

# AMERICAN THEME DAYS

## *Recipes*



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[Buttermilk Chicken Burger](#)

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[Oreo Peanut Butter Sundae](#)

SERVES

1

BUTTERMILK CHICKEN BURGER

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
129454 La Boulangerie Pre-sliced Vegan Brioche Style Burger Bun - BRAKES	90g	1x Each
129279 Hellmann's Vegan Mayonnaise 2.62L - BRAKES	20g	
119712 Brakes Cooked Buttermilk Breaded Chicken Fillets - BRAKES	100g	1x Each
132878 Brakes Coated Thin Skin on Fries - BRAKES	200g	
10427 Prepared Coleslaw Mix - BRAKES	50g	
10332 Little Gem Lettuces - BRAKES	30g	
10224 Red Onions - BRAKES	10g	
450672 Tomatoes MM - BRAKES	30g	
9802 Brakes Extended Life Rapeseed Oil - BRAKES	0.5g	(auto-calculated)

Cooking Instructions & Notes

- Mise en Place
  - Peel and slice onions into rings
  - Slice tomatoes
  - Wash and pick lettuce
- Method
  - Fry the buttermilk chicken according to the manufacturer's guidelines
  - Fry the chips according to manufacturer's guidelines
  - Toast both halves of the bun
  - Spread the mayonnaise on the bottom half of the bun
  - Lay the lettuce, tomatoes and onion on the bottom half of the bun
  - Place the cooked chicken breast on the salad and top with the coleslaw
  - Top with the other half of the bun
  - Serve on your chosen plate with the chips

Generated by Nutritics v5.7 on 11th Jan 2022

Food Labelling...				
EU Label values per 100g				
	PER 100G	%RI	PER 377G SERVING	%RI
Energy(Kj)	1132 kJ	13%	4268 kJ	51%
Energy(Kcal)	270 kcal	14%	1018 kcal	51%
Fat	12 g	17%	44 g	63%
of which saturates	1.9 g	10%	7.2 g	36%
Carbohydrate	32 g	12%	120 g	46%
of which sugars	3.5 g	4%	13 g	14%
Fibre	2.5 g	10%	9.3 g	37%
Protein	7.8 g	16%	29 g	58%
Salt	0.72 g	12%	2.7 g	45%

CONTAINS:

WHEAT

MUSTARD

MILK

SERVES

12

HUNTER'S CHICKEN

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
70071 Prime Meats Rindless Back Bacon - BRAKES	280g	
100395 Brakes Barbecue Sauce - BRAKES	800g	
10163 Brakes Grated Mozzarella & Cheddar Cheese Mix - BRAKES	360g	
16205 Prime Meats Skinless Chicken Breast Fillets - BRAKES	1.11kg	

Cooking Instructions & Notes

**Mis en Place / Prep:**

- Prime Meats Skinless Chicken Breast Fillets - Butterfly the chicken

**Method:**

- Wrap each chicken breast with a rasher of bacon and place on a lined roasting tray.
- Cover the breasts with BBQ sauce, ensuring they are well covered.
- Return to the fridge to marinate for 1-2 hours.
- Pre-heat the oven to 180°C
- Cover the tray with foil and bake in the oven for 15 mins. Remove the foil then continue to cook for a further 10 mins.
- When cooked though, sprinkle each portion with cheese and return to the oven until it has melted.

Food Labelling...				
EU Label values per 100g				
	PER 100G	%RI	PER 213G SERVING	%RI
Energy(Kj)	627 kJ	7%	1336 kJ	16%
Energy(Kcal)	149 kcal	7%	318 kcal	16%
Fat	4.9 g	7%	10 g	14%
<i>of which saturates</i>	2.7 g	14%	5.7 g	29%
Carbohydrate	10 g	4%	22 g	8%
<i>of which sugars</i>	8.3 g	9%	18 g	20%
Fibre	.5 g	2%	1 g	4%
Protein	16 g	32%	34 g	68%
Salt	1.5 g	25%	3.2 g	53%

CONTAINS:

WHEAT,  
BARLEY

CELERY

MILK

SOYA

SERVES

12

MACARONI CHEESE

BACK TO MENU



Recipe Ingredients ...	Quantity:	Description:
33588 Brakes Bay Leaves - BRAKES	1g	
1872 Brakes Italian Short Cut Macaroni - BRAKES	600g	
71128 Salted Butter - BRAKES	100g	
350091 Brakes Plain Flour - BRAKES	100g	
71144 Brakes Mature White Cheddar - BRAKES	300g	
88933 Brakes English Mustard - BRAKES	30ml	
33853 Brakes Breadcrumbs Uncoloured - BRAKES	75g	
70215 Brakes Fresh Double Cream - BRAKES	300ml	
29651 Brakes Cracked Black Pepper - BRAKES	2g	
32000 Brakes Essentials Garlic & Parsley Bread Slices - BRAKES	12g	
10469 Cooking Onions - BRAKES	150g	
124181 Garlic Loose - BRAKES	20g	
70325 Brakes Fresh Whole Milk - BRAKES	1.2l	
115963 Bella Lodi Italian Grated Hard Cheese - BRAKES	75g	
120237 Maldon Smoked Sea Salt - BRAKES	4g	

Cooking Instructions & Notes

**Mis en Place / Prep:**

- Cooking Onions - Peel & dice
- Garlic - Peel & crush
- Brakes Mature White Cheddar - Grate the cheese

**Method:**

- Warm the milk in a saucepan with the onion, garlic & bay leaf.
- Bring to the boil and simmer to infuse for 10 mins. Strain and the milk aside.
- In boiling salted water, cook the macaroni until just soft. Drain & refresh with cold water.
- Combine the butter & flour in a saucepan until a roux is formed.
- Slowly add the infused milk, whisking constantly to ensure the sauce is smooth after each addition.
- Remove from the heat and stir in the mustard, and all the grated white cheese.
- Whisk until the cheese has dissolved and the sauce is velvety smooth. Check the seasoning.
- Re-heat the garlic bread as per pack instructions.
- Combine the macaroni with the cheese sauce and pour into a casserole dish.
- Top with the parmesan and breadcrumbs, and bake for 15-20 mins until golden brown.
- Serve with the garlic bread.

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 227G SERVING	%RI
Energy(Kj)	1111 kJ	13%	2522 kJ	30%
Energy(Kcal)	266 kcal	13%	604 kcal	30%
Fat	15 g	21%	34 g	49%
of which saturates	9.6 g	48%	22 g	110%
Carbohydrate	23 g	9%	53 g	20%
of which sugars	3.6 g	4%	8.2 g	9%
Fibre	1.1 g	4%	2.4 g	10%
Protein	8.8 g	18%	20 g	40%
Salt	0.64 g	11%	1.5 g	25%

CONTAINS:



MAY CONTAIN:



SERVES

1

PANCAKES WITH  
CARAMELISED BANANA &  
MIXED BERRIES

BACK TO  
MENU



Recipe Ingredients ...	Quantity:	Description:
127340 Brakes Vegan American Pancake - BRAKES	135g	
106066 Tate & Lyle Fairtrade Icing Sugar 1kg - BRAKES	5g	
100535 Brakes Pure Canadian Maple Syrup - BRAKES	20g	
118561 Alpro Plain Yoghurt Alternative 500g - BRAKES	2g	
131292 Blueberries - BRAKES	15g	
131293 Raspberries - BRAKES	15g	
450610 Strawberries - BRAKES	45g	
8823 Brakes Pistachio Kernels - BRAKES	5g	
10354 Bananas - BRAKES	60g	Approx. 1 x Each

Cooking Instructions & Notes

**Mis en Place / Prep:**

- Brakes Vegan American Pancake - Defrost
- Strawberries - Quarter the strawberries
- Bananas - Cut sections and halve
- Brakes Pistachio Kernels - Roughly chop

**Method:**

- Dust the banana halves with the icing sugar - reserve a little for finishing the dish
- Place onto a tray and put under a hot grill until evenly caramelised
- Mix the berries together with the maple syrup
- Put the pancakes into a microwave & heat on high power for 30 secs
- Place the pancakes onto a plate and spoon over the berries then sprinkle over the pistachio
- Place the banana on top of the pancakes and garnish the dish with icing sugar

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 302G SERVING	%RI
Energy(Kj)	632 kJ	8%	1908 kJ	23%
Energy(Kcal)	149 kcal	7%	451 kcal	23%
Fat	1.9 g	3%	5.8 g	8%
of which saturates	0.3 g	2%	0.8 g	4%
Carbohydrate	30 g	12%	90 g	35%
of which sugars	17 g	19%	51 g	57%
Fibre	1.3 g	5%	4.1 g	16%
Protein	2.6 g	5%	7.8 g	16%
Salt	0.5 g	8%	1.5 g	25%

CONTAINS:

WHEAT PISTACHIOS SOYA

MAY CONTAIN:

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

PEANUTS EGGS MILK

SERVES

1

OREO PEANUT  
BUTTER SUNDAE

BACK TO  
MENU



Recipe Ingredients ...	Quantity:	Description:
127235 Oreo Ice Cream - BRAKES	120g	
127145 Oreo Small Crushed Cookie Pieces 400g - BRAKES	15g	
84659 Oreo Original Sandwich Biscuits 22g - BRAKES	22g	1x Each
100530 Da Vinci Gourmet Belgian Chocolate Flavoured Drizzle Sauce 500g - BRAKES	5g	
16810 Marcantonio Sundae Sensations 280 Rossini Curls - BRAKES	11.6g	1x Each
18502 Brakes UHT Aerosol Cream - BRAKES	2g	
127123 Sun-Pat Sunpat Crunchy Peanut Butter - BRAKES	20g	

Cooking Instructions & Notes

**Mis en Place / Prep:**

No prep required

**Method:**

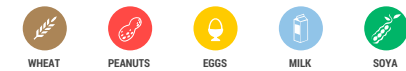
- Assemble in a dish/bowl

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 196G SERVING	%RI
Energy(Kj)	1464 kJ	17%	2870 kJ	34%
Energy(Kcal)	349 kcal	17%	685 kcal	34%
Fat	16 g	23%	31 g	44%
of which saturates	6.3 g	32%	12 g	60%
Carbohydrate	44 g	17%	86 g	33%
of which sugars	26 g	29%	51 g	57%
Fibre	2 g	8%	3.9 g	16%
Protein	6.4 g	13%	13 g	26%
Salt	0.4 g	7%	0.78 g	13%

CONTAINS:



MAY CONTAIN:

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