



# GREAT BRITISH MENUS

## RECIPES



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[Corned Beef Hash](#)

[Beef Curry](#)

[Fisherman's Pie](#)

[Grilled Bacon Chop](#)

[Turkey Escalope](#)

[Cream Tea Scone](#)

[Sultana Cake](#)





SERVES

16



| Recipe Ingredients ...                                      | Quantity: | Description: |
|-------------------------------------------------------------|-----------|--------------|
| 85889 Brakes Corned Beef - BRAKES                           | 50g       |              |
| 30080 Brakes Seasoned Herby Potato Dice - BRAKES            | 100g      |              |
| 10428 Baby Leaf Spinach - BRAKES                            | 10g       |              |
| 12080 Sliced Leeks - BRAKES                                 | 25g       |              |
| 30501 Brakes Diced Onions - BRAKES                          | 30g       |              |
| 70327 Brakes 15 Dozen Fresh Free Range Medium Eggs - BRAKES | 75g       | 1x Each      |
| 116163 Pancetta Smoked Diced - BRAKES                       | 15g       |              |

## Cooking Instructions &amp; Notes

**Mis en Place / Prep:**

- Brakes Corned Beef - Decant and cut into medium dice

**Method:**

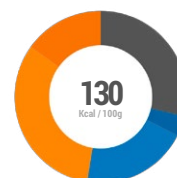
- Bring a saucepan of water to the boil, then reduce to a simmer
- Pre-heat a fryer to 180°C
- Cook the herby potatoes in the fryer for approx. 3 mins until core temperature has been achieved. Drain on kitchen paper
- Put a shallow pan on to a moderate heat and add the oil. When hot add the onions and cook until soften
- Next add the pancetta and continue to cook for approx. 2 mins or until golden brown
- Add the leeks and cook for a further minute
- Finally add the corned beef and potatoes to the pan. Toss together, add the spinach and mix
- Add the egg to the simmering water & poach for approx. 3 mins
- Place the hash on to your chosen dish. Remove the egg from the water, drain & place on top of the hash

## Food Labelling...

## EU Label values per 100g

|                    | PER 100G | %RI | PER 305G SERVING | %RI |
|--------------------|----------|-----|------------------|-----|
| Energy(Kj)         | 555 kJ   | 7%  | 1693 kJ          | 20% |
| Energy(Kcal)       | 133 kcal | 7%  | 405 kcal         | 20% |
| Fat                | 6.9 g    | 10% | 21 g             | 30% |
| of which saturates | 2.2 g    | 11% | 6.7 g            | 34% |
| Carbohydrate       | 7.8 g    | 3%  | 24 g             | 9%  |
| of which sugars    | 1.2 g    | 1%  | 3.8 g            | 4%  |
| Fibre              | 1.2 g    | 5%  | 3.8 g            | 15% |
| Protein            | 9.3 g    | 19% | 28 g             | 56% |
| Salt               | 0.74 g   | 12% | 2.3 g            | 38% |

## CONTAINS:

CORNED BEEF  
HASHBACK TO  
MENU

## CALORIES:

23.9% Carbs  
28.6% Protein  
47.5% Fat

SERVES

16



| Recipe Ingredients ...                                | Quantity: | Description:          |
|-------------------------------------------------------|-----------|-----------------------|
| 134044 British Diced Beef Red Tractor 80vl - BRAKES   | 2.5kg     | 1x Each               |
| 132695 Triple Lion Ground Turmeric - BRAKES           | 30g       | 0.1x Each             |
| 33582 Brakes Madras Curry Powder - BRAKES             | 100g      | 0.2x Each             |
| 6437 Brakes Chopped Tomatoes in Tomato Juice - BRAKES | 2.55kg    | 1x Each               |
| 127121 Brakes Coconut Milk - BRAKES                   | 1.2l      | 3x Each               |
| 114212 Chillies Red - BRAKES                          | 100g      | 0.4x Each             |
| 13120 Peeled Garlic - BRAKES                          | 100g      | 33.3x Average Portion |
| 29710 Essential Cuisine Beef Stock Mix - BRAKES       | 75g       | 0.1x Each             |
| 10380 Ginger - BRAKES                                 | 200g      | 0.7x Each             |
| 10469 Cooking Onions - BRAKES                         | 300g      | 0.1x Each             |
| 10428 Baby Leaf Spinach - BRAKES                      | 250g      | 1x Each               |

## Cooking Instructions &amp; Notes

## Prep

Toss diced beef in curry powder  
 Slice chilli  
 Crush and chop garlic  
 Peel and chop ginger  
 Peel and slice onions

## Method

Heat frying pan and batch fry beef until browned and place in an oven proof dish  
 Add garlic, chilli, ginger and onion and fry and add to beef  
 Add turmeric, stock powder, chopped tomatoes and coconut milk and mix well  
 Cover and place into an oven @150 deg c for approx. 120 mins or until tender  
 Finish with spinach and fresh coriander

Food Labelling...

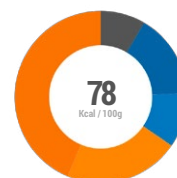
EU Label values per 100g

|                    | PER 100G | %RI | PER 248G SERVING | %RI |
|--------------------|----------|-----|------------------|-----|
| Energy(Kj)         | 335 kJ   | 4%  | 831 kJ           | 10% |
| Energy(Kcal)       | 81 kcal  | 4%  | 200 kcal         | 10% |
| Fat                | 5.6 g    | 8%  | 14 g             | 20% |
| of which saturates | 3.8 g    | 19% | 9.4 g            | 47% |
| Carbohydrate       | 5.1 g    | 2%  | 13 g             | 5%  |
| of which sugars    | 3.1 g    | 3%  | 7.6 g            | 8%  |
| Fibre              | 1.5 g    | 6%  | 3.7 g            | 15% |
| Protein            | 1.6 g    | 3%  | 4.1 g            | 8%  |
| Salt               | 0.67 g   | 11% | 1.7 g            | 28% |

## CONTAINS:



MUSTARD



CALORIES:

26.1% Carbs  
 8.5% Protein  
 65.4% Fat

BEEF CURRY

BACK TO  
MENU

SERVES

16



| Recipe Ingredients ...                         | Quantity: | Description: |
|------------------------------------------------|-----------|--------------|
| 33190 M&J Seafood MSC Fish Pie Mix - BRAKES    | 910g      | 1x Each      |
| 33588 Brakes Bay Leaves - BRAKES               | 1g        |              |
| 71128 Salted Butter - BRAKES                   | 180g      |              |
| 350091 Brakes Plain Flour - BRAKES             | 100g      |              |
| 121379 Chef William Table Salt - BRAKES        | 4g        |              |
| 33578 Brakes Ground White Pepper - BRAKES      | 2g        |              |
| 33709 Brakes Ground Nutmeg - BRAKES            | 1g        |              |
| 71144 Brakes Mature White Cheddar - BRAKES     | 100g      |              |
| 70215 Brakes Fresh Double Cream - BRAKES       | 100ml     |              |
| 10469 Cooking Onions - BRAKES                  | 120g      |              |
| 113881 Herb Bunched Flat Leaf Parsley - BRAKES | 60g       |              |
| 450066 Maris Piper Potatoes - BRAKES           | 1.6kg     |              |
| 70325 Brakes Fresh Whole Milk - BRAKES         | 1l        |              |

## Cooking Instructions &amp; Notes

**Mis en Place / Prep:**

- M&J Seafood MSC Fish Pie Mix (skinless, boneless) - Defrost
- Cooking Onions - Peel & finely dice
- Herb Bunched Flat Leaf Parsley - Wash & chop - Maris Piper Potatoes - Peel & chop
- Brakes Mature White Cheddar - Grate

**Method:**

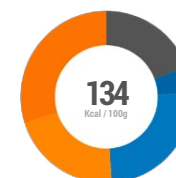
- In 50g butter cook the onions until soft and colourless.
- Add the fish and the milk and poach until the fish is cooked.
- Scoop fish out into a pie dish and strain the milk.
- For the sauce melt 100g butter in a heavy bottomed pan and mix in the flour until smooth.
- Gradually add the milk and stir until blended and smooth.
- Bring back to the boil stirring continuously until the sauce has thickened.
- Remove from the heat, add double cream & season with pepper & nutmeg. Add chopped parsley.
- Pour the sauce over the fish.
- Boil the potatoes until tender. Drain, mash add 30g butter & season well. Pipe onto the pie & chill.
- Bake for 30-45 mins until core temperature has been achieved. For the final 10 mins of cooking add the cheese.

Food Labelling...

EU Label values per 100g

|                    | PER 100G | %RI | PER 298G SERVING | %RI |
|--------------------|----------|-----|------------------|-----|
| Energy(Kj)         | 565 kJ   | 7%  | 1683 kJ          | 20% |
| Energy(Kcal)       | 135 kcal | 7%  | 403 kcal         | 20% |
| Fat                | 7.6 g    | 11% | 23 g             | 33% |
| of which saturates | 4.5 g    | 23% | 13 g             | 65% |
| Carbohydrate       | 9.9 g    | 4%  | 30 g             | 12% |
| of which sugars    | 1.7 g    | 2%  | 4.9 g            | 5%  |
| Fibre              | 0.7 g    | 3%  | 2 g              | 8%  |
| Protein            | 6.5 g    | 13% | 19 g             | 38% |
| Salt               | 0.33 g   | 6%  | 1 g              | 17% |

## CONTAINS:



## CALORIES:

29.7% Carbs  
19.3% Protein  
51% Fat

FISHERMAN'S PIE

BACK TO  
MENU

SERVES

16



| Recipe Ingredients ...                                        | Quantity: | Description:       |
|---------------------------------------------------------------|-----------|--------------------|
| 132814 Bacon Chops - BRAKES                                   | 283g      | 1x Each            |
| 31559 Brakes Mashed Potato with Cracked Black Pepper - BRAKES | 150g      | 0.1x Each          |
| 10481 Curly Parsley - BRAKES                                  | 5g        | 0.1x Each          |
| 16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES | 27g       | 0.5x Each          |
| 350091 Brakes Plain Flour - BRAKES                            | 5g        | 0x Each            |
| 70218 Brakes Fresh Semi Skimmed Milk - BRAKES                 | 30ml      | 0x Each            |
| 107231 Brakes Panko Breadcrumbs - BRAKES                      | 30g       | 0x Each            |
| 127621 Brakes British Poached Eggs - BRAKES                   | 45g       | 1x Each            |
| 74063 Watercress - BRAKES                                     | 10g       | 1x Average Portion |
| 35606 Knorr Garde d'Or White Wine Sauce 1L - BRAKES           | 100g      | 0.1x Each          |
| 88932 Brakes Wholegrain Mustard - BRAKES                      | 5ml       | 0x Each            |
| 33568 Brakes Extended Life Rapeseed Oil - BRAKES              | 2.5g      | (auto-calculated)  |
| 29651 Brakes Cracked Black Pepper - BRAKES                    | 2g        | 0x Each            |

## Cooking Instructions &amp; Notes

## Prep

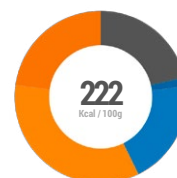
Heat mash to core temperature  
 Pick and chop parsley and mix with mash  
 Pane egg in flour, egg and bread crumbs

## Method

Season bacon chop and cook in oven/grill or char grill until core temperature is achieved  
 Deep fry egg until the outside is crisp but the centre is still runny  
 Place parsley mash on plate followed by bacon chop, egg and watercress  
 Heat sauce and add mustard

| Food Labelling...  | PER 100g | %RI | PER 514G SERVING | %RI  |
|--------------------|----------|-----|------------------|------|
| Energy(Kj)         | 912 kJ   | 11% | 4688 kJ          | 56%  |
| Energy(Kcal)       | 219 kcal | 11% | 1125 kcal        | 56%  |
| Fat                | 14 g     | 20% | 72 g             | 103% |
| of which saturates | 5.6 g    | 28% | 29 g             | 145% |
| Carbohydrate       | 11 g     | 4%  | 56 g             | 22%  |
| of which sugars    | 0.9 g    | 1%  | 4.8 g            | 5%   |
| Fibre              | 0.6 g    | 2%  | 3.1 g            | 12%  |
| Protein            | 12 g     | 24% | 60 g             | 120% |
| Salt               | 1.6 g    | 27% | 8.5 g            | 142% |

| CONTAINS:                                                  |
|------------------------------------------------------------|
| WHEAT, BARLEY          MUSTARD          EGGS          MILK |
| MAY CONTAIN:                                               |
| CELERY                                                     |



CALORIES:  
 21.4% Carbs  
 21.4% Protein  
 57.2% Fat

GRILLED BACON CHOP

BACK TO MENU

SERVES

16



| Recipe Ingredients ...                                        | Quantity: | Description:      |
|---------------------------------------------------------------|-----------|-------------------|
| 132807 British Turkey Escalopes - BRAKES                      | 115g      | 1x Each           |
| 31559 Brakes Mashed Potato with Cracked Black Pepper - BRAKES | 150g      | 0.1x Each         |
| 113883 Herb Bunched Sage - BRAKES                             | 2g        | 0x Each           |
| 100357 Brakes Cranberry Sauce - BRAKES                        | 30g       | 0x Each           |
| 132544 Mix Kale & Savoy Cabbage Pouches - BRAKES              | 120g      | 1x Each           |
| 35607 Knorr Garde d'Or Red Wine Sauce 1L - BRAKES             | 100g      | 0.1x Each         |
| 33568 Brakes Extended Life Rapeseed Oil - BRAKES              | 2.3g      | (auto-calculated) |
| 132644 Maldon Sea Salt Flakes 570g - BRAKES                   | 2g        | 0x Each           |
| 29651 Brakes Cracked Black Pepper - BRAKES                    | 2g        | 0x Each           |

## Cooking Instructions &amp; Notes

## Prep

Heat mash to core temperature

Chop sage and add to mash

Heat veg as per pack guide

## Method

Season turkey and flash fry/griddle/grill or oven bake until core temperature is achieved

Spoon mash onto plate followed by turkey and veg of choice

Drizzle with red wine sauce

Serve with cranberry sauce

## Food Labelling...

## EU Label values per 100g

|                    | PER 100G | %RI | PER 387G SERVING | %RI |
|--------------------|----------|-----|------------------|-----|
| Energy(Kj)         | 379 kJ   | 5%  | 1465 kJ          | 17% |
| Energy(Kcal)       | 90 kcal  | 5%  | 350 kcal         | 18% |
| Fat                | 4 g      | 6%  | 16 g             | 23% |
| of which saturates | 1.7 g    | 9%  | 6.6 g            | 33% |
| Carbohydrate       | 11 g     | 4%  | 43 g             | 17% |
| of which sugars    | 4.4 g    | 5%  | 17 g             | 19% |
| Fibre              | 1.4 g    | 6%  | 5.4 g            | 22% |
| Protein            | 1.9 g    | 4%  | 7.3 g            | 15% |
| Salt               | 0.97 g   | 16% | 3.8 g            | 63% |

## CONTAINS:



MILK

## MAY CONTAIN:

OATS, WHEAT,  
BARLEY, RYE

CELERY



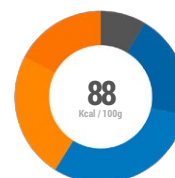
MUSTARD



EGGS



SOYA



## CALORIES:

50.3% Carbs

8.6% Protein

41.1% Fat

TURKEY ESCALOPE

BACK TO  
MENU



SERVES

16



| Recipe Ingredients ...                                        | Quantity: | Description: |
|---------------------------------------------------------------|-----------|--------------|
| 114953 Brakes Self Raising Flour - BRAKES                     | 450g      |              |
| 121379 Chef William Table Salt - BRAKES                       | 2g        |              |
| 35023 Brakes Baking Powder - BRAKES                           | 10g       |              |
| 74088 Unsalted Butter - BRAKES                                | 100g      |              |
| 350098 Tate & Lyle Caster Sugar 2kg - BRAKES                  | 75g       |              |
| 85702 Brakes Sultanas - BRAKES                                | 100g      |              |
| 70325 Brakes Fresh Whole Milk - BRAKES                        | 300ml     |              |
| 16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES | 167g      | 3x Each      |
| 70215 Brakes Fresh Double Cream - BRAKES                      | 450ml     | 0.2x Each    |
| 33739 Brakes Mixed Fruit Jam - BRAKES                         | 375g      | 0.1x Each    |
| 78252 Butter Portions - BRAKES                                | 93g       | 15x Each     |

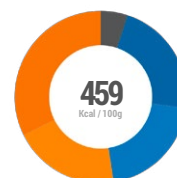
## Cooking Instructions &amp; Notes

**Mis en Place / Prep:**

- Brakes Unsalted Butter - Dice butter
- Tate & Lyle Caster Sugar 2kg - Keep back 25g for glaze

**Method:**

- Pre-heat the oven to 220°C. Line a baking tray with parchment.
  - In a bowl, sift the flour & baking powder. Add the diced butter & rub into the flour until it resembles breadcrumbs.
  - Fold in 50g sugar and stir in the sultanas.
  - Beat 1 of the eggs and mix into the bowl lightly with a fork to form a soft dough.
  - Place the dough onto a lightly floured surface & roll out until 3cm thick. Cut into 5cm rounds.
  - before baking, brush with the second beaten egg and sprinkle with the remaining sugar.
  - Bake for 12-15 mins until well risen and golden.
  - Allow to cool on a wire rack completely before slicing in half
- Whip cream and serve with butter and jam



CALORIES:

42.5% Carbs

5.1% Protein

52.4% Fat

## Food Labelling...

## EU Label values per 100g

|                    | PER 100G | %RI | PER 101G SERVING | %RI |
|--------------------|----------|-----|------------------|-----|
| Energy(Kj)         | 1927 kJ  | 23% | 1946 kJ          | 23% |
| Energy(Kcal)       | 461 kcal | 23% | 466 kcal         | 23% |
| Fat                | 27 g     | 39% | 27 g             | 39% |
| of which saturates | 17 g     | 85% | 17 g             | 85% |
| Carbohydrate       | 49 g     | 19% | 49 g             | 19% |
| of which sugars    | 25 g     | 28% | 25 g             | 28% |
| Fibre              | 1.2 g    | 5%  | 1.2 g            | 5%  |
| Protein            | 5.9 g    | 12% | 5.9 g            | 12% |
| Salt               | 0.83 g   | 14% | 0.84 g           | 14% |

## CONTAINS:



WHEAT



EGGS



MILK



SULPHITES

CREAM TEA  
SCONEBACK TO  
MENU

SERVES

16



| Recipe Ingredients ...                                                          | Quantity: | Description: |
|---------------------------------------------------------------------------------|-----------|--------------|
| 470703 Plain Flour - BRAKES                                                     | 225g      |              |
| 33596 Brakes Bicarbonate of Soda - BRAKES                                       | 3g        |              |
| 33710 Brakes Ground Mixed Spice - BRAKES                                        | 3g        |              |
| 114955 Brakes Wholemeal Flour - BRAKES                                          | 225g      |              |
| 71128 Salted Butter - BRAKES                                                    | 170g      |              |
| 85702 Brakes Sultanas - BRAKES                                                  | 225g      |              |
| 350103 Tate & Lyle Mississippi Inspired Dark Soft Brown Cane Sugar 3kg - BRAKES | 225g      |              |
| 16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES                   | 111g      | 2x Each      |
| 70325 Brakes Fresh Whole Milk - BRAKES                                          | 300ml     |              |

## Cooking Instructions &amp; Notes

**Mis en Place / Prep:**

- Brakes 18 British Free Range Fresh Medium Eggs - Beat the eggs

**Method:**

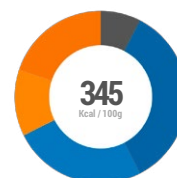
- Pre-heat the oven to 170°C. Line a cake tin with baking paper.
- In a large bowl sift the flour with the mixed spice & bicarb, then add the wholemeal flour.
- Rub the butter into the flour mix until it resembles fine breadcrumbs. Stir in the sultanas and sugar.
- Make a well in the centre of the bowl and add the beaten egg & milk.
- Beat gently until well mixed and is at a dropping consistency, adding a little more milk if required.
- Fill the cake tin and bake for 1 hour, 20 mins and a skewer comes out clean.
- Carefully remove from the tin onto a wire rack and allow to cool completely before serving.

Food Labelling...

EU Label values per 100g

|                    | PER 100G | %RI | PER 67G SERVING | %RI |
|--------------------|----------|-----|-----------------|-----|
| Energy(Kj)         | 1472 kJ  | 18% | 986 kJ          | 12% |
| Energy(Kcal)       | 350 kcal | 18% | 235 kcal        | 12% |
| Fat                | 12 g     | 17% | 8.3 g           | 12% |
| of which saturates | 7.7 g    | 39% | 5.1 g           | 26% |
| Carbohydrate       | 52 g     | 20% | 35 g            | 13% |
| of which sugars    | 30 g     | 33% | 20 g            | 22% |
| Fibre              | 2.6 g    | 10% | 1.7 g           | 7%  |
| Protein            | 6.6 g    | 13% | 4.4 g           | 9%  |
| Salt               | 0.47 g   | 8%  | 0.32 g          | 5%  |

## CONTAINS:



CALORIES:

60% Carbs

7.6% Protein

32.4% Fat

SULTANA CAKE

BACK TO  
MENU