



IN THE KITCHEN

A Twist on Comforting Classics

ITKW_Fish & Chips

Seared hake, pea & mint puree, straw potatoes, samphire & baby spinach, sauce gribiche



Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 452G SERVING	%RI
Energy(Kj)	482 kJ	6%	2178 kJ	26%
Energy(kcal)	116 kcal	6%	523 kcal	26%
Fat	7 g	10%	32 g	46%
of which saturates	1 g	5%	4.7 g	24%
Carbohydrate	2.8 g	1%	13 g	5%
of which sugars	0.8 g	1%	3.6 g	4%
Fibre	1.2 g	5%	5.5 g	22%
Protein	9.6 g	19%	43 g	86%
Salt	0.99 g	17%	4.5 g	75%

CONTAINS:



BARLEY



EGGS



MILK



FISH



MUSTARD



SULPHITES

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
127613 M&J Seafood British MSC Hake Supremes (Skin on, Boneless) 140-170g) - BRAKES	155g	1x Each
134195 Pinguin Pea Puree - BRAKES	50g	0.5x Each
113882 Premium Large Mint Bunch - BRAKES	3g	0.03x Each
10458 Rooster Potatoes - BRAKES	30g	0x Each
102653 Samphire - BRAKES	25g	0.25x Each
10428 Baby Leaf Spinach - BRAKES	15g	0.06x Each
74738 Brakes Free range peeled hard boiled eggs - BRAKES	63g	1x Each
36037 Brakes Capers in Brine - BRAKES	10g	0x Each
119509 Drivers Pickled Gherkins - BRAKES	10g	0x Each
113881 Herb Bunched Flat Leaf Parsley - BRAKES	3g	0.03x Each
27640 Colman's Dijon Mustard 2.25L - BRAKES	3g	0x Each
2032 Brakes White Wine Vinegar - BRAKES	5ml	0x Each
114218 Lemons - BRAKES	50g	0.5x Each
85064 Brakes Extended Life Rapeseed Oil	1.8g	(auto-calculated)

113880 Premium Large Chives Bunch - BRAKES	5g	0.05x Each
118090 Supernature Oil Original Cold Pressed Rapeseed Oil - BRAKES	20g	0x Each
132644 Maldon Sea Salt Flakes 570g - BRAKES	2g	0x Each
134293 Brakes Cracked Black Pepper - BRAKES	2g	0x Each

Cooking Instructions & Notes

PREP

- Defrost hake portion
- Wash and Peel Potatoes, store in water
- Roughly chop Capers, parsley and Gherkins
- Separate the yolk from the white of the egg, put to one side
- Cut Lemon in half on an angle
- Wash and dry spinach and samphire
- Reserve 3 small neat spinach leaves
- Chop mint
- Finely chop chives
- Pre heat Fryer to 180 Celsius

METHOD

- Using julienne blade on mandolin, slice potatoes into thin strips. Pat dry with a j-cloth. Deep fry until golden brown and crisp. Drain onto J-cloth and season with salt. Keep to one side
- In a medium sized bowl, pass the egg yolk through a fine sieve, slowly add half the cold pressed rapeseed oil, stirring all the time until emulsified. Add the capers, gherkin and parsley. Mix well, sieve the egg white into the bowl and stir well, season as required.
- Mix the chives with the remaining cold pressed rapeseed oil
- Heat the pea puree
- In a dry pan, caramelize the lemon, cut side down, until golden brown
- In a medium hot pan, add drizzle of the rapeseed oil. Once hot, place Hake skin side down. Season the flesh.
- Turn fish over, once the sides of the Hake start to go opaque (approx. 5/8 minutes). Cook for 5 minutes more on flesh side
- Remove fish and allow to rest for 3-4 minutes somewhere warm
- In the pan the hake was cooked in, wilt the samphire and spinach. Season, but be wary of too much salt (samphire is slightly salty)
- Plate as per picture

ITKW_LANCASHIRE HOT POT

lamb shoulder rack hot pot, roast cannon, braised red cabbage, stock pot carrots & leeks



Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 845G SERVING	%RI
Energy(Kj)	1330 kJ	16%	11240 kJ	134%
Energy(kcal)	322 kcal	16%	2721 kcal	136%
Fat	30 g	43%	254 g	363%
of which saturates	18 g	90%	153 g	765%
Carbohydrate	6 g	2%	50 g	19%
of which sugars	1 g	1%	8.6 g	10%
Fibre	1.1 g	4%	9.3 g	37%
Protein	6.3 g	13%	53 g	106%
Salt	0.44 g	7%	3.7 g	62%

CONTAINS:



WHEAT, BARLEY



MILK



CELERY



SOYA



SULPHITES

Recipe Ingredients ...

Quantity:	Description:
131607 British Red Tractor French Trimmed Lamb Cutlets - BRAKES	90g 1x Each
71551 British Lamb Neck Fillets - BRAKES	60g 0.6x Each
134106 Lamb Cannons - BRAKES	70g 0.45x Each
133992 British Lamb's Kidneys (H-Diced) - BRAKES	25g 0.03x Each
113874 Herb Bunched Thyme - BRAKES	25g 0.25x Each
106521 Sliced Onions - BRAKES	125g 0.05x Each
3326 Pasfrost Diced Carrots - BRAKES	25g 0.03x Each
10439 Fresh Garlic - BRAKES	3g 0.03x Each
113877 Rosemary - BRAKES	1g 0.01x Each
34062 Brakes Lamb Flavour Bouillon Paste - BRAKES	5g 0.01x Each
119441 Essential Cuisine RED WINE JUS - BRAKES	15g 0.01x Each
129929 Baby Rainbow Carrots - BRAKES	35g 0.18x Each
450100 Baby Leeks - BRAKES	35g 0.18x Each
74088 Brakes Unsalted Butter	251g

121212 Pommes Anna - BRAKES

60g

1x Each

114951 Brakes Plain Flour - BRAKES

20g

0.01x Each

Cooking Instructions & Notes

PREP

- In a heavy bottomed pan on a high heat add a drizzle of oil and add the sliced onions, add the butter, thyme leaves and season. Allow to cook on a low heat until soft and golden in colour, add the carrot dice.
- Peel and clean the baby carrots and baby leeks. In a mixture of butter and water, slowly braise until soft and cool in the liquor
- Trim any excess fat, sinew from the lamb cuts.
- Clean the lamb cutlet bone, cut the neck fillet into 6 pieces, cut the cannon in half, skewer 3 pieces of kidney onto a rosemary stem
- Make lamb stock as per instructions, once made add 1 tablespoon of the red wine jus

METHOD

- Lightly flour the lamb cutlet and neck fillet pieces, sear in a hot pan with oil, until golden, remove and drain on j_cloth
- Spoon into small earthenware dish, a tablespoon of the confit onion/diced carrot mix
- Add the neck fillet pieces, add more onion/carrot
- Place the lamb cutlet on top, spoon in some of the lamb jus, until just covered.
- Push the lamb bone through the hole in the middle of the anna and arrange as a lid
- Place the hot pot onto a tray and cook in oven at 160 degrees for 40/50 minutes (keep checking the liquor level and add more jus if needed)
- In a hot pan with a drizzle of oil, sear the cannon, add garlic & rosemary and butter and baste frequently until cooked. Place onto a lined tray and keep warm
- In the same pan as the canon, sear the lamb kidney skewer until cooked.
- Once the hot pot is cooked, reheat the baby carrots and leeks in their liquor
- Arrange on a plate the hot pot, slice the canon against the grain into 2 pieces and arrange on the top of the hot pot. Garnish with the kidney skewer.
- Plate the baby carrots and leeks next to the hot pot.

Serve..

ITKW_Ham Hock Faggots

12 hour cider braised ham hocks faggots, smoked pancetta, golden beetroot piccalilli



Food Labelling...

EU Label values per 100g

Serves **6**

	PER 100G	%RI	PER 824G SERVING	%RI
Energy(kJ)	205 kJ	2%	1692 kJ	20%
Energy(kcal)	49 kcal	2%	401 kcal	20%
Fat	1.2 g	2%	9.7 g	14%
of which saturates	0.5 g	3%	4.3 g	22%
Carbohydrate	5.8 g	2%	48 g	18%
of which sugars	5.6 g	6%	46 g	51%
Fibre	0.5 g	2%	2.2 g	9%
Protein	3.6 g	7%	30 g	60%
Salt	0.24 g	4%	2 g	33%

CONTAINS:



BARLEY



CELERY



MUSTARD



SULPHITES

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
122327 Gammon Hocks 900-1000g - BRAKES	900g	1x Each
133513 Hawkes Urban Orchard Apple Cider 330ml - BRAKES	717ml	2x Each
1 Tap Water (for VC recipes) - BRAKES	500g	0.5x Each
87011 Brakes Cinnamon Sticks - BRAKES	12g	0.07x Each
15841 Brakes Pressed Apple Juice - BRAKES	2.27l	1x Each
450693 Carrots CLASS II - BRAKES	100g	0.05x Each
10469 Cooking Onions - BRAKES	50g	0.02x Each
10228 Celery - BRAKES	80g	0.16x Each
10288 Leeks - BRAKES	80g	0.03x Each
113881 Herb Bunched Flat Leaf Parsley - BRAKES	5g	0.05x Each
27639 Colman's Wholegrain Mustard 2.25L - BRAKES	5g	0x Each
116161 Smoked Pancetta Slices - BRAKES	72g	0.14x Each
121410 Golden Beetroot Piccalilli	50g	
13103 Chicory - BRAKES	15g	0.03x Each

134898 Red Chicory 500g - BRAKES	15g	15x Each
10519 Radicchio - BRAKES	15g	0.05x Each
10332 Lettuce Little Gem - BRAKES	40g	0.4x Each
118090 Supernature Oil Original Cold Pressed Rapeseed Oil - BRAKES	10g	0x Each
113880 Premium Large Chives Bunch - BRAKES	6g	0.06x Each
85120 Chef William Cooking Salt - BRAKES	10g	0x Each

Cooking Instructions & Notes

PREP

- Defrost the Ham Hock overnight out of all packaging.
- in a tall medium sized pan place:- ham hock, carrot, leek, onion, celery, cider, water & Cinnamon stick, place on the stove and cook on low heat until meat is tender and falls off the bone (approx 12 hours) allow to cool.
- Wash and pick all salad leaves
- Finely chop chives and mix with rapeseed oil
- Chop the parsley

Method

- Remove the Hock from the liquor and pick the meat off and flake
- Remove the vegetables and dice and add to the flaked meat
- Add the chop parsley and whole grain mustard and combine
- Line a ladle with clingfilm and line with pancetta
- Spoon in Hock mixture and wrap the pancetta around.
- In the clingfilm, remove from the ladle and mould into a dome. twist and tie the end of the clingfilm
- Place in a pan of simmering water for 8-10 minutes to blanch the bacon
- Remove from the water, take out of the clingfilm and place on a metal tray.
- Blowtorch the pancetta until seared and crisp
- Spoon a mound of piccalilli onto middle of a plate
- Place the faggot on top
- Plate the salad leaves around and dress with the chive oil



IN THE KITCHEN

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<https://www.brake.co.uk/inspiration-al-food/special-occasions>