

 **brakes**
a Sysco company

**Love
British
Food**
Official Partner 
2022

FOOD TO GO

A selection of recipes full of classic British ingredients,
developed by our Brakes chefs



SEPTEMBER 2022

**LOVE
BRITISH
FOOD**



CELEBRATING

A NATION OF FOOD LOVERS

Brakes have been ambassadors of Love British food for many years and sit on the National committee who help provide ideas and initiatives to support our great British suppliers and producers. We are proud to support the British food industry and help our customers access our great range of British food throughout the year.

To support you, we've produced a range of food-to-go recipes, developed by our own Brakes chefs. You can also use our newly designed menu templates to display your menu and tell your customers the provenance of the ingredients.

We have supplier stories for you to share along with a monthly produce calendar which can be printed and used by the kitchen team to help plan fantastic dishes using British ingredients.

BREAKFAST	4-7	Spicy Caribbean pepperpot beef stew	13
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BREAKFAST

From freshly baked muffins to creamy overnight oats. We've got everything you need for a bright and early start.



DID YOU KNOW?
BRAKES GROUND CINNAMON IS PACKAGED IN LINCOLNSHIRE

APPLE, CINNAMON & HONEY OVERNIGHT OATS

WITH BERRIES, COCONUT & SEEDS

INGREDIENTS

C 450531	Red apples	0.5each
A 33581	Brakes ground cinnamon	0.2g
A 114970	Scott's original porridge oats	20g
C 115794	Brakes organic natural yogurt	100g
A 350157	Brakes squeezey clear blossom honey	20g
A 130608	Brakes berries, coconut & seed topper	10g

PREP

- Grate the red apples

METHOD

1. Mix the natural yoghurt, oats, cinnamon and half the honey together in a bowl and leave to set overnight
2. In the morning, check the oats and thin down the consistency if required using water or apple juice
3. Spoon the mixture into a suitable food-to-go container
4. Top with the remaining honey and seed mix
5. Keep in the fridge until required

DID YOU KNOW?
ORGANIC NATURAL
YOGHURT IS PRODUCED IN
SOMERSET



SERVES:
1



CONTAINS:
MILK, SULPHATES, OAT,
GLUTEN, NUTS, PEANUT,
WHEAT, BARLEY



COOKING TIME:
OVERNIGHT



**CONTAINS UK
BASED PRODUCTS**



SWEET POTATO & BUTTERNUT HASH POT

WITH BAKED BEANS, CHILLI & FENNEL SEEDS

INGREDIENTS

C 10449	Sweet potatoes	50g
C 12083	Butternut squash	100g
A 85286	Brakes whole fennel seeds	1g
A 85288	Brakes crushed chilli	0.5g
A 100262	Veraneo extra virgin olive oil	3ml
A 10844	Brakes pumpkin seeds	5g
A 15136	Brakes baked beans in tomato sauce	130g

PREP

- Peel and dice the sweet potatoes to 1 inch
- Peel the butternut squash, remove the seeds and dice to 1 inch

METHOD

1. Heat the oven to 180°C
2. Mix together the sweet potato, butternut squash, fennel seeds, crushed chillies and oil, and put in the oven for 10 minutes
3. Remove from the oven and allow to cool
4. Spoon the baked beans into a suitable food-to-go pot
5. Top the baked beans with the sweet potato, squash and fennel mix, and sprinkle with pumpkin seeds
6. Chill until required
7. To eat, microwave until the core temperature is achieved



SERVES:
6



CONTAINS:



COOKING TIME:
5 MINUTES



**CONTAINS UK
BASED PRODUCTS**



DID YOU KNOW?
BRAKES WHOLE FENNEL SEEDS
ARE PACKAGED IN SLEAFORD,
LINCOLNSHIRE

GOATS CHEESE FRITTATA MUFFINS

WITH SWEET POTATO AND GRATED BEETROOT

INGREDIENTS

C 10449	Sweet potatoes	100g
C 13120	Peeled garlic	5g
C 113883	Bunched sage	2g
A 350094	Brakes sunflower oil	5ml
C 105129	Cooked beetroots	100g
A 16392	British free range fresh medium eggs	6 each
C 23198	Cricket St.Thomas goats cheese	100g
C 10428	Baby leaf spinach	25g

PREP

- Dice the sweet potato into 1cm cubes
- Crush the garlic
- Pick and chop the sage
- Grate the beetroot
- Pick and shred the spinach

METHOD

1. Heat the oven to 180°C
2. Toss the sweet potato, sage, garlic and oil together and roast for approx. 20 minutes
3. Beat the eggs and add spinach, beetroot, 3/4 cheese, add this to the roasted sweet potato mixture
4. Pour into muffin case and crumble over the remaining cheese
5. Bake for approx. 15 -20 minutes until cooked through
6. Allow to cool slightly before serving

DID YOU KNOW?
BRAKES SUNFLOWER
OIL IS PRODUCED IN
MOORCROFT PARK



SERVES:
6



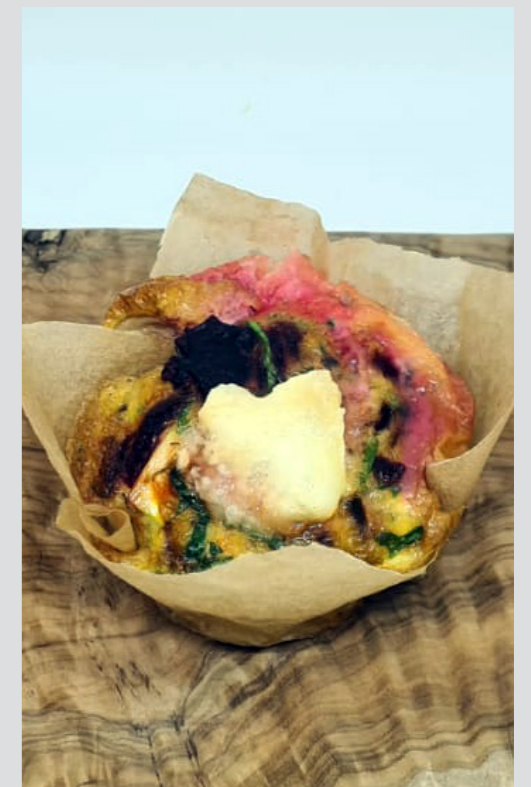
CONTAINS:
EGG, MILK



COOKING TIME:
45 MINUTES



**CONTAINS UK
BASED PRODUCTS**



HOT POTS

Stews, fish and chips, bangers and mash
- just about everything we could fit in a grab & go pot!

MEXICAN ROASTED CORN WITH PORK BELLY BITES

SERVED WITH HERBY DICED POTATOES

DID YOU KNOW?
BRAKES BARBECUE
SAUCE IS PRODUCED IN
LITTLEBOROUGH, LANCASHIRE

INGREDIENTS

F 129517	Ardo roasted mexicana corn	100g
F 33083	Slow cooked belly of pork	80g
A 100395	Brakes barbecue sauce	50ml
F 129917	Lamb Weston savoury herb dice	200g

PREP

- Defrost and cut the slow cooked belly of pork into 1cm cubes

METHOD

- Toss the pork belly in the BBQ sauce and roast at 200°C for 15 minutes
- Cook the roasted corn and the diced potatoes as per the pack instructions, until the core temperature has been achieved
- Assemble in a suitable food-to-go container



SERVES:
1



CONTAINS:
CELERY, SOYA, WHEAT,
BARLEY, GLUTEN



COOKING TIME:
15 MINUTES



**CONTAINS UK
BASED PRODUCTS**



VENISON CASSEROLE WITH BLACKBERRIES

SERVED WITH BLACK PEPPER MASH AND BRAISED RED CABBAGE

INGREDIENTS

F 127423	Highland game diced venison	1kg
F 33386	Greens fresh frozen blackberries	200g
A 350094	Brakes sunflower oil	5ml
C 10291	Large onions	200g
C 450693	Carrots	200g
C 113874	Bunched thyme	10g
A 25690	Brakes dry red cooking wine	200ml
A 29707	Essential Cuisine no. 1 beef gravy	75g
F 31559	Brakes mashed potato with black pepper	1.5kg
A 470655	Callebaut dark chocolate callets 70%	100g
C 74844	Brakes braised red cabbage	1kg

PREP

- Defrost the venison and blackberries
- Peel and dice the onions and carrots
- Mix the gravy with 1L of warm water
- Defrost the mashed potato as per the pack instructions

METHOD

1. Preheat the oven to 150°C
2. In batches, fry off the venison in a little olive oil until golden brown. Remove from the pan and set aside
3. In the same pan, add the rest of the oil and fry the onion, carrot & thyme, add the red wine and reduce by two thirds.
4. Add the gravy and venison, bring to the boil, cover and put in the oven for 1.5 hours until the venison is tender
5. Once cooked, stir in the blackberries, chocolate and allow to cool in a controlled environment
6. Portion the venison with the mash and cabbage into a suitable food-to-go container
7. Heat the complete dish in a microwave until the core temperature is achieved across all components



DID YOU KNOW?
BRAKES BRAISED RED CABBAGE IS PRODUCED IN ST. LEONARDS-ON-SEA



SERVES:
10



CONTAINS:
MILK, SULPHATES,
SOYA



COOKING TIME:
4 HOURS



**CONTAINS UK
BASED PRODUCTS**

HAKE GOUJONS WITH SWEET & SOUR ONIONS

SERVED WITH CHIPS AND TARTARE SAUCE

INGREDIENTS

F 135514	The Foodfella battered hake goujon	90g
F 129384	McCain surecrisp traditional thick chips	200g
C 123174	Sweet & sour onion pickles	20g
C 114218	Lemon	1/4
A 103691	Heinz SqueezeMe! tartare sauce	1 each

PREP

- Drain the pickles
- Cut the lemons into wedges

METHOD

1. Cook the cod goujons and chips as per the manufacturers instructions, until the core temperature is achieved
2. Arrange the goujons and chips in a suitable food-to-go container
3. Garnish with onions and lemon
4. Serve with tartar sauce



SERVES:
1



CONTAINS:
EGG, FISH, MUSTARD, WHEAT,
BARLEY, GLUTEN



COOKING TIME:
15 MINUTES



**CONTAINS UK
BASED PRODUCTS**

HONEY ROASTED FIG, KALE AND BLUE CHEESE SALAD

SERVED WITH QUINOA AND TOASTED SEEDS

INGREDIENTS

C 10386	Figs	1 each
A 350157	Brakes squeezezy clear blossom honey	5g
C 113874	Bunched thyme	0.2g
C 455914	Curly kale	10g
F 119260	Ardo Express quick frozen & precooked quinoa	80g
C 71507	Brakes blue stilton wedges	25g
C 10224	Red onions	8g
A 89714	Brakes blue cheese dressing	30ml
A 130609	Brakes toasted seeds & grains topper	10g
C 10214	Red cabbage	10g
C 105129	Cooked beetroots	30g

PREP

- Cut the figs into six, drizzle with honey and thyme
- Pick, wash and shred the curly kale
- Defrost the Ardo frozen & precooked quinoa
- Peel and slice the red onions
- Slide the red cabbage
- Cut the beetroots into wedges

METHOD

1. Roast the figs at 200°C for approx. 2-3 minutes and allow to cool
2. Mix the quinoa and kale together and place into a suitable food-to-go container
3. Top with the figs, beetroot, red onion and red cabbage
4. Crumble over the blue cheese
5. Drizzle with dressing and top with the seeds and grains

DID YOU KNOW?
BRAKES SQUEEZY CLEAR BLOSSOM HONEY IS PRODUCED IN OXFORD



SERVES:
1



CONTAINS:
EGG, MILK, MUSTARD,
NUTS & PEANUTS



COOKING TIME:
5 MINUTES



SUITABLE FOR:
VEGETARIANS



**CONTAINS UK
BASED PRODUCTS**



SPICY CARIBBEAN PEPPERPPOT BEEF STEW

SERVED WITH SWEET POTATO, ORKA AND BUTTER BEANS

INGREDIENTS

C 10291	Large onions	250g
C 13120	Peeled garlic	25g
C 10380	Ginger	80g
F 111785	Brakes British cooked diced beef	1.2kg
A 114655	Brakes Jerk BBQ glaze	200g
C 10245	Mixed peppers	1 each
C 10449	Sweet potatoes	500g
A 89965	Major beef stock base powder	25g
F 119851	Ardo sliced okra	100g
A 15785	Brakes butter beans in water	100g
C 455914	Curly kale	100g
A 127121	Brakes coconut milk	400ml
A 350094	Brakes sunflower oil	25ml

PREP

- Defrost the diced beef
- Peel and slice the onions
- Peel and crush the garlic
- Peel and grate the ginger
- De-seed and roughly chop the peppers
- Peel and dice the sweet potatoes into 2cm cubes
- Make up the beef stock with 500ml of water
- Pick, wash and roughly chop the curly kale

METHOD

1. Heat oil in a saucepan over a medium heat
2. Add garlic, ginger and onion and fry for 2-3 minutes
3. Add the sweet potato and jerk paste and stir to coat, cooking for 1-2 minutes
4. Add the beef stock and coconut water, stir well and cook for approx. 20 minutes until the sweet potatoes are just cooked
5. Add the cooked diced beef, red peppers, okra, butter beans and kale. Stir through and heat to temp about 2-3 minutes
6. Add all ingredients to a food-to-go pot, ready to serve

DID YOU KNOW?
BRAKES BRITISH DICED BEEF IS PRODUCED IN EAST LOTHIAN



SERVES:
10



CONTAINS:
MUSTARD, SULPHITES



COOKING TIME:
10 MINUTES



**CONTAINS UK
BASED PRODUCTS**



JERK SWEET POTATO STEW

SERVED WITH BLACK BEANS

DID YOU KNOW?

BRAKES JERK BBQ GLAZE IS PRODUCED IN ST. LEONARDS-ON-SEA, EAST SUSSEX

INGREDIENTS

C 10291	Large onions	250g
C 13120	Peeled garlic	25g
C 114212	Red chillies	25g
A 114655	Brakes Jerk BBQ glaze	200g
A 6437	Brakes chopped tomatoes in tomato juice	500g
A 86955	Knorr gluten free rich vegetable paste	12.5g
C 10449	Sweet potatoes	500g
C 10245	Mixed peppers	2 each
A 100171	Brakes black eyed beans	800g
C 113885	Bunched coriander	10g
C 10473	Spring onions	0.5 each
A 350094	Brakes sunflower oil	25ml

PREP

- Peel and thinly slice the onions
- Peel and finely chop the garlic and chillies
- Make up the vegetable paste with 500ml water
- Peel and dice the sweet potatoes
- De-seed the peppers and roughly chop
- Roughly chop the coriander
- Wash and slice the spring onions

METHOD

1. Heat oil in saucepan over medium heat
2. Add onion, chilli and garlic and fry for 2-3 min whilst stirring
3. Add sweet potato and jerk glaze, stirring to coat the sweet potato in the glaze
4. Add the chopped tomatoes and vegetable stock and simmer for 30-40 minutes until it thickens
5. Add in the black beans, red peppers and cook for a further 2-3 minutes
6. Add spring onion and coriander, stir through and serve



SERVES:
10



CONTAINS:
CELERY, MUSTARD,
SULPHITES



COOKING TIME:
50 MINUTES



SUITABLE FOR:
VEGETARIANS



**CONTAINS UK
BASED PRODUCTS**



CUMBERLAND SAUSAGE AND MASH

SERVED WITH BRAISED RED CABBAGE AND RED WINE GRAVY

INGREDIENTS

F 31849	Cooked cumberland pork sausage	2 each
F 31559	Mashed potato with cracked black pepper	120g
F 31560	Potato, swede & carrot mash	80g
C 74844	Braised red cabbage	30g
A 35607	Knorr Garde d'Or red wine sauce	50g

PREP

- Defrost the sausages, mash and swede & carrot mash
- Pour the red wine sauce into a 6oz pot with a secure lid

METHOD

1. Portion the cracked pepper mash, and the carrot and swede mash into a suitable food to go container
2. Add the sausages and top with the cabbage
3. To serve, microwave the dish ensuring the core temperature has been achieved for all components
4. Heat the red wine sauce as per the manufacturers instructions
5. Pour the red wine sauce over the sausage and mash, and serve

DID YOU KNOW?

BRAKES CUMBERLAND SAUSAGES ARE PRODUCED IN STAFFORDSHIRE



SERVES:
1



CONTAINS:
CELERY, EGG, MILK, MUSTARD,
SOYA, SULPHATES, WHEAT,
GLUTEN



COOKING TIME:
5 MINUTES



**CONTAINS UK
BASED PRODUCTS**



PANEER AND PARSNIP INDIAN STYLE BURRITO

SERVED WITH A GREEN CHILLI, CORIANDER, LIME
AND MINT DRESSING

INGREDIENTS

C 110930 Everest paneer traditional Indian cooking cheese	35g
F 123350 La Bo 12" fully baked turmeric spiced tortillas	1 each
F 124560 Ardo honey glazed roasting parsnips	100g
C 134773 Love Fresh Bombay Rice Salad	50g
A 116334 Green chilli, coriander, lime & mint dressing	5g
C 10428 Baby leaf spinach	10g

PREP

- Dice the paneer into 1/2cm pieces
- Defrost the turmeric spiced wrap
- Cook the parsnips as per the pack instructions
- Pick and wash the baby leaf spinach

METHOD

1. Lay the turmeric wrap on a flat surface and place the spinach down the centre
2. Top with the rice mix and paneer, followed by the dressing
3. Add the roasted parsnips and fold the wrap
4. To serve, either microwave or place in a panini press until the core temperature is achieved

DID YOU KNOW?
BRAKES TURMERIC SPICED
TORTILLAS ARE PRODUCED
IN COVENTRY



SERVES:
1



CONTAINS:
CELERY, EGG, MILK, MUSTARD,
SESAME, SOYA, WHEAT,
BARLEY, GLUTEN



COOKING TIME:
5 MINUTES



SUITABLE FOR:
VEGETARIANS



**CONTAINS UK
BASED PRODUCTS**



SWEET TREATS

Not forgetting those with a sweet tooth!
Classic British crumbles are a firm favourite.



RHUBARB CRUMBLE WITH BERRIES, COCONUT & SEEDS

SERVED WITH CUSTARD

INGREDIENTS

A 4429	Brakes crumble mix	60g
A 112853	Whitworths toffee & pecan shots	0.5 each
A 6307	Brakes rhubarb	80g
A 130994	Macphie salted caramel dessert topping	20g
A 15126	Brakes ready to serve custard	60g
A 130608	Brakes berries, coconut & seed topper	10g

PREP

- Drain and chop the rhubarb into 1cm pieces

DID YOU KNOW?
BRAKES READY TO SERVE
CUSTARD IS PRODUCED IN
COUNTY TYRONE

METHOD

1. Bake the crumble mix at 180°C for approx. 10 - 15 minutes until crunchy and then allow to cool
2. Add the rhubarb to a suitable food-to-go container and lace with the salted caramel sauce
3. Top with the baked crumble mix and pour the cold custard around the edge
4. Top with the berries, seeds and coconut
5. To eat, microwave until the core temperature is achieved



SERVES:
1



CONTAINS:
EGG, MILK, NUTS, PEANUTS,
SESAME, SOYA, WHEAT,
GLUTEN



COOKING TIME:
20 MINUTES



SUITABLE FOR:
VEGETARIANS



**CONTAINS UK
BASED PRODUCTS**



CINNAMON BREAD SWIRLS

INGREDIENTS

A 100221	McDougalls White Bread & Roll Mix	500g
C 70219	Fresh Whole Milk	375ml
A 350103	Tate & Lyle Dark Soft Brown Cane Sugar	140g
A 33581	Ground Cassia Cinnamon	20g
A 268	Seedless Raisins	100g
A 5750	Chopped Mixed Nuts	100g
A 16392	British Free Range Fresh Medium Eggs	110g
A 350157	Squeezy Clear Blossom Honey	80g

PREP

- Blend nuts with eggs and 60g of the sugar

METHOD

1. In a bowl mix the bread mix with cinnamon, 80g brown sugar and add milk to make into a dough knead for 3-4 mins
2. Place in a bowl and cover and place in a warm place until the dough doubles in size
3. Knock back and roll out into a rectangle 1cm thick
4. Spread the filling over the top making sure it is all covered
5. Roll up into roulade shape and slice into approx. 16 slices
6. Arrange in a grease proof lined tin then cover and allow to prove once doubled in size bake at 180 for 20-25 mins or until cooked
7. Remove from oven and glaze with honey



SERVES:
16



CONTAINS:
WHEAT, ALMONDS, WALNUTS,
PEANUTS, EGGS, MILK, SOYA



COOKING TIME:
20-25 MINUTES



**CONTAINS UK
BASED PRODUCTS**



DATE, APPLE & BANANA MUFFINS

INGREDIENTS

C 71402	Flora Original	300g
A 350102	Tate & Lyle Mediterranean Inspired Medium Bodied Buttery Light Soft Brown Cane Sugar	110g
A 114957	Doves Farm GF Self Raising White Flour	80g
A 16392	British Free Range Fresh Medium Eggs	278g
A 10354	Bananas	100g
A 5552	Apples	125g
A 89781	Chopped Dates	75g
A 33581	Ground Cinnamon	5g
A 100535	Brakes Pure Canadian Maple Syrup	20g
A 118890	Quaker Gluten Free Original Porridge Oats	15g

PREP

- Sift the flour
- Lightly beat the eggs
- Mash the banana
- Chop the apple

METHOD

1. Pre-heat the oven to 170°C
2. Cream together the spread & sugar
3. Gradually add the flour & egg, combine well
4. Stir in the fruits & cinnamon
5. Spoon the mix into cupcake cases
6. Bake for 10 mins
7. Remove from the oven, drizzle over the syrup & top with oats
8. Return to the oven & bake for a further 4 mins
9. Allow to cool

Chefs tip - Serve as a breakfast style muffin or steam the cake mix for a hot pudding option or bake as a tray bake for a mid morning or afternoon snack.



SERVES:
24



CONTAINS:
OATS, EGGS, MILK



COOKING TIME:
14 MINUTES



SUITABLE FOR:
VEGETARIANS



**CONTAINS UK
BASED PRODUCTS**



OREO & CHOCOLATE MUFFINS

INGREDIENTS

A 100226	McDougalls Plain Muffin Mix	1kg
A 127145	Oreo Small Crushed Cookie Pieces	200g
A 85910	Callebaut Dark Chocolate Callets	100g
A 84660	Oreo Original Sandwich Biscuit Snack Pack	264g
	Tap water	460g



SERVES:
24



CONTAINS:
WHEAT, EGGS, MILK, SOYA



COOKING TIME:
20-25 MINUTES



**CONTAINS UK
BASED PRODUCTS**

METHOD

1. Add muffin mix to a bowl with beater attachment
2. Add liquid and mix on a slow speed until all mix is combined (do not over mix)
3. Fold in Oreo crumb and chocolate chips
4. Divide mix between muffin cases or pour into gastro
5. Top with Oreo biscuits
6. Bake at 170°C for approx. 20-25 minutes or until cooked
7. Allow to cool before serving



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Food**
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2022



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