granules as and when required and adjust seasoning/thickness to taste

MACARONI CHEESE

20 portions

Recipe:

800g Uncooked or 1600g Cooked Short Cut Macaroni
2000ml Semi Skimmed Milk
125g Flour
100g Margarine
500g Reduced Fat Grated Cheese

Method:

Make cheese sauce by making roux then add milk and grated cheese.
Add cheese sauce to cooked drained pasta.
Divide into tins and finish off with 100g of the grated cheese.
Finish in oven until cheese is lightly browned.

MINCED BEEF WITH GRAVY

20 Portions

Recipe:

1250g Beef Mince
400g Onions
400g Diced Carrots
50g Knorr gravy granules (Brakes 28347)
1500ml Water

Method:

Brown the mince in a pan
Add onions and carrots
Slowly add the water and gravy
Add in 400g of frozen peas at the end of cooking
Add more water/gravy granules as and when required and adjust seasoning/thickness to taste

VEGGIE NUGGETS

Method: Cook as manufacturer's instructions

BUBBLE CRISPY FISH

Method: Cook as manufacturer's instructions

RAINBOW TOMATO PASTA

20 Portions

Recipe:

800g Uncooked or 1600g Cooked Tricolour pasta
1350g Tinned, Chopped Tomatoes
200g Mixed Diced Peppers
2tsp Garlic Powder/Puree
2tsp Mixed Herbs
115g Tomato Puree
340g Diced Onion
500g Grated Carrot

Method:

Place all ingredients for the sauce in the pan (minus the pasta)
Bring to boil then simmer until onion is soft.
Remove from heat then liquidise/blend until smooth and adjust seasoning
Boil the pasta, drain then add to the sauce.

