

RECIPE BOOK – APRIL 2023

BROCCOLI AND PEA SOUP

20 Portions

Recipe:

3 Bunches of Spring Onions
500g Diced Potatoes
3 Garlic Cloves
1 Chopped Green Chilli
4ltr of Vegetable Bouillon
600g Frozen Peas
300g Frozen Broccoli
200g Fresh Spinach
20g Mint

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

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

Method:

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

3 - SWEET POTATO SOUP

20 Portions

Recipe:

900g Grated Carrots
250g Turnip
250g Diced Onions
1500g Diced Sweet Potatoes
75g Vegetable Bouillon
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

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
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 - CAJUN SPICED SQUASH SOUP

20 Portions

Recipe:

600g Grated Carrots
500g Chopped Onion
1800g Diced Butternut Squash
1tbsp Rapeseed Oil
2tspb Mild Chilli Powder, Smoked Paprika, Garlic, Cumin and Coriander
80g Vegetable Bouillon
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.

6 - CARROT SOUP

20 Portions

Recipe:

1000g Grated Carrots
750g Diced Potatoes
250g Diced Onion
1tbsp Rapeseed Oil
20g Mixed Herbs
75g Vegetable Bouillon
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

7 - TATTIE AND LEEK SOUP

20 Portions

Recipe

250g Diced Leeks
250g Diced Onion
350g Diced Potatoes
4tbsp Oil
75g Vegetable Bouillon
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 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



BROWNIE

Method:

Add Water to mix as per packaging guidance
Add 100g of grated beetroot per 500g of dry mix.

RASPBERRY SPONGE

Method:

Add Water to mix as per packaging guidance
Add 100g of raspberries per 500g 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
Add 1 punnet of blended strawberries to 1ltr of custard

Week 1 Index

1. Quorn Burger in a Wholemeal with Tomato Salsa
2. Mild Veggie Chilli with Nachos and Rice
3. Cook's Chicken Breast and Chickpea Curry
4. Cheese and Tomato Pizza with Homemade Coleslaw
5. Bubble Coated Salmon
6. Broccoli and pea pasta in a creamy sauce, served with garlic bread
7. Sausage and Mash
8. Quorn Sausage and Mash

QUORN BURGER IN A WHOLEMEAL ROLL WITH TOMATO SALSA

Method: Cook as manufacturer's guidelines

Garnish bun with iceberg lettuce/cucumber/tomato

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
2kg Baked Beans Blended
2tbsp Rapeseed Oil
Nachos

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 bullion

Simmer for 30 minutes

Option to use Vegan grated cheese on top and serve with some nachos for dipping (5 nachos per person)

COOKS CHICKEN CURRY WITH CHICKPEA

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 plain flour 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 cook the chicken breast as per the manufacturer's guidelines separately from the sauce

PIZZA

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

BUBBLE COATED SALMON

Method: Cook as manufacturer's guidelines

BROCCOLI AND PEA PASTA IN A CREAMY SAUCE

10 portions

Recipe:

400g Broccoli Florets

250g Frozen Peas

2 Lemon Zested

400g Crème Fraise (27699)

1tbsn Dry Mixed Herbs

1/2tbsn Black Pepper

20g Chopped Parsley

2tbsp Veg Bouillon

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

BUTCHER' S PORK SAUSAGE

Method: Cook as manufacturer's guidelines

VEGGIE SAUSAGE

Method: Cook as manufacturer's guidelines

Week 2 Index

1. Plant Based Hot Dog in a Finger Roll
2. Cowboy Beans with Baby Bakers and Corn Cobettes
3. BBQ Glazed Chicken Breast with Vegetable Rice
4. Rainbow Tomato Pasta
5. Homemade Mince Beef Cottage Pie
6. Homemade Vegetable and Lentil Cottage Pie
7. Homemade Salmon Fishcakes
8. Macaroni Cheese

PLANT BASED SAUSAGE HOT DOG

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
1tspn Paprika
1tspn 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

BBQ GLAZED CHICKEN WITH RAINBOW RICE

Method: Cook as manufacturer's guidelines

RAINBOW RICE

10 Portions

Recipe:

600g of Cooked Long Grain Brown Rice
50g Spring Onion
50g Diced Peppers
50g Sweetcorn
50g Peas
50g Carrots

Method:

Cook rice as manufacturers guidelines

Cook the vegetables and mix with the cooked rice

RAINBOW TOMATO PASTA

20 Portions

Recipe:

800g Uncooked or 1600g Cooked Tricolour pasta
1350g Tinned, Chopped Tomatoes
2tspn Garlic Powder/Puree
2tspn 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.

MINCE COTTAGE PIE

20 Portions

Recipe:

1.2kg Butchers Lean Steak Mince
225g Diced Onion
225g Frozen Peas
2.25kg Sauté 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)
250g Red Lentils
2tbsn Garlic Powder/Paste
2.5kg Tinned Chopped Tomatoes
800ml Vegetable Stock
2tbsn Mixed Herbs
2.25kg Sauté or Mashed Potato
2tspn 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

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
2-3tbsn of milk
1tspn 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

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

Week 3 Index

1. Cheese and Tomato Pizza with Homemade Coleslaw
2. Plant Based Pasta Bolognaise
3. Bubble Coated Crispy Fish
4. Quorn Sausage Casserole
5. Homemade Chicken and Vegetable Pie
6. Pasta Arrabbiata and Garlic Bites
7. Butchers Beef Burger
8. Cheese and Vegetable Quiche

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

PASTA BOLOGNAISE

20 Portions

Recipe:

1200g Vegan Mince
200g Diced Onion
250g Tomato Puree
60g Garlic Puree
10g Mixed Herbs
120g Veg Bouillon
1kg Chopped Tomatoes
250g Grated Carrots
200g Mixed Peppers
250g Red Lentils
1lt 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

BUBBLE CRISPY FISH

Method: Cook as manufacturer's instructions

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 Stock (Brakes 100445)

Method:

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

CHICKEN AND VEGETABLE PIE

15 Portions

Recipe:

1kg Diced Chicken (Campbell's)
400g Onion
500g Leeks
400g Carrots
800ml Milk
60g Vegetable Bouillon

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

PASTA ARRABBIATA WITH GARLIC BITES

10 Portions

Recipe:

2tbspn Rapeseed Oil
285g Chopped Onion
225g Grated Carrot
1tbspn Garlic Puree
400g Uncooked or 800g Cooked Penne Pasta
450g Chopped Tomatoes
1tbspn Chilli Powder
2tbspn 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

BUTCHER'S BEEF BURGER

Method: As per manufacturer's guidelines.

1 sachet of tomato sauce is permitted per pupil

INDIVIDUAL CHEESE AND VEGETABLE QUICHE

12 Portions

Recipe:

12 Quiche bases
6 Eggs
100ml Semi-Skimmed Milk
200g Broccoli
480g Mixed Veg
160g Grated Cheese

Method:

Put a selection of the mixed veg and broccoli in each case
Beat the eggs with a little milk and pour a little into each case
Fill to below the lip to prevent them boiling over
Add the grated cheese to the top and bake at 160c until the egg has set (approximately 25 minutes)

Week 4 Index

1. Vegetable Lorne Sausage Stovies
2. Campbell's Veggie Haggis
3. Cod Goujons
4. Veggie Balls in a Tomato Sauce
5. Scotch Mince Beef
6. Veggie Nuggets
7. Breaded Chicken with a Garlic and Herb Dip
8. Macaroni Cheese

STOVIES

10 Portions

Recipe:

600g Vegetarian Lorne Sausage
900g Mashed Potatoes
250g Diced Onion
200ml of Knorr gravy

Method:

Cube the lorne sausage, mix in with the onion and cook in 2tbsp of oil until the onion softens
Bring water to the boil for, add in the cubed potatoes and boil for 25 mins (or until soft)
Mix the potatoes with the sausage and onion mix and add 200ml of gravy
Add chopped parsley and garnish

VEGGIE HAGGIS

Method: Cook as manufacturer's instructions

FISH FINGERS

Method: Cook as manufacturer's instructions

VEGGIE MEATBALLS IN TOMATO SAUCE

20 Portions

Recipe:

Veggie Meatballs (4/5 per portion)

Sauce:

1350g Tinned, Chopped Tomatoes
2tspn Garlic Powder/Puree
2tspn Mixed Herbs
115g Tomato Puree
340g Diced Onion
500g Grated Carrot

Method:

Brown 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

MINCED BEEF WITH GRAVY

20 Portions

Recipe:

1250g Beef Mince
400g Onions
400g Diced Carrots
50g Knorr gravy granules
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

BREADED CHICKEN GRILL

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.