

## Vegetable Paella



10 Portions

Ingredient	Amount
Rice	1Kg
Onions	50g
Red Peppers	50g
Yellow Peppers	50g
Green Beans	450g
Chickpeas	450g
Chopped Tomatoes	800g
Vegetable Stock	2700ml
Paprika	50g
Cayenne	25g
Garlic Puree	20g
Oil	50ml
Lemon Juice	20ml
Parsley	100g

### Method:

- Heat the oil and cook the onion and garlic until softened
- Stir in the rice add the paprika and cayenne spices cook for further 2 minutes, then add stock and tomatoes. Bring to boil and simmer for 10 minutes, stirring occasionally
- Add the green beans, the peppers roughly chopped and chickpeas, cook for another 10 minutes
- Once ready drizzle the lemon juice and scatter the chopped parsley



## Danish Apple Strudel



10 Portions

Ingredient	Amount
Puff pastry sheet	1/2
Chopped Apples	560g
Raisins	30g
Mixed Spice	10g
Brown Caster Sugar	3g

### Method:

- Lay out pastry sheet with short end towards you, cut in half across the middle
- Put apples in a bowl and roughly chop
- Add raisins and mixed spice and mix together
- Place the mixture across the middle of the pastry
- Fold over edge closest to you to the middle and then fold over the other edge to overlap
- Place on a lined baking sheet
- Score diagonal lines across the top and sprinkle with the sugar
- Place in oven at 170c for 15-20minutes until golden brown



## Irish Chicken and Leek with Root Mash



10 Portions

Ingredients	Amount
Diced Chicken Breast	500g
Chopped Leeks	200g
Chopped Onion	200g
Garlic Puree	7g
Dijon Mustard	4g
Plain Flour	60g
Chicken Stock	200ml
Black Pepper	2g
<b>Root Mash</b>	
Sweet Potato	200g
Potato	300g
Turnip	200g
Margarine	50g
Vegetable Stock (Dry)	5g
Black Pepper	2g

### Method:

- Sauté onions and leeks
- Add chicken and brown
- Add remaining ingredients and simmer until cooked
- Steam all potatoes and turnip until soft
- Add pepper and vegetable stock, cream together with margarine



## Japanese Beef Curry



10 Portions

Ingredient	Amount
Mince Beef	500g
Onion	400g
Oil	30g
Green Peppers	200g
Red Peppers	200g
Garlic Puree	5g
Carrot	200g
Green Peas	200g
Curry Powder	35g
Chopped Tomato	100g
Tomato Puree	20g
Soy Sauce	30g

### Method:

- Finely chop the onion and add garlic puree, until golden brown
- Add in the minced beef and cook, stir regularly
- Add chopped green pepper red pepper and carrot
- Add curry powder, chopped tomato, tomato puree and soy sauce
- Gently stir well and simmer for about 30 minutes
- Steam the peas separately and add them in at the end



## Portuguese Chicken Drumstick



10 Portions

Ingredient	Amount
Chicken Drumstick	10
Lemon Juice	10ml
Olive Oil	10ml
Garlic Puree	3g
Paprika	3g
Oregano	3g
Chilli Powder	1g

### Method:

- Mix all herbs and spices together
- Coat the chicken with the herbs and spices
- Leave to marinade over night in fridge
- Cook on 180c for approximately 45 minutes until cooked through



## Cheese & Tomato Quiche



10 Portions

Ingredient	Amount
Plain Flour	150g
Wholemeal Flour	50g
Baking Margarine	100g
Water	35ml
Tomato	200g
Grated Cheese	200g
Milk Powder	25g
Water	250ml
Eggs	2

### Method:

- Make up pastry using chilled water cover and put in fridge for ½ hour to rest
- Line tin with pastry, making sure you neaten and crimp the edge of the pastry and bake blind reg 6 or 200c for 15 - 20 minutes approx.
- Sprinkle cheese over pastry base
- Mix milk powder with water, add beaten egg and seasoning, then pour into pastry base
- Slice tomatoes, place on top of quiche
- Oven bake reg 5 or 190c for 30 minutes approx. or until set and golden



## Fruit Shortbread



10 Portions

Ingredient	Amount
Fruit	25g
Plain Flour	312g
Margarine	208g
Sugar	104g

### Method:

- Cream sugar and margarine
- Add flour slowly until the mixture comes together
- Do not over mix or the biscuits will become tough
- Cut into shapes
- Bake reg 5 - 190c for approx. 20 minutes



## Spicy Falafel



10 Portions

Ingredient	Amount
Onions	100g
Chick Peas	355g
Garlic Puree	5g
Ground Cumin	5g
Fresh Coriander	5g
Mixed Herbs	1g
Eggs	2

### Method:

- Peel & finely dice onions, fry off onions & garlic
- Wash & drain chickpeas
- Chop fresh coriander
- Put cooked onions & garlic in a bowl with the chick peas & spices & mash together with a potato masher, until the chick peas are completely broken down
- Stir in mixed herbs, and then the beaten egg, mix until the mixture holds together, this is better done by hand if you aren't making too many
- Divide into equal portions, mould into a ball and flatten into patties
- Place on a lightly greased a baking tray , oven bake 6 or 200c for approx. 10 - 15 minutes, turning half way through the cooking



## American Chocolate & Banana Muffins



10 Portions

Ingredient	Amount
Plain Flour	250g
Caster Sugar	200g
Eggs	2
Vegetable Oil	120ml
Bicarbonate of Soda	10g
Vanilla Flavouring	2ml
Bananas	200g
Coco Powder	25g

### Method

- Mix together eggs, sugar and oil thoroughly
- Fold in flour, bicarbonate of soda, coco powder and vanilla flavouring
- Roughly chop bananas and add them in mixture
- Using a scoop, portion into muffin cases
- Oven bake on 170 for approximately 25 minutes



## Hawaiian Sticky chicken



10 Portions

Ingredient	Amount
Diced Chicken Breast	500g
Cornflour	10g
Black Pepper	5g
Oil	45ml
Onion (Cut into Chunks)	100g
Red Pepper (Cut into Chunks)	100g
Garlic Puree	3g
Paprika	3g
Ground Ginger	3g
Dark soy Sauce	45ml
Brown Sugar	30g
Tomato Puree	15g
Chopped Pineapple (Reserving the juice)	425g

### Method

- Place Chicken in a bowl and add cornflour black pepper and paprika, mix into the chicken until all covered
- Heat a pan with the oil cook the chicken on a high heat until golden brown
- Add onions and peppers cook for a few minutes
- Add the pineapples to the chicken, stir in the garlic and ginger
- Combine the reserved pineapple juice brown sugar, soy sauce and tomato puree in a bowl mix well then add to the chicken
- Continue cooking on a high heat allowing the sauce to bubble and reduce down stir occasionally
- The chicken will look dark and caramelized ready to serve



## Jamaican Ginger Cake



10 Portions

Ingredient	Amount
Self-Rising Flour	675g
Ground Ginger	35g
Mix Spice	35g
Dark Brown Sugar	345g
Black Treacle	345g
Golden Syrup	345g
Margarine	345g
Eggs	6
Milk	450ml

### Method:

- Sift flour mix spice ginger in a bowl
- Melt in a pan treacle, golden syrup margarine together not to let it boil
- Beat eggs and milk together
- Add to dry ingredients then add the melted ingredients
- Pour into tins and bake for 35 minus bake on 160 for approximately 35 minutes



## Turkish Sweet Potato and Chickpea Baklava (Parcel)



10 Portions

Ingredients	Amount
Sweet Potato peeled and diced	500g
Chickpeas	400g
Onion Chopped	200g
Leek	200g
Garlic	15g
Breadcrumbs	200g
Grated Cheese	200g
Cumin Seeds	10g
Sultanas	60g
Fresh Coriander Chopped	40g
Honey	50g
Vegetable Stock	200ml
Filo Sheets	12
Margarine (melted)	75g

### Method:

- Bake sweet potato at 180c for 10 minutes stir in the chickpeas and cumin then cook for 20 minutes or until sweet potato is just tender
- Cook onions and leek until soft, mix half with the sweet potato
- Mix well the other half in a bowl with breadcrumbs, coriander, sultanas and stock
- Brush tray and 4 filo sheets with melted butter and layer with half of the 2 mixes and repeat
- Place the last 4 filo on top with melted margarine cut into portions then bake for 30-40 minutes until golden brown
- Drizzle with honey

