



IN THE KITCHEN

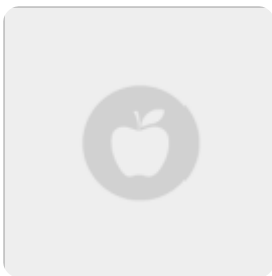
Zero Waste

Recipe Ingredients ...	Quantity:	Description:	Cost:
10376 Cauliflower - BRAKES	300g	0.25x Each	GBP0.45
131422 Brakes Spicy Chip Seasoning - BRAKES	20g	0.03x Each	GBP0.12
33889 Veraneo Olive Oil - BRAKES	50g	0.03x Each	GBP0.36
74826 Brakes Unsalted Butter - BRAKES	15g	0.06x Each	GBP0.17
131110 Jacksons Thick Sliced White Bread - BRAKES	100g	0.13x Each	GBP0.16
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	56g	1.01x Each	GBP0.43
113881 Herb Bunched Flat Leaf Parsley - BRAKES	20g	0.2x Each	GBP0.35
113874 Herb Bunched Thyme - BRAKES	20g	5x Average Portion	GBP0.37
114218 Lemons - BRAKES	50g	0.5x Each	GBP0.13
127292 Supernature Oil Lemon Infused Cold Pressed Rapeseed Oil - BRAKES	10g	0.04x Each	GBP0.14

TOTAL COST: **GBP2.67**

Products / Pack Sizes ...

1 Serving



Product code

Barcode

641g / 1197kcal

1

\$ GBP3.20 / GBP3.20 ↗

\$ Sale pr(GBP 0 + 20%)

Ingredient List (QUID) ...

Cauliflower (46.8%) [Cauliflower], Bread (15.6%) [wheat Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Vegetable Oils [Rapeseed, Palm], Yeast, Salt, Dextrose, wheat Protein, Spirit Vinegar, Emulsifiers [E471, E472(e)], Palm Fat, Flour Treatment Agent (E300), wheat Flour Nutrients Added By Law], egg (8.7%), Olive Oil (7.8%) [Extra Virgin Olive Oil], Lemons (7.8%) [Lemons], Spicy Chip Seasoning (3.1%) [Salt, Red Pepper (7%), Maltodextrin, Cayenne Pepper (6%), Chilli Powder (5.0%), Garlic Powder (4.5%), Pimento, Coriander, Cardamom, Fennel, Black Pepper, Cumin Seed, Oregano, Ginger, White Pepper, Flavouring, mustard Powder, Yeast Extract(Yeast Extract, Salt, Sunflower Oil, Citric Acid), Oregano Leaves, Paprika Extract, Sage, Thyme, Rapeseed Oil, Anti Caking Agent(silicon Dioxide)], Parsley (3.1%) [Flat Leaf Parsley], Herb Bunched Thyme (3.1%) [Thyme], Butter (2.3%) [Ingredients Butter (milk) (Minimum 80% milk Fat Content)], Lemon Infused Cold Pressed Rapeseed Oil (1.6%) [Cold Pressed Rapeseed Oil, Lemon Oil Sicilian IN11610 180]


Cooking Instructions & Notes

- Boil or steam the egg until just cooked for approximately 10 mins
- Blitz the bread (2 slices) until medium fine breadcrumbs are formed
- Wash pick and chop the parsley and the thyme
- Cool and peel the eggs and push through a pasta basket or similar to chop them
- Cut the cauliflower through the centre and through the middle of the stem. Then cut a steak approximately 2cm thick again through the stem. A whole cauliflower will give you 2 good sized steaks
- Season the cauliflower with the spicy seasoning and fry in the olive oil and butter for 2 mins each side until nicely coloured
- Remove the cauliflower steak from the pan and transfer to a baking sheet and place in a 180 degree oven
- Meanwhile Fry the breadcrumbs to a light golden colour in the same pan the cauliflower steaks were cooked in
- Stir in the chopped herbs, Zest and juice of lemon, season to taste and carefully mix in the chopped egg
- Present the cauliflower steak on chosen plate topped with the Polonaise breadcrumbs. Finish with the micro red basil and drizzle with the lemon oil

Recipe Ingredients ...	Quantity:	Description:	Cost:
10376 Cauliflower - BRAKES	3.66kg	3x Each	GBP5.49
10439 Fresh Garlic - BRAKES	30g	0.25x Each	GBP0.34
10380 Ginger - BRAKES	30g	0.1x Each	GBP0.23
124866 Kikkoman Soy Sauce 1L - BRAKES	40g	0.04x Each	GBP0.22
127153 Mikado Rice Vinegar CASE - BRAKES	20ml	0.04x Each	GBP0.08
350098 Tate & Lyle Caster Sugar 2kg - BRAKES	5g	0x Each	GBP0.01
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	56g	1.01x Each	GBP0.43
5946 Brakes Cornflour - BRAKES	100g	0.03x Each	GBP0.24
470703 Plain Flour - BRAKES	100g	0.07x Each	GBP0.08
Cauliflower Kimchi	100g	0.19 Serving	GBP0.19
128591 Pureety Classic Korean Gochujang Sauce - BRAKES	20g	0.02x Each	GBP0.17
TOTAL COST:			GBP7.49

Products / Pack Sizes ...

1 Serving



Product code

Barcode

1.04kg / 582kcal

1

\$ **GBP2.24 / GBP2.24** ↗

\$ *Sale pr(GBP 0 + 20%)*

Ingredient List (QUID) ...

Cauliflower (88%) [Cauliflower], Flour (2.4%) [wheat Flour (with Calcium, Iron, Niacin, Thiamin)], Cornflour (2.4%) [Maize Starch], Cauliflower Kimchi (2.4%) [Cauliflower (85.2%) [Cauliflower], Carrots CLASS II (4.7%) [Carrots], Radish (2.9%) [Radish], Spring Onions Bunch (2.3%) [Spring Onions], Rice Vinegar CASE (1.2%) [Rice Vinegar (contains Sugar 0.01%), Salt, Preservative (Potassium metabisulphite)], fish Sauce (0.7%) [Anchovy (fish) Extract (fish) (68%), Salt, Sugar], Hot Chilli Sauce (0.7%) [Water, Red Chillies (28%), Sugar, Minced Garlic, Salt, Glucose Fructose Syrup, Modified Maize Starch, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Sodium Benzoate), Colour (Paprika Extract), Chilli Extract], Caster Sugar 2kg (0.7%) [Cane Sugar], Fine Sea Salt 750g (0.7%) [Sea Salt, Anti Caking Agent (Magnesium Oxide)], Garlic (0.47%) [Fresh Garlic], Ginger (0.47%) [Ginger]], egg (1.3%), soy Sauce 1L (0.96%) [Water, soybeans, wheat, Salt], Garlic (0.72%) [Fresh Garlic], Ginger (0.72%) [Ginger], Rice Vinegar CASE (0.48%) [Rice Vinegar (contains Sugar 0.01%), Salt, Preservative (Potassium metabisulphite)], Classic Korean Gochujang Sauce (0.48%) [Miso (soya) Sauce, (Fermented soybeans (soybeans, water, salt) Water, Salt), Demerara Sugar, Chilli Puree, Water, Rice Vinegar (contains sulphites), Roast Red Pepper Puree, Mirin (contains Rice Wine (sulphites), Glucose Syrup, Water), Corn Flour, Spice (Chilli)], Caster Sugar 2kg (0.12%) [Cane Sugar]


Cooking Instructions & Notes

1. Remove the outer leaves from the cauliflowers. Then cut the green leaves to leave the white "Rib" part. Use the florets and leaves in another recipe.
2. Trim the Ribs into strips approximately 2cm thick and 10cm long. It doesn't have to be precise and a little green left is no issue
3. Boil or steam the cauliflower ribs until tender. This may take 20 minutes. Drain and allow to cool
4. Peel the garlic and the ginger. Blitz to a paste with the Soy, Vinegar and Sugar.
5. Rub the cauliflower ribs all over with the paste. Set aside until required.
6. Heat the fryer to 180 degrees
7. Beat the egg to egg wash
8. Combine the flour and the cornflour
9. Pass the cauliflower Ribs through the egg and then flour mix. Deep fry until Golden
10. Drain the Cauliflower Ribs thoroughly
11. Toss in a bowl with the Kimchi and Gochujang sauce. Serve immediately

Recipe Ingredients ...	Quantity:	Description:	Cost:
10376 Cauliflower - BRAKES	3.66kg	3x Each	GBP5.49
4349 Costa Fine Sea Salt 750g - BRAKES	30g	0.04x Each	GBP0.05
450693 Carrots CLASS II - BRAKES	200g	0.1x Each	GBP0.14
10233 Radish - BRAKES	125g	1x Each	GBP0.95
10473 Spring Onions Bunch - BRAKES	100g	1x Each	GBP0.71
10439 Fresh Garlic - BRAKES	20g	0.17x Each	GBP0.23
10380 Ginger - BRAKES	20g	0.07x Each	GBP0.15
28355 Blue Dragon fish sauce - BRAKES	30g	0.03x Each	GBP0.06
112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml - BRAKES	30g	0.04x Each	GBP0.14
350098 Tate & Lyle Caster Sugar 2kg - BRAKES	30g	0.02x Each	GBP0.07
127153 Mikado Rice Vinegar CASE - BRAKES	50ml	0.1x Each	GBP0.21
TOTAL COST:			GBP8.21

Products / Pack Sizes ...

1 Serving



Product code

Barcode

537g / 220kcal

1

\$ **GBP1.24 / GBP1.24** ↗

\$ *Sale pr(GBP 0 + 20%)*

Ingredient List (QUID) ...

Cauliflower (85.2%) [Cauliflower], Carrots CLASS II (4.7%) [Carrots], Radish (2.9%) [Radish], Spring Onions Bunch (2.3%) [Spring Onions], Rice Vinegar CASE (1.2%) [Rice Vinegar (contains Sugar 0.01%), Salt, Preservative (Potassium **metabisulphite**)], **fish** Sauce (0.7%) [Anchovy (**fish**) Extract (**fish**) (68%), Salt , Sugar], Hot Chilli Sauce (0.7%) [Water, Red Chillies (28%), Sugar, Minced Garlic, Salt, Glucose Fructose Syrup, Modified Maize Starch, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Sodium Benzoate), Colour (Paprika Extract), Chilli Extract], Caster Sugar 2kg (0.7%) [Cane Sugar], Fine Sea Salt 750g (0.7%) [Sea Salt, Anti Caking Agent (Magnesium Oxide)], Garlic (0.47%) [Fresh Garlic], Ginger (0.47%) [Ginger]

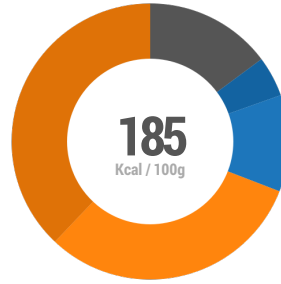
Cooking Instructions & Notes

1. Remove the outer leaves from the cauliflowers. You need 400g. Use the florets and ribs for another recipe.
2. Cut the leaves into 2cm strips. Toss thoroughly in the salt and set aside for at least an hr
3. Top, tail, wash and coarsely grate the carrot
4. Remove the root and any damaged outer leaves from the spring onion. Wash and thinly slice
5. Trim, wash and coarsely grate the radish
6. Peel the garlic and the ginger and blitz to a paste with the sugar, vinegar, sriracha and fish sauce.
7. Wash the salted cauliflower leaves. Dry thoroughly in a salad spinner
8. Combine with the radish, carrot, spring onion and the paste
9. Transfer to sterilised Kilner Jar(s) and leave to ferment at room temperature for 24 hrs
10. Store in the fridge and serve as required
11. The Kimchi will keep for up to 2 weeks in the fridge

Cauliflower Soufflé with Hot Mustard Rarebit Sauce

By Richard Wells from Brakes

Overview ...



CALORIES:
16% Carbs
14.8% Protein
69.1% Fat

Food Labelling...

EU Label values per 100g

Serves **4**

	PER 100G	%RI	PER 241G SERVING	%RI
Energy(Kj)	774 kJ	9%	1866 kJ	22%
Energy(kcal)	186 kcal	9%	449 kcal	22%
Fat	14 g	20%	34 g	49%
<i>of which saturates</i>	7.8 g	39%	19 g	95%
Carbohydrate	7.4 g	3%	18 g	7%
<i>of which sugars</i>	2.2 g	2%	5.3 g	6%
Fibre	0.6 g	2%	1.5 g	6%
Protein	6.9 g	14%	17 g	34%
Salt	0.27 g	5%	0.64 g	11%

CONTAINS:




Nutrient Breakdown per 100g...

	Energy	Lipid Components	Vitamins
Energy(kcal) 9% RI	185kcal	Saturated Fat 39% RI	Vitamin A (ret eq) -
Energy(Kj) 9% RI	769kJ	Monounsaturated fat	Retinol -
		<i>cis-Mono</i>	Carotene -
		Polyunsaturated fat	Vitamin D 15% RI
		<i>Omega3(n-3)</i> 1% RI	Vitamin E 0.74ug
		<i>Omega6(n-6)</i> 2% RI	Vitamin K ₁ -
		<i>cis-Poly</i>	Thiamin (B ₁) 0% RI
		Trans-fatty acids	Riboflavin (B ₂) 7% RI
		Cholesterol	Niacin total (B ₃) 4% RI
			Niacin 0% RI
			Tryptophan -
			Pantothenic Acid (B ₅) -
			Vitamin B ₆ 1% RI
			Folates (B ₉) Total
			Vitamin B ₁₂ 3% RI
			Biotin (B ₇) 3% RI
			Vitamin C 2% RI
			Other
			GI (estimated) 0
			GL 0
			Caffeine -

Recipe Ingredients ...	Quantity:	Description:	Cost:
10376 Cauliflower - BRAKES	200g	0.16x Each	GBP0.30
70219 Brakes Fresh Whole Milk - BRAKES	300ml	0.13x Each	GBP0.36
74826 Brakes Unsalted Butter - BRAKES	100g	0.4x Each	GBP1.12
470703 Plain Flour - BRAKES	60g	0.04x Each	GBP0.05
74903 Brakes Hot Mustard Rarebit Topper - BRAKES	50g	0.1x Each	GBP0.94
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	224g	4.03x Each	GBP1.74
71018 Grated Parmigiano Reggiano - BRAKES	20g	0.02x Each	GBP0.56
2032 Brakes White Wine Vinegar - BRAKES	5ml	0x Each	GBP0.01
5946 Brakes Cornflour - BRAKES	5g	0x Each	GBP0.01
TOTAL COST:			GBP5.09

Products / Pack Sizes ...

1 Serving



Product code

Barcode

241g / 449kcal

1

\$ **GBP1.52 / GBP1.52** ↗

\$ *Sale pr(GBP 0 + 20%)*

Ingredient List (QUID) ...

milk (31.1%) [Ingredients **milk**, **egg** (23.2%), Cauliflower (20.7%) [Cauliflower], Butter (10.4%) [Ingredients Butter (**milk**) (Minimum 80% **milk** Fat Content)], Flour (6.2%) [**wheat** Flour (with Calcium, Iron, Niacin, Thiamin)], Pizza (5.2%) [Ingredients Mature Cheddar Cheese (**milk**) (34%)(**milk**), Red Leicester Cheese (**milk**) (19%)(**milk**) [Contains Colour(Annatto Norbixin)], Water, Rapeseed Oil, English **mustard** (6%)(Water, **mustard** Flour, Salt, Sugar, **wheat** Flour, Antioxidant(Citric Acid), Turmeric Powder), Rusk(**wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Raising Agent(Ammonium Carbonate)), Pasteurised **egg** Yolk, Cornflour, Green Chilli, Spirit Vinegar, Sugar, Dijon **mustard** (6%)(Water, **mustard** (6%) Seed, Spirit Vinegar, Salt), Black Pepper, Parsley, White Wine Vinegar, Salt], Grated Parmigiano Reggiano (2.1%) [**milk**, Salt, Rennet], White Wine Vinegar (0.52%) [White Wine Vinegar, Preservative(Potassium **metabisulphite**)(Acidity 6%)], Cornflour (0.52%) [Maize Starch]

Cooking Instructions & Notes

1. Roughly cut the cauliflower or cauliflower trimmings excluding the leaves
2. Cook the cauliflower in the milk on a medium heat until the cauliflower is completely soft
3. Strain the cauliflower, reserving the milk
4. In a pan melt 60g of the butter and add the flour. Cook until a sandy consistency is formed
5. Gradually add the milk until a thick smooth white sauce is made
6. Take approx one third of the sauce and add the hot mustard rarebit. Continue to cook until you have smooth sauce. Thin with milk or cream if necessary and season to taste
7. Blitz the remaining sauce with the cauliflower with a stick blender until smooth. Season to taste
8. Set aside to cool
9. Meanwhile split the eggs ensuring no egg yolk contaminates the whites. Note the eggs are best used at room temperature for this recipe
10. Add the egg yolks to the cauliflower sauce. This can now be chilled and will keep for 3 days
11. Melt the remaining butter and grease 4 Ramekins. Next dust with the Parmesan. Chill the dishes until required
12. Combine the White Wine vinegar with the cornflour
13. Add to the egg whites and whisk on the mixer in a clean metal bowl until peaks form
14. Take the chilled cauliflower sauce mix and add a little of the whipped egg whites to loosen the sauce
15. Carefully fold in the remaining whipped egg whites
16. Fill the lined ramekins. Flatten with a palette knife and run your pinched 1st finger and thumb around the rim of each ramekin
17. Bake for 10 mins in a 180 degree pre-heated fan oven
18. Meanwhile heat up the Hot Mustard Rarebit Sauce
19. Serve the soufflé immediately with the sauce alongside. At the table make a hole in the centre top of the soufflé and pour in the sauce



IN THE KITCHEN

For more ideas, visit:

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