

RECIPE GUIDE

LEWIS BRITTON

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Author's Notes

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, salt + pepper makes you a cooking AlphaChad.

Finally, note that I always use a combination of fresh tomatoes and tomato passata in dishes which call for a 'tomatoey' sauce. That is only because passata is the cheapest and easiest to buy and store in larger quantities. It can be replaced by chopped tomatoes, crushed tomatoes, etc. Or, for the best results, San Marzano tomatoes.

Western

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
- 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 Crème Fraîche
- 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
- 350ml Beef Stock
- 350ml 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

Porcini Mushroom Sauce

- 1 tsp Olive Oil
- 2 Clove Garlic
- $\frac{1}{2}$ Red Onion
- 150ml Vegetable Stock
- 150g Cr/'eme Fraîche
- 100g Porcini Mushrooms
- Fresh Parsley

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
- 1 Bay Leaf
- 2 tsp Thyme
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 350ml Chicken Stock
- 350ml White Wine of Choice
- 50g Garden Peas
- 50g Crème Fraîche
- Fresh Parsley
- Puff Pastry (To Top)

Chicken in White Wine

Casserole

- 2 tsp Olive Oil
- 2 Cloves Garlic
- $\frac{1}{2}$ Red Onion
- 2 Carrots
- 2 Chicken Breasts
- 30g Flour
- 1 Bay Leaf
- 2 tsp Thyme
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 350ml Chicken Stock
- 350ml White Wine of Choice
- Fresh Parsley

Last Minute Stuff

- 1 tsp Olive Oil
- 100g Chestnut Mushrooms
- 1 Leek

Chicken in Red Wine

Casserole

- 2 tsp Olive Oil
- 2 Cloves Garlic
- $\frac{1}{2}$ Red Onion
- 2 Carrots
- 2 Chicken Breasts
- 30g Flour
- 1 Bay Leaf
- 2 tsp Thyme
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 350ml Chicken Stock
- 350ml Red Wine of Choice
- 1 tbsp Tomato Purée
- Fresh Parsley

Last Minute Stuff

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

South American

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
- 200ml Beef Stock
- 200ml 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

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
- 200ml Beef Stock
- 200ml Passata
- 1 tbsp Tomato Purée
- 1 tsp Balsamic Vinegar
- 50ml Milk
- 30g Parmigiano Reggiano
- Fresh Basil

Pasta

- 90g Conchiglioni
- Water (To Boil)

Italian Sausage Rigatoni

Sauce

- 2 tsp Olive Oil
- 3 Cloves Garlic
- $\frac{1}{2}$ Red Onion
- 2 Tomatoes
- 2 Italian Sausages
- 2 tsp Onion Powder
- 2 tsp Garlic Powder
- 150ml Vegetable Stock
- 150ml Passata
- 1 tbsp Tomato Purée
- 100g Porcini Mushrooms
- 100g Crème Fraîche
- 30g Parmigiano Reggiano
- Fresh Basil

Pasta

- 90g Rigatoni
- Water (To Boil)

Pasta Puttanesca

Sauce

- 2 tsp Olive Oil
- 3 Cloves Garlic
- $\frac{1}{2}$ Red Onion
- 2 Tomatoes
- 2 tsp Onion Powder
- 2 tsp Garlic Powder
- 300ml Passata
- 1 tbsp Tomato Purée
- Multi-Coloured Cherry Tomatoes
- Kalamata Olives
- Anchovies
- Capers
- Fresh Parsley

Pasta

- 90g Linguine
- Water (To Boil)

Neapolitan 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

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
- 15g Cornflour
- The *Paste*
- 200ml Beef Stock
- 2 tsp Sesame Seeds

Noodles

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

Beef Rendang Curry

Paste

- 3 Cloves Garlic
- Ginger
- Galangal
- 2 Lemongrass Roots
- 2 Green Chillies
- 2 Shallots
- $\frac{1}{2}$ tsp Coriander Powder
- $\frac{1}{2}$ tsp Cumin
- $\frac{1}{2}$ tsp Turmeric
- 1 tsp Anchovy or Shrimp Paste
- 1 tsp Lime Juice
- Fresh Coriander Roots or Stems

Sauce

- 1 tbsp Sesame Oil
- The *Paste*
- Red Pepper
- Red Chilli
- 250g Braising Beef of Choice
- 400ml Coconut Milk
- 1 Star Anise
- $\frac{1}{2}$ tsp Cinnamon
- 15g Desiccated Coconut

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
- 30g Cornflour

Chicken Panang Curry

Paste

- 3 Cloves Garlic
- Ginger
- Galangal
- 2 Lemongrass Roots
- 2 Red Chillies
- 2 Shallots
- $\frac{1}{2}$ tsp Coriander Powder
- $\frac{1}{2}$ tsp Cumin
- $\frac{1}{2}$ tsp Turmeric
- 1 tsp Anchovy or Shrimp Paste
- 1 tsp Lime Juice
- Fresh Coriander Roots or Stems

Sauce

- 1 tbsp Rapeseed Oil
- The *Paste*
- Red Pepper
- Tenderstem Broccoli
- 2 Chicken Thighs
- 400ml Coconut Milk
- 3 Kaffir Lime Leaves
- $\frac{1}{2}$ tsp Cinnamon
- 1 tsp Fish Sauce
- 1 tsp Palm Sugar or Demerara Sugar
- 15g Cornflour (Optional)

Rice

- 90g Thai Jasmine Rice
- 180ml Water

Thai Red Curry

Paste

- 3 Cloves Garlic
- Ginger
- Galangal
- 2 Lemongrass Roots
- 2 Red Chillies
- 2 Shallots
- $\frac{1}{2}$ tsp Coriander Powder
- $\frac{1}{2}$ tsp Cumin
- $\frac{1}{2}$ tsp Turmeric
- 1 tsp Anchovy or Shrimp Paste
- 1 tsp Lime Juice
- Fresh Coriander Roots or Stems

Sauce

- 1 tbsp Rapeseed Oil
- The *Paste*
- Red Pepper
- Mangetout or Sugarsnap Peas
- 2 Chicken Thighs
- 1 tsp Fish Sauce
- 400ml Coconut Milk
- 15g Cornflour (Optional)

Rice

- 90g Thai Jasmine Rice
- 180ml Water

Thai Green Curry

Paste

- 3 Cloves Garlic
- Ginger
- Galangal
- 2 Lemongrass Roots
- 2 Green Chillies
- 2 Shallots
- $\frac{1}{2}$ tsp Coriander Powder
- $\frac{1}{2}$ tsp Cumin
- $\frac{1}{2}$ tsp Turmeric
- 1 tsp Anchovy or Shrimp Paste
- 1 tsp Lime Juice
- Fresh Coriander Roots or Stems

Sauce

- 1 tbsp Rapeseed Oil
- The *Paste*
- Yellow Pepper
- Mangetout or Sugarsnap Peas
- 2 Chicken Thighs
- 1 tsp Fish Sauce
- 400ml Coconut Milk
- 15g Cornflour (Optional)

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
- 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

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

Indian Rice

- 90g Basmati Rice
- 270ml Water
- 1 tsp Coriander Powder
- 1 tsp Cumin
- 1 tsp Turmeric
- 1 tsp Garlic Powder

Sandwiches

Roast Beef & Onion

-

Chicken Caesar Club

-

Chicken Salad

-

Christmas Dinner

-

Salmon, Egg & Avocado

-

Prawn Salad

-

Red Pepper, Houmous & Goat's Cheese

-

Desserts & Sweets

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 | 80g of Condensed Milk | 80g of Condensed Milk | 80g of Condensed Milk | 80g of Condensed Milk | 80g of Condensed Milk |
| 30g of Unsalted Butter | 30g of Unsalted Butter | 30g of Unsalted Butter | 30g of Unsalted Butter | 30g of Unsalted Butter | 30g of Unsalted Butter |
| 100g of Brown Caster Sugar | 100g of Brown Caster Sugar | 100g of Brown Caster Sugar | 100g of Brown Caster Sugar | 100g of Brown Caster Sugar | 100g of Brown Caster Sugar |
| 50g of White Chocolate | 50g of Milk Chocolate | 50g of Milk Chocolate | 50g of Milk Chocolate | 50g of White Chocolate | 50g of White Chocolate |
| | 3 tsp of Mint Oil | 3 tsp of Salted Caramel Himalayan Salt | 3 tsp of Orange Oil | 3 tsp of Lemon Oil | 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

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

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

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)