

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.

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British & American

Seared Scallops

Scallops

- 1 tsp Olive Oil
- 1 tsp Butter
- 3/4 Large Scallops
- White Wine
- Lemon Juice

Fennel

- 1 tsp Olive Oil
- 1 Bulb of Fennel

Pea Puree

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

Topping

- Horseraddish Sauce (Could Make Yourself)
- Samphire

Salmon, Chilli & Ginger Fish Cake

Fish Cake

- $\frac{1}{2}$ Salmon Fillet
- 2 Cloves of Garlic
- Ginger
- 1 Red Chilli
- 1 Spring Onion
- Egg Yolk
- 2 tbsp Breadcrumbs
- 1 tsp Paprika
- 1 tsp Garlic Salt
- 1 tsp Soy Sauce

Fish Cake Crust

- 1 tsp Rapeseed Oil (For Frying)
- Plain Flour
- Eggs
- Coarse Breadcrumbs

Sweet Potato Fries

- Rapeseed Oil (For Frying)
- 1 Sweet Potato
- 1 tsp Smoked Paprika
- 1 tsp Coriander Salt

Asparagus

- 1 tsp Rapeseed Oil (For Frying)
- Asparagus
- 1 Shallot
- 1 Clove of Garlic
- Lemon Juice
- Lemon Zest

Salmon En Croute

Salmon Mousse

- 1 fillet of Salmon
- 150g of Soft Cheese
- 50g of Creme Fraiche
- 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*
- Quadruple Standard Width Salmon Fillet
- The *Salmon Mousse*
- Samphire
- 200g of Puff Pastry (Could Make Yourself)
- 1 Egg Yolk (For Brushing)

Potatoes

- 500g Baby Potatoes
- 1 tbsp Olive Oil
- 1 Shallot
- Fresh Watercress

Vegetables

- 1 tsp Olive Oil (For Frying)

- Tenderstem Broccoli
- Asparagus
- Lemon Juice
- Lemon Zest

Beef Burger

Patty

- 1 tsp Olive Oil (For Frying)
- 250g 12% Fat Ground Beef
- 1 tsp Onion Salt
- 1 tsp Garlic Salt

Special Sauce

- 2 tbsp Mayonnaise
- 2 tsp Ketchup
- 1 tsp Hot Sauce
- Red Onion
- Gherkin
- $\frac{1}{2}$ tsp Onion Salt
- $\frac{1}{2}$ tsp Garlic Salt

The Rest

- Multiseed Rye Bun
- 50g Mature Cheddar Cheese
- Beef Tomato
- Iceberg Lettuce
- Red Onion (Grilled)

BBQ Platter

Herbs, spices and rubs etc. are displayed relative to what they're being used on, in second class lists.

Meat & Fish

- 1 tbsp Olive Oil
- 1 Ribeye Steak
 - Black Pepper
- 1 Chicken Breast
 - 1 tsp Smoked Paprika
 - 1 tsp Cumin
 - 1 tsp Oregano
 - 1 tsp Onion Salt
 - 1 tsp Garlic Salt
 - 1 tsp Demerara Sugar
- 2 Pork Chop Medallions
 - ...
- 2 Pork Sausages
 - ...
- 1 Salmon Fillet
 - 1 tsp Paprika
 - 1 tsp Onion Salt
 - 1 tsp Coriander Powder
 - $\frac{1}{2}$ tsp Chilli Powder

Potato Salad

- 250g Charlotte Potatoes
- ...

Coleslaw

- ...

Grilled Vegetables

- Red Onion
- Red Pepper

- Courgette
- Carrot
- ...

Beef In Peppercorn Sauce

- $\frac{1}{2}$ Red Onion
- 100g Chestnut Mushrooms
- 2 Cloves of Garlic
- Whole Peppercorns
- 50ml Water
- 1 Beef Stock Cube
- 100ml Single Cream
- Pastrami Deli Beef

Beef Stroganoff

Beef

- 1 tsp Olive Oil
- 1 Fillet Steak

Sauce

- 1 tsp Olive Oil
- 15g Butter
- 2 Cloves Garlic
- $\frac{1}{2}$ Red Onion
- 250g Chestnut Mushrooms
- $\frac{1}{2}$ tsp Paprika
- 150ml Beef Stock
- 150ml Sour Cream
- 1 tsp Lemon Juice
- Fresh Parsley

Venison Steak

Venison

- 1 tsp Olive Oil
- Venison Steak

Porchini Mushroom Sauce

- 1 tsp Olive Oil
- 1 Clove Garlic
- $\frac{1}{4}$ Red Onion
- 75g Porchini Mushrooms
- 50ml Double Cream
- 50ml Water

Vegetables

- Asparagus
- Baby Chantennay Carrots
- 1 tsp Olive Oil

Potatoes

- 250g Ruby Gem Potatoes
- 1 tbsp Olive Oil

Mexican

Chile Con Carne

Big Boy Batch With S'more Ingredients

- 1 tbsp Olive Oil
- 4 Cloves Garlic
- 1 Red Onion
- 1 Red Pepper
- 4 Tomatoes
- 500g 5% Fat Ground Beef
- 2 Cans Red Kidney Beans
- 4 tsp Cumin
- 4 tsp Paprika
- 4 tsp Oregano
- 2 tsp Chilli Powder
- 300ml Beef Stock
- 300ml Passata
- 2 tbsp Tomato Puree
- 2 tsp Chipotle Chilli Paste
- 140g 70% Cocoa Chocolate
- 2 tsp Worcestershire Sauce
- Fresh Coriander

For One (Or For Tacos)

- 1 tsp Olive Oil
- 2 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
- 1 tsp Chilli Powder
- 150ml Beef Stock

- 150ml Passata
- 1 tsp Tomato Puree
- 1 tsp Chipotle Chilli Paste
- 70g 70% Cocoa Chocolate
- 1 tsp Worcestershire Sauce
- Fresh Coriander

Carne Asada Tacos

Carne Asada Steak

- Thin Rump Steak
- 2 Cloves of 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 (No Pulp)
- 1 tbsp Tomato Puree
- 1 tsp Chipotle Chilli Paste
- 1 tsp Cumin
- Fresh Coriander
- Lime Juice

Garlic Aioli

- 2 tbsp Japanese Mayonnaise
- 2 Cloves of Garlic
- Lemon Juice
- Lemon Zest
- Black Pepper

Cheesy Beef Burrito

Beef

- 1 tsp Rapeseed Oil
- 2 Cloves of Garlic
- 250g 5% Fat Ground Beef
- 2 tsp Cumin
- 2 tsp Paprika
- 2 tsp Onion Salt
- 2 tsp Coriander Salt
- 1 tsp Chilli Powder
- 1 tsp Oregano
- 1 tbsp Soured Cream
- 50g Cheddar Cheese

The Rest

- 1 tsp Rapeseed Oil (For Frying)
- $\frac{1}{2}$ White Onion
- $\frac{1}{2}$ Red Pepper
- Iceberg Lettuce
- Burrito Tortilla

Lime Chicken Tacos

Chicken

- 1 tsp Olive Oil
- 1 tbsp Tomato Puree
- 1 tsp Chipotle Chilli Paste
- Fresh Coriander
- 2 tsp Cumin
- 2 tsp Paprika
- 2 tsp Garlic Salt
- 2 tsp Onion Salt
- 1 tsp Chilli Powder
- 1 tsp Oregano
- Lime Juice
- 2 Breasts of Chicken

Pico De Gallo

- 1 Red Onion
- 2 Tomatoes (No Pulp)
- 1 tbsp Tomato Puree
- 1 tsp Chipotle Chilli Paste
- 1 tsp Cumin
- Fresh Coriander
- Lime Juice

Avocado Cream

- 1 Avocado
- 1 Clove of Garlic
- 1 tsp Crème Fraiche
- Lime Juice
- Fresh Coriander

Prawn Tacos

- 1 tsp Olive Oil
- 1 tbsp Tomato Puree
- 1 tsp Chipotle Chilli Paste
- Fresh Coriander
- 2 tsp Cumin
- 2 tsp Paprika
- 2 tsp Garlic Salt
- 2 tsp Onion Salt
- 1 tsp Chilli Powder
- 1 tsp Oregano
- Lime Juice
- Creme Fraiche
- King Prawns

Pico De Gallo

- 1 Red Onion
- 2 Tomatoes (No Pulp)
- 1 tbsp Tomato Puree
- 1 tsp Chipotle Chilli Paste
- 1 tsp Cumin
- Fresh Coriander
- Lime Juice

Guacamole

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

Drizzling Sauce

- 1 tbsp Mayonnaise
- 1 tsp Hot Sauce
- 1 tsp Paprika

Spanish, Italian & Mediterranean

Seared Seabass *My Signature*

Seabass

- 1 tsp Olive Oil
- Seas Bass Fillet
- 1 tsp Paprika
- 1 tsp Coriander Salt

Chorizo Potatoes

- 1 tsp Olive Oil
- 50g Smoked Chorizo
- 2 Cloves of Garlic
- 250g Baby Potatoes
- 1 tsp Paprika
- 1 tsp Coriander Salt
- 1 tsp Oregano

Vegetables

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

Red Pepper Sauce (Optional)

- 1 tsp Olive Oil
- $\frac{1}{2}$ Red Onion
- 1 Red Pepper
- $\frac{1}{2}$ Yellow Pepper
- 1 Clove of Garlic
- 1 tsp Tomato Puree
- 1 tsp Paprika

- 1 tsp Onion Salt
- 1 tsp Oregano

Seared Salmon

Salmon

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

Potatoes

- 250g Baby Potatoes
- 1 tsp Olive Oil
- 1 Shallot
- Fresh Watercress

Green Beans

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

Tuna Steak

Tuna

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

Tomato Sauce

- 1 tsp Olive Oil
- 1 Red Onion
- 2 Cloves of Garlic
- 1 Red Chilli
- 1 Can Chopped Tomatoes
- 2 tsp Oregano
- 1 tsp Paprika
- $\frac{1}{2}$ tsp Chilli Powder
- Fresh Basil

Salmon Fritters With Prawns

Salmon Fritter

- Salmon Fillet
- 70g Creme Fraiche
- Lemon Juice
- Lemon Zest
- Fresh Watercress
- Fresh Dill

Prawns

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

Extras

- Dill Mustard Sauce (Can Make Yourself)
- Fresh Watercress
- Lemon Wedge

Tapas Selection

Prawns

- 1 tsp Olive Oil
- 50g Smoked Chorizo
- 1 Shallot
- 3 Cloves of Garlic
- King Prawns
- 2 tsp Paprika
- Chilli Flakes

Lamb

- 1 tsp Olive Oil
- 125g Ground Lamb
- 2 Cloves of Garlic
- 2 tsp Cumin
- 2 tsp Paprika
- 1 tsp Coriander Salt
- Fresh Coriander

Potato Salad

- 250g Baby Potatoes
- 50g Smoked Chorizo
- 1 Shallot
- 2 Cloves of Garlic
- 1 tbs Mayonnaise
- 1 tsp Paprika

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/Fish Stock
- 1 tbsp Tomato Puree
- 1g Saffron
- 30g Garden Peas
- Lemon Juice
- Lemon Zest
- Fresh Flat Leaf Parsley

Additional Seafood (Optional)

- Peeled & Unpeeled King Prawns
- Mussels
- Squid Rings

Bolognese

Ragu

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

Pasta

- 90g Conchilioni
- Water (To Boil)

Neapolitan Style Pizza

Dough

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

Anchovy & Olive Toppings

- 200g Passata
- 2 Mozzarella Balls
- Anchovies
- Kalamata Olives
- Pesto
- Pecorino Romano

Prawn Topping

- 200g Passata
- 2 Mozzarella Balls
- 1 Clove of Garlic
- King Prawns
- Basil Pesto
- 1 tsp Oregano
- Pecorino Romano

Spicy Meat Topping

- 200g Passata
- 2 Mozzarella Balls
- 50g Smoked Chorizo
- Spicy Chicken Breast
- Nduja Pesto
- Chipotle Chilli Paste

Tomato Bruschetta

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

Bruschetta

- 1 Ciabatta Loaf
- Olive Oil
- 3 Cloves of Garlic

Vegetarian Halloumi Bake

- Coconut Oil
- 500g Baby Potatoes
- 2 Aubergines
- 2 Beef Tomatoes
- 250g Cooked Puy Lentils
- 500g Halloumi
- Basil Pesto (To Top)
- Rosemary

Chinese, Thai & Malaysian

Garlic & Chilli Beef

Paste

- 1 tbsp Soy Sauce
- 1 tbsp Teriyaki Sauce
- 1 tbsp Oyster Sauce
- 1 tsp Fish Sauce
- 1 tsp Rapeseed Oil
- 3 Cloves Garlic
- Ginger
- 1 Red Chilli
- Lemongrass

Beef

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

Noodles

- 1 Nest of Medium-Cut Egg Noodles
- 100g Beansprouts
- 1 tsp Sesame Oil

Poached Salmon

- 1 tbsp Rapeseed Oil
- 3 Cloves of Garlic
- Ginger
- 1 Red Chilli
- Soy Sauce
- Fish Sauce
- Hoisin Sauce
- Teriyaki Sauce
- Oyster Sauce
- Spring Onion
- Fresh Coriander
- 2 Salmon Fillets

Tuna Fish Cake

Fish Cake

- 1 Tin of Tuna
- 2 Cloves of Garlic
- Ginger
- $\frac{1}{2}$ Red Chilli
- 3 Water Chestnuts
- $\frac{1}{2}$ Spring Onion
- 1 Egg
- 1 tsp Fish Sauce

Sauce

- 1 tbsp Sesame Oil
- 1 tbsp Soy Sauce
- $\frac{1}{2}$ Red Chilli
- $\frac{1}{2}$ Spring Onion
- Fresh Coriander

Salt & Chilli Chicken Curry

Chicken

- Rapeseed Oil (To Fry)
- 2 Chicken Breasts
- 1 Egg
- Cornflour
- 1 tsp Chilli Powder
- 1 tsp Coriander Powder
- 1 tsp Coriander Salt
- 1 tsp Onion Salt
- 1 Red Chilli
- 1 Spring Onion

Curry Sauce

- 3 tbsp Rapeseed Oil
- Butter
- 1 White Onion
- 1 Carrot
- 3 Cloves of 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 of Garlic
- Ginger
- 2 Lemongrass Roots
- 1 Red Chilli
- $\frac{1}{2}$ Red Onion
- $\frac{1}{2}$ Red Pepper
- 1 tbsp Tomato Puree
- 1 tbsp 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*
- 400ml 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
- 1 tbsp 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*
- 400ml Coconut Milk
- 2 tsp Cornflour

Rice

- 90g Thai Jasmine Rice
- 180ml Water

Indian & Middle Eastern

Prawn Bhuna

- 2 tsp Rapeseed Oil
- 3 Cloves of Garlic
- Ginger
- 1 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 Puree
- 150ml Water
- 150ml Passata
- Fresh Coriander
- King Prawns

Chicken Tikka Garam Masala

Paste

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

Chicken

- 2 Chicken Breasts
- The *Paste*

Sauce

- $\frac{1}{2}$ White Onion
- 2 Tomatoes
- 3 Cloves of Garlic
- Ginger
- 2 tsp Garam Masala
- 2 tsp Paprika
- 1 tsp Cumin
- 1 tsp Coriander
- 1 tsp Coriander Salt
- 1 tsp Onion Salt
- $\frac{1}{2}$ tsp Cinnamon
- $\frac{1}{2}$ tsp Chilli Powder

- 150ml Water
- 150ml Passata
- 1 tsp Double Cream
- Fresh Coriander

Lentil Dahl

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

Desserts & Sweets

Trifle

Raspberry & Black Cherry

- 1 Madeira Cake
- 200g Black Cherry Conserve
- 100ml Disaronno
- 1 Can of 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 Fraiche
- $\frac{1}{4}$ 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)

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)

... FOREVER TO BE CONTINUED ...

Appendices

Spice Mixes

Chinese Salt & Chilli

- 1 Chilli Powder
- 1 Coriander Powder
- 1 Coriander Salt
- 1 Onion Salt

Indian Tikka

- 2 Garam Masala
- 2 Paprika
- 1 Cumin
- 1 Coriander Powder
- 1 Coriander Salt
- 1 Onion Salt
- $\frac{1}{2}$ Cinnamon
- $\frac{1}{2}$ Chilli Powder

Mexican Chilli

- 2 Cumin
- 2 Paprika
- 2 Onion Salt
- 2 Coriander Salt
- 1 Chilli Powder
- 1 Oregano

Indian Bhuna

- 2 Garam Masala
- 2 Coriander Powder
- 2 Turmeric
- 2 Cumin
- 1 Chilli Powder
- 2 Garlic Salt
- 2 Coriander Salt

Mexican Bean Soup

- 2 Cumin
- 2 Oregano
- 2 Onion Salt
- 2 Coriander Salt
- $\frac{1}{4}$ Cayenne Pepper

Indian Dhal

- 2 Curry Powder
- 2 Garam Masala
- 1 Cumin
- 1 Coriander Powder
- 1 Turmeric
- 1 Onion Salt
- 1 Coriander Salt
- 1 Fennel Seeds
- 1 Nigella Seeds

Italian Stew

- 2 Italian Herbs
- 2 Rosemary
- 1 Oregano
- 1 Paprika
- 1 Chilli Powder
- Onion Salt
- 1 Coriander Salt

Additional 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
- Prosciutto 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 portsaue)
- 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 (prosciutto, 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)

Garnishes

- Spring Onion
- Red Chilli
- Jalapeno Chilli
- Radish
- Cress