

NEW

TASTE OF AFRICA

east & west african dishes





East and West African cuisine is an emerging and exciting food trend in the UK. We are seeing this interest especially in the Higher Education sector as more international students attend UK universities.

Ideal for eating on the go, you'll find sides, small plates and main dishes, plus mixes and marinades for all eating occasions.

Hannah Rene, Brakes 'Your Way' Consultant enjoyed worked closely with the Brakes Chef team to develop a collection of authentic East & West African dishes, sharing her passion for this vibrant cuisine:

"Food holds immense significance for me, especially as someone of African Caribbean heritage and a Londoner - my mum's from Nigeria and Ghana and my dad is from Jamaica. Growing up in a family where meals were a centrepiece of gatherings, my mum cooked a fusion of Nigerian, Ghanaian and Jamaican dishes, food became more than sustenance; it was a way of connecting with culture, history, and community, each dish carrying its own story."



authentic

"Offering something new can help caterers innovate menus and, importantly, capture spend which may otherwise be directed to high street specialists."

Brakes Sector Marketing Manager

🌱 - Suitable for vegetarians

🌿 - Vegan

🇬🇧 - Product produced in the UK

🚛 - Red Tractor assured (when available)

A TASTY COLLECTION OF SIDES AND SMALL PLATES, GREAT FOR SNACKING AND THE PERFECT ACCOMPANIMENT TO A MAIN MEAL.

Sides and small plates



Makes 40

LENTIL SAMBUSAS



EU label values	Per 100g	%RI	Per serving	%RI
Energy (kJ)	761kJ	9%	491kJ	6%
Energy (kcal)	180kcal	9%	116kcal	6%
Fat	3.5g	5%	2.3g	3%
of which saturates	0.4g	2%	0.3g	2%
Carbohydrate	31g	12%	20g	8%
of which sugars	1.4g	2%	0.9g	1%
Fibre	1.9g	8%	1.3g	5%
Protein	5.3g	11%	3.4g	7%
Salt	0.43g	7%	0.28g	5%

CONTAINS:



WHEAT

Product codes	Ingredients	Recipe quantity
A 470703	Plain flour (V) (ve)	1kg
A 286	Saxa table salt (V) (UK)	8g
	Tap water	400ml
A 100445	Vegetable flavour bouillon paste (V) (ve) (UK)	10g
A 350094	Sunflower oil (V) (ve) (UK)	70g
C 10469	Cooking onions (V) (ve)	350g
A 13120	Peeled garlic (V) (ve)	20g
A 26695	Knorr professional ginger purée	10g
	Berberé spice mix (see page 17) (V) (ve)	12g
A 6082	Whole brown lentils (V) (ve) (UK)	100g

Preparation

- 1 Make a dough by mixing flour, salt and 400ml water together, and knead for 5 minutes.
- 2 Divide the dough into 40 x 30g balls, cover and allow to rest.
- 3 Make stock up with remaining water.
- 4 For the filling, heat the oil in a heavy-bottomed frying pan, and fry the onion, garlic and ginger until soft.
- 5 Add the spice mix and the lentils, and mix well.
- 6 Add stock a little at a time, stirring, and allow lentils to cook.
- 7 Once cooked, chill the filling until needed.

Method

- 1 Roll out the dough 2mm thick, then cut 10cm rounds.
- 2 Add a teaspoon of lentil filling to the centre of each round, then fold over and crimp the edges.
- 3 Deep fry the sambusas until crisp and golden.

Makes 40

LAMB SAMBUSAS



EU label values	Per 100g	%RI	Per 41g serving	%RI
Energy (kJ)	1314kJ	16%	533kJ	6%
Energy (kcal)	312kcal	16%	127kcal	6%
Fat	8.8g	13%	3.6g	5%
of which saturates	2.2g	11%	0.9g	5%
Carbohydrate	45g	17%	18g	7%
of which sugars	1.3g	1%	0.5g	1%
Fibre	2.3g	9%	0.9g	4%
Protein	13g	26%	5.1g	10%
Salt	0.55g	9%	0.22g	4%

CONTAINS:



WHEAT

Product codes	Ingredients	Recipe quantity
A 470703	Plain flour (V) (ve)	1kg
A 286	Saxa table salt (V) (UK)	8g
	Tap water	400ml
C 10469	Cooking onions (V) (ve)	100g
C 13120	Peeled garlic (V) (ve)	15g
C 10473	Spring onions bunch (V) (ve)	50g
C 113885	Bunched coriander (V) (ve)	20g
A 350094	Sunflower oil (V) (ve) (UK)	73g
C 107509	British Red Tractor 20% fat lamb mince (UK) (UK)	500g
C 114212	Red chillies (V) (ve)	1x25g
A 26695	Knorr professional ginger purée (V) (ve)	5g
	Berberé spice mix (V) (ve)	8g

Preparation

- 1 Make dough by mixing flour, salt and water together and knead for 5 minutes.
- 2 Divide the dough into 40 x 30g balls, cover and allow to rest.
- 3 Peel and finely dice the onions and crush the garlic.
- 3 Wash and slice the spring onions.
- 4 Pick and chop the coriander.
- 5 For the filling, heat the oil in a heavy-bottomed frying pan, and fry the lamb with the onion, garlic, chilli and ginger until soft.
- 6 Add the spice mix to the lamb and mix well, allow to cook out then finish with spring onions and coriander.
- 7 Once cooked, chill the filling until needed.

Method

- 1 Roll out the dough to 2mm thick, then cut 10cm rounds.
- 2 Add a teaspoon of lamb filling to the centre of each round, then fold over and crimp the edges.
- 3 Deep fry the sambusas until crisp and golden.

Makes 10

JOLLOF RICE



EU label values	Per 100g	%RI	Per 190g serving	%RI
Energy (kJ)	989kJ	12%	1878kJ	22%
Energy (kcal)	235kcal	12%	446kcal	22%
Fat	6.9g	10%	13g	19%
of which saturates	1.1g	6%	2g	10%
Carbohydrate	38g	15%	72g	28%
of which sugars	4.2g	5%	7.9g	9%
Fibre	1.7g	7%	3.1g	12%
Protein	4.4g	9%	8.4g	17%
Salt	0.53g	9%	1g	7%

MAY CONTAIN:



SOYA

Product codes	Ingredients	Recipe quantity
A 525271	Red peppers (V) (ve)	400g
A 10357	Plum tomatoes (V) (ve)	400g
C 10469	Cooking onions (V) (ve)	350g
C 126205	Scotch bonnet chillies (V) (ve)	10g
C 117819	Ardo diced ginger (V) (ve)	15g
A 470829	Vegetable oil	120g
A 28326	Sysco Classic tomato paste (V) (ve)	60g
C 110718	Greens chopped garlic (V) (ve)	25g
A 33588	Sysco Classic bay leaves (V) (ve)	2g
A 33595	Sysco Classic thyme (V) (ve)	5g
A 33599	Sysco Classic curry powder (V) (ve)	5g
A 111840	Knorr Professional chicken jelly bouillon	25g
	Tap water	1750ml
A 4349	Costa fine sea salt (V) (ve)	5g
A 134293	Sysco Classic cracked black pepper (V) (ve)	5g
A 7676	Tilda easy cook basmati rice (V) (ve)	800g

Preparation

- 1 Remove stalk and seeds from the red peppers.
- 2 Slice one tomato and set aside.
- 3 Peel and slice the onions.
- 4 Make up the stock.
- 5 Rinse the rice.

Method

- 1 Blend the red peppers, tomatoes, 1/3 of the onion, ginger, garlic and scotch bonnet chillies.
- 2 Heat the oil in a large pan over a medium heat, then add 1/3 of the sliced onions and let them cook for about 3 minutes, or until they are soft.
- 3 Add the tomato purée and fry for 5 minutes, then add the bay leaves and cook for a further 2 minutes.
- 4 Add the blended red peppers, tomatoes, onion, ginger and chilli and cook until the water is reduced, the sauce should become thick in about 10-15 minutes.
- 5 Add the thyme, curry powder, salt and pepper to taste and cook for a further 2 minutes.
- 6 Add the rice to the sauce and stir. Pour in the chicken stock, stir and then cover with a tight fitting lid. Bring to the boil then immediately reduce to a low heat, cook for 30 minutes or until the rice is cooked.
- 7 Add the remaining sliced onion and tomato and stir through, leave for about 5 minutes then serve.

Serves 6

COCONUT RICE



EU label values	Per 100g	%RI	Per 395g serving	%RI
Energy (kJ)	287kJ	3%	1133kJ	13%
Energy (kcal)	69kcal	3%	271kcal	14%
Fat	3.6g	5%	14g	20%
of which saturates	1.5g	8%	5.7g	29%
Carbohydrate	7.9g	3%	31g	12%
of which sugars	0.5g	1%	2g	2%
Fibre	0g	0%	0.9g	4%
Protein	1g	2%	3.9g	8%
Salt	0.12g	2%	0.48g	8%

CONTAINS: OTHER PROPERTIES:



MILK



VEGETARIAN

Product codes	Ingredients	Recipe quantity
C 10469	Cooking onions (V) (ve)	100g
C 13120	Peeled garlic (V) (ve)	20g
A 100445	Vegetable flavour bouillon paste (V) (ve) (K)	12.5g
	Tap water	500ml
A 103171	Maggi coconut milk powder mix (V)	50g
A 350094	Sunflower oil (V) (ve) (K)	50g
A 7676	Tilda easy cook basmati rice (V) (ve)	200g

Preparation

- 1 Peel and dice the onion.
- 2 Crush the garlic.
- 3 Make up the vegetable stock and mix in the coconut milk powder.

Method

- 1 In a heavy-bottomed pan, heat the oil, then fry the onion and garlic until soft.
- 2 Add the rice, mix, then add the stock and coconut mixture.
- 3 Simmer until the rice is cooked.

Makes 20

EAST/WEST AFRICAN CHAPATI INJERA



EU label values	Per 100g	%RI	Per 72g serving	%RI
Energy (kJ)	619kJ	7%	447kJ	5%
Energy (kcal)	147kcal	7%	106kcal	5%
Fat	3.2g	5%	2.3g	3%
of which saturates	0.4g	2%	0.3g	2%
Carbohydrate	25g	10%	18g	7%
of which sugars	0.5g	1%	0.5g	1%
Fibre	0.8g	3%	0.6g	2%
Protein	3.7g	7%	2.7g	5%
Salt	0g	0%	0g	0%

CONTAINS: OTHER PROPERTIES:



WHEAT



VEGETARIAN



VEGAN

Product codes	Ingredients	Recipe quantity
A 2351	Fermipan yeast (V) (ve) (K)	10g
	Tap water	900ml
A 111309	Triple Lion rice flour (V) (ve) (K)	250g
A 470703	Plain flour (V) (ve)	250g
A 350094	Sunflower oil (V) (ve) (K)	35g

Preparation

- 1 Mix the yeast with 100ml warm water.
- 2 Add the flours to the yeast mixture, then gradually add water until you have a thick pancake batter.
- 3 Cover with clingfilm and leave for 1 hour.

Method

- 1 After 1 hour, add the remaining warm water to the mixture until you have a crêpe-style batter.
- 2 Lightly fry in a pan with the oil for 1 to 2 minutes on each side.



HEARTY DISHES THAT WORK AS A LUNCHTIME OR EVENING MEAL. THEY'RE PERFECT AS A WEEKLY SPECIAL TO ADD VARIETY TO YOUR OFFER.

Main dishes



Serves 4

YASSA FISH CURRY



EU label values	Per 100g	%RI	Per 248g serving	%RI
Energy (kJ)	454kJ	5%	1126kJ	13%
Energy (kcal)	108kcal	5%	268kcal	13%
Fat	3.5g	5%	8.7g	12%
of which saturates	0.4g	2%	1g	5%
Carbohydrate	6.3g	2%	16g	6%
of which sugars	2.7g	3%	6.6g	7%
Fibre	1.3g	5%	3.2g	13%
Protein	12g	24%	30g	60%
Salt	1.9g	32%	4.8g	80%

CONTAINS:



Product codes	Ingredients	Recipe quantity
C 10469	Cooking onions (V) (ve)	300g
C 13120	Peeled garlic (V) (ve)	30g
A 114947	Lemon juice from concentrate (V)	20ml
A 27640	Colman's Dijon mustard (V) (ve) (UK)	40g
A 119439	Fish stock mix (UK)	10g
	Tap water	500ml
F 3833	M&J Seafood Midi MSC cod loins	620g
A 350094	Sunflower oil (V) (ve) (UK)	20g
A 134289	Smoked paprika (V) (ve) (UK)	10g
C 113874	Bunched thyme (V) (ve)	10g
A 87166	Sliced black olives (V) (ve)	80g
A 111313	Riverdene roasted red peppers (V) (ve)	120g
A 107035	Maldon sea salt flakes (V) (ve) (UK)	10g

Preparation

- 1 Peel and slice the onions.
- 2 Crush the garlic.
- 3 Mix the lemon juice and mustard.
- 4 Make up the fish stock.
- 5 Defrost the fish in a controlled environment.
- 6 Thinly slice the peppers.

Method

- 1 Heat the oil in a pan, add the onions and cook until translucent.
- 2 Add the garlic, ginger and smoked paprika and continue to cook for 2 to 3 minutes.
- 3 Add the mustard and lemon juice mixture, fish stock and thyme.
- 4 Stir, then continue to cook for about 10 minutes.
- 5 Add the olives and peppers and season to taste.
- 6 Lay defrosted fish on an ovenproof tray and cover with sauce.
- 7 Bake at 180°C for 10 to 15 minutes. Test to make sure the fish is cooked through.

Serves 6

CHICKEN SUYA



EU label values	Per 100g	%RI	Per serving	%RI
Energy (kJ)	140kJ	2%	117kJ	1%
Energy (kcal)	34kcal	2%	28kcal	1%
Fat	1.8g	3%	1.5g	2%
of which saturates	0.4g	2%	0.3g	2%
Carbohydrate	2.4g	1%	2g	1%
of which sugars	0.5g	1%	0.5g	1%
Fibre	1.6g	6%	1.3g	5%
Protein	1.3g	3%	1.1g	2%
Salt	0.07g	1%	0.06g	1%

CONTAINS:



WHEAT PEANUTS SULPHITES

MAY CONTAIN:



OATS, BARLEY, HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

Product codes	Ingredients	Recipe quantity
C 134201	Chicken thighs (skinless, boneless, uncalibrated)	454g
	Suya - spicy nut marinade (see page 18)	40g
A 555507	Bamboo skewers	7.2g
A 350094	Sunflower oil	50g

Preparation

- 1 Trim the chicken and check for bones.
- 2 Toss the chicken in the spice mix, and put it on the skewers.

Method

- 1 Brush the meat with oil and chargrill until cooked.

Serves 6

STEAK SUYA



EU label values	Per 100g	%RI	Per 92g serving	%RI
Energy (kJ)	905kJ	11%	831kJ	10%
Energy (kcal)	217kcal	11%	200kcal	10%
Fat	15g	21%	14g	20%
of which saturates	3.3g	17%	3g	15%
Carbohydrate	3g	1%	2.8g	1%
of which sugars	1.3g	1%	1.2g	1%
Fibre	1.4g	6%	1.3g	5%
Protein	17g	34%	16g	32%
Salt	0.2g	3%	0.18g	3%

CONTAINS:



WHEAT PEANUTS SULPHITES

MAY CONTAIN:



OATS, BARLEY, HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

Product codes	Ingredients	Recipe quantity
C 117643	Simply rump steak	454g
	Suya - Spicy nut marinade (see page 18)	40g
A 555507	Bamboo skewers	7.2g
A 350094	Sunflower oil	50g

Preparation

- 1 Trim the fat and cut the steak into strips.
- 2 Toss the meat in the spice mix, and put it on the skewers.

Method

- 1 Brush the skewers with oil and chargrill until cooked.

Serves 10

SPICY ETHIOPIAN CHICKEN STEW

DORO WOT



EU label values	Per 100g	%RI	Per 369g serving	%RI
Energy (kJ)	716kJ	9%	2644kJ	31%
Energy (kcal)	172kcal	9%	635kcal	32%
Fat	11g	16%	41g	59%
of which saturates	3.1g	16%	11g	55%
Carbohydrate	3g	1%	11g	4%
of which sugars	2.1g	2%	7.9g	9%
Fibre	1.1g	4%	4.1g	16%
Protein	14g	28%	53g	106%
Salt	0.65g	11%	2.4g	40%

CONTAINS:



Product codes	Ingredients	Recipe quantity
C 10224	Red onions (V) (ve)	300g
C 13120	Peeled garlic (V) (ve)	50g
C 10380	Ginger (V) (ve)	50g
A 16392	18 British free range fresh medium eggs (V) (UK)	556g
C 70947	Prime Meats British chicken drumsticks (UK)	2.5kg
A 114947	Lemon juice from concentrate (V)	50ml
A 132644	Maldon sea salt flakes (V) (ve) (UK)	20g
A 350094	Sunflower oil (V) (ve) (UK)	40g
	Berberere spice mix (see page 17) (V) (ve)	40g
A 28326	Tomato paste (V) (ve)	400g
	Tap water	500ml

Preparation

- 1 Peel and dice the red onion.
- 2 Peel and chop the garlic and ginger.
- 3 Hard boil the eggs, then cool, peel and cut in half.

Method

- 1 Mix the drumsticks with the lemon juice and salt.
- 2 Heat the oil in a saucepan, and fry the onions, garlic and ginger.
- 3 Add the spice mix and continue to cook.
- 4 Add the tomato purée and water and continue to cook.
- 5 Once cooked, add the drumsticks and mix well.
- 6 Put into an ovenproof dish, and cover.
- 7 Bake at 160°C for 30 to 40 minutes. Test the chicken to check that it's done.
- 8 Remove from the oven and garnish with the egg halves.

Serves 4

SPICY LENTIL STEW

MISIR WOT



EU label values	Per 100g	%RI	Per 1.3kg serving	%RI
Energy (kJ)	133kJ	2%	1508kJ	18%
Energy (kcal)	32kcal	2%	360kcal	18%
Fat	1.4g	2%	15g	21%
of which saturates	0.2g	1%	2.1g	11%
Carbohydrate	3.3g	1%	38g	15%
of which sugars	0.5g	1%	5.9g	7%
Fibre	0.5g	2%	5.2g	21%
Protein	1.3g	3%	15g	30%
Salt	0.23g	4%	2.6g	43%

Product codes	Ingredients	Recipe quantity
C 10224	Red onions (V) (ve)	250g
C 10380	Ginger (V) (ve)	30g
C 13120	Peeled garlic (V) (ve)	30g
A 100445	Vegetable flavour bouillon paste (V) (ve) (UK)	25g
	Tap water	700ml
C 113885	Bunched coriander (V) (ve)	20g
C 10478	Limes (V) (ve)	70g
A 33889	Font Oliva olive oil	50g
A 548	Red lentils (V) (ve) (UK)	200g
	Berberere spice mix (see page 17) (V) (ve)	8g
A 132644	Maldon sea salt flakes (V) (ve) (UK)	5g

Preparation

- 1 Peel and dice the red onion.
- 2 Peel and chop the ginger and garlic.
- 3 Make up the vegetable stock, following the pack instructions.
- 4 Pick and chop the coriander.
- 5 Cut the limes into wedges.

Method

- 1 Heat the oil in a heavy-bottomed saucepan, and fry the onions until soft.
- 2 Add the garlic and ginger and cook for 5 minutes, before adding the lentils, spice mix and salt.
- 3 Mix well, then add the stock a little at a time, stirring to keep it from sticking.
- 4 Cook until the lentils are tender.
- 5 Finish with the coriander and lime wedges.

Serves 3

NIGERIAN FRIED RICE



EU label values	Per 100g	%RI	Per 283g serving	%RI
Energy (kJ)	708kJ	8%	2006kJ	24%
Energy (kcal)	169kcal	8%	478kcal	24%
Fat	7g	10%	20g	29%
of which saturates	1.2g	6%	3.4g	17%
Carbohydrate	19g	7%	53g	20%
of which sugars	2.5g	3%	7g	8%
Fibre	1.3g	5%	3.6g	14%
Protein	7.3g	15%	21g	42%
Salt	0.4g	7%	1.1g	18%

MAY CONTAIN:



SOYA

Product codes	Ingredients	Recipe quantity
A 3797	Brakes long grain rice (V) (ve)	400g
A 111840	Knorr Professional chicken jelly bouillon	5g
	Tap water	120g
A 470829	Vegetable oil	45g
C 10469	Cooking onions (V) (ve)	130g
F 3235	Brakes mixed vegetables (V) (ve) (UK)	200g
A 33595	Sysco Classic thyme (V) (ve)	2g
A 33599	Sysco Classic curry powder (V) (ve)	5g
C 10473	Spring onions (V) (ve)	50g
C 115355	Halal British Red Tractor Assured diced chicken thighs (UK)	200g
A 35014	Sysco Classic cayenne pepper (V) (ve)	1g
A 133535	Knorr Professional chicken bouillon powder	5g

Preparation

- 1 Make stock with Knorr Jelly and water.
- 2 Peel and dice onion.
- 3 Wash and slice spring onion.

Method

- 1 Add the rice and stock to a pan and cook until the water has evaporated.
- 2 In a separate pan, add the oil and fry the onions over a high heat for 2 minutes. Then add the spring onions, mixed vegetables, thyme, curry powder, cayenne pepper and chicken bouillon powder.
- 3 Add the chicken to the onions and cook for 2-3 minutes. Then add the rice and continue to cook until the chicken is cooked.
- 4 Remove from the heat and serve.



USED IN MANY OF OUR
DISHES, THESE ARE QUICK
AND SIMPLE TO PREPARE.

Mixes and marinades



BERBERE SPICE MIX



EU label values	Per 100g	%RI
Energy (kJ)	1433kJ	17%
Energy (kcal)	345kcal	17%
Fat	14g	20%
of which saturates	3.4g	17%
Carbohydrate	28g	11%
of which sugars	6.3g	7%
Fibre	31g	124%
Protein	11g	22%
Salt	0.14g	2%

OTHER PROPERTIES:



Product codes	Ingredients	Recipe quantity
A 103351	Whole coriander seeds (V) (Ve) (K)	10g
A 28189	Whole green cardamom (V) (Ve)	10g
A 84810	Whole cloves (V) (Ve) (K)	5g
A 35014	Cayenne pepper (V) (Ve)	25g
A 33585	Paprika (V) (Ve) (K)	30g
A 33583	Ground ginger (V) (Ve)	10g
A 33709	Ground nutmeg (V) (Ve) (K)	5g
A 33710	Ground mixed spice (V) (Ve) (K)	5g

Preparation

- 1 Toast the coriander seeds, cardamom pods and cloves.
- 2 Once the spices are cool, grind them.
- 3 Mix all the spices together.

Serves 20

SUYA

SPICY NUT MARINADE



EU label values	Per 100g	%RI	Per 3.8g serving	%RI
Energy (kJ)	1749kJ	21%	66kJ	1%
Energy (kcal)	420kcal	21%	16kcal	1%
Fat	22g	31%	0.8g	1%
of which saturates	5.2g	26%	0.2g	1%
Carbohydrate	30g	12%	1.1g	0%
of which sugars	4.8g	5%	0g	0%
Fibre	20g	80%	0.7g	3%
Protein	16g	32%	0.6g	1%
Salt	0.87g	15%	0.03g	1%

CONTAINS:



WHEAT



PEANUTS



SULPHITES

MAY CONTAIN:



OATS,
BARLEY



HAZELNUTS,
PECANS,
ALMONDS,
CASHEWS, WALNUTS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Product codes	Ingredients	Recipe quantity
A 33580	Whole black pepper (V) (Ve)	7g
A 33585	Paprika (V) (Ve) (K)	20g
A 134291	Whole cumin seeds (V) (Ve)	7g
A 117940	Chef William onion powder (V) (Ve)	7g
A 33583	Ground ginger (V) (Ve)	7g
A 84810	Whole cloves (V) (Ve) (K)	7g
A 110076	Snacking essentials dry roasted peanuts (V) (Ve)	20g

Method

- 1 Blend all the spices.



Desserts



Serves 4

PUFF PUFFS



EU label values	Per 100g	%RI	Per serving	%RI
Energy (kJ)	756kJ	9%	455kJ	5%
Energy (kcal)	178kcal	9%	107kcal	5%
Fat	0.7g	1%	0.5g	1%
of which saturates	0.1g	1%	0g	0%
Carbohydrate	38g	15%	23g	9%
of which sugars	9.6g	11%	5.8g	6%
Fibre	1.3g	5%	0.8g	3%
Protein	4.5g	9%	2.7g	5%
Salt	0g	0%	0g	0%

CONTAINS:



WHEAT

Product codes	Ingredients	Recipe quantity
A 350091	Brakes Plain Flour (V) (ve) (UK)	240g
	Tap Water	300g
A 2351	Fermipan Yeast (V) (ve) (UK)	6g
A 33709	Sysco Classic Ground Nutmeg (V) (ve) (UK)	1g
A 350098	Tate & Lyle Caster Sugar (V) (ve) (UK)	55g
A 4349	Costa Fine Sea Salt (V) (ve)	1g

Method

- 1 Pre heat the deep fat fryer to 180c.
- 2 Mix 120ml of warm water with 5g of the sugar and the yeast. Cover and leave for 4-6 minutes.
- 3 Mix the remaining dry ingredients - flour, sugar, salt and nutmeg.
- 4 Pour the yeast and remaining water together and add to the dry ingredients, mixing until a lump free batter is formed.
- 5 Cover the batter and allow to rise for 1 hour.
- 6 Using a tablespoon, spoon the batter into the hot fryer, turning to brown all sides.
- 7 Remove from fryer, drain on paper and serve.



Enterprise House, Eureka Business Park, Ashford, Kent TN25 4AG
01233 206000 - brake.co.uk

Part of the [brakesgroup](http://brakesgroup.com)
Registered office: Enterprise House, Eureka Business Park, Ashford, Kent TN25 4AG
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