FOOD FESTIVAL

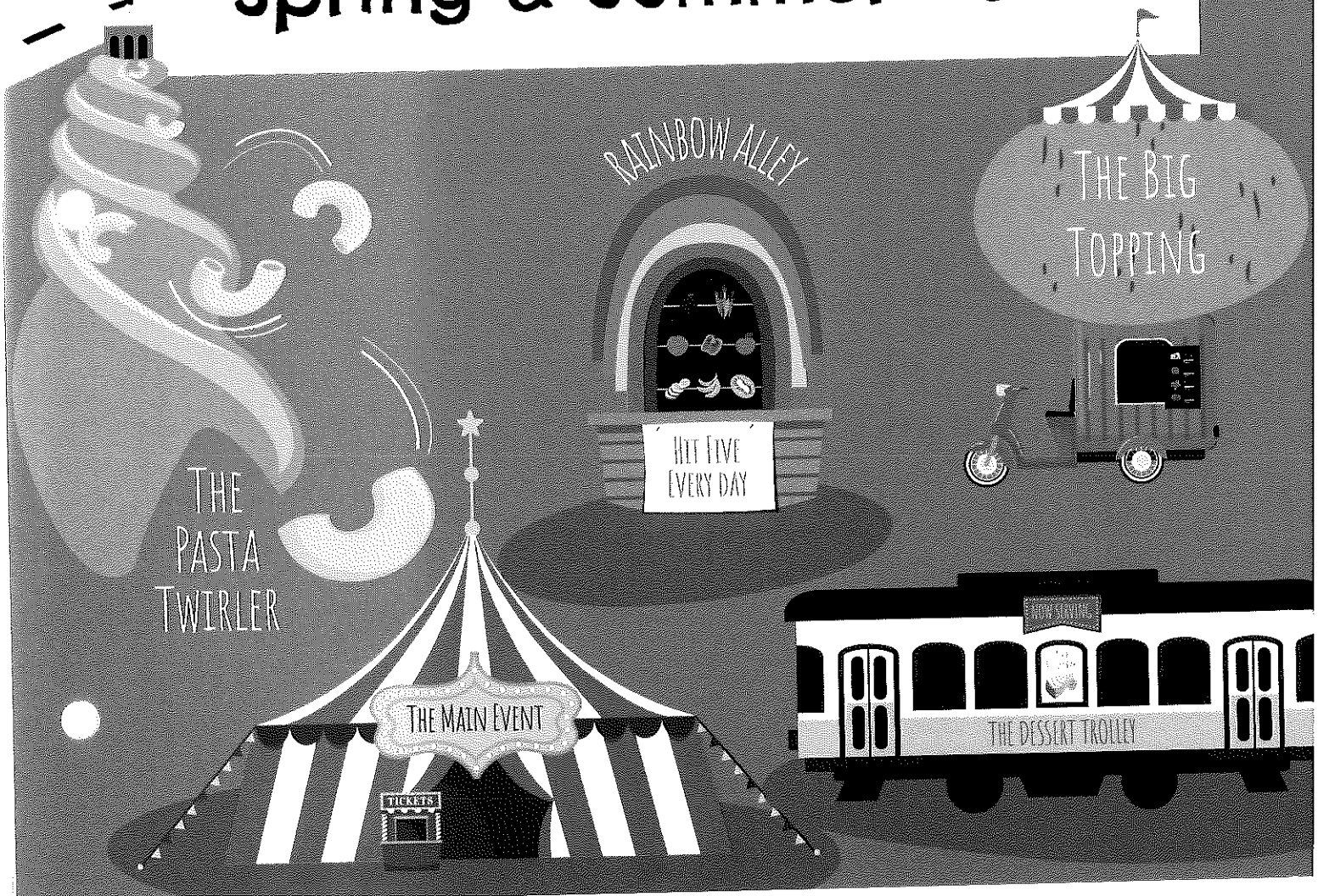
By Aspens

Meat-Free Magic

Take your imagination on a Food journey

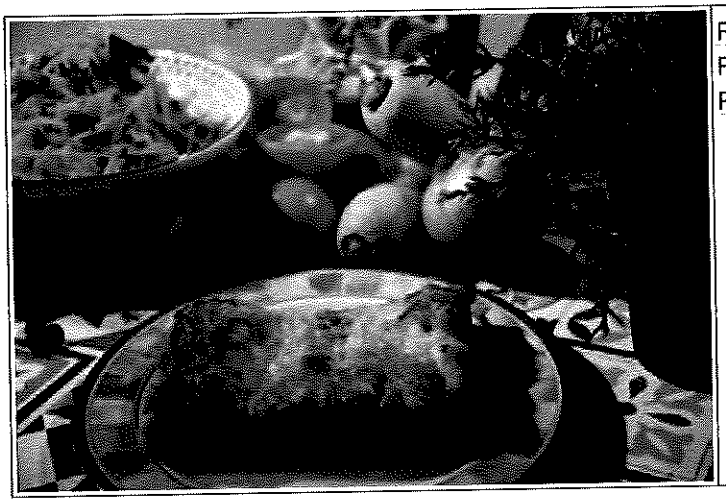
Week 2

Spring & Summer 2023



HOMEMADE MARGHERITA PIZZA KS2

SUB RECIPE FOR: MARGHERITA PIZZA, CARROT & SULTANA SALAD KS2



Recipe ID	667016
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

600 g	Product	192236	Bread & Roll Mix : White
435 ml	Recipe	619743	Water
10 ptns	Recipe	666884	Homemade Pizza Sauce
300 g	Product	374440	Mild Cheddar : Grated

Number of Products: 6

Method

1. Make the pizza sauce as per sub recipe.
2. Mix the bread mix with the lukewarm water until you have a soft dough.
3. Knead the dough for 8-10mins. This can be done in a standing mixer with the dough hook.
4. Leave the dough to prove until doubled in size, then roll a rectangle and place onto a baking sheet.
5. Spread over the pizza sauce and top with the grated cheese.
6. Bake in a hot oven until golden and cut into 10 portions.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten	Soya
Milk	Wheat
* Eggs	

* May Contain

HOMEMADE MARGHERITA PIZZA PRI

SUB RECIPE FOR: MARGHERITA PIZZA, CARROT & SULTANA SALAD PRI

Recipe ID	667018
Recipe Amount	12 ptns
Production Amount	12 ptns

Ingredients

600 g	Product	192236	Bread & Roll Mix : White
435 ml	Recipe	619743	Water
10 ptns	Recipe	666884	Homemade Pizza Sauce
300 g	Product	374440	Mild Cheddar : Grated

Number of Products: 6

Method

1. Make the pizza sauce as per sub recipe.
2. Mix the bread mix with the lukewarm water until you have a soft dough.
3. Knead the dough for 8-10mins. This can be done in a standing mixer with the dough hook.
4. Leave the dough to prove until doubled in size, then roll a rectangle and place onto a baking sheet.
5. Spread over the pizza sauce and top with the grated cheese.
6. Bake in a hot oven until golden and cut into 12 portions.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Milk

* Eggs

Soya

Wheat

* May Contain

HOMEMADE PIZZA SAUCE

SUB RECIPE FOR: HOMEMADE MARGHERITA PIZZA PRI

Recipe ID	666884
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

20 g	Product	199214	Tomato Puree
175 g	Product	199221	Chopped Tomatoes
1 g	Product	319710	Chef William Oregano
10 g	Product	5338414	Triple Lion Garlic Purée

Number of Products: 4

Method

1. Place all the ingredient into a bowl and blitz until smooth with a stick blender or food processor.
2. Use as required on pizza.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

CRUNCHY TOPPED MACARONI CHEESE PRI

SUB RECIPE FOR: CRUNCHY TOPPED MACARONI CHEESE, CARROT & SULTANA SALAD PRI

Recipe ID	672985
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

500 ml	Product	198337	Milk Semi Skimmed
180 g	Product	374440	Mild Cheddar : Grated
30 g	Product	192122	Plain Flour
30 g	Product	5485295	Bebo Sunflower Spread : Light
500 g	Product	194913	Rey Macaroni
65 g	Product	194678	Natural Breadcrumbs
15 g	Product	5338414	Triple Lion Garlic Purée
20 g	Product	208283	Parsley : Flat

Number of Products: 8

Method

1. Gently bring the milk to boil in a Saucepan.
2. Melt the marge in another saucepan, then add the flour.
3. Stir continuously until a paste forms. Continue cooking for a further 2 minutes.
4. Add the milk to the roux gradually, stirring as you go until you get a smooth sauce.
5. Cook for 5 - 10 minutes, until the sauce has thickened. Add the 2/3 grated cheese and stir until melted.
6. Mix with the cooked macaroni and place in a baking dish.
7. Mix the remaining cheese, breadcrumbs chopped parsley and garlic together then sprinkle over the mac cheese.
8. Bake in the oven until golden.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

CRUNCHY TOPPED MACARONI CHEESE KS2

SUB RECIPE FOR: CRUNCHY TOPPED MACARONI CHEESE, CARROT & SULTANA SALAD KS2

Recipe ID	672991
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

500 ml	Product	198337	Milk Semi Skimmed
180 g	Product	374440	Mild Cheddar : Grated
30 g	Product	192122	Plain Flour
30 g	Product	5485295	Bebo Sunflower Spread : Light
500 g	Product	194913	Rey Macaroni
65 g	Product	194678	Natural Breadcrumbs
15 g	Product	5338414	Triple Lion Garlic Purée
20 g	Product	208283	Parsley : Flat

Number of Products: 8

Method

1. Gently bring the milk to boil in a Saucepan.
2. Melt the marge in another saucepan, then add the flour.
3. Stir continuously until a paste forms. Continue cooking for a further 2 minutes.
4. Add the milk to the roux gradually, stirring as you go until you get a smooth sauce.
5. Cook for 5 - 10 minutes, until the sauce has thickened. Add the 2/3 grated cheese and stir until melted.
6. Mix with the cooked macaroni and place in a baking dish.
7. Mix the remaining cheese, breadcrumbs chopped parsley and garlic together then sprinkle over the mac cheese.
8. Bake in the oven until golden.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

CARROT & SULTANA SALAD PRI

SUB RECIPE FOR: MARGHERITA PIZZA, CARROT & SULTANA SALAD PRI

Recipe ID	949807
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

550 g	Product	1911713	Carrots : Donkey
50 g	Product	192030	Sultanas
50 ml	Product	209586	Vegetable Oil : Extended Life
0.5 each	Product	1396505	Lemon : Medium
15 g	Product	197247	Clear Blossom Honey
10 g	Product	208283	Parsley : Flat

Number of Products: 6

Method

1. Peel & grate the carrots using a box grater or the grating attachment on a food processor. Finely chop the parley.
2. Place the grated carrots, parsley and sultanas in a bowl.
3. Mix together the oil, juice of the lemon and honey then mix into the carrot mixture and serve.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Sulphur dioxide

CARROT & SULTANA SALAD KS2

SUB RECIPE FOR: MARGHERITA PIZZA, CARROT & SULTANA SALAD KS2

Recipe ID	949810
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

550 g	Product	1911713	Carrots : Donkey
50 g	Product	192030	Sultanas
50 ml	Product	209586	Vegetable Oil : Extended Life
0.5 each	Product	1396505	Lemon : Medium
15 g	Product	197247	Clear Blossom Honey
10 g	Product	208283	Parsley : Flat

Number of Products: 6

Method

1. Peel & grate the carrots using a box grater or the grating attachment on a food processor. Finely chop the parley.
2. Place the grated carrots, parsley and sultanas in a bowl.
3. Mix together the oil, juice of the lemon and honey then mix into the carrot mixture and serve.

Critical Control Points (CCP)

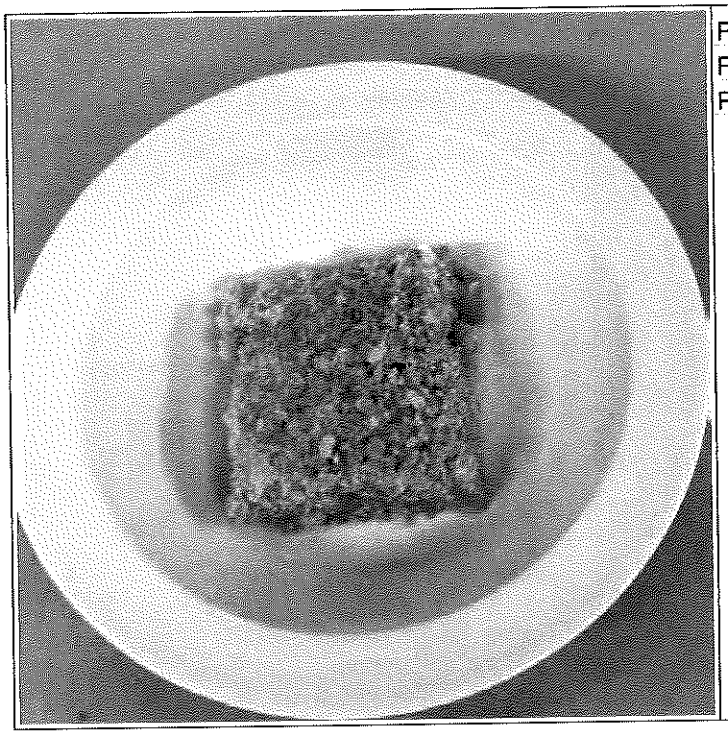
The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Sulphur dioxide

APPLE CRUMBLE PRI

SUB RECIPE FOR: APPLE CRUMBLE PRI



Recipe ID	672817
Recipe Amount	12 ptns
Production Amount	12 ptns

Ingredients

500 g	Product	198960	Solid Pack
180 g	Product	192122	Plain Flour
40 g	Product	199773	Mornflake Superfast Oats
110 g	Product	200588	Tate & Lyle Granulated Sugar
110 g	Product	6476005	Bebo Cooking & Baking Marge

Number of Products: 5

Method

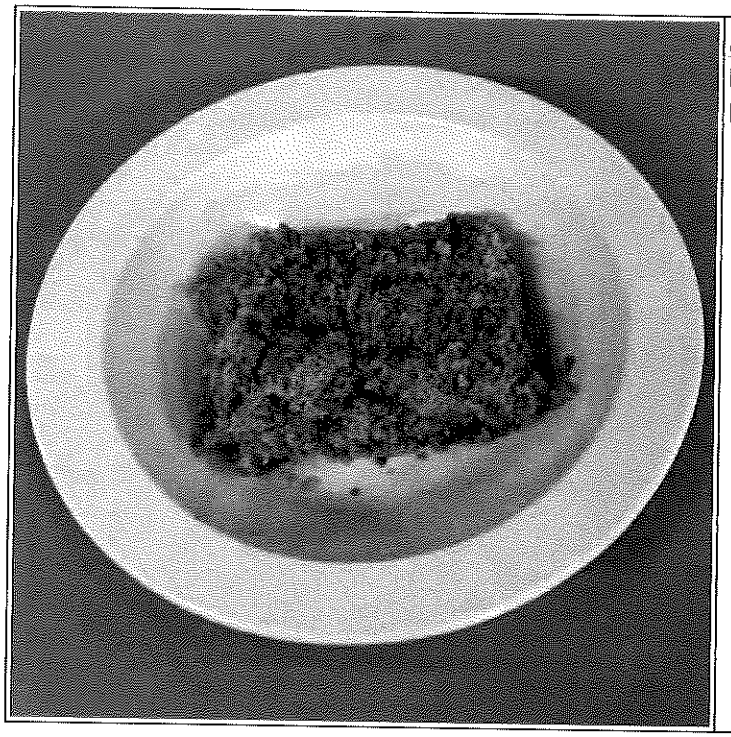
1. Place the sugar, flour and margarine in a bowl and rub together with your hands until you have breadcrumbs. Alternatively this can be done by pulsing in a food processor or on the slowest speed in a food mixer.
2. Stir in the oats.
3. Place the apples in an oven proof dish and evenly spread the crumble mixture on top.
4. Bake in a hot oven until core temp is reach and golden brown on top.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

APPLE CRUMBLE KS2

SUB RECIPE FOR: APPLE CRUMBLE KS2



Recipe ID	672820
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

500 g	Product	198960	Solid Pack
180 g	Product	192122	Plain Flour
110 g	Product	6476005	Bebo Cooking & Baking Marge
110 g	Product	200588	Tate & Lyle Granulated Sugar
40 g	Product	199773	Mornflake Superfast Oats

Number of Products: 5

Method

1. Place the sugar, flour and margarine in a bowl and rub together with your hands until you have breadcrumbs. Alternatively this can be done by pulsing in a food processor or on the slowest speed in a food mixer.
2. Stir in the oats.
3. Place the apples in an oven proof dish and evenly spread the crumble mixture on top.
4. Bake in a hot oven until core temp is reach and golden brown on top.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

BEEF BURGER IN A BUN PRI & KS2

SUB RECIPE FOR: BEEF BURGER IN A BUN, WEDGES & SWEETCORN PRI

Recipe ID	666373
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

10 each	Product	202690	Bap : Sliced : 10cm : MK4
560 g	Product	4193008	Beef Burger : 2oz

Number of Products: 2

Method

1. Place the burgers on a baking sheet and cook at 180 degrees for 15-20 mins or until core temp is reached.
2. Place the burgers in the buns and serve.

Mis en Place

1. Defrost the burger buns.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Soya

Sulphur dioxide

Wheat

* Sesame

* May Contain

SUPER VEGGIE BURGER IN A BUN PRI & KS2

SUB RECIPE FOR: SUPER VEGGIE BURGER IN A BUN, WEDGES & SWEETCORN PRI

Recipe ID	753224
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

15 ml	Product	209586	Vegetable Oil : Extended Life
300 g	Product	307620	Onions : Large
250 g	Product	603202	Spinach : Baby
150 g	Product	194678	Natural Breadcrumbs
150 g	Product	374440	Mild Cheddar : Grated
2 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
10 each	Product	202690	Bap : Sliced : 10cm : MK4
300 g	Product	274560	Tomatoes : (M/MM)
100 g	Product	228010	Tomato Ketchup

Number of Products: 9

Method

1. Finely dice the onion. Beat the eggs together. Slice the tomatoes.
2. Heat the oil in a suitable pan and sweat the onion until soft. Leave to cool.
3. Finely chop the spinach preferably in a food processor or by hand and tip into a bowl. Add the cooled onion, breadcrumbs, cheddar and mash together.
4. Add the beaten egg, a little at a time (you may not need all of it), until the mixture holds together. Divide into 10 and shape into burgers.
5. Place the burgers on a baking sheet and cook in a hot oven until core temp is reached.
6. To assemble - Place a burger on the bottom of a burger bun, top with tomato slice and ketchup and close the lid.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

OVEN BAKED WEDGES PRI

SUB RECIPE FOR: BEEF BURGER IN A BUN, WEDGES & SWEETCORN PRI

Recipe ID	666514
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

1200 g	Product	1922809	Potatoes : Maris Piper : Washed

Number of Products: 1

Method

1. Wash the potatoes & cut into wedges.
2. Place on a lined baking sheet and roast in the oven until crispy & cooked through.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

OVEN BAKED WEDGES KS2

SUB RECIPE FOR: BEEF BURGER IN A BUN, WEDGES & SWEETCORN KS2

Recipe ID	666522
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

1200 g	Product	1922809	Potatoes : Maris Piper : Washed

Number of Products: 1

Method

1. Wash the potatoes & cut into wedges.
2. Place on a lined baking sheet and roast in the oven until crispy & cooked through.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

SWEETCORN PRI

SUB RECIPE FOR: BEEF BURGER IN A BUN, WEDGES & SWEETCORN PRI

Recipe ID	628483
Recipe Amount	10 portion
Production Amount	10 portion

Ingredients

0.5 kg	Product	406409	Sweetcorn : Kernels

Number of Products: 1

Method

---Preparation---.

Boil a pan of water or tray Sweetcorn onto a steamer tray.

---Cooking---.

Cook until tender . Make sure to batch cook for optimum freshness.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

SWEETCORN KS2

SUB RECIPE FOR: BEEF BURGER IN A BUN, WEDGES & SWEETCORN KS2

Recipe ID	628484
Recipe Amount	10 portion
Production Amount	10 portion

Ingredients

0.6 kg	Product	406409	Sweetcorn : Kernels

Number of Products: 1

Method

---Preparation---.

Boil a pan of water or tray Sweetcorn onto a steamer tray.

---Cooking---.

Cook until tender . Make sure to batch cook for optimum freshness.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

VANILLA CUPCAKES PRI & KS2

SUB RECIPE FOR: VANILLA CUPCAKE PRI & KS2

Recipe ID	945363
Recipe Amount	12 ptns
Production Amount	12 ptns

Ingredients

175 g	Product	6476005	Bebo Cooking & Baking Marge
175 g	Product	200576	Tate & Lyle Caster Sugar
3 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
10 ml	Product	314499	Supercook Vanilla
175 g	Product	3667515	Everyday Favorites Self Raising Flour
280 g	Product	474739	Tate & Lyle Icing Sugar
140 g	Product	6476005	Bebo Cooking & Baking Marge
12 each	Product	4802985	51x38 White G/P Muffin Cases

Number of Products: 8

Method

1. Beat the larger quantity of baking margarine and the caster sugar together until smooth and pale.
2. Add in the eggs and vanilla and mix again.
3. Add in the self raising flour and mix until just combined.
4. Spoon the mixture into the cases until 2/3's full and bake at 180 degrees for 12-15 mins or until an inserted skewer comes out clean. Leave to cool.
5. To make the icing - Beat the smaller quantity of baking margarine until soft then beat in the icing sugar until smooth.
6. Either pipe or spread the icing on top of the cooled cupcakes.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

ROAST GAMMON PRI

SUB RECIPE FOR: ROAST GAMMON, ROASTIES, FRESH VEG & GRAVY PRI

Recipe ID	671791
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

550 g	Product	3607630	Gammon : Boneless : Cut

Number of Products: 1

Method

1. Cook the gammon by boiling the joints in water or roasting or a combination of both until core temperature is achieved. Leave to rest and cut into thin slices to serve.

2. Chef's tip - You can boil or steam your gammon off the day before and then roast on the day of service to crisp up the skin , Roast some onions and arrange on your board for display.

Critical Control Points (CCP)

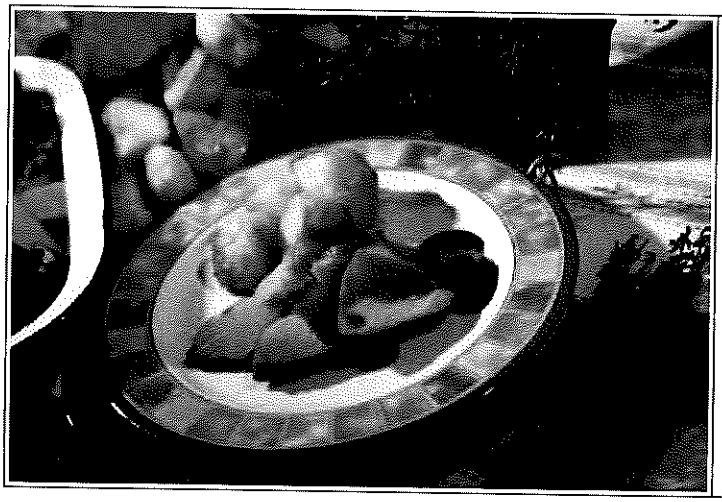
The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

ROAST GAMMON KS2

SUB RECIPE FOR: ROAST GAMMON, ROASTIES, FRESH VEG & GRAVY KS2



Recipe ID	671796
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

550 g Product 3607630 Gammon : Boneless : Cut

Number of Products: 1

Method

1. Cook the gammon by boiling the joints in water or roasting or a combination of both until core temperature is achieved. Leave to rest and cut into thin slices to serve.

2. Chef's tip - You can boil or steam your gammon off the day before and then roast on the day of service to crisp up the skin , Roast some onions and arrange on your board for display.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

SUMMER VEG TART PRI

SUB RECIPE FOR: SUMMER VEG TART, ROASTIES, FRESH VEG & GRAVY PRI

Recipe ID	945480
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

312 g	Product	2463893	Everyday Favorites Puff Pastry
75 g	Product	3956359	Everyday Favorites Green Pesto
150 g	Product	440964	Courgettes : Green
150 g	Product	1433959	Peppers : Red
150 g	Product	328903	Peppers : Yellow
200 g	Product	374440	Mild Cheddar : Grated

Number of Products: 6

Method

1. Thinly slice the courgette and peppers.
2. Place the puff pastry on a baking sheet and using a knife score a visible 1cm border around the edge without cutting through.
3. Spread the pesto over the pastry without going over the 1cm border.
4. Scatter over the thinly sliced veg and sprinkle over the grated cheese.
5. Bake in the oven at 200 degrees for 20-25 mins or until the border has puffed up and is golden brown and the veg is soft.
6. Cut into 10 portions and serve.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Milk

SUMMER VEG TART KS2

SUB RECIPE FOR: SUMMER VEG TART, ROASTIES, FRESH VEG & GRAVY KS2

Recipe ID	945504
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

312 g	Product	2463893	Everyday Favorites Puff Pastry
75 g	Product	3956359	Everyday Favorites Green Pesto
150 g	Product	440964	Courgettes : Green
150 g	Product	1433959	Peppers : Red
150 g	Product	328903	Peppers : Yellow
200 g	Product	374440	Mild Cheddar : Grated

Number of Products: 6

Method

1. Thinly slice the courgette and peppers.
2. Place the puff pastry on a baking sheet and using a knife score a visible 1cm border around the edge without cutting through.
3. Spread the pesto over the pastry without going over the 1cm border.
4. Scatter over the thinly sliced veg and sprinkle over the grated cheese.
5. Bake in the oven at 200 degrees for 20-25 mins or until the border has puffed up and is golden brown and the veg is soft.
6. Cut into 8 portions and serve.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

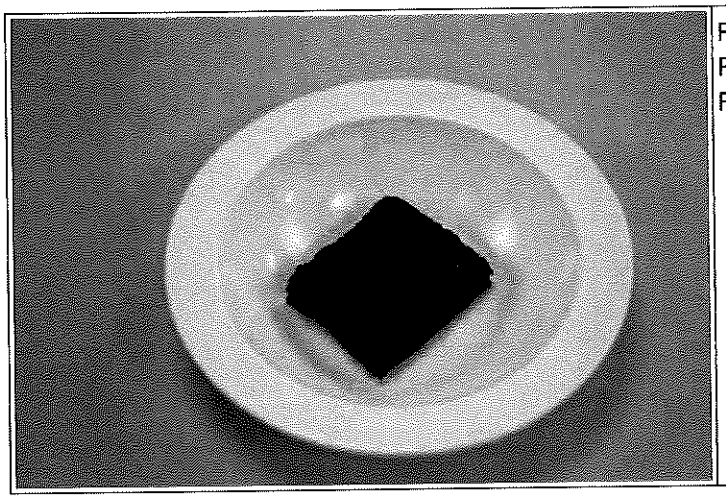
Allergens & Dietary Suitability

Gluten

Milk

CHOCOLATE BROWNIE PRI

SUB RECIPE FOR: CHOCOLATE BROWNIE PRI



Recipe ID	855160
Recipe Amount	60 ptns
Production Amount	60 ptns

Ingredients

625 g	Product	6476005	Bebo Cooking & Baking Marge
12 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
1250 g	Product	200588	Tate & Lyle Granulated Sugar
250 g	Product	1046295	Freshers Cocoa Powder : Low Fat
300 g	Product	192122	Plain Flour

Number of Products: 5

Method

1.Melt margarinein a heat proof bowl set over a pan of simmering water. Stirring regularly. Leave to cool slightly.

2.Meanwhile whisk the eggs and caster sugar in a large bowl until pale, fluffy and doubled in volume.

3. Add in the margarine. Fold in the flour and cocoa powder until well mixed.

4.Pour into your prepared tin, level the top with a spatula.

5.Bake for 20-25 mins at 180°C. The top should look set and shiny but should be a little wobbly.

Leave the brownie to cool completely in the tin then chill in the fridge until set.

---Chefs Tips ---.

Dust the chilled brownie with icing sugar to create a snowy effect.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

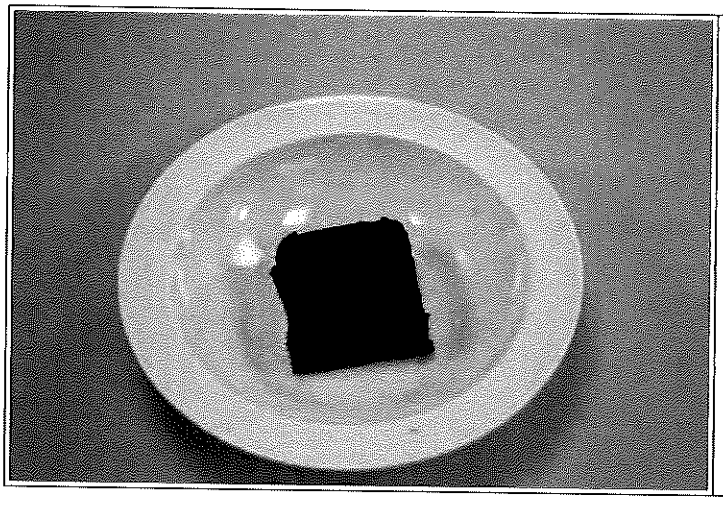
Allergens & Dietary Suitability

Gluten

Eggs

CHOCOLATE BROWNIE KS2

SUB RECIPE FOR: CHOCOLATE BROWNIE KS2



Recipe ID	622334
Recipe Amount	46 ptns
Production Amount	46 ptns

Ingredients

625 g	Product	6476005	Bebo Cooking & Baking Marge
12 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
1250 g	Product	200588	Tate & Lyle Granulated Sugar
300 g	Product	192122	Plain Flour
250 g	Product	1046295	Freshers Cocoa Powder : Low Fat

Number of Products: 5

Method

1.Melt margarinein a heat proof bowl set over a pan of simmering water. Stirring regularly. Leave to cool slightly.

2.Meanwhile whisk the eggs and caster sugar in a large bowl until pale, fluffy and doubled in volume.

3. Add in the margarine. Fold in the flour and cocoa powder until well mixed.

4.Pour into your prepared tin, level the top with a spatula.

5.Bake for 20-25 mins at 180°C. The top should look set and shiny but should be a little wobbly.

Leave the brownie to cool completely in the tin then chill in the fridge until set.

---Chefs Tips ---.

Dust the chilled brownie with icing sugar to create a snowy effect.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Eggs

CHICKEN CURRY PRI

SUB RECIPE FOR: CHICKEN CURRY, WHOLEGRAIN RICE, COCONUT CABBAGE PRI

Recipe ID	892733
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

550 g	Product	1455665	Sliced Chicken Thigh : Plain
10 ptns	Recipe	671564	Homemade Curry Sauce PRI

Number of Products: 10

Method

1. Make the homemade curry sauce as per sub recipe.
2. Place the chicken into the curry sauce and cook until core temperature is reached.
3. Serve with rice.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Mustard

CHICKEN CURRY KS2

SUB RECIPE FOR: CHICKEN CURRY, WHOLEGRAIN RICE, COCONUT CABBAGE KS2

Recipe ID	945461
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

550 g	Product	1455665	Sliced Chicken Thigh : Plain
10 ptns	Recipe	671564	Homemade Curry Sauce PRI

Number of Products: 10

Method

1. Make the homemade curry sauce as per sub recipe.
2. Place the chicken into the curry sauce and cook until core temperature is reached.
3. Serve with rice.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Mustard

VEGETABLE & COCONUT CURRY PRI

SUB RECIPE FOR: SWEET VEGETABLE & COCONUT CURRY, WHOLEGRAIN RICE, COCONUT CABBAGE PRI

Recipe ID	945439
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

15 ml	Product	209586	Vegetable Oil : Extended Life
250 g	Product	307620	Onions : Large
500 g	Product	199335	Royal Crown Chick Peas : in water
75 g	Product	4492295	Rickmers Tikka Curry : Paste
500 ml	Product	4303188	Cook Asia Coconut Milk : Light
250 g	Product	465084	Tomatoes : (MM)
5 g	Product	484397	Coriander
200 g	Product	440964	Courgettes : Green
200 g	Product	198487	Green Beans : Cut

Number of Products: 9

Method

1. Slice the onions . Roughly chop the courgette and tomatoes.
2. Heat the oil in a suitable pan and cook the onion over a medium heat until soft but not coloured.
3. Add the curry paste and cook for a further 2 minutes. Add in the coconut milk, courgette, green beans, chickpeas & tomatoes, bring to the boil and simmer for 20 minutes.
4. Place in a serving dish and garnish with the chopped coriander.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

VEGETABLE & COCONUT CURRY KS2

SUB RECIPE FOR: SWEET VEGETABLE & COCONUT CURRY, WHOLEGRAIN RICE, COCONUT CABBAGE KS2

Recipe ID	945448
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

15 ml	Product	209586	Vegetable Oil : Extended Life
250 g	Product	307620	Onions : Large
500 g	Product	199335	Royal Crown Chick Peas : in water
75 g	Product	4492295	Rickmers Tikka Curry : Paste
500 ml	Product	4303188	Cook Asia Coconut Milk : Light
250 g	Product	465084	Tomatoes : (MM)
5 g	Product	484397	Coriander
200 g	Product	440964	Courgettes : Green
200 g	Product	198487	Green Beans : Cut

Number of Products: 9

Method

1. Slice the onions . Roughly chop the courgette and tomatoes.
2. Heat the oil in a suitable pan and cook the onion over a medium heat until soft but not coloured.
3. Add the curry paste and cook for a further 2 minutes. Add in the coconut milk, courgette, green beans, chickpeas & tomatoes, bring to the boil and simmer for 20 minutes.
4. Place in a serving dish and garnish with the chopped coriander.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

HOMEMADE CURRY SAUCE PRI

SUB RECIPE FOR: CHICKEN CURRY PRI

Recipe ID	671564
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

30 ml	Product	209586	Vegetable Oil : Extended Life
250 g	Product	307620	Onions : Large
10 g	Product	1455384	Ginger : Fresh
10 g	Product	5338414	Triple Lion Garlic Purée
3 g	Product	319743	Chef William Madras Curry Powder : Info: mild
3 g	Product	319682	Chef William Turmeric : Info: ground
8 g	Product	4003909	Chef William Garam Masala
30 g	Product	199214	Tomato Puree
800 g	Product	199221	Chopped Tomatoes
200 ml	Recipe	619743	Water

Number of Products: 9

Method

1. Heat the oil in a suitable pan and gently sweat the onions until golden brown.
2. Add in the garlic, grated/crushed ginger, madras powder, turmeric and garam masala. Cook for 2 mins.
3. Add in the tomato puree. Cook for 2 mins.
4. Add in the chopped tomatoes and water, bring to the boil and simmer for 20 mins.
5. Adjust the seasoning and either use as is or puree/liquidise the sauce and adjust the seasoning.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Mustard

WHOLEGRAIN RICE PRI

SUB RECIPE FOR: CHICKEN CURRY, WHOLEGRAIN RICE, COCONUT CABBAGE PRI

Recipe ID	671580
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

450 g Product 865871 Easy Cook : Long Grain Rice : Brown

Number of Products: 1

Method

1. Cook as per manufacturers instructions.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

Nutritional Anaylsis

	Energy or Nutrient Total Weight: 450.00 g	Recipe	% RI	Per 100g
	Energy	6723 kJ 1607 kcal	80 %	1494 kJ 357 kcal
	Fat	12.60 g	18 %	2.80
	Saturates	3.15 g	16 %	0.70
	Carbohydrate	365.85 g	141 %	81.30
	Sugars	5.85 g	7 %	1.30
	Fibre	8.55 g	-	1.90
	Protein	30.15 g	60 %	6.70
	Salt	0.00 g	0 %	0.00

WHOLEGRAIN RICE KS2

SUB RECIPE FOR: CHICKEN CURRY, WHOLEGRAIN RICE, COCONUT CABBAGE KS2

Recipe ID	671581
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

450 g Product 865871 Easy Cook : Long Grain Rice : Brown

Number of Products: 1

Method

1. Cook as per manufacturers instructions.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

Nutritional Anaylsis

	Energy or Nutrient Total Weight: 450.00 g	Recipe	% RI	Per 100g
	Energy	6723 kJ 1607 kcal	80 %	1494 kJ 357 kcal
	Fat	12.60 g	18 %	2.80
	Saturates	3.15 g	16 %	0.70
	Carbohydrate	365.85 g	141 %	81.30
	Sugars	5.85 g	7 %	1.30
	Fibre	8.55 g	-	1.90
	Protein	30.15 g	60 %	6.70
	Salt	0.00 g	0 %	0.00

COCONUT CABBAGE PRI

SUB RECIPE FOR: CHICKEN CURRY, WHOLEGRAIN RICE, COCONUT CABBAGE PRI

Recipe ID	945450
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

15 ml	Product	209586	Vegetable Oil : Extended Life
150 g	Product	328900	Onions : Large
0.5 each	Product	273963	Cabbage : Savoy
3 g	Product	319682	Chef William Turmeric : Info: ground
35 g	Product	311884	Smart Choice Coconut : Dessicated

Number of Products: 5

Method

1. Dice the onion. Shred the cabbage.
2. Heat the oil in a suitable pan add the onion, sweat until soft.
3. Add the cabbage and turmeric, stir, reduce the heat and cover. Cook until the cabbage is soft.
4. Stir in the coconut and serve.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Sulphur dioxide

COCONUT CABBAGE KS2

SUB RECIPE FOR: CHICKEN CURRY, WHOLEGRAIN RICE, COCONUT CABBAGE KS2

Recipe ID	945453
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

15 ml	Product	209586	Vegetable Oil : Extended Life
150 g	Product	328900	Onions : Large
0.5 each	Product	273963	Cabbage : Savoy
3 g	Product	319682	Chef William Turmeric : Info: ground
35 g	Product	311884	Smart Choice Coconut : Dessicated

Number of Products: 5

Method

1. Dice the onion. Shred the cabbage.
2. Heat the oil in a suitable pan add the onion, sweat until soft.
3. Add the cabbage and turmeric, stir, reduce the heat and cover. Cook until the cabbage is soft.
4. Stir in the coconut and serve.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Sulphur dioxide

PEACHES & VANILLA ICE CREAM PRI & KS2

SUB RECIPE FOR: PEACHES & VANILLA ICE CREAM PRI & KS2

Recipe ID	802098
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

500 g	Product	199085	Peach Slices : in pear juice
500 ml	Product	310986	Vanilla : Yellow

Number of Products: 2

Method

1. Serve 50g peaches and a 50g ball of ice cream per portion.

Critical Control Points (CCP)

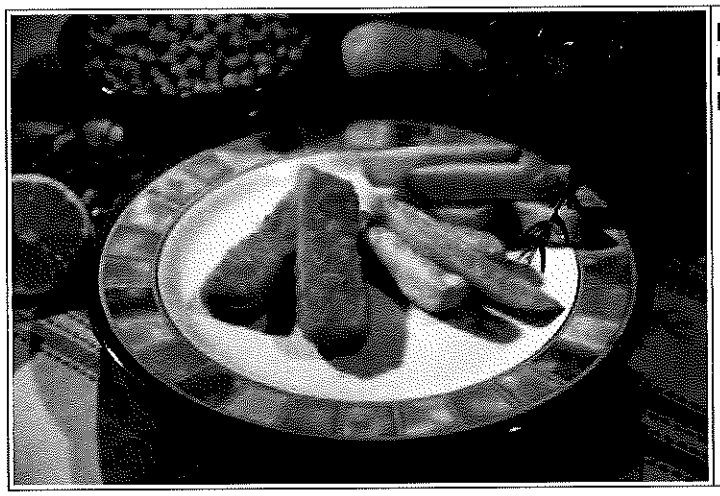
The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Milk

FISH FINGERS PRI

SUB RECIPE FOR: FISH FINGERS, CHIPS & BAKED BEANS PRI



Recipe ID	667483
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

20 ea	Product	5634868	Youngs Fish Fingers : Minced Pollock : MSC

Number of Products: 1

Method

1. Cook the fish fingers as per manufacturers instructions.
2. Serve 2 per portion.

Critical Control Points (CCP)

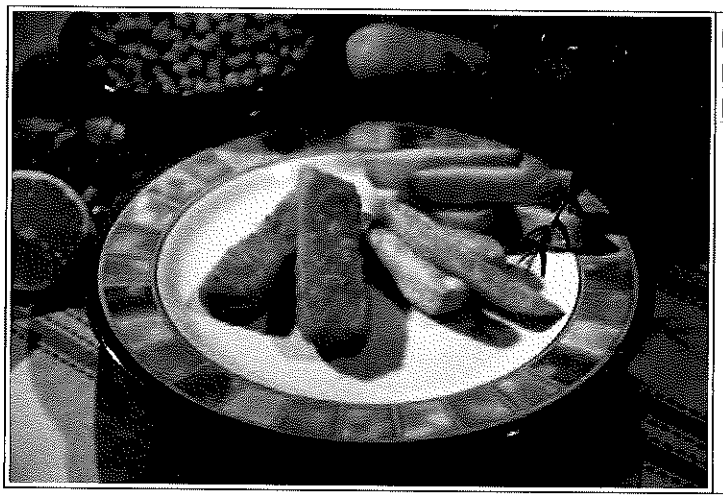
The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten	Fish
Wheat	

FISH FINGERS KS2

SUB RECIPE FOR: FISH FINGERS, CHIPS & BAKED BEANS KS2



Recipe ID	667487
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

30 ea	Product	5634868	Youngs Fish Fingers : Minced Pollock : MSC

Number of Products: 1

Method

1. Cook the fish fingers as per manufacturers instructions.
2. Serve 3 per portion.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Wheat

Fish

CHEESY BEAN WRAP PRI

SUB RECIPE FOR: CHEESY BEAN WRAP, CHIPS & BAKED BEANS PRI

Recipe ID	671614
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

10 each	Product	303315	Tortilla : Flour : 10"
400 g	Product	199425	Baked Beans : reduced sugar and salt
225 g	Product	374440	Mild Cheddar : Grated

Number of Products: 3

Method

1.Lay the tortilla flat on a baking tray and place the cheese in the centre.

2. Warm the beans and place neatly on the cheese and fold and roll to make a parcel.

3. Place the tortillas on a baking tray and cover with foil.

4. Bake at 160°C for 20 minutes ensuring the core temperature is achieved.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Wheat

Milk

CHEESY BEAN WRAP KS2

SUB RECIPE FOR: CHEESY BEAN WRAP, CHIPS & BAKED BEANS KS2

Recipe ID	671616
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

8 each	Product	303315	Tortilla : Flour : 10"
400 g	Product	199425	Baked Beans : reduced sugar and salt
225 g	Product	374440	Mild Cheddar : Grated

Number of Products: 3

Method

1.Lay the tortilla flat on a baking tray and place the cheese in the centre.

2. Warm the beans and place neatly on the cheese and fold and roll to make a parcel.

3. Place the tortillas on a baking tray and cover with foil.

4. Bake at 160°C for 20 minutes ensuring the core temperature is achieved.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Milk

Wheat

CHIPS PRI & KS2

SUB RECIPE FOR: FISH FINGERS, CHIPS & BAKED BEANS KS2

Recipe ID	667475
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

1 kg Product 452313 Thick Cut Chips : 9/16

Number of Products: 1

Method

1. Place on to a tray and put them in the oven and cook until golden and crispy (75°C). Or drop into the fryer until golden and crispy.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

Nutritional Anaylsis

	Energy or Nutrient Total Weight: 1000.00 g	Recipe	% RI	Per 100g
	Energy	4810 kJ 1150 kcal	57 %	481 kJ 115 kcal
	Fat	31.00 g	44 %	3.10
	Saturates	16.00 g	80 %	1.60
	Carbohydrate	186.00 g	72 %	18.60
	Sugars	2.00 g	2 %	0.20
	Fibre	18.00 g	-	1.80
	Protein	23.00 g	46 %	2.30
	Salt	2.50 g	42 %	0.25

BAKED BEANS PRI

SUB RECIPE FOR: FISH FINGERS, CHIPS & BAKED BEANS PRI

Recipe ID	667023
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

500 g	Product	199425	Baked Beans : reduced sugar and salt

Number of Products: 1

Method

1. Heat as required.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

Nutritional Anaylsis

	Energy or Nutrient Total Weight: 500.00 g	Recipe	% RI	Per 100g
	Energy	1735 kJ 415 kcal	21 %	347 kJ 83 kcal
	Fat	1.85 g	3 %	0.37
	Saturates	0.40 g	2 %	0.08
	Carbohydrate	64.00 g	25 %	12.80
	Sugars	18.15 g	20 %	3.63
	Fibre	20.65 g	-	4.13
	Protein	24.20 g	48 %	4.84
	Salt	2.75 g	46 %	0.55

LEMON COOKIE PRI

SUB RECIPE FOR: LEMON COOKIE PRI

Recipe ID	691473
Recipe Amount	32 ptns
Production Amount	32 ptns

Ingredients

300 g	Product	6476005	Bebo Cooking & Baking Marge
300 g	Product	200576	Tate & Lyle Caster Sugar
600 g	Product	3667515	Everyday Favorites Self Raising Flour
1 each	Product	1396505	Lemon : Medium
95 g	Product	193930	Lyles Golden Syrup

Number of Products: 5

Method

1. Preheat the oven to 170°C.
2. In a suitable bowl cream the margarine and sugar until smooth and fluffy. Zest and juice the lemons and add with the remaining ingredients.
3. Roll the cookie dough into 4cm wide sausage shapes and cut into 1cm slices and place onto baking trays. Leave enough gap for the cookies to spread, push down slightly on top to flatten.
4. Bake in the oven for 10-12 minutes until soft in the middle. Allow to cool slightly and place on a pastry rack/wire.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Wheat

LEMON COOKIE KS2

SUB RECIPE FOR: LEMON COOKIE KS2

Recipe ID	691475
Recipe Amount	26 ptns
Production Amount	26 ptns

Ingredients

300 g	Product	6476005	Bebo Cooking & Baking Marge
300 g	Product	200576	Tate & Lyle Caster Sugar
600 g	Product	3667515	Everyday Favorites Self Raising Flour
1 each	Product	1396505	Lemon : Medium
95 g	Product	193930	Lyles Golden Syrup

Number of Products: 5

Method

1. Preheat the oven to 170°C.
2. In a suitable bowl cream the margarine and sugar until smooth and fluffy. Zest and juice the lemons and add with the remaining ingredients.
3. Roll the cookie dough into 4cm wide sausage shapes and cut into 1cm slices and place onto baking trays. Leave enough gap for the cookies to spread, push down slightly on top to flatten.
4. Bake in the oven for 10-12 minutes until soft in the middle. Allow to cool slightly and place on a pastry rack/wire.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Wheat