



**Recipes Brakes Virtual Show**





# Roast Beef Poutine

10 portions

Using KNORR Gravy Granules for Meat gives us the perfect key part for this twist on Fench Canadian comfort food. A great way to use up any roast dinner prep for a Sunday

## Ingredients

- 75 g KNORR Gluten Free Gravy Granules for Meat Dishes 25L (28347)
- 100 ml COLMAN'S English Mustard 2.25L (1295)
- 500 g Roast beef, lean (23218)
- 400 ml Semi skimmed milk (70218)
- 220 g Plain flour (350091)
- 6 Pc Egg (16392)
- 5 g Seasoning (salt+pepper) (4349/33579)
- 75 ml Vegetable oil (350094)
- 1 l Water
- 20 g KNORR Gluten Free Roast Beef Paste Bouillon 1kg (86954)
- 300 g Carrots (459694)
- 200 g Banana shallots (10567)
- 100 g Green peas (frozen) (4599)\_
- 100 g Savoy cabbage (10467)
- 5 g Thyme (113874)
- 750 g Fresh chips (deep fried) (30358)

## Preparation

For the giant Yorkshires:

Whisk milk, eggs and flour till there is no lumps.  
Pass through conical sieve and season.  
Cover and leave for 40 minutes for mixture to reach room temperature.  
Meanwhile heat large yorkie tins with oil in combi at 170c for 10 minutes.  
Quickly add Yorky mix and return to oven for 25 minutes.  
Remove from tins.

For Gravy:

Boil water and whisk in KNORR roast beef bouillon.  
Add KNORR Gravy Granules for meat and whisk till smooth and simmer for 2 minutes.

For vegetables:

Either use up some of your pre-prepared roast vegetables or:  
Peel and dice carrots, quarter shallots.  
Rub in oil, seasoning and thyme.  
Roast in combi at 170c for 30 minutes.  
Shred the savoy cabbage and lightly sauté.  
Blanch peas.  
Slice and gently reheat roast beef.  
Deep fry chips at 175c till golden and crispy.  
Divide between large Yorkies.  
Top with roasted vegetables, roast Beef, peas and sautéed savoy cabbage.  
finish with gravy and serve with COLMAN's English Mustard.



# Mulligatawny Soup

A simple twist on a Southern Indian classic soup. By shredded the mushrooms and adding to the soup towards the end of the cooking process, adds a "cooked chicken" texture. Great taste of KNORR Bouillon.

10 portions

### Ingredients

100 ml	Rapeseed oil (33568)
300 g	Onions (10291)
200 g	Carrots (450694)
250 g	Yellow lentils (551)
100 g	Knorr Professional Patak's Balti Paste 1.1kg (15497)
50 g	KNORR Gluten Free Vegetable Paste Bouillon 1kg (100442)
1.5 l	Water
800 ml	Coconut milk (127121)
100 g	Brown rice (100329)
200 g	King Oyster Mushrooms (10480)
50 g	Coriander (113885)

### Preparation

- 1

For the soup:

Soak the lentils in cold water for 2 hours.

Peel and dice the onion and carrots.

Heat half the oil in a saucepan then add the vegetables and sweat for 4 minutes.

Add the soaked lentils then add the KNORR Pataks Balti Paste and cook for 2 minutes.

Pour in a little water and allow the spices to cook out then add the KNORR Vegetable Bouillon, Coconut milk and water.

Bring the soup to the boil and cook for 20 minutes or until the lentils are soft then remove from the heat.

Pour the soup into a blender and blitz until smooth.

Return the soup to the heat and add the wild rice.

Simmer until the rice is cooked.

Blend the remaining oil with the coriander the strain into a squeezezy bottle.
- 2

To serve:

Shred the mushrooms to look like "pulled chicken"

Add to the soup and cook for 1 minute then remove from the heat.

Pour into a serving bowl then drizzle over the coriander oil.





# Cauliflower Parmigiana

10 portions

## Ingredients

1.5 kg	Cauliflower (10376)
100 g	Plain flour (350091)
5 g	Colman's English Mustard 2.25L (1295)
250 g	Panko Breadcrumbs (107231)
400 ml	<b>Knorr Tomato &amp; Basil Sauce 2.2L (23891)</b>
500 ml	Soya Milk (unsweetened) (128154)
60 ml	Brakes thickener (125336)
200 g	Vegan Cheese (127211)

## Preparation

No.	Title	Description
1	For the dish:	<p>Pre-heat the oven 200c.</p> <p>Cut the cauliflower in to 10 steaks</p> <p>Place flour and 150ml water in to a bowl and whisk to create a batter.</p> <p>Place panko in a separate bowl</p> <p>Coat cauliflower steaks, one at a time into the batter, then press in panko to coat.</p> <p>Place on to a lined tray then repeat with remaining cauliflower steaks.</p>
2	To serve:	<p>Place the tray in to the oven and bake for 20 minutes.</p> <p>Bring the soya milk and Colman's English Mustard to the boil then whisk in the Brakes thickener until the sauce thickens. Season.</p> <p>Pour the KNORR Tomato &amp; Basil sauce in to a saucepan and gently heat..</p> <p>Remove the cauliflower from oven then spoon over the tomato &amp; basil sauce and top with the white sauce.</p> <p>Grate the vegan cheese then sprinkle on top.</p> <p>Return to the oven for a further 10 minutes or until golden.</p> <p>Remove from the oven and serve.</p>



# Stuffed Butternut Joint

This recipe is easy to prepare and a perfect alternative for Sunday lunch or even with bubble & squeak the day after. Lifted by KNORR Gluten Free Vegetable Paste Bouillon and KNORR gluten Free Gravy Granules

10 portions

Ingredients	
1.6 kg	Butternut Squash (12083)
100 ml	Rapeseed oil (33568)
300 g	Onions (10291)
300 g	Chestnut mushrooms (124656)
2 g	Thyme (113874)
1 g	Dried sage (33594)
15 g	KNORR Professional Garlic Puree 750g (89971)
100 g	Brown rice (100329)
50 g	Kale (455914)
10 g	KNORR Gluten Free Vegetable Paste Bouillon 1kg (100442)
300 ml	Water

## Preparation

For the Butternut:	<p>Pre-heat oven to 170C.</p> <p>Cut the butternut in half lengthways then scoop out the seeds and a little of the flesh to create a channel for the stuffing.</p> <p>Place on to an oven tray and drizzle with oil.</p> <p>Place into the oven and bake for 20 minutes then remove and cover with foil and continue to bake for a further 15 minutes.</p> <p>Remove and allow to cool slightly.</p>
For the Stuffing:	<p>Peel and dice the onion.</p> <p>Bring the water to the boil then add the KNORR Vegetable Bouillon and wild rice.</p> <p>Cook for 20 minutes then add the quinoa and cook until both are soft then drain and allow to cool slightly.</p> <p>Heat the oil then add the onions and cook for 5 minutes then add the sage, thyme and garlic.</p> <p>Finely chop or blitz the mushroom and add to the pan then cook for 5 minutes.</p> <p>Chop the kale and add to the pan along with the cooked rice and quinoa.</p> <p>Cook for a further 5 minutes or until everything is soft.</p> <p>Remove from the heat and allow to cool.</p>
To finish:	<p>Spoon the stuffing into the part-roasted butternut then put the two halves together.</p> <p>Tie both halves together with butchers string then place back on to an oven tray.</p> <p>Bake for 20 minutes until golden all over.</p> <p>Remove from the oven and carve into portions and serve with KNORR Gluten Free Gravy.</p>

