

# RECIPE GUIDE

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*Note that these recipes do not include methods as the ingredient lists are written in such a way that encourages the methods become intuitive.*

*Also, I have elected to negate mention of salt and pepper in recipes as these are often subject to personal taste and method. My beta tends to be adding a teaspoon of salt at the initiation point of cooking, followed by intervals of half-teaspoons of salt with the addition of each new ingredient over 100g. For recipes which require plain black pepper, my beta calls for one teaspoon near the end of cooking. And remember, slat beta + pepper beta makes you a cooking AlphaChad.*

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# Western

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## Seared Scallops

### Scallops

- 1 tsp Olive Oil
- 1 tsp Butter
- 3 Large Scallops
- 50ml White Wine
- 50ml Double Cream
- Lemon Juice

### Fennel

- 1 tsp Olive Oil
- 1 Bulb of Fennel

### Pea Purée

- 90g Garden Peas
- 1 tsp Butter
- Lemon Juice
- Lemon Zest

### Serving

- Horseraddish Sauce
- Fresh Samphire

# Salmon En Croûte

## Salmon Mousse

- 1 Fillet of Salmon
- 150g Soft Cheese
- 50g of Crème Fraîche
- Lemon Juice
- Lemon Zest
- Fresh Watercress
- Fresh Dill
- Black Pepper

## Leeks

- 1 tsp Olive Oil
- 1 tsp Butter
- 1 Leek
- White Wine
- Black Pepper

## Pastry & Filling

- The *Leeks*
- 8cm Salmon Fillet
- The *Salmon Mousse*
- Samphire
- 200g of Puff Pastry
- 1 Egg Yolk (For Brushing)

## Potatoes

- 375g Baby Potatoes
- 1 tbsp Olive Oil
- Fresh Watercress

**Vegetables**

- 1 tsp Olive Oil (For Frying)
- Tenderstem Broccoli
- Asparagus
- Lemon Zest

## **Fish Mixed Grill**

### **Fish**

- 1 tbsp Olive Oil
- 1 Trout Fillet
- 1 Sea Bass Fillet
- Raw King Prawns

### **Mashed Potatoes**

- 375g Charlotte Potatoes
- 1 tbsp Olive Oil
- 150ml Milk
- 1 tsp Rosemary
- 1 tsp Garlic Powder
- Coarse Black Pepper

### **Vegetables**

- 1 tsp Olive Oil
- Asparagus

### **Sauce**

- 1 tsp Olive Oil
- 2 Cloves Garlic
- $\frac{1}{2}$  Red Onion
- 150ml Fish Stock
- 150ml Double Cream
- Fresh Parsley
- Lemon Zest

## Beef Burger

### Patty

- 1 tsp Olive Oil (For Frying)
- 1 tsp Olive Oil (To Mix In)
- 250g 12% Fat Ground Beef

### Special Sauce

- 2 tbsp Mayonnaise
- 1 tbsp Ketchup
- Red Onion
- Gherkin

### Assembly

- Bun of Choice
- The *Special Sauce*
- Lettuce Leaves
- Beef Tomato
- The *Patty*
- Mature Cheddar Cheese
- Red Onion (Grilled)



## BBQ Mixed Grill

### Meat & Fish

- 1 Ribeye Steak
  - Flaked Salt
  - Coarse Black Pepper
  - 1 tsp Olive Oil
  - 1 tsp Butter
  - 2 Cloves Garlic
  - Fresh Rosemary
- 1 Chicken Breast
  - 1 tsp Olive Oil
  - 1 tsp Paprika
  - 1 tsp Cumin
  - 1 tsp Oregano
  - $\frac{1}{2}$  tsp Onion Powder
- 2 Pork Sausages
  - 1 tsp Olive Oil
- 1 Fillet of Salmon
  - 1 tsp Olive Oil
  - 1 tsp Paprika
  - 1 tsp Coriander Powder
  - $\frac{1}{2}$  tsp Chilli Powder

### Potato Salad

- 375g Charlotte Potatoes
- 1 Hard Boiled Egg
- $\frac{1}{2}$  Red Onion
- 1 Stick of Celery
- Spring Onion
- Fresh Chives or Dill
- 2 tbsp Mayonnaise
- 1 tbsp Crème Fraîche

- 1 tsp Dijon Mustard
- 1 tsp Celery Seeds
- Flaked Salt
- Coarse Black Pepper

### **Mac & Cheese**

- 2 tsp Olive Oil
- 1 tsp Butter
- $\frac{1}{2}$  Red Onion
- 15g Flour
- 300ml Milk
- 1 tsp Dijon Mustard
- 30g Mature Cheddar Cheese
- 30g Gruyère Cheese
- 30g Parmigiano Reggiano
- 1 tsp Worcestershire Sauce
- Coarse Black Pepper
- 70g Conchiglie Pasta
- Water (For Boiling Pasta)
- 10g Parmigiano Reggiano (For Topping)

### **Coleslaw**

- Green and/or Red Cabbage
- $\frac{1}{2}$  Red Onion
- 1 Carrot
- 2 tbsp Mayonnaise
- 1 tbsp Crème Fraîche
- 1 tsp Dijon Mustard
- 1 tsp Celery Seeds
- Flaked Salt
- Coarse Black Pepper

### **Vegetable Skewers**

- 1 tsp Olive Oil
- $\frac{1}{2}$  Red Onion
- $\frac{1}{2}$  Yellow Pepper
- 1 Courgette

## Beef In Peppercorn Sauce

- 2 tsp Olive Oil
- 2 Cloves of Garlic
- $\frac{1}{2}$  Red Onion
- 100g Chestnut Mushrooms
- Whole Peppercorns
- 150ml Beef Stock
- 50g Crème Fraîche
- Pastrami Deli Beef

## Beef Stroganoff

### Beef

- 1 tsp Olive Oil
- 1 Fillet Steak

### Sauce

- 2 tsp Olive Oil
- 1 tsp Butter
- 2 Cloves Garlic
- $\frac{1}{2}$  Red Onion
- 100g Chestnut Mushrooms
- $\frac{1}{2}$  tsp Paprika
- 150ml Beef Stock
- 150g Sour Cream
- 1 tsp Lemon Juice
- Fresh Parsley

## **Boeuf Bourguignon (Beef Burgundy)**

### **Casserole**

- 2 tsp Olive Oil
- 2 Cloves Garlic
- $\frac{1}{2}$  Red Onion
- 2 Carrots
- 1 Steak of Choice
- 30g Flour
- 1 Bay Leaf
- 2 tsp Thyme
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 150ml Beef Stock
- 375ml Red Wine of Choice
- 1 tbsp Tomato Purée
- Fresh Parsley

### **Last Minute Stuff**

- 1 tsp Olive Oil
- 100g Chestnut Mushrooms
- Pearl Onions

## **Venison Steak**

### **Venison**

- 1 tsp Olive Oil
- 1 Venison Steak

### **Porchini Mushroom Sauce**

- 1 tsp Olive Oil
- 1 Clove Garlic
- $\frac{1}{4}$  Red Onion
- 75g Porchini Mushrooms
- 150ml Vegetable Stock
- 50g Crème Fraîche

### **Potatoes**

- 375g Ruby Gem Potatoes
- 1 tsp Olive Oil

### **Vegetables**

- 1 tsp Olive Oil
- Asparagus
- Baby Chantennay Carrots

## Chicken Pot Pie

- 2 tsp Olive Oil
- $\frac{1}{2}$  Red Onion
- 1 Carrot
- 1 Stick of Celery
- 2 Chicken Breasts
- 30g Flour
- 2 tsp Thyme
- 150ml Chicken Stock
- 375ml White Wine
- 50g Garden Peas
- 50g Crème Fraîche
- Fresh Parsley
- Puff Pastry (To Top)



## South American

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### Chile Con Carne

- 2 tsp Olive Oil
- 3 Cloves Garlic
- $\frac{1}{2}$  Red Onion
- $\frac{1}{2}$  Red Pepper
- 2 Tomatoes
- 250g 5% Fat Ground Beef
- 1 Can Red Kidney Beans
- 2 tsp Cumin
- 2 tsp Paprika
- 2 tsp Oregano
- 2 tsp Onion Powder
- 2 tsp Garlic Powder
- $\frac{1}{2}$  tsp Chilli Powder
- 150ml Beef Stock
- 150ml Passata
- 1 tbsp Tomato Purée
- 30g 70% Cocoa Chocolate
- 50ml Milk
- Fresh Coriander

## **Carne Asada Tacos**

### **Steak**

- Thin Rump Steak
- 2 Cloves Garlic
- Ginger
- 1 tbsp Olive Oil
- 2 tbsp Soy Sauce
- 1 tsp Cumin
- Fresh Coriander
- Lime Juice
- Lime Zest

### **Pico De Gallo**

- 1 Red Onion
- 2 Tomatoes
- 1 tbsp Tomato Purée
- 1 tsp Chipotle Chilli Paste
- 1 tsp Cumin
- Fresh Coriander
- Lime Juice

### **Garlic Aioli**

- 2 tbsp Mayonnaise
- 2 Cloves Garlic
- Lemon Juice
- Lemon Zest
- Coarse Black Pepper

## **Cheesy Beef Burrito**

### **Beef**

- 2 tsp Rapeseed Oil
- 2 Cloves Garlic
- 250g 5% Fat Ground Beef
- 2 tsp Cumin
- 2 tsp Paprika
- 2 tsp Oregano
- 2 tsp Onion Powder
- 2 tsp Garlic Powder
- $\frac{1}{2}$  tsp Chilli Powder
- 15g Sour Cream
- 30g Cheddar Cheese

### **The Rest**

- 1 tsp Rapeseed Oil
- $\frac{1}{2}$  Red Onion
- $\frac{1}{2}$  Red Pepper
- Iceberg Lettuce
- Burrito Tortilla

## **Lime Chicken Tacos**

### **Chicken**

- 1 tsp Olive Oil
- 1 tbsp Tomato Purée
- 1 tsp Chipotle Chilli Paste
- Lime Juice
- Fresh Coriander
- 2 tsp Cumin
- 2 tsp Paprika
- 2 tsp Oregano
- $\frac{1}{2}$  tsp Chilli Powder
- 2 Chicken Breasts

### **Pico De Gallo**

- 1 Red Onion
- 2 Tomatoes
- 1 tbsp Tomato Purée
- 1 tsp Chipotle Chilli Paste
- 1 tsp Cumin
- Fresh Coriander
- Lime Juice

### **Avocado Cream**

- 1 Avocado
- 2 Cloves Garlic
- 1 tsp Crème Fraîche
- Lime Juice
- Fresh Coriander

## **Prawn Tacos**

### **Prawns**

- 1 tsp Olive Oil
- 1 tbsp Tomato Purée
- 1 tsp Chipotle Chilli Paste
- Fresh Coriander
- Lime Juice
- 2 tsp Cumin
- 2 tsp Paprika
- 2 tsp Oregano
- 
- $\frac{1}{2}$  tsp Chilli Powder
- King Prawns
- Sour Cream

### **Pico De Gallo**

- 1 Red Onion
- 2 Tomatoes
- 1 tbsp Tomato Purée
- 1 tsp Chipotle Chilli Paste
- 1 tsp Cumin
- Fresh Coriander
- Lime Juice

### **Guacamole**

- 1 Avocado
- 1 Clove Garlic
- 1 Red Chilli
- Lime Juice
- Fresh Coriander

# Mediterranean

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## Seared Sea Bass

### Sea Bass

- 1 tsp Olive Oil
- 1 Sea Bass Fillet

### Chorizo Potatoes

- 1 tsp Olive Oil
- 80g Smoked Chorizo
- 2 Cloves Garlic
- 375g Ruby Gem Potatoes
- 1 tsp Paprika
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tsp Coriander Powder

### Vegetables

- 1 tsp Olive Oil
- $\frac{1}{2}$  Red Onion
- $\frac{1}{2}$  Yellow Pepper
- 1 Courgette
- Semi-Dried Tomatoes
- Pitted Kalamata Olives
- 1 tsp Oregano

### Red Pepper Sauce (Optional)

- 1 tsp Olive Oil
- $\frac{1}{2}$  Red Onion
- $\frac{1}{2}$  Red Pepper
- $\frac{1}{2}$  Yellow Pepper
- 2 Cloves Garlic
- 1 tbs Tomato Purée
- 1 tsp Paprika

- 1 tsp Onion Powder
- 1 tsp Garlic Powder

## **Seared Salmon**

### **Salmon**

- 1 tsp Olive Oil
- 1 tsp Butter
- 1 Salmon Fillet
- Fresh Dill

### **Potatoes**

- 375g Ruby Gem Potatoes
- 1 tsp Olive Oil
- Fresh Watercress

### **Vegetables**

- 1 tsp Olive Oil
- 1 Clove Garlic
- 1 Shallot
- Green Beans
- Multi-Coloured Plum Tomatoes
- 1 Red Chilli
- Lemon Zest



## **Tuna Steak**

### **Tuna**

- 1 tsp Olive Oil
- 1 Yellofin Tuna Steak
- Fresh Thyme

### **Tomato Sauce**

- 1 tsp Olive Oil
- 1 Red Onion
- 2 Cloves Garlic
- 1 Red Chilli
- 300ml Passata or Chopped Tomatoes
- 2 tsp Paprika
- 2 tsp Oregano
- $\frac{1}{2}$  tsp Chilli Powder
- Fresh Basil

## **Salmon Fritters**

### **Salmon Fritters**

- 1 Salmon Fillet
- 70g Crème Fraîche
- Lemon Juice
- Lemon Zest
- Fresh Watercress
- Fresh Dill

### **Prawns**

- 1 tsp Olive Oil
- 2 Cloves Garlic
- King Prawns
- 1 tsp Chilli Flakes

### **Extras**

- Dill Mustard Sauce
- Fresh Watercress
- Lemon Wedge

## Tapas Selection

### Prawns

- 1 tsp Olive Oil
- 80g Smoked Chorizo
- 1 Shallot
- 3 Cloves Garlic
- King Prawns
- 2 tsp Paprika
- 1 tsp Chilli Flakes
- Fresh Flat Leaf Parsley

### Lamb

- 1 tsp Olive Oil
- 125g Minced Lamb
- 2 Cloves Garlic
- 2 tsp Cumin
- 2 tsp Paprika
- 2 tsp Onion Powder
- Fresh Coriander

### Potato Salad

- 300g Charlotte Potatoes
- 80g Smoked Chorizo
- 2 tbsp Mayonnaise
- 1 tbsp Sour Cream
- 1 tsp Paprika
- Fresh Coriander

## Seafood Paella

### Paella

- 1 tsp Olive Oil
- 50g Smoked Chorizo
- $\frac{1}{2}$  Red Onion
- $\frac{1}{2}$  Red Pepper
- 2 Tomatoes
- 3 Cloves of Garlic
- Chicken Breast (Optional)
- 4 tsp Smoked Paprika
- 4 tsp Oregano
- 90g Any Suitable Rice
- 25ml White Wine
- 360ml Chicken or Fish Stock
- 1 tbsp Tomato Purée
- 1g Saffron
- 30g Garden Peas
- Lemon Juice
- Lemon Zest
- Fresh Flat Leaf Parsley

### Optional Seafood

- Peeled & Unpeeled King Prawns
- Mussels
- Squid Rings

## Bolognese

### Ragu

- 2 tsp Olive Oil
- 3 Cloves Garlic
- $\frac{1}{2}$  White Onion
- $\frac{1}{2}$  Red Pepper
- 2 Tomatoes
- 1 Carrot
- 1 Stick Celery
- 250g 5% Fat Ground Beef
- 4 tsp Oregano
- 2 tsp Rosemary
- 2 tsp Onion Powder
- 2 tsp Garlic Powder
- 150ml Beef Stock
- 150ml Passata
- 1 tbsp Tomato Purée
- 1 tsp Balsamic Vinegar
- 50ml Milk
- 30g Parmigiano Reggiano
- Fresh Basil

### Pasta

- 90g Conchiglioni
- Water (To Boil)

## Neapolital Style Pizza

### Dough

- 170ml Water
- 7g Instant Yeast
- 260g Double Zero Flour
- 4g Sea Salt

### Anchovy & Olive Topping

- 200g Passata
- 1 Mozzarella Ball
- Anchovies
- Kalamata Olives
- Basil Pesto
- Pecorino Romano

### Prawn Topping

- 200g Passata
- 1 Mozzarella Ball
- Prawns (Marinade, Don't Cook)
  - 1 tsp Olive Oil
  - 3 Cloves Garlic
  - King Prawns
  - Fresh Flat Leaf Parsley
- Basil Pesto
- Pecorino Romano

### Spicy Meat Topping

- 200g Passata
- 1 Mozzarella Ball
- 80g Smoked Chorizo
- Spicy Chicken
  - 1 tsp Olive Oil
  - 1 tsp Paprika

- 1 tsp Oregano
  - $\frac{1}{2}$  tsp Chilli Powder
  - 1 Chicken Breast
- Nduja Chilli Paste or Ndjua Pesto

## Tomato Bruschetta

### Tomatoes

- $\frac{1}{2}$  Red Onion
- Red & Yellow Plum Tomatoes
- Red & Purple Salad Tomatoes
- 3 Cloves Garlic
- 1 tbsp Olive Oil
- 1 tbsp Balsamic Vinegar
- Fresh Basil

### Bruschetta

- $\frac{1}{2}$  Ciabatta Loaf
- 1 tsp Olive Oil
- 3 Cloves Garlic
- Fresh Rosemary



## Vegetarian Halloumi Bake

- 1 tbsp Coconut Oil
- 300g Charlotte Potatoes
- 1 tsp Rosemary
- 2 Aubergines
- 2 Beef Tomatoes
- 250g Cooked Puy Lentils
- 250g Halloumi
- Anchovies (To Top)
- Basil Pesto (To Top)

## Oriental

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### Garlic & Chilli Beef

#### Paste

- 2 tbsp Soy Sauce
- 1 tbsp Oyster Sauce
- 1 tbsp Teriyaki Sauce
- 3 Cloves Garlic
- Ginger
- 1 Red Chilli
- Fresh Coriander

#### Beef

- 2 tsp Rapeseed Oil
- $\frac{1}{2}$  Red Onion
- $\frac{1}{2}$  Red Pepper
- Magetout (Halved)
- 250g 5% Fat Minced Beef
- 2 tsp Corn Flour
- The *Paste*
- 200ml Beef Stock
- 2 tsp Sesame Seeds

#### Noodles

- 1 Nest Egg Noodles
- 100g Beansprouts
- 1 tsp Sesame Oil

## **Salt & Chilli Chicken Curry**

### **Chicken**

- 2 tbsp Rapeseed Oil
- 2 Chicken Breasts
- 1 Egg
- 2 tbsp Cornflour
- 1 tsp Chilli Powder
- 1 tsp Coriander Powder
- 1 tsp Onion Powder
- 1 Red Chilli
- Spring Onion

### **Curry Sauce**

- 3 tbsp Rapeseed Oil
- 1 tbsp Butter
- 1 White Onion
- 1 Carrot
- 3 Cloves Garlic
- Ginger
- 2 tbsp Curry Powder
- 2 tsp Five Spice
- 2 tsp Chilli Powder
- 2 tsp Turmeric
- 1 tsp Cumin
- 1 tsp Sugar
- 1 tbsp Soy Sauce
- 1 tsp Fish Sauce
- 400ml Vegetable Stock
- 2 tbsp Cornflour

## Thai Red Curry

### Paste

- 3 Cloves Garlic
- Ginger
- 2 Lemongrass Roots
- 1 Red Chilli
- $\frac{1}{2}$  Red Onion
- $\frac{1}{2}$  Red Pepper
- 1 tbsp Tomato Puree
- 2 tsp Rapeseed Oil
- 1 tbsp Soy Sauce
- 1 tsp Fish Sauce
- 1 tsp Tamarind Paste
- 1 tsp Lime Juice
- 1 tsp Paprika
- Fresh Coriander

### Sauce

- 1 tsp Rapeseed Oil
- 2 Chicken Breasts
- $\frac{1}{2}$  Red Onion
- $\frac{1}{2}$  Red Pepper
- The *Paste*
- 300ml Coconut Milk
- 2 tsp Cornflour

### Rice

- 90g Thai Jasmine Rice
- 180ml Water

## Thai Green Curry

### Paste

- 3 Cloves of Garlic
- Ginger
- 2 Lemongrass Roots
- 3 Kaffir Lime Leaves
- 1 Green Chilli
- $\frac{1}{2}$  White Onion
- 2 tsp Rapeseed Oil
- 1 tbsp Soy Sauce
- 1 tsp Fish Sauce
- 1 tsp Tamarind Paste
- 1 tsp Lime Juice
- 1 tsp Cumin
- $\frac{1}{2}$  tsp Turmeric
- Fresh Coriander

### Sauce

- 1 tsp Rapeseed Oil
- King Prawns
- $\frac{1}{2}$  White Onion
- Green Beans
- The *Paste*
- 300ml Coconut Milk
- 2 tsp Cornflour

### Rice

- 90g Thai Jasmine Rice
- 180ml Water

## Poached Salmon

- 1 tbsp Rapeseed Oil
- 3 Cloves Garlic
- Ginger
- 2 tbsp Soy Sauce
- 1 tbsp Oyster Sauce
- 1 tbsp Teriyaki Sauce
- 1 tsp Fish Sauce
- 1 Red Chilli
- Spring Onion
- Fresh Coriander
- 150ml Fish Stock
- 1 tsp Corn Flour
- 2 Salmon Fillets

## **Korean Sea Bass**

### **Sea Bass & Vegetables**

- 1 tbsp Rapeseed Oil
- 1 Sea Bass Fillet
- Tenderstem Broccoli

### **Potatoes**

- 300g Baby Potatoes
- 1 tbsp Sesame Oil
- 2 tbsp Soy Sauce
- 1 tbsp Oyster Sauce
- 1 tbsp Teriyaki Sauce
- 2 tbsp Honey
- 2 Cloves Garlic
- Ginger
- Spring Onion
- Fresh Coriander
- 2 tsp Sesame Seeds
- 50ml water

## **Fish Cakes**

### **Salmon, Chilli & Ginger**

- 1 Salmon Fillet
- 2 Cloves Garlic
- Ginger
- 1 Red Chilli
- Spring Onion
- Egg Yolk
- 2 tbsp Breadcrumbs
- 1 tsp Soy Sauce

### **Tuna**

- 1 Tin Tuna
- 2 Cloves Garlic
- Ginger
- 1 Red Chilli
- Spring Onion
- Egg Yolk
- 2 tbsp Breadcrumbs
- 1 tsp Soy Sauce

### **Fish Cake Crust (Optional)**

- 1 tsp Rapeseed Oil
- Plain Flour
- Eggs
- Breadcrumbs

### **Sweet Potato Fries**

- Rapeseed Oil
- 1 Sweet Potato
- 1 tsp Paprika
- 1 tsp Coriander Powder



### **Asparagus**

- 1 tsp Rapeseed Oil
- Asparagus
- 1 Shallot
- 1 Clove Garlic
- Lemon Zest

## Middle Eastern

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### Prawn Bhuna

- 2 tsp Rapeseed Oil
- 3 Cloves Garlic
- Ginger
- $\frac{1}{2}$  White Onion
- 2 Tomatoes
- 2 tsp Garam Masala
- 2 tsp Coriander Powder
- 2 tsp Cumin
- 2 tsp Turmeric
- 1 tsp Chilli Powder
- 1 tbsp Tomato Purée
- 150ml Water
- 150ml Passata
- Fresh Coriander
- King Prawns

## Chicken Tikka Garam Masala

### Paste

- 2 tsp Rapeseed Oil
- 1 tbsp Water
- 3 Cloves of Garlic
- Ginger
- 1 tbsp Tomato Purée
- 1 tsp Lemon Juice
- 2 tsp Garam Masala
- 2 tsp Coriander Powder
- 2 tsp Paprika
- 1 tsp Cumin
- $\frac{1}{2}$  tsp Chilli Powder
- $\frac{1}{2}$  tsp Cinnamon

### Chicken

- 1 tsp Rapeseed Oil
- 2 Chicken Breasts
- The *Paste*

### Sauce

- 1 tsp Rapeseed Oil
- 3 Cloves of Garlic
- Ginger
- $\frac{1}{2}$  White Onion
- 2 Tomatoes
- 2 tsp Garam Masala
- 2 tsp Paprika
- 1 tsp Cumin
- 1 tsp Coriander
- $\frac{1}{2}$  tsp Chilli Powder
- $\frac{1}{2}$  tsp Cinnamon
- 150ml Water
- 150ml Passata

- 50ml Double Cream
- Fresh Coriander

## Lentil Dahl

- 2 tsp Rapeseed Oil
- 3 Cloves of Garlic
- Ginger
- $\frac{1}{2}$  White Onion
- 2 Tomatoes
- 1 Can Green Lentils
- 2 tsp Garam Masala
- 2 tsp Coriander Powder
- 2 tsp Cumin
- 2 tsp Turmeric
- 1 tbsp Tomato Purée
- 100ml Passata
- 100ml Coconut Milk
- 80g Spinach

## Sandwiches

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### Roast Beef & Onion

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## Chicken Caesar Club

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## Chicken Salad

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## Christmas Dinner

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## Salmon, Egg & Avocado

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## Prawn Salad

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## Red Pepper, Houmous & Goat's Cheese

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## Desserts & Sweets

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### Trifle

#### Raspberry & Black Cherry

- 1 Madeira Cake
- 200g Black Cherry Conserve
- 100ml Disaronno
- 1 Can Raspberries in Syrup
- 300g Vanilla Custard
- 250ml Whipping Cream
- 1 tsp Vanilla Extract
- Cocoa Powder

#### Tropical Fruit

- 1 Madeira Cake
- 200g Raspberry Conserve
- 100ml Sherry
- 400g Frozen Tropical Fruits
- 300g Vanilla Custard
- 250ml Whipping Cream
- 1 tsp Vanilla Extract

## Apple & Rhubarb Crumble

### Filling

- 400g Pink Lady Apples
- 400g Rhubarb
- 120g Light Brown Caster Sugar
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- Fresh Ginger

### Topping

- 120g Flour
- 80g Oats
- 100g Unsalted Butter
- 50g Demerara Sugar
- 50g Flaked Almonds
- 2 tsp Cinnamon

## **Strawberry Eton Mess**

### **Base**

- 600ml Double Cream
- 200g Fresh Strawberries
- 100g Meringue

### **Strawberry Compote**

- 200g Fresh Strawberries
- 2 tsp Demerara Sugar

## **Christmas Sweets**

### **Eggnog**

- 240ml Milk
- 2 Egg Yolks
- $\frac{1}{2}$  tsp Vanilla Extract
- $\frac{1}{2}$  tsp Cinnamon
- $\frac{1}{2}$  tsp Nutmeg
- 50g Caster Sugar
- 120ml Double Cream

### **Florentines**

- 50g Butter
- 100g Caster Sugar
- 100g Muscovado Sugar
- 50g Crème Fraîche
- $\frac{1}{4}$  tsp Bicarbonate of Soda
- 1 tsp Vanilla Extract
- 150g Flaked Almonds
- 50g Cherries
- 50g Dark Chocolate

### **Percy Pig Fudge**

- 200g Condensed Milk
- 300g White Chocolate
- 50g Percy Pig Sauce
- Red Food Colouring
- 60g Mini Marshmallows
- Sprinkles (To Top)
- Percy Pigs (To Top)



# Cookies

125g Cookies — 18 Mins — 180 Degrees

CupcakeJemma	Nigella Lawson	My OGs	My Final Recipe
190g Cold Unsalted Butter	150g Cold Unsalted Butter	115g Cold Unsalted Butter	125g Cold Unsalted Butter
135g Light Muscovado Sugar	125g Light Muscovado Sugar	165g Light Muscovado Sugar	175g Light Muscovado Sugar
135g Caster Sugar	100g Brown Caster Sugar	100g Brown Caster Sugar	100g Brown Caster Sugar
1 Egg	2 tsp Vanilla Extract	2 tsp Orange Oil	2 tsp Orange Oil
1 Egg Yolk	1 Egg	1 Egg	1 Egg
415g Strong Flour	300g Strong Flour	155g Strong Flour	300g Strong Flour
1 tsp Salt	$\frac{1}{2}$ tsp Salt	1 tsp Salt	1 tsp Salt
2 tsp Baking Powder	$\frac{1}{2}$ tsp Bicarbonate of Soda	$\frac{1}{2}$ a tsp Baking Powder	1 tsp of Bicarbonate of Soda
300g Milk Chocolate	200g Milk Chocolate	100g Milk Chocolate	200g Milk Chocolate
		100g Dark Chocolate	

# Fudge

Classic	Mint Chocolate	Salted Caramel	Chocolate Orange	Lemon Cheese-cake	Lime & Pistachio
80g of Condensed Milk 30g of Unsalted Butter 100g of Brown Caster Sugar 50g of White Chocolate	80g of Condensed Milk 30g of Unsalted Butter 100g of Brown Caster Sugar 50g of Milk Chocolate 3 tsp of Mint Oil	80g of Condensed Milk 30g of Unsalted Butter 100g of Brown Caster Sugar 50g of Milk Chocolate 3 tsp of Salted Caramel Himalayan Salt	80g of Condensed Milk 30g of Unsalted Butter 100g of Brown Caster Sugar 50g of Milk Chocolate 3 tsp of Orange Oil	80g of Condensed Milk 30g of Unsalted Butter 100g of Brown Caster Sugar 50g of White Chocolate 3 tsp of Lemon Oil	80g of Condensed Milk 30g of Unsalted Butter 100g of Brown Caster Sugar 50g of White Chocolate Juice of 3 Limes Zest of 3 Limes

# Truffles

**Uncoated:** Dark 200/90 — Milk 200/65 — White 200/40 **Coated:** Dark 150/70 — Milk 150/50 — White 150/30

Signature			
Coconut Almond	Carrot Cake	Salted Caramel	90% Cocoa
110g of Coconut Almond Butter	150g of White Chocolate	150g of Milk Chocolate	200g of 90% Dark Chocolate
50g of Gluten Free Oats	30ml of Double Cream	50ml of Double Cream	120ml of Double Cream
15g of Honey	70g of Carrot	1 tsp of Salted Caramel	Cocoa Powder
50g of Dark Chocolate	$\frac{1}{2}$ a tsp of Cinnamon	Himalayan Salt	
Almonds	$\frac{1}{2}$ a tsp of Nutmeg	50g of Dark Chocolate	
Gold Glitter	$\frac{1}{4}$ a tsp of Ginger	Gold Glitter	
	50g of White Chocolate		
	Cinnamon		
Classics			
Chocolate Orange	Mint Chocolate	White Mocha	Matcha Latte
150g of Milk Chocolate	150g of Dark Chocolate	150g of White Chocolate	200g of White Chocolate
50ml of Double Cream	50ml of Double Cream	20ml of Freshly Brewed Coffee	50ml of Double Cream
2 tsp of Orange Oil	2 tsp of Mint Oil	50g of White Chocolate	2 tbsp of Matcha Green Tea
50g of Dark Chocolate	50g of Dark Chocolate	Fresh Coffee	Matcha Green Tea
Desserts			
Lemon Cheesecake	Lime & Pistachio	Cherry Bakewell	Chocolate Peanut Butter
200g of White Chocolate	200g of White Chocolate	150g of White Chocolate	150g of Icing Sugar
50ml of Double Cream	30g of Desiccated Coconut	30ml of Double Cream	90g of Peanut Butter
2 tsp of Lemon Oil	20ml of Lime Juice	30g of Dried Cherries	50g of Milk Chocolate
Digestive Biscuits	10ml of Double Cream	2 tsp of Cherry Flavouring	
	Desiccated Coconut	$\frac{1}{2}$ a tsp of Almond Flavouring	
	Pistachios	50g of Dark Chocolate	
		Flaked Almonds	
Romantic			
Rose & Lychee	Dark Cherry	Prosecco & Strawberry	Grapefruit Gin
200g of Dark Chocolate	150g of Dark Chocolate	150g of White Chocolate	200g of Dark Chocolate
90ml of Double Cream	50ml of Double Cream	30ml of Prosecco	40ml of Double Cream
1 tsp of Rosewater	30g of Dried Cherries	$\frac{1}{2}$ a tsp of Strawberry Flavouring	30ml of Gin
$\frac{1}{2}$ a tsp of Lychee Flavouring	2 tsp Cherry Flavouring	50g of White Chocolate	Juice of $\frac{1}{4}$ of a Grapefruit
Cocoa Powder	50g of Dark Chocolate	Red Food Colouring	Zest of 1 Grapefruit
Icing Sugar		Pink Glitter	Cocoa Powder
Seasonal			
Mince Pie & Brandy Butter	Gingerbread	Spiced Eggnog	Candy Cane Cream
100g of White Chocolate	150g of Ginger Biscuits	150g of White Chocolate	250g of Icing Sugar
50g of Mincemeat	75g of Cream Cheese	20ml of Double Cream	1 Egg White
20g of Brandy Cream	50g of Dark Chocolate	$\frac{1}{2}$ a tsp of Cinnamon	$\frac{1}{2}$ a tsp of Mint Oil
50g of White Chocolate	Ginger Biscuits	$\frac{1}{2}$ a tsp of Nutmeg	50g of White Chocolate
Icing Sugar		50g of White Chocolate	Green & Red Food Colouring
		Nutmeg	White Chocolate Drizzle

## Truffle Cakes

90% Cocoa	Salted Caramel	Chocolate Orange
50g of 90% Cocoa Chocolate	50g of Milk Chocolate	50g of Milk Chocolate
50ml of Double Cream	50ml of Double Cream	50ml of Double Cream
25g of Gluten Free Oats	25g of Gluten Free Oats	25g of Gluten Free Oats
25g of 90% Cocoa Dark Chocolate	1 tsp of Salted Caramel	1 tsp of Orange Oil
	Himalayan Salt	25g of Dark Chocolate
	25g of Dark Chocolate	

## Fruit Jellies

Blackcurrant	Strawberry	Orange	Apple	Lemon	Pineapple
25g of Dried Gelatine	25g of Dried Gelatine	25g of Dried Gelatine	25g of Dried Gelatine	25g of Dried Gelatine	25g of Dried Gelatine
100ml of Hot Water	100ml of Hot Water	100ml of Hot Water	100ml of Hot Water	100ml of Hot Water	100ml of Hot Water
200g of Caster Sugar	200g of Caster Sugar	200g of Caster Sugar	200g of Caster Sugar	200g of Caster Sugar	200g of Caster Sugar
100ml of Water	100ml of Water	100ml of Water	100ml of Water	100ml of Water	100ml of Water
100g of Glucose Syrup	100g of Glucose Syrup	100g of Glucose Syrup	100g of Glucose Syrup	100g of Glucose Syrup	100g of Glucose Syrup
2 tsp of Lemon Juice	2 tsp of Lemon Juice	2 tsp of Lemon Juice	2 tsp of Lemon Juice	2 tsp of Lemon Juice	2 tsp of Lemon Juice
Blackcurrant Flavouring	Strawberry Flavouring	Orange Flavouring	Apple Flavouring	Lemon Flavouring	Pineapple Flavouring
Purple Colouring	Red Colouring	Orange Colouring	Green Colouring	Yellow Colouring	
Caster Sugar to Coat	Caster Sugar to Coat	Caster Sugar to Coat	Caster Sugar to Coat	Caster Sugar to Coat	Caster Sugar to Coat

## Blue Sky

Candy Floss	Blueberry	Pineapple
400g of Caster Sugar	400g of Caster Sugar	400g of Caster Sugar
250g of Glucose Syrup	250g of Glucose Syrup	250g of Glucose Syrup
240ml of Water	240ml of Water	240ml of Water
2 tsp of Candy Floss Flavouring	2 tsp of Blueberry Flavouring	2 tsp of Pineapple Flavouring
1 Drop of Blue Colouring	1 Drop of Blue Colouring	1 Drop of Yellow Colouring

## Health & Hills

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### Oat Pots

#### Standard

- 75g Oats
- Water

#### With Extras

- 75g Oats
- 15g Peanut Butter
- 15g Honey
- 15g Chia Seeds
- 15g Desiccated Coconut
- Water

## **Energy Balls**

### **Cacao & Peanut**

- 250g Dates
- 200g Peanuts
- 50g Oats
- 2 tbsp Cacao Powder

### **Goji & Pistachio**

- 250g Dates
- 200g Almonds
- 50g Oats
- 2 tbsp Cacao Powder
- 2 tbsp Goji Berries
- Pistachios (For Coating)

### **Matcha Green Tea**

- 250g Dates
- 200g Almonds
- 50g Oats
- 2 tbsp Cacao Powder
- 2 tbsp Matcha Powder

### **Acai & Blueberry**

- 250g Dates
- 200g Almonds
- 50g Oats
- 2 tbsp Freeze Dried Blueberries
- 2 tbsp Acai Powder

### **Ginger & Lemon**

- 250g Dates
- 200g Cashews
- 50g Oats
- 2 tsp Ginger
- 1 tsp Turmeric



### **Chia & Lemon**

- 250g Dates
- 150g Cashews
- 50g Oats
- 50g Desiccated Coconut
- 25g Chia Seeds
- 2 tsp Lemon Juice
- Desiccated Coconut (For Coating)

## Cocktails

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### Mojito (Short)

- 1 Lime
- 4 Sprigs Mint
- 2 tsp Demarera Sugar
- Ice to Fill Glass
- 50ml White Rum

### Mojito (Long)

- 1  $\frac{1}{2}$  Limes
- 6 Sprigs Mint
- 3 tsp Demarera Sugar
- Ice to Fill Glass
- 75ml White Rum
- Soda Water to Fill Glass

# Appendices

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## Additional Recipe Titles

- Fillet Steak (truffle mashed potatoes and tenderstem broccoli)
- Venison Burger (ciabatta, goat's cheese, candied apples, horseraddish red cabbage slaw)
- Lamb Burger
- Rack of Lamb (spiced cauliflower)
- Lamb Curry (tagine-made, vegetable couscous)
- Sausage & Pancetta Rice (smoked sausage, borlotti beans)
- Carbonara
- Proscuitto Chicken (stuffed with mushrooms, fontina cheese, black pudding, with sauteed leeks)
- All The Trimmings (bacon sausages, pork and chestnut stuffing, pork sage and onion stuffing, roast potatoes and parsnips, carrots sprouts onions chestnuts, cranberry and portsauce)
- Squid & Prawn Tempura (aioli, sweet chilli sauce)
- Whitebait (dill mayonnaise)
- King Prawn Tortelloni (pasta filled with prawn, mascarpone, red chilli, parsley, chilli)
- Seafood Linguine (baby scallops, king prawns, salmon flakes, garlic and parsley sauce)
- Shellfish Spaghetti (mussels and clams, anchovy olive and parsley sauce)
- Risotto (lobster tail, red onion, sundried tomatoes and saffron)
- Fish & Chips (cod, maris piper chips, tartar sauce, mushy peas)
- Crisp & Flatbreads (crispbreads, flatbreads, kalamata olive tapenade, sundried tomato tapenade)
- Baked Goat's Cheese (sourdough, rocket, balsamic glaze, pickled beetroot)
- Halloumi Fries (paprika, barbeque sauce)
- Macaroni Cheese (cheddar, red leicester, truffle oil, chifferi pasta)
- Falafel Burger (bagel, red cabbage slaw, yoghurt sauce)
- Mediterranean Style Mushroom (portobello mushroom, red pepper, petits pois, blue stilton)
- Meat & Cheese Platter (proscuitto, salami, chorizo, smoked sausage, scamorza, manchego, buratta)
- Crostini Platter (thin ciabatta toast with mozzarella and chilli; mackerel and rocket; tomato and olive with balsamic glaze)

- Pastry Platter (chicken and chorizo; sundried tomato and mozzarella; ricotta and spinach; halloumi and aubergine)
- Salad Platter (creamy coleslaw; chipotle coleslaw; jalapeno and cheddar coleslaw; baby charlotte potato salad with spring onions and shallots)
- Greek Platter (brown rice vine leaf rolls; falafels; lamb koftas)
- Antipasto Platter (manzanilla olives with garlic and herbs; semi-dried tomatoes; grilled artichoke; goat's cheese stuffed cherry peppers; buratta; rocket salad)
- Houmous Platter (traditional; roasted red pepper; caramelised red onion with coriander)
- Mediterranean Dip Platter (tzatziki; taramasalata; beetroot and carrot; babaganoush)
- Spanish & Mexican Dip Platter (guacamole; avocado cream; spicy tomato salsa; aioli; garlic and manchego; sour cream and chive)
- White Chocolate & Strawberry Gateau
- Apple Pie (cinnamon, nutmeg)
- Tarte au Citron
- Cherry Bakewell Tarte (thick marzipan)
- Iced Fruit Cake (candied orange layer, brandy butter)
- Triple Chocolate & Pegan Brownies
- Ginger Tiffin
- Mint Cream Bar
- Passionfruit Crepes (passionfruit and orange liqueur sauce, dark chocolate drizzle)
- Churros & Dulce de Leche
- Peanut Butter Brownie Sundae (dulce de leche, whipped vanilla cream)
- Mint Chocolate Bomb (mint chocolate ganache, mint chocolate chip ice cream)
- Praline Souffle (hazelnut mousse, pistachio crumb, praline ice cream)
- Panna Cota (raspberry crumb)
- Chocolate Orange Torte (chocolate orange ganache, orange and gold glitter jelly, gold leaf, dark chocolate shard, candied orange twist, salted caramel ice cream)
- Banoffee Pie (topped with caramelised banana, dark chocolate shavings)
- Caramelised Lotus Biscoff Cheesecake (Biscoff base, biscoff sauce cream cheese fillings, caramel drizzle, Biscoff biscuit)

## El Cielo Azul Tacos

- Carne Asada (steak, hash brown, pico de gallo, garlic aioli)
- Lime Chicken (chicken, pico de gallo, corn relish)
- Lamb Kofta (minced lamb, red cabbage slaw, garlic aioli)
- Haggis Bob Bon (fried haggis balls, lettuce, whisky sauce)
- Chorizo & Paprika Potato (chorizo, potatoes, chipotle mayo, spring onion)
- Chipotle & Chorizo Mac-Cheese (mac-cheese, chorizo, spring onion)
- Breaded Sole (spiced breaded cod, pico de gallo, chipotle mayo)
- Garlic & Nduja Prawn (king prawns, roquito peppers, nduja chilli, garlic aioli)
- Anchovy & Olive (grilled anchovies, manzanilla olives, garlic aioli)
- Salt & Chilli Potato (fried potatoes, red chilli, spring onion, garlic aioli)
- Huevos Rancheros (scrambled egg, avocado, feta cheese, jalapeno, tomatoes)
- Sweetcorn & Chilli Fritter (corn, jalapeno, sweet chilli sauce)