

**LOVE
BRITISH
SPRING INTO
SUMMER RECIPES**



FOOD TO GO

A selection of recipes full of classic British ingredients, developed by our Brakes chefs







CELEBRATING A NATION OF FOOD LOVERS

with a selection of Great British ingredients

WELCOME

Brakes have been ambassadors of Love British food for many years and sit on the national committee who help provide ideas and initiatives to support our great British suppliers and producers.

We are proud to support the British food industry and help our customers access our great range of British food throughout the year.

To support you, we've produced a range of food-to-go recipes, developed by our own Brakes chefs to refresh your spring into summer menu.

Love
British
Food 

***BRITISH FOOD
FORTNIGHT 2022***

17th Sept to 2nd Oct



FOOD TO GO

VEGAN BREAKFAST POT

Baked beans, vegan sausage, vegan bacon and fried potatoes, served in a pot

INGREDIENTS

Code	Name	Qty	Pieces
A 186	Brakes Baked Beans in Tomato Sauce	1.2kg	
F 131057	THIS™ Isn't Bacon Rashers	120g	10
F 111699	Quorn Vegan Best of British Sausage	600	10
F 3957	Brakes Pre-fried Potato Dice	1kg	



SERVES:
10



CONTAINS:
WHEAT. SOYA



PREP TIME:
NONE



SUITABLE FOR:
VEGANS



**CONTAINS UK
BASED PRODUCTS**

PREP

- None required

METHOD

1. Pre-heat oven to 190°C
2. Pre-heat fryer to 175°C
3. Place sausages on a baking sheet and cook for 20 mins, turning halfway through cooking, then cut into quarters
4. Deep fry potato for 3 mins, then drain
5. Grill bacon on both sides for 4-5 mins until crispy, then cut into quarters
6. Reheat baked beans
7. Ensure core temperature for all elements reaches 75°C for a minimum of 30 seconds before serving
8. Place beans in serving pot, top with bacon and sausage
9. Finally, finish with diced potato

NON-BAKE OAT, FRUIT & YOGHURT BITES

A breakfast bite high in fibre

INGREDIENTS

Code	Name	Qty	Units
A25148	Osprio Flaked Porridge Oats	180g	
A 89781	Brakes Chopped Dates	180g	
A 8284	Brakes Dried Apricots	80g	
A 35005	Brakes Sesame Seeds	20g	
A 100535	Brakes Pure Canadian Maple Syrup	15g	
C 71955	Ubley Low Fat Natural Yogurt	125g	1.1
C 10312	Large Oranges	288g	1



SERVES:
10



CONTAINS:
OATS, MILK, SESAME,
SULPHITES.



**CONTAINS UK
BASED PRODUCTS**



**SUITABLE FOR:
VEGETARIANS**

PREP

- Brakes Dried Apricots – roughly chop
- Large orange – zest and juice

METHOD

1. Blend all items together except the sesame seeds
2. Roll into 10 even balls and shape using a folk or pallet knife
3. Coat in sesame and chill before serving



MINTED PEA SOUP

Home made soup with fresh mint and a vegetarian cream swirl

INGREDIENTS

Code	Name	Qty
A 33898	Brakes Vegetable Bouillon Mix	75g
A 350098	Tate & Lyle Caster Sugar	60g
A 114950	Jif Bottle Lemon Juice	40g
A 133687	Macphie Vegan Cream Alternative	150ml
C 10473	Spring Onions Bunch	200g
C 450066	Maris Piper Potatoes	300g
C 124181	Garlic Loose	20g
C 113882	Premium Large Mint Bunch	10g
F 4599	Brakes Essentials Garden Peas	100g



SERVES:
3



CONTAINS:
SULPHITES



**CONTAINS UK
BASED PRODUCTS**



SUITABLE FOR:
VEGANS

PREP

- Spring Onions Bunch – wash & chop
- Maris Piper Potatoes – peel & chop
- Garlic – peel & chop
- Brakes Vegetable Bouillon Mix – make up with 3ltrs water
- Premium Large Mint Bunch – wash & chop

METHOD

1. Put the spring onions, garlic & potatoes in a large pan and add the stock.
2. Bring to the boil, then simmer for 15 mins.
3. Add the peas, sugar & mint.
4. Check the consistency, then blend together using a hand blender until smooth.
5. Move the soup to a clean pan and add the lemon juice.
6. Check the seasoning and serve in warm bowls with a swirl of double cream.



MISO RICE NOODLE VEGETABLE BROTH

Asian inspired vegetable broth with rice vermicelli noodles

INGREDIENTS

Code	Name	Qty	Units
A 113270	Thai Taste Rice Vermicelli Noodle Nests	100g	0.5 Ea
A 122949	Essential Cuisine Asian Aromatic Base	10g	
F 4777	Brakes Diced Swede	25g	
A 21856	Prep Premium Toasted Sesame Oil	20g	
C 10224	Red Onions	20g	
C 105597	Micro Coriander BB	1g	
F 3326	Brakes Diced Carrots	25g	
F 3243	Brakes Sweetcorn	25g	
F 117819	Ardo Diced Ginger	5g	
F 117818	Ardo Chopped Red Chili	5g	



SERVES:
1



CONTAINS:
SESAME. SOYA.



**CONTAINS UK
BASED PRODUCTS**



SUITABLE FOR:
VEGETARIANS

PREP

- Thai Taste Rice Vermicelli Noodle Nests – soak in water
- Essential Cuisine Asian Aromatic Base – make up as per pack instructions
- Diced Swede, Brakes Diced Carrots, Brakes Sweetcorn, Ardo Diced Ginger, Ardo Chopped Red Chili – defrost
- Red Onions – peel & slice

METHOD

1. Fry the onion and ginger in sesame oil for 5 mins to soften
2. Add the carrot, swede, sweetcorn and chilli and fry for a further 5 mins, then add miso stock
3. Add the noodles and bring to a gentle boil, simmer for 5 mins
4. Arrange in a bowl and garnish with the onion and coriander
5. Serve



BEETROOT BITES

Beetroot, quinoa & red pepper bites with a chilli, coriander, lime & mint dressing

INGREDIENTS

Code	Name	Qty	Units
F 133758	Brakes Beetroot Red Pepper & Quinoa Burger	130g	1 x Ea
C 74818	Pea Shoots	2g	
A 116334	BD Foods Green Chilli, Coriander, Lime & Mint	30g	



SERVES:
1



CONTAINS:
WHEAT

MAY CONTAIN:
HAZELNUTS, ALMONDS,
CASHEWS, WALNUTS,
PISTACHIOS,
PEANUTS, CELERY, MUSTARD,
SESAME



**CONTAINS UK
BASED PRODUCTS**



SUITABLE FOR:
VEGANS

PREP

- Brakes Beetroot Red Pepper & Quinoa Burger – defrost then cut into 6

METHOD

1. Pre-heat the fryer to 180°C
2. Roll the 6 pieces or burger into even sized balls, then roll in the panko crumbs to cover
3. Place in the fryer and cook for approx. 2 mins or until core temperature is reached – drain on kitchen paper
4. Place on your chosen dish, finish with the dressing and peashoots – serve



BURRATA WITH HERITAGE TOMATO GARNISH

Pulled burrata mozzarella served with an Inca tomato and roquette salad

INGREDIENTS

Code	Name	Qty
F 123355	Burrata Mozzarella	100g
A 89773	Prep Premium Lemon Infused Oil	10g
C 450706	Inca Tomatoes	100g
C 10527	Roquette	25g
C 102655	Micro Garlic Chives	3g



SERVES:
1



CONTAINS:
MILK



**CONTAINS UK
BASED PRODUCTS**



**SUITABLE FOR:
VEGETARIANS**

PREP

- Burrata Mozzarella – defrost & drain
- Inca Tomatoes – wash & cut
- Roquette – wash

METHOD

1. Cut the tomatoes into chunks – put to one side in a bowl
2. Add seasoning & the rapeseed oil to the tomatoes and gently toss
3. Spoon the tomatoes onto your chosen plate
4. Gently tear / pull the burrata over the tomatoes
5. Finish with the rocket leaves & garlic chives



HARISSA CHICKEN SHISH CHICKPEA SALAD HOUMOUS

Harissa flavoured chicken breast souvlaki & harissa houmous with a chickpea & orange salad & pickled fennel

INGREDIENTS

Code	Name	Qty	Units
F 125081	Megas Yeeros Handmade Chicken Breast Souvlaki	100g	1x
C 121395	Brakes Smoked Houmous with Harissa	40g	
C 134753	Harissa Chickpea and Orange Salad	50g	0.5x
C 118623	Pickled Fennel	10g	
C 105597	Micro Coriander BB	1g	
A 113113	Spicentice Harissa Rub	2g	
F 57409	Brakes 8" White Khobez Bread	60g	1x Ea



SERVES:
1



CONTAINS:
WHEAT, MUSTARD, SESAME



**CONTAINS UK
BASED PRODUCTS**

PREP

- Defrost the souvlaki and dust with the souvlaki spice
- Defrost the khobez bread

METHOD

1. Chargrill the souvlaki until core temperature is reached
2. Warm the chickpea salad as per manufacturer's guidelines
3. Gently warm the khobez in the oven or on the chargrill
4. Bring all the components together and garnish with the lemon oil and cress
5. Serve with the warm bread on the side



SMOKED MACKEREL SALAD

Smoked mackerel fillets with a spiced potato salad

INGREDIENTS

Code	Name	Qty	Units
F 32411	M&J Seafood Scottish Hot Smoked Mackerel Fillets	240g	4x Ea
A 34002	Brakes Ground Cumin	1g	
A 33599	Brakes Standard Curry Powder	1g	
C 27699	Brakes Crème Fraîche	50g	
A 89703	Brakes Real Mayonnaise	50g	
A 89712	Brakes French Dressing	50ml	
C 450250	Mixed Salad Leaves	60g	
C 450066	Maris Piper Potatoes	320g	
C 10224	Red Onions	60g	
C 10230	Cucumber	80g	
C 114218	Lemons	100g	



SERVES:
4



CONTAINS:
MUSTARD, EGGS, MILK, FISH.
MAY CONTAIN WHEAT



**CONTAINS UK
BASED PRODUCTS**

PREP

- M&J Seafood Scottish Hot Smoked Mackerel Fillets – defrost, remove skin & flake
- Maris Piper Potatoes – peel & dice
- Red Onions – peel & finely dice
- Cucumber – slice
- Lemons – cut into wedges

METHOD

1. Boil the potatoes until soft enough to eat but not breaking apart. Drain and chill
2. Mix together the crème fraiche, mayonnaise, ground cumin and curry powder. Season to taste
3. Combine the potato, red onion with the mixture
4. Spoon onto a plate the potato salad. Place the flaked smoked mackerel on top and serve with a wedge of lemon



SMOKED SALMON WITH BEETROOT & ONION SALAD

Scottish smoked salmon with a beetroot & onion salad, crumbled goats cheese and pomegranate seeds

INGREDIENTS

Code	Name	Qty	Units
F 3824	Coln Valley D-Sliced Scottish Smoked Salmon	50g	2x Ea
C 71200	Brakes Beetroot & Onion Salad	80g	
C 71250	Mature Goat's Cheese Log	30g	
C 74817	Pomegranate Seeds	5g	
C 74818	Pea Shoots	5g	



SERVES:
1



CONTAINS:
MUSTARD, MILK, FISH
MAY CONTAIN GLUTEN, CELERY



**CONTAINS UK
BASED PRODUCTS**

PREP

- Coln Valley D-Sliced Scottish Smoked Salmon – defrost
- Mature Goat's Cheese Log – peel and cut a slice
- Pea Shoots – wash & drain

METHOD

1. Lay the smoked salmon slices onto your chosen plate
2. Spoon the beetroot salad alongside the salmon
3. Crumble over the goats cheese & garnish with peashoots & pomegranate seeds
4. Serve

BUTTERMILK CHICKEN WINGS WITH A CHIMICHURRI & GARLIC DIP

Crispy wings in a buttermilk and breadcrumb coating with a smoked paprika, chilli and herb mayo dip

INGREDIENTS

Code	Name	Qty	Units
F 127407	Brakes Cooked Buttermilk Chicken Wings	150g	4x Ea
C 129213	Brakes Garlic Aioli	30g	
A 113117	Spicentice Chimichurri Rub	5g	



SERVES:
1



CONTAINS:
WHEAT, MUSTARD, EGGS, MILK



**CONTAINS UK
BASED PRODUCTS**

PREP

- None required

METHOD

1. Combine the aioli with the chimichurri
2. Deep fry or oven cook the wings as per pack instructions until core temp is achieved
3. Serve in chosen tapas dish with a dip pot of the chimichurri aioli

MEAT FREE SUMMMER WRAP & VEGGIE FRIES

Chicken style fillet pieces, houmous, and a summery quinoa salad wrapped in a turmeric tortilla, with vegan cheese alternative, sweet chilli sauce and mayonnaise. Served with tricolour vegetable fries

INGREDIENTS

Code	Name	Qty	Units
F 123350	La Boulangerie 12" Fully Baked Turmeric Spiced Tortillas	90g	1x Ea
C 121392	Brakes Reduced Fat Houmous	30g	
F 132874	Greens Cuisin'easy Sunny Vibes Frozen Salads	50g	
F 131186	Garden Gourmet Fillet Pieces	80g	
C 122001	Violife Mature Flavour Slices	20g	1x Ea
A 86972	Pan Asia Panasia Sweet Chilli Dipping Sauce	30g	
A 126924	Brakes Vegan Mayo	5ml	
F 130150	Ardo Tricolour Vegetable Fries	100g	



SERVES:
1



CONTAINS:
WHEAT, CELERY, SESAME, SOYA



**CONTAINS UK
BASED PRODUCTS**



SUITABLE FOR:
VEGANS

PREP

- Defrost the fillet pieces
- Defrost the salad

METHOD

1. Heat both the fillet pieces and sunny vibes salad as per their instructions and keep warm
2. Place tortilla wrap onto a clean work surface
3. Spread houmous in to the centre of the wrap
4. Add the remaining ingredients in the following order (1) Warmed salad, (2) warmed fillet pieces, (3) Violife slices, (4) sweet chilli sauce, (5) mayonnaise
5. Fold the wrap in half, bring in the sides and roll up
6. Place into panini machine or in the oven until core temperature is reached
7. Cook the vegetable fries in the fryer according to the manufacturer's guidelines
8. Remove the wrap from the panini grill or the the oven
9. Cut on the diagonal and place the wrap onto your chosen serving dish with the vegetable fries
10. Serve

POLENTA CAKE

Loaf cake made with polenta and flavoured with orange and rosemary

INGREDIENTS

Code	Name	Qty	Units
C 71128	Salted Butter	200g	
A 350098	Brakes Polenta	200g	
C 10292	Medium Oranges	352g	2
C 113877	Rosemary	4g	
A 350098	Tate & Lyle Caster Sugar	250g	
A 16392	Brakes 18 British Free Range Fresh Medium Eggs	222g	4
A 5154	Brakes Ground Almonds	150g	



SERVES:
12



CONTAINS:
ALMONDS, EGG, MILK

MAY CONTAIN
WHEAT, HAZELNUTS, PECANS,
CASHEWS, WALNUTS,
BRAZIL NUTS, PISTACHIOS,
MACADAMIAS



**CONTAINS UK
BASED PRODUCTS**

PREP

- Brakes Salted Butter – soften butter
- Tate & Lyle Caster Sugar – keep 50g for glaze
- Rosemary – zest and juice

METHOD

1. Pre-heat oven to 180°C
2. Line a loaf tin with parchment paper
3. In a bowl cream the butter and sugar till light and fluffy.
4. Beat in eggs one by one.
5. Stir in the remaining ingredients.
6. Spoon the mixture into the lined loaf tin and bake for 45-50 mins, or until cooked.
7. When ready, transfer to a wire rack to cool.
8. Boil sugar, 150ml water and orange zest and juice with rosemary until it becomes a syrup
9. Remove rosemary before drizzling over the cake



LEMON DRIZZLE CAKE

INGREDIENTS

Code	Name	Qty	Units
C 74088	Unsalted Butter	225g	
A 350098	Tate & Lyle Caster Sugar	310g	
A 350092	Brakes Self Raising Flour	225g	
C 114218	Lemons	200g	2
A 16392	Brakes 18 British Free Range Fresh Medium Eggs	111g	4



SERVES:
10



CONTAINS:
WHEAT, EGG, MILK



**CONTAINS UK
BASED PRODUCTS**

PREP

- Grate the zest of 1 lemon
- Juice both lemons

METHOD

1. Pre-heat the oven to 180°C. Line a cake tin with baking paper.
2. Beat together 225g sugar and all the butter until pale and creamy.
3. Add the eggs one at a time and slowly mix through.
4. Sift in the flour, then add the zest of 1 lemon and mix well until combined.
5. Spoon the mixture into the pre-lined cake tin and level off.
6. Bake for 45-50 mins until well risen and a skewer comes out clean. Leave the cake in the tin.
7. Mix together the lemon juice & the remaining 85g sugar until dissolved.
8. Prick the cake all over whilst it's cooling, and carefully pour over all the drizzle until it has soaked.
9. Leave the cake in the tin until it has completely cooled, then remove and serve.



TRADITIONAL ENGLISH TRIFLE

Traditional English trifle with custard, cream and almonds

INGREDIENTS

Code	Name	Qty	Units
A130322	Pidy Soft Sponge Fingers	200g	16
A 88880	Gourmet Classic Cooking Madeira	100ml	
A 802	Brakes Strawberry Flavour Jelly Crystals	175g	
A 35561	Brakes Fruit Cocktail in Juice	822g	1
A 15126	Brakes Ready to Serve Custard	1ltr	1
C 70215	Brakes Fresh Double Cream	400ml	
A 106066	Tate & Lyle Fairtrade Icing Sugar	40g	
A 87846	Preema Natural Vanilla Extract	3ml	
A 5874	Brakes Flaked Almonds	60g	



SERVES:
12



CONTAINS:
WHEAT, ALMONDS, EGG, MILK,
SULPHITES



**CONTAINS UK
BASED PRODUCTS**

MAY CONTAIN:
PEANUTS, HAZELNUTS,
PECANS, CASHEWS, WALNUTS,
BRAZIL NUTS, PISTACHIOS,
MACADAMIAS

PREP

- Brakes Strawberry Flavour Jelly Crystals – make up with 900ml boiling water
- Brakes Fruit Cocktail in Juice – drain

METHOD

1. Break the trifle sponges into the base of a deep glass dish or individual portion dishes.
2. Spoon over the madeira and allow to soak in.
3. Drain the fruit cocktail and mix with the sponges.
4. Make up the jelly and pour over the fruit and sponges. Chill until set.
5. When the jelly is set, pour on the custard and chill further.
6. Mix the double cream, icing sugar & vanilla and whisk until peaks form.
7. In a frying pan, lightly toast the almonds until starting to colour.
8. Sprinkle the almonds over the trifle and serve.



**LOVE
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