

CELEBRATE BRITISH FOOD FORTNIGHT

2021

Love
British
Food
Official Partner
2021

Beef Meatballs... with creamy mashed potatoes & onion gravy

 **brakes**
a Sysco company


Method...

1. Peel & dice potatoes, place into a pan of boiling salted water & gently boil for 20 minutes until soft
2. Peel & thinly slice onions, heat vegetable oil in a sauté pan then add onions & cook on a low heat for 12 minutes (they need to be soft but not brown)
3. De-glaze the pan with balsamic vinegar & allow to reduce, then add flour & cook out for 2-3 minutes
4. Add the beef stock & reduce the heat to low before adding the meatballs & simmering for 5 minutes
5. Drain & mash the potatoes, then add warm milk & season to taste
6. Serve a dollop of mash with the meatballs & gravy over the top

Servings: 10 portions

Top Tip...

Try flavoured mash with your meatballs such as Horseradish or Garlic & Chive

C 450065	King Edward Potatoes	1.2kg
F 58415	British Beef Meatballs 	50
C 10469	Onions	500g
A 120824	Beef Stock	1.5kg
A 115277	Flour	40g
C 70219	Milk	100ml
A 350094	Sunflower Oil	30g
A 86027	Balsamic Vinegar	40ml



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Filo Pastry Rolls...

stuffed with apples & blackberries

 **brakes**
a Sysco company


Method...

1. Peel & dice the Bramley apples, place in a large pan with a splash of water, cinnamon & brown sugar, cook over a medium heat until soft
2. Check to see if it needs more sugar before allowing to cool. Once cool, add the blackberries & gently melt the butter separately in a small pan
3. Lay filo pastry onto a flat surface & cut into squares, take one sheet & brush with butter, place another sheet on top & repeat 3 times to give you four layers
4. Cut the pastry into two, giving you two rectangles, then the add the filling
5. Roll into a sausage shape (remembering to fold the edges in), place on baking tray & give a final brush of butter
6. Place in a pre-heated oven at 180°C for 12-15 minutes until golden & crispy

Servings: 12 rolls

Top Tip...

Serve your Filo Rolls stacked on top of each other & dusted with icing sugar

C 124170	Bramley Apples	600g
C 131295	Blackberries 	200g
F 4305	Filo Pastry	500g
A 33581	Cinnamon	5g
A 114962	Light Brown Soft Pure Cane Sugar	50g
C 74088	Unsalted Butter	40g
A 106066	Icing Sugar	10g



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Salmon, Pea & Sweet Potato Fishcake with Sweetcorn Refish

Fishcake method...

1. Cook the salmon & allow to cool
2. Peel & boil the sweet potato until soft, drain, mash & allow to cool
3. Very finely chop the red onion
4. Put the cooked salmon fillet into a large bowl & break it up into small pieces. Add the sweet potato, breadcrumbs, peas, chopped red onion & give it all a good stir
5. Divide your mixture into 20 & roll each one into a ball. Pat it flat until you have something that resembles a fishcake shape
6. Place fishcakes in flour, dip in milk & then coat in crushed cereal
7. If you have time, put the fishcakes onto a plate & cover with cling-film. Leave them in the fridge for about 30 minutes
8. Place finished fishcakes on a greaseproof lined baking tray & drizzle lightly with oil
9. Cook for 12-15 minutes until golden brown

Servings: 20 Fishcakes

Fishcake ingredients...

F 132822	Salmon Portions	1.2kg
C 118524	Sweet Potato	2.5kg
C 10224	Red Onion	100g
F 4752	Frozen Peas	400g
A 130999	GF Breadcrumbs	200g
A 105956	Puffed Rice	200g
C 71502	Skimmed Milk	200ml
A 114956	GF Flour	150g

Refish ingredients...

A 127124	Sweetcorn	600g
C 114212	Fresh Red Chilli	½
C 10473	Spring Onions	1 bunch
C 10357	Plum Tomatoes	6
C 10478	Limes	2
A 100262	Extra Virgin Olive Oil	20ml

Refish method...

1. Remove sweetcorn from tin, drain & place in a large bowl
2. Trim & finely slice the spring onions, chop up the tomatoes & add to the bowl
3. Cut the limes in half, squeeze the juice into the bowl, drizzle over the extra virgin olive oil. Mix well & serve!



CELEBRATE
**BRITISH
FOOD**
FORTNIGHT
2021



Full English Muffin Frittata's...

The ultimate takeaway breakfast, designed with no-fuss making it perfect for eating on the go.

A firm favourite for students and customers with limited time.

Servings: 12 Muffins

Method...

1. Preheat the oven to 200°C/gas mark 6
2. Cook the bacon and the sausages on a baking tray for 15 minutes, or until cooked through. Set aside to cool slightly
3. Slice and cook mushrooms
4. Beat together eggs, milk and seasoning
5. Place muffin cases in muffin tray
6. Slice Cooked Sausage and bacon and place in to muffin cases, then top with cooked Mushrooms
7. Fill each muffin case with the egg mixture before placing in oven for approx. 8 minutes until egg has just set
8. Remove from oven and top with Tomato Chutney before serving

*This can also made as one large frittata and cut in to wedges

A 70892	Eggs		6
C 71502	Skimmed Milk		100ml
F 33182	Cumberland Sausage		6
C 16481	British Rindless Back Bacon		6
C 450113	Paris Brown Mushrooms		200g
A 100284	Tomato Chutney		200g
A 33706	Table Salt		Pinch
A 33579	Ground Black Pepper		Pinch
A 555333	Tulip Muffin Cases		12



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THE BEST OF BRITISH

in season with Brakes

SPRING

- Rhubarb
- GOOSEBERRIES**
- Jersey Royals
- Rocket
- ASPARAGUS**
- Purple Sprouting Broccoli
- RADISH**
- Watercress
- Wood Pigeon
- Lamb
- Mackerel
- Haddock
- Sea Trout
- Rainbow Trout

SUMMER

- Courgettes
- Blueberries
- LETTUCE**
- Broad Beans
- CUCUMBER**
- PEAS
- BURGERS**
- TOMATOES
- Raspberries
- Mange Tout
- STRAWBERRIES**
- Runner Beans
- BLACKCURRANTS
- CRAB
- CHARD
- French Beans
- Chicken
- Fennel
- PORK RIBS

AUTUMN

- FIGS
- Kale
- Damsons
- PLUMS
- Venison
- MARROW
- Guinea Fowl
- Butternut Squash
- Carrots
- APPLES
- Game
- Pears
- Pumpkin
- Blackberries
- MUSHROOMS**
- Leg of Mutton
- Braising Steak
- Plaice

WINTER

- White Cabbage
- Salsify
- RED CABBAGE**
- Leeks
- Pears
- QUINCE
- Apples
- Celeriac
- PARSNIP
- Turnips
- SPROUTS
- Turkey
- SWEDE
- Goose
- Duck
- COD



Love
British
Food 

THINK SEASONAL, THINK BRITISH!

Your 'Essential' guide to creating some
of the nation's favourite dishes using
the best in-season ingredients.

essential
cuisine

Our passion. Your creation.

brakes
a Sysco company

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INTRODUCTION

Essential Cuisine are proud to be partnering with Brakes and Love British Food again this year, championing an initiative that is so close to our hearts as a British manufacturer of high quality stocks and sauces.

In recent months, sourcing locally has become a high priority for consumers. A poll suggests that 30% of consumers have used local retailers more since the pandemic struck and 80% of them will carry on shopping this way in the future. The research also shows that reducing food waste has become very important for consumers after experiencing food shortages. More than a third of people (35%) surveyed said that they have been planning meals in order to reduce food waste, and 82% say they will carry on even after lockdown eases*. With all of this in mind we think it is more important than ever to utilise local seasonal ingredients across your menu.

Based in Winsford, Cheshire we pride ourselves on supporting caterers and chefs to develop innovative menus utilising locally grown in-season ingredients that are not only more sustainable, but also offer great value.

The following pages pay homage to the nations favourite dishes and not only include British classics such as 'toad in the hole' and 'Lancashire hotpot' but also more contemporary favourites that reflect the increasingly diverse and cosmopolitan tastes of the UK, from an Indian themed Veggie Balti to Mexican inspired fajitas and burritos. Where possible we have used local in season home-grown ingredients that show just how versatile, tasty, and cost effective local produce can be.

As well as including a handy chart of vegetables that are in season, you will also find chef tips through the book of how you can adapt the featured recipes and substitute ingredients dependent upon what is in-season for the time of year.

All of the ingredients used are available to purchase via Brakes, who have a fantastic range of British sourced products. Visit www.brake.co.uk for more information.

We hope the following recipes inspire and motivate you to use British ingredients, we would love you to share your 'Love British Food' creations with us on social media, tweet @essentialcuisin or follow @chef.essential on Instagram and use the hashtag #ThinkSeasonalThinkBritish

Team Essential



We have put a GB flag next to ingredients that are grown or manufactured in the UK. Produce may be farmed in the UK, dependent on the season.

*Research conducted by YouGov poll and released by trade body Co-operatives UK.

FOREWORD

Love British Food (established in 2002) is the leading national promoter of British food and as an organisation it is our intention to encourage retailers and the caterers responsible for sourcing food in our schools, hospitals and food outlets to make British food their preferred choice.

Socially, buying British means supporting local producers. British meat farmers for example have some of the highest welfare standards in the world, and means that ingredients travel less, so there is a lower carbon footprint than most imported foods.

Eating foods in season has many health benefits too, as they contain the nutrients and minerals that our bodies need at particular times of the year.

We're proud to be working closely with Essential Cuisine and Brakes, as our partners of Love British Food. Their support enables us to continue our mission to spread the British message, and educate people on the benefits of home grown produce.

This book is full of recipes that promote the very best of British ingredients, from using vegetables in season through to sourcing British reared meat.

There are also options for vegetarians and those with a gluten free diet, meaning everyone can enjoy the benefits of buying British.

To learn more about Love British Food, visit www.lovebritishfood.co.uk



Alexia Robinson
Founder of Love British Food



SEASONALITY GUIDE

SPRING



Asparagus, Carrots, Cauliflowers, Celeriac, Cucumbers, Curly Kale, Purple Spouting Broccoli, Savoy Cabbage, Sorrel, Spinach, Spring Greens, Spring Onion, Watercress, Chicken, Sausages, Spring Lamb, Crab, Haddock

AUTUMN



Field Mushrooms, Lettuce, Marrow, Potatoes, Pumpkin, Rocket, Squashes, Sweetcorn, Watercress, Blackberries, Damsons, Elderberries, Pears, Plums, Dover Sole, Grouse, Venison

SUMMER



Beetroot, Broad Beans, Carrots, Cauliflowers, Courgettes, Cucumber, Fennel, Fresh Peas, Garlic, Green Beans, Lettuce & Salad Leaves, New Potatoes, Radishes, Runner Beans, Sage, Salad Onions, Squash, Tomatoes, Watercress

WINTER



Bay Leaves, Brussels, Sprouts, Cabbage, Carrots, Cauliflower, Celeriac, Curly Kale, Fennel, Leeks, Parsnips, Potatoes, Red Cabbage, Swede, Turnips, Apples, Quince, Pears, Mussels, Scallops, Pheasant, Turkey, Wild Duck

TOAD IN THE HOLE

🕒 PREP TIME 5 MINS

🕒 COOKING TIME 55 MINS

🍴 10

INGREDIENTS

20 - 30 sausages (size depending) (F34279) 🇬🇧

568g plain flour (A114951)

11 - 12 medium eggs (C70892) 🇬🇧

568ml milk (C70219) 🇬🇧

1tbsp English mustard (A88933) 🇬🇧

2 red onions, finely sliced (C10224) 🇬🇧*

Rosemary (C33593) 🇬🇧*

Thyme (C33595) 🇬🇧*

10ml red wine vinegar (A100545)

1 litre Essential Cuisine No1 Beef Gravy
(made according to instructions) (A29707) 🇬🇧

METHOD

1. Cook the sausages in two deep trays in the oven until cooked through. When cooked, remove them from the oven but do not strain any of the oil or fat.
2. Whilst the sausages are in the oven, blend the flour, eggs, milk, mustard and oil (from the sausages) together. Season, strain and set aside.
3. Now cook the onions slowly in a pan with rosemary and thyme. Once the onions are soft, add the vinegar. Reduce until all the liquid has gone.
4. Remove the rosemary and thyme stalks. Add the **Essential Cuisine No1 Beef Gravy** and set to one side.
5. Turn the oven temperature up to 200°C, wait for 2 minutes then pour the batter evenly between the two trays over the sausages.
6. After 15 minutes, turn the temperature down to 180°C and continue to cook until the batter has risen and the top is brown and crispy.
7. Serve with lashings of **Essential Cuisine No1 Beef Gravy** and onions, as well as seasonal British vegetables.
8. To create a vegetarian version, use vegetarian sausages and the **Essential Cuisine No1 Savoury Gravy**.

THINK SEASONAL

Why not serve your toad in the hole with in-season vegetables; carrots, cauliflower and leeks are perfect during autumn and winter.



* Produce may be farmed in the UK, dependent on the season.

VEGAN BURRITOS

🕒 PREP TIME 15 MINS

🕒 COOKING TIME 30 MINS

🍴 10

INGREDIENTS

30ml olive oil (A87045)

15g garlic paste (A101915)

400g mixed pepper, de-seeded and sliced (C450609) 🇬🇧*

250g courgette, grated (C10303) 🇬🇧*

30g mild chilli powder (A33601)

800g tinned chopped tomatoes (A19839)

800g tinned black beans (A100171)

800g tinned kidney beans (A10143)

30g fresh coriander, chopped (C450449) 🇬🇧*

10 large tortillas (A4381)

4 little gem lettuce - shredded (C10332) 🇬🇧*

LIME AND RED ONION RICE

1 litre water

16g Essential Cuisine Vegetable Stock Mix (A29708) 🇬🇧*

500g rice (A88519)

80ml lime juice (A450124)

150g red onion, finely sliced (C10224) 🇬🇧*



* Produce may be farmed in the UK, dependent on the season.

METHOD

1. Heat the oil in a pan and fry the garlic, peppers and courgettes for 2 minutes. Then stir in the chilli paste.
2. Tip in the tomatoes, stirring until it comes to a simmer. Season with salt, simmer until thickened, add the black beans and kidney beans and stir in the coriander.
3. In a large pot add the litre of water and **Essential Cuisine Vegetable Stock**, bring to the boil.
4. Add the rice, place on a lid and boil for 5 minutes. Then take off the heat and leave for 10 minutes. While still hot, stir in the lime juice and red onion.
5. Lay out the tortillas, place the lettuce, rice and bean mixture. Roll up and serve!

VEGAN



THINK SEASONAL

This dish is a fantastic way of getting more vegetables into a diet in a more exciting way, the recipe contains fantastic home-grown autumn seasonal vegetables such as courgettes, onions and peppers.

CHILLI CON CARNE

🕒 PREP TIME 20 MINS

🕒 COOKING TIME 90 MINS

🍴 10

INGREDIENTS

50ml corn oil (A84580)

1kg onion, finely chopped (C10324) 🇬🇧*

750g lean minced Red Tractor British pork (F70891) 🇬🇧

750g Prime Meats British 15% fat beef mince (F107415) 🇬🇧

5 garlic cloves, crushed (C124181) 🇬🇧*

3tsp chilli powder (A33601)

2tbsp dried oregano (A33592)

1tbsp lightly crushed cumin seeds (A103349)

1kg tinned, chopped tomatoes (A6437)

50g Essential Cuisine Beef Stock Mix (A29710) 🇬🇧

35ml red wine vinegar (A100545)

15g caster sugar (A115284)

750g red kidney beans (A13381)

Long grain rice, cooked in **Essential Cuisine Vegetable Stock Mix** (A29708) 🇬🇧

TO SERVE (optional)

Sour cream (C18423)

Fresh guacamole (C117480)

1 bunch spliced spring onions 🇬🇧*

1 bunch chopped chives 🇬🇧*

Tabasco pepper sauce

Grated cheddar cheese (C29150) 🇬🇧

METHOD

1. Heat the oil in a suitable saucepan or casserole dish. Fry the onion till softened but not too much colour, add the pork and beef mince, stir until brown.
2. Add the garlic, chilli powder, oregano and cumin and cook for two minutes. Then stir in the tomatoes and **Essential Cuisine Beef Stock Mix**, bring to a simmer.
3. Add the vinegar and sugar, cover loosely with a lid and simmer gently for 1 hour, stirring occasionally and removing any fat from the surface.
4. Stir in the kidney beans and cook for 15 minutes, check the seasoning and consistency. Add a few drops of Tabasco pepper sauce if needs be.
5. Serve on a bed of **Essential Cuisine Vegetable Stock Mix** rice, with a spoonful each of sour cream and guacamole. Why not sprinkle spring onions and chives on top!



* Produce may be farmed in the UK, dependent on the season.

CHEFS TIP

Add a spoonful of melted dark chocolate for an extra luxurious taste or for heat lovers, serve with chopped jalapeños!

CHEESE AND ONION PASTIES

🕒 PREP TIME 20 MINS

🕒 COOKING TIME 45 MINS

🍴 10

INGREDIENTS

500g potatoes, peeled and diced (C450065) 🇬🇧*

250g onion, finely chopped (C10324) 🇬🇧*

500g grated cheddar (C27544) 🇬🇧

30g parsley, chopped (A33591) 🇬🇧*

10g Essential Cuisine Vegetable Stock Mix (A29708) 🇬🇧

20 puff pastry squares (F4301)

3 eggs, whisked (A70892) 🇬🇧

METHOD

1. Preheat the oven to 160°C.
2. In a large bowl mix the potato, onion, cheddar cheese, parsley and **Essential Cuisine Vegetable Stock Mix**.
3. Divide the mixture between 10 of the puff pastry squares, leaving at least 1 cm around of the edge free ready to be sealed.
4. Brush the edges with the egg and place the other puff pastry square on top, crimp the edges with a fork or your fingers.
5. Place on a tray, brush with egg wash again and bake for 45 minutes.
6. Once cooked they are ready to be served!



* Produce may be farmed in the UK, dependent on the season.

VEGETARIAN

THINK SEASONAL

To make this recipe even more cost effective, half the cheese with 300g of **Essential Cuisine Béchamel Sauce Mix** and 6g of **Essential Cuisine Cheese Stock Mix**.

GLUTEN
FREE

GLUTEN-FREE TUNA PASTA BAKE

🕒 PREP TIME 20 MINS

🕒 COOKING TIME 50 MINS

🍴 10

INGREDIENTS

125g **Essential Cuisine Béchamel Sauce Mix** (A116408) 🌱

1 litre cold water

500g grated mature cheddar cheese (C29150) 🌱

1kg gluten-free penné pasta (A124869)

500g drained tuna chunks (A113826)

500g drained sweetcorn kernels (A3243)

250g blanched broccoli florets (C10464) 🌱*

2tbsp chopped mix herbs (parsley, dill and chives) (C33590)

150g gluten-free breadcrumbs (I30999)

Salt and pepper, for seasoning

METHOD

1. Preheat the oven to 180°C.
2. Whisk the **Essential Cuisine Béchamel Sauce Mix** with the water. Bring to the simmer, stirring continuously.
3. Cook for a few minutes, then remove from the heat and stir through the cheddar cheese.
4. Mix with the pasta, tuna, sweetcorn, broccoli and herbs, season to taste.
5. Transfer to a baking dish and sprinkle on the breadcrumbs, bake for 30 minutes or until the crust is golden brown and the centre is piping hot.

THINK SEASONAL

To create a more luxurious offering use poached salmon fillets instead of tuna. You can also switch the vegetables depending on the season!



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BAGUETTE PIZZAS

🕒 PREP TIME 10 MINS

🕒 COOKING TIME 20 MINS

🍴 10

INGREDIENTS

5 baked baguettes (3490)

PIZZA BASE

1 red onion, finely diced (C10224) 🇬🇧*

2 garlic cloves, crushed (C10439) 🇬🇧*

1 pinch dried mixed herbs (A33590)

16g Essential Cuisine Vegetable Stock Mix (A29708) 🇬🇧*

800g chopped tinned tomatoes (A19839)

TOPPINGS

3 courgettes, diced (C10303) 🇬🇧*

3 peppers, diced (C450609) 🇬🇧*

2 red onions, diced (C10224) 🇬🇧*

3 large flat mushrooms, thinly sliced (C10545) 🇬🇧*

2 garlic cloves (C10439)

Rosemary (C33593) 🇬🇧*

Thyme (C33595) 🇬🇧*

500g grated cheddar (C29150) 🇬🇧*



* Produce may be farmed in the UK, dependent on the season

METHOD

FOR THE BASE

1. Sweat the onion and garlic together in a pan, cook until soft. Then add the dried herbs and **Essential Cuisine Vegetable Stock Mix**.
2. Add the tinned tomatoes and simmer for 10 minutes.
3. Remove from the heat and blend with a hand blender until smooth, set aside.

FOR THE TOPPINGS

1. Roast all of the vegetables on a high heat for 10 minutes with the garlic, rosemary and thyme.
2. Sweat the mushrooms in a pan until they are soft and strain.
3. Remove the rosemary and thyme from the vegetables.

TO ASSEMBLE

1. Slice the baguettes in half lengthways. For a healthier option, remove the soft white bread from the inside, if not, return to the oven until crispy.
2. Cover with the tomato sauce base and stack the roast vegetables on top.
3. Top with grated cheese and return to the oven until the cheese has melted. Your healthy baguette pizzas are now ready to serve!

VEGETARIAN



THINK SEASONAL

Swap the vegetables for whatever you prefer, or better yet what is in season!

VEGETARIAN

'ESSENTIAL' VEGGIE BALTI

🕒 PREP TIME 30 MINS

🕒 COOKING TIME 45 MINS

🍴 10

INGREDIENTS

30ml vegetable oil (A84580)

200g onion, diced (C10224) 🇬🇧*

15g garlic purée (A101915)

1 apple, peeled, cored and chopped (C124170) 🇬🇧*

90g balti curry paste (A15497)

500g butternut squash, peeled and diced (C12083) 🇬🇧*

300g carrot, peeled and diced (C450693) 🇬🇧*

400g turnip, peeled and diced (C450104) 🇬🇧*

500g cauliflower cut into florets (C450541) 🇬🇧*

800g tinned chopped tomatoes (A19839)

1 litre water

16g Essential Cuisine Vegetable Stock Mix (A29708) 🇬🇧*

30g coriander, chopped (C450449) 🇬🇧*

300g natural yoghurt (C74550)

METHOD

1. Heat the oil in a large pan, then add the onion, garlic and apple. Cooking gently and stirring occasionally until softened. Then stir in the curry paste.

2. Add all of the vegetables, tinned tomatoes, water and **Essential Cuisine Vegetable Stock Mix**. Add half of the fresh coriander and bring to the boil, then turn it down and leave with the lid on to cook for 20 minutes.

3. Remove the lid and cook for a further 20 minutes or until all of the vegetables are soft and the sauce has thickened. Season appropriately.

4. Add the remaining coriander to the curry and the yoghurt.

5. Serve the curry into bowls topped with a dollop of yoghurt.



* Produce may be farmed in the UK, dependent on the season.

THINK SEASONAL

This recipe lends itself to whatever British vegetables are in-season, the autumnal turnips, carrots and cauliflower can be replaced by broccoli and spring beans for summer.

CHICKEN, HAM AND LEEK PIE

🕒 PREP TIME 20 MINS

🕒 COOKING TIME 1 HOUR

🍴 10

INGREDIENTS

60g unsalted butter (C74826)

250g onion, finely chopped (C10324) 🇬🇧*

350g white of leek, washed and shredded (C12080) 🇬🇧*

1 litre Essential Cuisine Nol Savoury Gravy (29709) 🇬🇧

100ml double cream (C71814) 🇬🇧

2tbsp chopped parsley (A33591) 🇬🇧*

500g Halal British Red Tractor assured diced chicken thigh meat (C115355) 🇬🇧

500g diced ham or gammon, cooked (F110768)

Salt and pepper, to season

FOR THE SHORTCRUST PASTRY

500g plain flour (A114951)

2tsp salt

150g unsalted butter (C74826)

150g lard (C74545)

8tbsp cold water

1 beaten egg, for glazing the pie (A70892) 🇬🇧

METHOD

1. Preheat the oven to 220°C.

2. Heat the butter in a thick bottomed pan. Gently fry the onion and leek until softened but little colour. Stir in the **Essential Cuisine Nol Savoury Gravy** and cream.

3. Bring to the boil and simmer gently for 5 minutes, then stir in the parsley, remove from heat.

4. Place the diced chicken and ham into a large, deep pie dish, pour over the sauce and season to your taste with fresh pepper and sea salt.

5. Mix the sauce and meat together thoroughly and allow to cool.

FOR THE SHORTCRUST PASTRY

1. Sift the flour and salt into a bowl. Add the butter and lard, then rub together with your fingertips until the mixture forms a fine crumb.

2. Make a well in the centre of the mixture and add the water, carefully work together to form a ball.

3. Wrap the ball tightly in cling-film and chill in the fridge for 30 minutes.

4. Remove the pastry from the fridge, remove the cling-film and place on a floured work surface and kneed with your hands for a minute or so, until the pastry is smooth.

5. Roll out the pastry to approx. 5mm thickness, and cover the pie dish from edge to edge. Scallop the edges with a sharp knife and decorate the top with leaves using the pastry trimmings.

6. Glaze the pastry with the beaten egg and bake at 220°C for 20 minutes, then reduce the heat to 180°C for a further 30 minutes.

7. Your Chicken, Ham and Leek pie is now ready to be served, it is great with seasonal vegetables and hot buttered new potatoes.



THINK SEASONAL

This popular UK dish can be adapted to reflect whatever vegetables are in season, and turned into a chicken and vegetable pie - just replace the leeks for whichever seasonal vegetables you have to hand!



* Produce may be farmed in the UK, dependent on the season.

CHICKEN FAJITAS

🕒 PREP TIME 5 MINS

🕒 COOKING TIME 10 MINS

🍴 10

INGREDIENTS

20 floured tortillas (for a healthier alternative, use wholemeal tortillas (A101767))

4 mixed peppers, thinly sliced (C450609) 🇬🇧*

4 red onions, thinly sliced (C10224) 🇬🇧*

50g fajita seasoning (dependent on desired heat) (A89538)

10g Essential Cuisine Chicken Stock Mix (A29706) 🇬🇧*

6 large Red Tractor chicken breasts, sliced into fingers (C84380) 🇬🇧*

1kg fresh guacamole (C117480)

1kg fresh tomato salsa (C11196)

TO SERVE

Guacamole (optional)

Salsa (optional)

METHOD

1. Mix the fajita seasoning with the **Essential Cuisine Chicken Stock Mix**. Sprinkle the mix on the chicken, ensuring all of the chicken is evenly coated.
2. Pan-fry the chicken, add the pepper and onion. Cook together until the chicken is done and the vegetables are soft.
3. Warm the tortillas in the microwave or oven.
4. Place the chicken and vegetable mix in a line down the centre of the tortilla. Fold the end in and roll into a tube shape.
5. Serve with guacamole and salsa on the side with a selection of finely sliced or grated vegetables such as carrot and cucumber.

CHEFS TIP

Want to include more vegetables? Serve your fajitas with shredded carrots and cucumber. You can also serve them with a slice of lime to add more vibrancy to the dish!



* Produce may be farmed in the UK, dependent on the season.

CLASSIC HOT-POT

🕒 PREP TIME 20 MINS ⏱️ COOKING TIME 2 HOURS 🍴 10

INGREDIENTS

25ml vegetable oil (A85753)

2kg British, Red Tractor lamb neck fillets, cut into 3-4cm pieces (C71551) 🇬🇧*

50g gluten free plain flour (A114951)

100g melted butter (C74826)

1500g onion, thinly sliced (C10324) 🇬🇧*

500g carrots, thinly sliced (10466) 🇬🇧*

1kg peeled Kind Edward potatoes, cut into 3mm slices (C450065) 🇬🇧*

300ml water

25g Essential Cuisine Beef Stock Mix

(A29710)

2tbsp flat leaf parsley, chopped (A33591) 🇬🇧*

Salt and pepper, to season

METHOD

1. Preheat the oven to 160°C
2. Heat the oil in a suitably sized pan, season the lamb to your taste, dust lightly with flour and lightly fry until brown all over, remove and keep warm.
3. Sweat the sliced onions and carrots in half of the butter in the same pan for 4-5 minutes without gaining too much colour.
4. Place alternative layers of lamb, onions and potatoes into a deep earthenware dish with a lid, reserving the neatest rounds of potato for the final layer.
5. Bring the water to the boil and stir in the **Essential Cuisine Beef Stock Mix**. Pour the stock into the earthenware dish and sprinkle the remaining butter on top of the potatoes. Put on the lid, put into the oven for 1 hour or until the lamb and potatoes are nearly tender.
6. Remove the lid and allow the potatoes to colour for a further 30 minutes.
7. Season to your taste and serve your Lancashire Hot-pot with freshly chopped parsley.



* Produce may be farmed in the UK, dependent on the season.

GLUTEN
FREE



THINK SEASONAL

Lancashire Hotpot is traditionally served with red cabbage, this home-grown vegetable is harvested in the autumn and is a great source of vitamin C.

ALL THE INGREDIENTS MATTER



BÉCHAMEL SAUCE

A versatile gluten-free sauce base, what's more, this product contains no palm oil! Our Béchamel Sauce mix tastes and performs just like a kitchen-made Béchamel without the time consuming make up. Once made up it will not lump, thin or skin and has superior hot holding properties.

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STOCKS

Stocks are one of the cornerstones of a good kitchen, they are a key ingredient in your recipe, the heart and soul, delivering depth and balance of flavour in the final dish. So make sure your stock delivers on taste!

All of our stocks comply with the Department of Health Salt Guidelines 2017 and have no added MSG.



GLUTEN FREE GRAVY

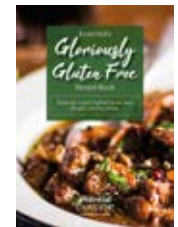
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