



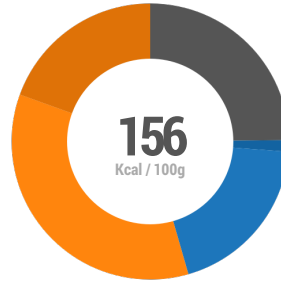
# IN THE KITCHEN

Farm to Fork

# Chargrilled 28 Day-Aged Ribeye Steak with Garlic Butter

By Richard Bowden from Brakes

Overview ...



CALORIES:

20.7% Carbs

24.8% Protein

54.4% Fat

Food Labelling...

Serves 1

CONTAINS:



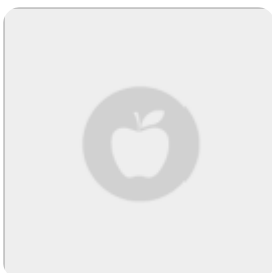
MLK

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
71996 Birchstead British Aberdeen Angus 28 Day Aged Ribeye Steaks 10oz - BRAKES	283g	1x Each
450671 Beef Tomatoes - BRAKES	50g	Half
10290 Button Mushrooms - BRAKES	30g	0.01x Each
131000 Lamb Weston The Dukes of Chippingdom (Proper British Chips) - BRAKES	227g	0.09x Each
74063 Watercress - BRAKES	10g	1x Average Portion
127207 Garlic & Parsley Butter Portions - BRAKES	10g	1x Each
9802 Brakes Extended Life Rapeseed Oil - BRAKES	13.9g	(auto-calculated)
12718 Brakes Salted Butter - BRAKES	13.9g	(auto-calculated)

Products / Pack Sizes ...

1 Serving



Product code

Barcode

638g / 1007kcal

# 1

**Preparation:**

Open steak packaging, remove and put on a tray - season and oil.

Cut tomato in half - season.

Wash mushrooms, then drain.

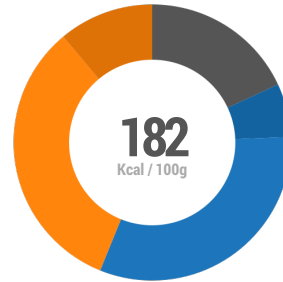
**Method:**

1. Grill the tomato until cooked through.
2. Pan fry the mushrooms in a little oil, butter and seasoning until golden brown.
3. Chargrill the ribeye to customers request - ensure you allow the steak to rest for approx 4mins.
4. Deep fry the chips and drain.
5. Plate up and lastly add watercress and garlic butter - serve!

# Chargrilled 21 day aged Beef Burger with Bacon and Hot Mustard Rarebit Topper

By Richard Bowden from Brakes

Overview ...



CALORIES:  
**38% Carbs**  
**18.1% Protein**  
**43.9% Fat**

Food Labelling...

Serves 1

CONTAINS:



WHEAT



EGGS



MILK



MUSTARD



SOYA



SULPHITES

MAY CONTAIN:



OATS, BARLEY,  
 RYE

Recipe Ingredients ...

	Quantity:	Description:
74889 Birchstead British 21 Day Aged Beef Burgers - BRAKES	170g	0.25x Each
130434 La Boulangerie Vegan Potato Burger Bun - BRAKES	60g	1x Each
10332 Lettuce Little Gem - BRAKES	20g	2 leaves
450671 Beef Tomatoes - BRAKES	25g	1 slice
111776 Brakes Burger Relish - BRAKES	15g	0.01x Each
89351 Brakes Balsamic Onion Confit - BRAKES	15g	0.01x Each
127412 Birchstead Dry Cured British RSPCA Assured Back Bacon - BRAKES	20g	2 slices
74903 Brakes Hot Mustard Rarebit Topper - BRAKES	20g	0.04x Each
131000 Lamb Weston The Dukes of Chippingdom (Proper British Chips) - BRAKES	227g	0.09x Each
9802 Brakes Extended Life Rapeseed Oil - BRAKES	13.6g	(auto-calculated)

Products / Pack Sizes ...

## 1 Serving



*Product code*

*Barcode*

586g / 1078kcal

# 1

### Cooking Instructions & Notes

#### **Preparation:**

Decant burger from packaging, place on tray, season and oil.

Defrost burger bun.

Wash lettuce and dry.

Slice tomato.

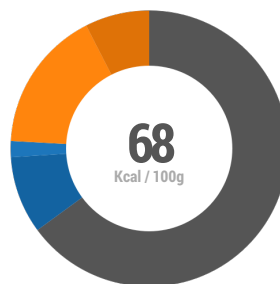
#### **Method:**

1. Chargrill the burger until juices run clear, rest.
2. Grill the bacon, toast bun, deep fry chips and drain.
3. Once bacon is cooked, place on top of the burger along with the rarebit and brown under the grill.
4. Now build your burger:
5. Add burger relish to bun base followed by the burger.
6. Add onion relish to the bun top followed by the tomato and lettuce.
7. Place on top of the burger and skewer.
8. Add fries and serve!

# Roasted Glazed Gammon

By Mark Irish from Brakes

Overview ...



CALORIES:

10.9% Carbs

64.9% Protein

24.1% Fat

Food Labelling...

Serves 40

CONTAINS:



WHEAT



CELERY



MUSTARD



SOYA

Recipe Ingredients ...

	Quantity:	Description:
15808 Birchstead British Outdoor Bred Gammon Joint - BRAKES	4kg	4x Each
450694 Carrots - BRAKES	150g	0.08x Each
10228 Celery - BRAKES	100g	0.2x Each
10291 Large Onions 2.5kg - BRAKES	150g	0.06x Each
114212 Chillies Red - BRAKES	50g	0.2x Each
103348 Brakes Whole Star Anise - BRAKES	10g	0.05x Each
28189 Brakes Whole Green Cardamoms - BRAKES	10g	0.04x Each
1 Tap Water (for VC recipes) - BRAKES	2kg	2x Each
88645 Blue Dragon Hoisin Sauce 1L - BRAKES	50g	0.05x Each
115053 Colman's English Mustard 100g - BRAKES	50g	0.5x Each
350157 Brakes Squeazy Clear Blossom Honey - BRAKES	75g	0.11x Each
74063 Watercress - BRAKES	25g	2.5x Average Portion

Products / Pack Sizes ...

1 Serving



*Product code*

*Barcode*

167g / 113kcal

# 1

#### Cooking Instructions & Notes

#### **Preparation:**

Remove gammon from packaging, wash under cold water.

Peel onions and carrots, chop roughly.

Clean celery and roughly chop.

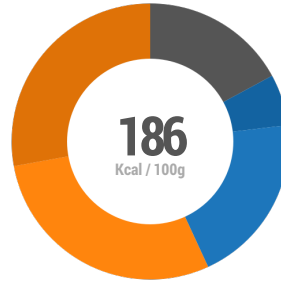
#### **Method:**

1. Place all ingredients into a deep pan and cover with water.
2. Place on a moderate heat, bring to the boil then simmer for 45 mins per kilo and leave to cool in the liquor.
3. Drain then remove rind.
4. Combine the mustard, honey and hoisin together.
5. Drizzle over the ham, place in the oven @180oC, baste regularly.
6. Once golden and glazed all over remove from oven.
7. Use as required.

# Gammon, Chicken & Leek Pie

By Richard Bowden from Brakes

Overview ...



CALORIES:

**26% Carbs**

**17.1% Protein**

**56.9% Fat**

Food Labelling...

Serves **4**

#### CONTAINS:



WHEAT



EGGS



MILK



CELERY



MUSTARD



SOYA

#### MAY CONTAIN:



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



PEANUTS

Recipe Ingredients ...

	Quantity:	Description:
Roasted Gammon Joint	<b>167g</b>	<b>1 Serving</b>
117361 Brakes Cooked Chicken Breast Strips - BRAKES	<b>150g</b>	<b>0.06x Each</b>
461235 Greens Cut Leeks - BRAKES	<b>75g</b>	<b>0.08x Each</b>
33947 Brakes Petits Pois - BRAKES	<b>75g</b>	<b>0.05x Each</b>
4800 Brakes Sliced Mushrooms - BRAKES	<b>75g</b>	<b>0.05x Each</b>
10468 Brakes Béchamel Sauce - BRAKES	<b>250g</b>	<b>0.25x Each</b>
115053 Colman's English Mustard 100g - BRAKES	<b>20g</b>	<b>0.2x Each</b>
4307 Brakes Oval Puff Pastry Lids - BRAKES	<b>340g</b>	<b>4x Each</b>
3140 Brakes Whole Liquid Egg - BRAKES	<b>15g</b>	<b>0.02x Each</b>

Products / Pack Sizes ...

**1 Serving**



*Product code*

*Barcode*

292g / 551kcal

# 1

#### Cooking Instructions & Notes

### **Preparation:**

Defrost the chicken, leeks, mushrooms, peas, liquid egg and pie lid.

Dice the ham or use off cuts from roasted joint

Mix the bechamel with the mustard.

Heat the oven to 180oC

### **Method**

1. In a large bowl add the chicken, ham, peas, mushrooms and leeks - mix well
2. Add the bechamel sauce and mix well - season
3. Decant into suitable pie dishes.
4. Top with a pie lid, crimp the edges
5. Egg wash and bake in the oven until core temperature is achieved, and lid is golden brown
6. Place on plate and serve!



# IN THE KITCHEN

For more ideas, visit:

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