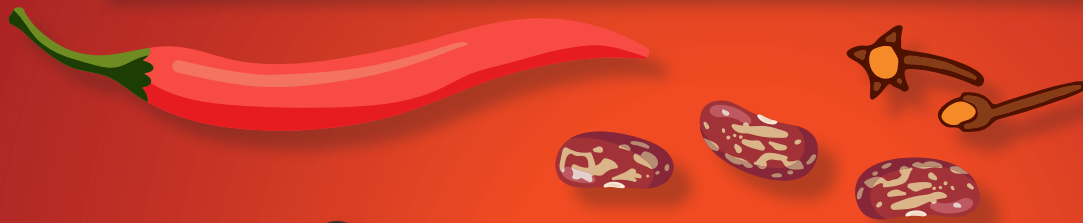


Eat the Rainbow



Is for September

RECIPE BOOKLET



Red

Is for September

Red coloured fruits and vegetables help keep your heart healthy. This is because they contain an antioxidant called lycopene.

Antioxidants help to protect our body from free radicals and oxidative stress. This helps to protect us from heart disease. You can find lycopene in red tomatoes (and if they are cooked this is even higher in lycopene!), red peppers, watermelon and red grapefruits.

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RED LENTIL BREAD

SERVES



Ten

ALLERGENS



Wheat, Oats,
Barley, Gluten

INGREDIENTS



- 1.36kg wholemeal bread flour
- $\frac{3}{4}$ tsp. lo salt
- 220g red lentils, rinsed
- 400ml tap water
- 10g yeast, dry
- 3tbsp. honey
- 2tbsp. olive oil
- 260g porridge oats

METHOD



1. Cook the lentils in a pan of water, as per instructions, refresh and set aside.
2. Combine the warm water with the yeast, honey and bread flour in a medium bowl. Stir and set aside in a warm place for 15 minutes.
3. Add the olive oil and then pour into the flour mixture. Mix thoroughly until the dough is crumbly. Add in the oats and red lentils, and knead the dough with a wooden spoon for approx. 5 minutes until doughy and slightly sticky. Cover, and set aside in a warm place to rise for at least half an hour.
4. Lightly grease a large bread tin with olive oil, and sprinkle lightly with flour to coat the sides. Tip out and discard any excess flour.
5. Once the dough has fully risen, sprinkle more flour onto the surface. Gently knead the dough for approx. 8 minutes. When the dough is dense and firm, form the dough into a flat focaccia like bread. Oil and cover with cling film, and set aside to rise again for 45 minutes.
6. Preheat the oven to 180°C.
7. Once the oven is hot, add the bread into the oven and bake the bread uncovered for 30 minutes.
8. Remove the bread from the oven and tap the base for a slightly hollow sound. Set aside the bread to cool slightly and serve warm.

ROASTED GARLIC, TOMATO & ROSEMARY FOCACCIA

SERVES



Ten

ALLERGENS



Wheat, Gluten

INGREDIENTS



- 500g strong white bread flour
- 14g dried yeast
- 1tbsp. sugar, plus extra tsp. for baking
- 3tbsp. olive oil, plus extra for kneading, greasing and serving
- 250ml tap water, warm
- 1 garlic bulb, top sliced off
- 150g cherry tomatoes
- Rosemary, sprigs, small handful
- 2tsp. sea salt

METHOD



1. Put the flour in a mixing bowl and make a well in the centre. Add the yeast, sugar and 100ml warm water. Gently mix and leave for a few minutes, until the yeast has dissolved and starts to foam.
2. Add remaining warm water, olive oil and 1tsp. sea salt, stirring until the mixture forms a sticky dough. Knead for 5-10 minutes, adding a little extra oil if needed, until smooth and elastic. Shape the dough into a disc and transfer to a large, oiled bowl. Cover with a cling film and set aside somewhere warm for approx. 1 hour until doubled in size.
3. Preheat the oven to 180°C. Wrap the garlic bulb in kitchen foil and roast directly on the oven shelf for approx. 25 minutes, until tender. Remove from oven and set aside to cool. Once cool enough to handle, gently squeeze out the cloves and set aside.
4. Put the tomatoes in a bowl and drizzle with oil. Toss to coat and set aside.
5. Lightly grease a deep roasting tray with oil. Tip the dough into the tin and stretch it out to fill the edges and corners. Using oiled fingers, make rows of evenly spaced dimples over the surface of the dough and press in the garlic cloves, tomatoes and rosemary. Cover with oiled cling film and set aside to prove for a further 45 minutes, until doubled in size.
6. Preheat the oven to 200°C. Scatter the remaining sea salt over the dough. Place in the oven and bake for 30 minutes, or until golden.
7. Remove from the oven and leave to cool in the tin for a few minutes. Drizzle with a little more oil just before serving.

SWEET RED CABBAGE WITH APPLE SALAD

SERVES



Ten

ALLERGENS



Barley, Milk,
Egg, Gluten

INGREDIENTS



- 1 red cabbage, finely sliced
- 75g red onions, finely sliced
- 2 red apples, grated
- Flat parsley, small handful, chopped
- 75ml malt vinegar
- 75g Demerara sugar
- 200ml mayonnaise
- 100g Greek yoghurt
- Coriander, small handful, chopped
- 1 lemon, juiced
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Toss the apples in the lemon juice.
2. In a large sized bowl mix together the cabbage, apples, onion, coriander and parsley.
3. Add the mayonnaise and yoghurt, then season with salt and pepper. Give it all a good mix together and serve.

SPICY TOMATO & CHORIZO PASTA BAKE

SERVES



Ten

ALLERGENS



Wheat, Milk,
Gluten

INGREDIENTS



- 200g chorizo, chopped
- 500g onions, finely chopped
- 4 garlic cloves, crushed
- 1tsp. chilli flakes
- 400ml vegetable stock
- 800g chopped tomatoes
- 500g penne
- Basil, small handful, roughly chopped
- 150g mozzarella, grated
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Heat the oven to 180°C.
2. Bring a large pan of water to the boil. Heat another large pan over a medium-high heat, then fry the chorizo for approx. 3 minutes, until starting to colour. Transfer to a plate with a slotted spoon, leaving the oil.
3. Add the onion to the pan with the chorizo oil and cook for 5 minutes, then add the garlic and chilli and cook for a further minute. Pour in the stock and let bubble for 3 minutes until reduced. Add the tomatoes and simmer for 10 minutes.
4. Place the pasta in the pan of boiling water and cook for 6 minutes, until al dente. Drain and rinse under cold running water, drain again, then return to the pan.
5. Stir the chorizo into the sauce with the basil. Taste and season with a little salt and pepper. Stir the sauce into the pasta, then tip the whole lot into an ovenproof dish. Sprinkle over the mozzarella, then bake for approx. 20 minutes, until the sauce is bubbling and the cheese is golden.

RASPBERRY & LEMON POLENTA CAKE

SERVES



Ten

ALLERGENS



Wheat, Milk,
Egg, Gluten

INGREDIENTS



For the cake:

- 280g baking margarine
- 280g caster sugar, plus 1tbsp. to sprinkle
- 5 eggs, beaten
- 220g fine polenta
- 60g plain flour
- 2tsp. baking powder

- 1tsp. vanilla extract
- 2 lemons, zest
- 250g frozen raspberry

For the filling:

- 125g cream cheese
- 2 tbsp. icing sugar
- ½ lemon, zest and juice
- 180ml double cream

METHOD



1. Preheat oven to 170°C and line a baking tray with parchment paper.
2. In a large bowl, beat the baking margarine and caster sugar together until creamy and fluffy.
3. Gradually add the eggs until all the eggs are worked in and the mix is pale and fluffy, add the vanilla extract and zest into the mix.
4. Mix the polenta, flour and baking powder together and fold into the egg mixture.
5. Spoon the batter into the tray and level the top. Scatter most of the raspberries (set aside the others to top the finished cake) over the mix and poke into the mix gently. Bake for approx. 30 minutes until risen and golden.
6. Remove from the oven and cool in the tray for 10 mins, remove from the tin and cool completely on a wire rack.
7. When the sponge is cold, beat the cream cheese with the icing sugar, lemon zest and a little of the juice to loosen. Lightly whip the cream so that it just holds its shape, then fold into the cheese. Spread this over the sponge and sprinkle with the remaining raspberries to serve.



Red - September

REALLY FRUITY STRAWBERRY JAM

SERVES



3 x Jars
(500ml)

ALLERGENS



Milk

INGREDIENTS



- 1¼kg strawberry, hulled and large ones halved
- 1kg jam sugar
- 1 lemon, juiced

METHOD



1. Layer the strawberries and sugar in a large bowl, finishing with a layer of sugar. Cover the bowl and leave for 24 hrs. Meanwhile, put a couple of saucers in the freezer to chill.
2. Next day, the juices will have been drawn out from the fruit, leaving you with a bowl of berries in a sugary pink syrup. If this hasn't happened, give the berries a quick stir, then leave for a few more hours.
3. Tip the mixture into a preserving pan (or a large pan with wide, sloping sides) and warm to dissolve the remaining sugar. Once dissolved, bring to the boil, stirring frequently until bubbling.
4. Pour in the lemon juice, return to the boil, then boil hard for 10 mins, stirring occasionally. Take from the heat, then drop a little jam onto a chilled saucer. Let it cool a little, then push your finger through the jam. If the jam parts, leaving wrinkled ripples, it is ready.
5. Allow the jam to cool for 30 mins, then pot into sterilised jars and, when the jam is cool, label the jars, store in the fridge.

MEXICAN BEAN SOUP

SERVES



Ten

ALLERGENS



Gluten

INGREDIENTS



- 4tsp. vegetable oil
- 2 onion, finely chopped
- 2 red pepper, cut into chunks
- 4 garlic cloves, chopped
- 3tsp. chilli powder
- 2tsp. ground coriander
- 2tsp. ground cumin
- 600g chopped tomatoes
- 600g red kidney beans, canned
- 1ltr. vegetable stock
- Coriander, small handful, chopped
- 1 lime, juiced
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Heat the oil in a medium pan, add the onion and pepper and fry, stirring frequently, for approx. 10 minutes. Stir in the garlic and spices, then tip in the tomatoes and beans with their liquid, vegetable stock. Simmer, covered, for approx. 15 minutes.
2. Season the soup to taste and pour into a terrine and finish with the chopped coriander and freshly squeezed lime juice.

OLD YORKSHIRE TRADITIONAL SPICED TOMATO CHUTNEY

SERVES



2kg

ALLERGENS



None

INGREDIENTS



- 1.4kg tomatoes
- 1.4kg apples
- 8 cloves of garlic
- 2tsp. cayenne pepper
- 2tsp. chili powder
- 240g onions
- 2cm fresh ginger, piece
- 1½tbsp. lo salt
- 1 red chilli
- 2 lemons
- 450g sultanas
- 3pts white wine vinegar

METHOD



1. Core and chop the apples, simmer in a small amount of water until tender.
2. Crush your garlic, peel and chop your onions, grate your ginger, chop the tomatoes and zest and juice your lemons.
3. Add all your ingredients to a large pot, bring to the boil and then simmer slowly over a low heat for approx. 4-5 hours. Stir regularly until soft and thick.
4. Once cooked remove from the heat and set aside to cool. Once cooled pour into a plastic container with a tight fitting lid and leave to mature overnight.
5. Serve on the Salad Bar or Flavour zone.

RHUBARB & CUSTARD PAVLOVA

SERVES



Ten

ALLERGENS



Milk, Egg

INGREDIENTS



- 150g caster sugar
- 6 egg whites, free range
- 150g icing sugar
- 1tsp.cornflour
- 1tsp white wine vinegar
- 1½tsp. vanilla extract

For the rhubarb:

- 75g golden caster sugar
- 500g rhubarb, trimmed and cut into 3-4cm lengths
- 1tsp. vanilla extract
- Lemon juice, a squeeze
- 10ptns Custard, pre made
- 300ml double cream

METHOD



For the meringue:

1. Heat the oven to 120°C.
2. Line a large baking sheet with non-stick baking parchment. Using an electric whisk, whip the egg whites, with a pinch of salt and caster sugar together until holding stiff peaks. Sift the icing sugar and cornflour over and continue to whisk for 3-4 minutes until the mixture is very stiff and shiny. Whisk in the vinegar and vanilla.
3. Spoon the meringue mixture onto the lined baking tray in a deep, 25cm diameter disc. Make the sides higher than the centre to house the filling. Bake for about 1 hour 10 minutes, until set and crisp on the outside, but hardly coloured. Switch the oven off, prop the door ajar and cool for 30 minutes. Remove from the oven and cool completely.

For the rhubarb:

4. Put the sugar in a large saucepan with 150ml water and dissolve over a low heat. Add the rhubarb and vanilla extract. Allow to poach gently for a few minutes until tender, but still holding its shape. Remove the rhubarb from the pan with a slotted spoon and increase the heat, allowing the syrup to boil down until thick and syrupy. Stir in the lemon juice and let cool. Pour the syrup over the rhubarb and chill.
5. Whisk the double cream and custard together, until the mixture holds its shape. Spoon onto the pavlova. Use a slotted spoon to top with the rhubarb, pouring the rhubarb syrup over to finish and serve.

SMOKEY PAPRIKA PORK WITH TOMATOES

SERVES



Ten

ALLERGENS



Milk

INGREDIENTS



- 3tbsp. vegetable oil
- 400g onions, finely chopped
- 3 garlic cloves, crushed
- 1kg pork shoulder, diced
- 300g chopped tomatoes
- 100g cherry tomatoes
- 3tbsp. smoked paprika
- 300g chickpeas, drained and rinsed
- 300g spinach leaf, defrosted
- 250ml double cream
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Preheat the oven to 160°C. Heat 1 tablespoon of oil in a casserole and fry the onion and garlic over a medium heat until pale golden. Transfer to a bowl.
2. Heat the remaining oil and fry the pork in batches for 2-3 minutes, turning once, until golden. Mix in the tomatoes, paprika, onion, garlic and season. Simmer for 2 minutes. Cover and cook in the oven for approx. 45 minutes, until tender.
3. Add the chickpeas, spinach and cream and stir. Cook for a further 5 minutes, then serve.

TOMATO, STAR ANISE & CHILLI JAM

SERVES



1kg Jars

ALLERGENS



Wheat, Soya,
Gluten

INGREDIENTS



- 2 red onions, finely chopped
- 400g cherry tomatoes, halved
- 400g tomatoes, quartered
- 3 red chillies, deseeded, finely chopped
- 5cm piece fresh root ginger, grated
- 1 star anise
- 250ml white wine vinegar
- 300g soft light brown sugar
- 2tsp. soy sauce

METHOD



1. Sterilise the jars. Wash in very hot water or on the hot cycle of a dishwasher. Preheat the oven to 160°C. Place the jars upside down on a baking tray and dry in the oven for 10-15 minutes.
2. Heat the red onion and chopped tomatoes in a large heavy-based saucepan over a low heat.
3. Add the chillies, ginger, star anise, vinegar and sugar. Bring the mixture to the boil, then simmer for approx. 30 minutes, until very thick and you can draw a wooden spoon across the base of the pan so that it leaves a channel behind it.
4. Add the soy sauce and cook for 2 minutes more, then spoon into sterilised jars.
5. Store in the fridge for up to a week and serve on the flavour zone.

RHUBARB CRUMBLE WITH WHIPPED CREAM CHEESE & NUTMEG

SERVES



Ten

ALLERGENS



Wheat, Milk,
Gluten

INGREDIENTS



- 400g caster sugar
- 2 oranges, zest and juice
- 1tsp. vanilla extract
- 800g solid pack apples, tinned, drained
- 800g solid pack rhubarb, tinned, drained

For the crumble topping:

- 160g baking margarine
- 400g flour
- 300g caster sugar

For the whipped cream:

- 150g cream cheese
- 200ml double cream
- 4tbsp. icing sugar
- Nutmeg, ground, pinch

METHOD



1. Mix the rhubarb and apple with the sugar, orange zest, juice and vanilla extract and pour into an ovenproof dish and set aside.
2. For the topping, put the baking margarine and flour in a bowl, work together until combined, and then add the sugar. Mix for a further minute until it forms a crumb.
3. Once fully mixed, pour into a roasting tin, sprinkle over 1 tbsp. water and bake at 170°C for approx. 25 minutes until golden and crunchy.
4. Meanwhile whisk together the cream cheese, cream, nutmeg and icing sugar until firm. Chill until ready to serve.
5. Once the crumble is ready, remove it from the oven, turning it down to 160°C, and leave the crumble stand for 10 minutes.
6. Put the fruit mix in a dish and cover with the crumble. Cook for 20 minutes.
7. Serve with the whipped cream cheese.

ETON MESS

SERVES



Ten

ALLERGENS



Milk, Egg

INGREDIENTS



- 10 pre made meringues
- 1ltr double cream
- 200g strawberries
- 150g raspberries
- 20g icing sugar
- Mint, small handful, sprigs

METHOD



1. Cut the strawberries in thick slices and half the raspberries. Place in a bowl and set aside.
2. Whip the cream until it forms stiff peaks, then fold in the berries and icing sugar to taste.
3. Break the meringues and fold in the berry and cream mix.
4. Spoon into individual serving dishes and finish with a slice of strawberry, half a raspberry and sprig of mint to serve.

RASPBERRY & LEMON ROLY POLY

SERVES



Ten

ALLERGENS



Wheat, Soya,
Milk, Egg, Gluten

INGREDIENTS



- Baking margarine, for greasing
- 400g self-raising flour, plus extra for dusting
- 200g vegetable suet
- 30g caster sugar
- Lo salt
- 150ml semi-skimmed milk
- 130g raspberry jam
- 2 lemons, zest and juice

METHOD



1. Preheat the oven to 180°C, or put the oven onto steamer and grease a large sheet of baking paper and set aside.
2. Stir the flour, suet, sugar, lemon zest and salt in a large bowl until fully combined. Slowly stir in the milk to form a soft, spongy dough.
3. Tip the dough out onto a floured surface and knead for a few minutes. Roll the dough out to a 22cm x 32cm rectangle.
4. Mix the lemon juice with the marmalade and spread onto the dough, leaving a 1½cm border. Gently roll the dough up from the short end and transfer to the greaseproof paper, seam-side down. Wrap the roly poly in the baking paper, making a long pleat in the paper to allow the pudding to expand as it cooks. Twist the ends of the paper like a Christmas cracker and tie tightly with kitchen string, to seal the pudding inside. Repeat the process with a large piece of kitchen foil.
5. Place the pudding onto a flat steamer tray and cook in the steamer or oven for approx. 35 minutes.
6. Remove the pudding from the oven, unwrap the kitchen foil, then snip the string and unwrap the paper.
7. The pudding should be well risen and lightly browned in places. Don't worry if the jam has made its way through to the outside of the pudding a little – it will taste all the more delicious.

SPANISH TOMATO SOUP

SERVES



Ten

ALLERGENS



Milk

INGREDIENTS



- 25g baking margarine
- 2 onions, peeled and sliced
- 900g tomatoes roughly chopped
- ½tsp. paprika
- 1tbsp. sugar
- Lo salt, pinch
- Ground black pepper, pinch
- Mint Leaves, small handful, shredded
- 600ml vegetable stock
- 5tbsp. cream, lightly whipped

METHOD



1. Melt the baking margarine in a large, lidded saucepan. Add the onions and cook them gently until soft but not brown.
2. Add the tomatoes to the onions with the paprika, sugar, salt, mint and stock. Stir well, cover and simmer for approx. 30 minutes.
3. Cool slightly and then puree in a blender or food processor until smooth, in batches if necessary. Pour the soup back into the saucepan. Add extra stock to give the desired consistency and reheat.
4. Serve hot, swirled with whipped cream and garnished with mint leaves.

The background of the entire page is a light orange color with a repeating pattern of various fruits and vegetables in a darker orange shade. The items include watermelon slices, strawberries, broccoli, carrots, and leafy greens.

Eat the **Rainbow**

RECIPE BOOKLET