



*Meals & More*

**RECIPE  
BOOK**





# Foreword

Ton Christiaanse  
*Brakes CEO UK*



I am delighted to welcome you to our first Meals & More recipe book. At Brakes we feel it is essential that children in the UK, whatever their circumstances have access to good food 365 days of the year. From the start of our holiday hunger programme in 2015 we recognised that volunteers and professionals alike can give a good service to their communities when they have the skills and resources to do so. That is why we have chosen the best of our most popular nutritionally balanced and easily prepared recipes for this book.

We have also been lucky enough to have wonderful contributions from some of our Meals & More industry chef supporters and we hope you enjoy their recipes.

We believe that everyone has a part to play in tackling child poverty and a great place to start to truly make a difference is with preparing and sharing a healthy meal.

I hope you will not only enjoying cooking these great recipes at your community venue but that you consider them part of the Meals & More legacy that helps to end UK child hunger.

Best Regards

**Ton Christiaanse**



# 3.5 MILLION CHILDREN

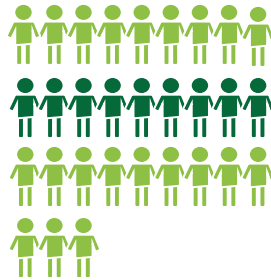
ARE LIVING IN POVERTY IN THE UK TODAY  
THAT'S APPROXIMATELY ONE IN FOUR CHILDREN



CHILD POVERTY  
IS PROJECTED TO RISE TO  
**4.7 MILLION**  
CHILDREN BY 2020

# 9 CHILDREN

IN EVERY PRIMARY  
SCHOOL CLASS ARE  
LIVING IN POVERTY



CHILDREN IN POVERTY  
RECEIVING FREE  
SCHOOL MEALS ACHIEVE  
**LOWER GCSE GRADES**  
THAN THEIR WEALTHIER PEERS

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# Nutritional Information

Good nutrition is essential for everyone and particularly for children. It is important for their growth and general well-being and establishes a good diet in childhood, which helps to maintain health into adulthood. The needs of children should all be met through food eaten as regular meals and snacks. Holiday clubs are therefore a great help to families trying to provide healthy food for their children, particularly those entitled to free school meals.

## **A lunch should always provide:**

**Energy** - this is needed for growth and to maintain activity levels. It should be provided mainly from starchy carbohydrates such as bread, potatoes, rice or pasta. Try to include some wholegrain options too. Starchy foods provide B vitamins as well as fibre so they are a great source of energy. Sugar also provides energy but doesn't provide any other nutrients. Fat provides a very rich source of energy so should be used sparingly.

**Protein** - provides the building blocks for children's growth and is found in fish, meat, eggs, beans, pulses lentils, nuts and meat alternatives such as Quorn. These foods also provide other nutrients such as iron, omega 3 fats (in oily fish such as salmon) zinc and some fibre from beans and pulses.

**Fruit and vegetables** - provide a variety of vitamins and minerals such as vitamin C, folate as well as fibre. We all need at least 5 portions of fruit and vegetables each day and almost all fruit and vegetables count, including fresh, frozen, canned, dried and 100% unsweetened juice. The portion size for juice is 150 mls and can only be counted as 1 of your 5 a day, no matter how much is drunk.

**Dairy** - provides protein and calcium. Calcium is essential for the development and maintenance of strong bones and teeth. Dairy products include milk, cheese and yogurt.

Over the whole holiday, the lunches should offer a variety of different foods to ensure that a good range of nutrients is provided and it may even introduce children to new foods they've not experienced before.

**Hydration** - is also important, so water should be available to drink at all times and should be encouraged if some of the activities at the club are energetic or the weather is warm. A drink should always be provided with lunch and this should be either water, diluted fruit juice or a sugar free drink.

Holidays are a time for some treats too such as a birthday celebration, an outing or at the end of holiday party. If children are included as part of the menu planning, it will help them understand when it's appropriate to eat treats like chocolate, sweets, crisps and other high fat, salt and sugar snacks.

We hope this recipe book will inspire you to make great tasting food for the children attending your holiday club and that this food will provide a healthy meal and to establish good eating habits that will last them a lifetime.



# Food Safety: 4 Basic Principles

## 1. Cross Contamination

- o Keep raw and cooked foods separate from each other as well as foods that contain the known allergens. For example use separate chopping boards
- o Cover hair and wear protective clothing such as aprons to prevent you from contaminating foods
- o Wash fruit & vegetables/salad prior to use and service

## 2. Cleaning

- o Wash hands every time on commencing work, after handling raw foods, after toilet breaks and after handling any dirty packaging
- o Working surfaces should be cleaned on regular basis – clean as you go – especially after food prep/raw & allergen related products. Use a sanitiser and clean cloths

## 3. Chilling

- o Foods which must be kept chilled have a 'use by' date and/or instructions to keep refrigerated. Also remember to chill foods you have cooked to use later and ready to eat foods such as sandwiches, cooked meats and salads



o Ideally do not cook food to be eaten later or another day. If you do, you must label with the date of cooking and it must be brought to a chill temperature quickly

o Chilled temperature is below 8°C

#### 4. Cooking

o All food should be steaming hot in the centre and liquid dishes should bubble throughout when stirred. For poultry and fish, juices should run clear

o When serving rice, cook and serve immediately – do not reheat

o Follow manufacturers' instructions If using pre-prepared food

#### Key cooking times and temperatures – to kill bacteria cooking temperatures of food should reach

- 80°C for at least 6 seconds
- 75°C for at least 30 seconds
- 70°C for at least 2 minutes
- 65°C for at least 10 minutes
- 60°C for at least 45 minutes

#### Storage temperatures

- Fridge/chilled below 8°C
- Freezer/Frozen -18°C

For safe **hot holding**, ensure food is **above 63°C** for ideally no more than an one hour



# Allergen Information

Food Information to Consumers regulation is a new EU law covering all aspects of food labelling and allergen information which has applied since 13th December 2014.

The 14 allergens are cereals containing gluten, crustaceans, eggs, fish, peanuts, soya, milk, nuts, celery, mustard, sesame, sulphur dioxide (above 10 ppm), lupin and molluscs.

It is quite likely you could be cooking for children with all sorts of different needs or allergies so each recipe if you use the same ingredients will tell you what allergens are in that recipe.

**Look out for these icons, if they appear on the recipe it means they can be found in that dish. The ingredients highlighted in bold indicate they contain the allergen.**



Celery



Crustaceans



Eggs



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



Soya



Sulphur Dioxide



*Chicken  
Dishes*

# Chicken Casserole

Serves 10



Celery



Gluten

## Ingredients

- 750g Diced Chicken
- 75g Onions
- 4g Fresh Garlic
- 50g **Celery**
- 140g Carrots
- 75g Swede
- 100g Unsmoked Rindless Streaky Bacon
- 25g **Plain Flour**
- 25g **Vegetable Bouillon Paste**  
(Check ingredient list for allergens)
- 1l Water
- 400g Chopped Tomatoes  
(in tomato juice)
- 20g Tomato Purée
- 5g Thyme
- 40g Pearl Barley
- 50g Garden Peas
- 33ml Sunflower Oil



### Serving Tip

Serve with a chunk of crusty bread

## Getting ready

1. Peel and dice the onions
2. Peel and chop the garlic
3. Cut the celery into three - lengthways and dice
4. Peel and dice the carrots
5. Peel and dice the swede
6. Cut the bacon into small cubes
7. Mix vegetable bouillon paste with boiling water to make stock

## Method

1. Gently sweat off the onions, garlic, celery, carrots & swede in about three tablespoons of oil for approximately 8-10 minutes. Remove from the pan. Fry the bacon until crispy, remove from the pan
2. Seal the chicken in a little oil until golden brown for approximately 4-6 minutes. Return the vegetables and bacon to the pan, add the flour and stir well. Now add the vegetable stock and stir. Add the chopped tomatoes, tomato paste, thyme
3. Bring the casserole to a gentle simmer and cook for 15-20 minutes. Add the pearl barley and cook for a further 15 minutes, then add the frozen peas and cook for a further 5 minutes



### Chef's Tips

Substitute the chicken with beans, beef, pork or lamb to make alternative casseroles

Add sliced potatoes to the top as a twist on a traditional hotpot or top with leftover mashed potato

Use vegetable stock cubes and follow instructions instead of bouillon paste

# Chicken Curry & Rice

Serves 20



Celery



Milk



Sulphur  
Dioxide

## Ingredients

100g	Extended Life Vegetable Oil
200g	Red Onions
200g	Courgettes
1ea	Butternut Squash
300g	Button Mushrooms
2ea	Red Peppers
800g	Cauliflower
2kg	<b>Tikka Sauce: ready made</b> (Check ingredient list for allergens)
2g	Cracked Pepper
1kg	Diced Chicken Breast

## Getting ready

1. Peel and dice the onions
2. Wash and dice the courgettes
3. Peel and dice the butternut squash
4. Wash and  $\frac{1}{4}$  the mushrooms
5. De-seed and dice the red pepper
6. Cut the cauliflower into florets

## Method

1. In vegetable oil fry the chicken, onion and garlic without colour for 5 minutes
2. Add the prepared vegetables and stir well together
3. Add Tikka sauce and simmer for 25 - 30 minutes checking all the time to ensure curry does not burn. Check chicken and vegetables are fully cooked before service
4. Serve with rice

# Chicken Jambalaya

Serves 10



Celery

## Ingredients

300g	Long Grain Rice
600g	Diced Chicken Thighs
2ea	Green Peppers
2ea	Red Peppers
200g	Cooking Onions
30ml	Sunflower Oil
15g	Cajun Seasoning
100g	Tomato Purée
12.5g	<b>Chicken Flavour Bouillon Mix</b>

(Check ingredient list for allergens)

500ml	Water
800g	Chopped Tomatoes (in tomato juice)
2ea	Bay Leaves
30g	Curly Parsley



### Chef's Tip

Swap bouillon mix for stock cubes\*

\*check allergens carefully

## Getting ready

1. Mix the Cajun Spice with the diced Chicken and allow to marinade for 1-2 hours
2. Peel and chop the onions
3. De-seed and chop the peppers
4. Make up the chicken bouillon as per the packet instructions

## Method

1. Pre-heat oven to 190°C/375°F/gas mark 5
2. Heat oil in large roasting dish, add chicken and fry for 4-5 minutes until lightly browned, remove chicken from roasting dish and set aside
3. Add the chopped onion and peppers and cook for approx. 4-5 minutes until soft
4. Stir in the rice and add tomato purée, stock and tinned tomatoes
5. Finally add chicken back to pan with bay leaves, cover tray with foil and place in pre-heated oven and cook for approx. 75-90 minutes until all of the liquid has been absorbed
6. Remove bay leaves and stir in chopped parsley prior to serving

# Chicken Tikka Salad

Serves 2



Milk

## Ingredients

2ea Chicken Supreme  
1 tsp Olive Oil  
100g Mixed Leaves  
Handful Green Beans (blanched)  
8ea Cherry Tomatoes

### Marinade:

75ml **Greek Yogurt**  
Salt  
¼ tsp Chilli Powder  
½ tsp Paprika  
1 tsp Ground Cumin  
20-30g Knob of Ginger (grated)  
1 clv Garlic (finely crushed)  
1 tbspc Sunflower Oil  
Juice of ½ a lemon  
½ tsp Garam masala  
1 tsp White wine vinegar



**Guest Chef**

Gary  
MacLean



## Method

1. Place all the ingredients for the marinade into a food processor or mixing bowl and blitz until smooth
2. Remove the skin from the chicken if required and trim any excess sinew and score the breast
3. Put chicken into a dish and pour the marinade on
4. Rub, cling film and refrigerate
5. Marinate for as long as possible allowing flavours to fully penetrate the chicken
6. Take chicken out of fridge at least half an hour before you are going to cook it, rub marinade off and put to one side
7. Heat a non-stick frying pan with a teaspoon of oil then colour chicken on both sides
8. Place into a hot oven (190°C) for 8-9 minutes or until cooked. Once cooked take out and allow to rest

## To Serve

Dress leaves with a squeeze of lemon juice and a drizzle of olive oil, place leaves onto plate then scatter on tomatoes and beans. Place chicken on top of salad, serve immediately



## Gary MacLean

Chef Lecturer Gary MacLean is the current BBC Two Masterchef The Professionals Champion. Gary has been teaching at the City of Glasgow College for over 17 years.

Gary's inspiration to become a chef is founded in his love for cooking even from a very young age. At school his favourite subject was home economics.

Gary has been a culinary team coach for many years and has won many national and international competitions. He has also won many personal awards, the highlight being The Craft Guild of Chefs lecturer of the year for the UK in 2015.

# Chicken Pasta Bake

Serves 20



Gluten



Milk

## Ingredients

800g	<b>Penne Pasta</b>
1.5kg	Diced Chicken
200g	Green Peppers
200g	Red Peppers
300g	Sweetcorn (in water)
350g	Courgettes
150g	Button Mushrooms
60g	Onions
44ml	Sunflower Oil
2.15kg	<b>Cheese Sauce*</b>
300g	<b>Grated Mild Cheddar</b>

\*sub recipe (see pg 21)

## Getting ready

1. Cook, drain and cool the pasta
2. Peel and dice the onions
3. Peel and dice the green and red peppers
4. Drain the sweetcorn
5. Make the cheese sauce (recipe pg.21)

## Method

1. Sweat off the vegetables in approximately 4 tablespoons of oil for approximately 8-10 minutes. Remove from the pan and seal off the chicken until golden brown for approximately 6-8 minutes
2. In one pan mix together the pasta, vegetables & chicken. Add 2/3 of the cheese sauce and combine all of the ingredients
3. Place the mixture into a suitable oven proof dish, top with the remaining cheese sauce and sprinkle with cheese. Bake in a pre-heated oven at 190°C, Gas Mark 5 for approximately 15 minutes



## Chef's Tips

Substitute tricolour pasta with any pasta shape or for added fibre, use wholemeal pasta

For a crunchy topping, mix breadcrumbs with oats and grated cheese (allergens: gluten and milk)

Use any surplus carrots or other vegetables in the recipe

# Chicken & Sweetcorn Quesadillas

*Serves 24 Wedges  
(based on 3 per portion)*



Gluten



Eggs



Milk



Mustard

## Ingredients

8ea	<b>6" Fully Baked Flour Tortillas</b>
400g	8mm Cooked Chicken Breast Strips
400g	<b>Grated Mild White Cheddar</b>
300g	Sweetcorn
80g	<b>Light Mayonnaise</b>

## Method

1. Lay Flour Tortillas on work surface and spread mayonnaise around the edge of all tortillas
2. Then fill four of the tortillas with the chicken (do not place on the edge where you have mayonnaise)
3. Then add sweetcorn followed by cheese
4. Place remaining unfilled Tortillas on top of filled ones and ensure you seal the edges
5. Heat a non-stick pan, place a tortilla parcel in the pan and cook until golden brown then repeat on other side
6. Remove from pan and keep hot in oven while you repeat the cooking process with remaining tortillas
7. Cut each tortilla into six wedges

# Chicken, Coconut & Pineapple Curry

Serves 2



Mustard

## Ingredients

1ea	Chicken Breast Fillet
20g	<b>Knorr Korma Paste</b> (Check ingredient list for allergens)
150ml	Coconut Milk
125g	Large Onions
3clv	Fresh Garlic
45g	Pineapple Chunks (In pineapple juice)
50g	Mangetout
5g	Coriander
0.5ea	Red Pepper
0.5ea	Yellow Pepper
20ml	Sunflower Oil

## Getting ready

1. Cut chicken into even bite size pieces
2. Peel and dice the onions
3. Peel and finely slice the garlic
4. Wash the mangetout
5. Pick the coriander leaves and chop
6. Cut the red and yellow peppers into strips



## Method

1. Place a frying pan on a medium heat and add the oil
2. Add the onions & garlic and stir fry for about 2mins until soft
3. Now add the chicken and stir fry for another 2mins to seal the chicken
4. Add the peppers and stir fry for another 2mins, lower the heat & add the korma paste, mix well
5. Next add the coconut milk, stir well and leave to simmer for about 5mins
6. Finally add the pineapple & mangetout, mix well and allow to simmer for a further 2mins or until the chicken is fully cooked
7. Take off the heat, add the coriander, stir in and serve with rice and/or naan bread



## Mark Sargeant

Mark Sargeant is a trail blazer for traditional British cooking, carving out a hugely successful career in Britain's top restaurants. He won Young Chef of the Year in 1996 at Oliver Peyton's Coast Restaurant and was appointed Head Chef at Gordon Ramsay at Claridges, where he gained a Michelin Star and was awarded Chef of the Year 2002.

Mark has presented Saturday Cookbook and regularly appears on the BBC's Saturday Kitchen, ITV's This Morning and Food Network UK shows.

Mark is now bringing his passion for honest cooking to Brakes, helping to develop the range and new food offer to inspire chefs with the best of the Brakes larder, from British, seasonal produce to exclusive, award-winning products.

# Cheese Sauce

Serves 20



Gluten



Milk

## Ingredients

150g	Cooking Fat (check ingredients for allergens, particularly soya)
150g	<b>Plain Flour</b>
1.7l	<b>Skimmed Milk</b>
150g	Reduced Fat Cheese

## Getting ready

1. Warm the milk

## Method

1. Melt the fat in a pan
2. Add the flour and whisk together to form a roux
3. Gradually add the warmed milk continuously whisking



*Beef  
Dishes*

# Homemade Beef Chilli

Serves 10

## Ingredients

1.5kg	Beef Mince
100g	Cooking Onions
6g	Garlic Purée
800g	Red Kidney Beans (in water)
200g	Italian Tomato Paste
800g	Chopped Tomatoes (in tomato juice)
15ml	Sunflower Oil
40g	Mild Chilli Powder
2ea	Red Peppers



## Getting ready

1. Peel and finely chop the onions
2. Peel and finely chop the red pepper
3. Drain kidney beans and rinse with cold water

## Method

1. In a large pan heat vegetable oil on a medium heat then add finely chopped onion and red pepper cook until soft
2. Add garlic purée and cook for a further 1 minute
3. Add mince and cook meat for approx. 4-5 minutes before adding tomato purée and cooking for a further 2 minutes
4. Add chopped tomato & chilli powder, turn heat down and cook on a low heat until chilli thickens
5. Add drained red kidney beans to chilli and heat through until piping hot
6. Check seasoning before serving with rice or a jacket potato

# Cottage Pie

Serves 10



Fish



Gluten

## Ingredients

- 600g Lean Beef Mince
- 100g Onions
- 6g Fresh Garlic
- 100g Carrots
- 75g Swede
- 75g Frozen Garden Peas
- 25g **Plain Flour**
- 600g Chopped Tomatoes  
(in tomato juice)
- 45g **Lea & Perrins  
Worcestershire Sauce**
- 30g Gravy Granules  
(Check ingredient list for allergens)
- 400ml Water
- 50g **Pearl Barley**
- 1.3kg Washed Salad Potatoes
- 30g Sunflower Oil





## Getting ready

1. Peel and dice the onions
2. Peel and chop the garlic
3. Peel and dice the carrots
5. Peel and dice the swede
6. Make up the gravy granules according to the instructions

## Method

1. In a large pan brown off the mince
2. To the pan add the onion & garlic, cook for 4-5 minutes
3. Add the carrots, swede & peas
4. Stir in the flour
5. Add the tomatoes, Worcestershire Sauce, gravy & pearl barley. Season with pepper
6. Bring to a gentle simmer & cook for approximately 20-30 mins
7. Cook the potatoes in a pan of boiling water, drain
8. Using a fork gently crush the potatoes adding the oil & season with pepper
9. Transfer the prepared mince to an oven proof dish & top with the crushed potatoes
10. Place in a pre-heated oven at 180°C for approximately 15-20 mins



### **Chef's Nutritional Advice**

This is a red meat dish, so it is a good source of iron

Including vegetables and pearl barley increases the fibre and contributes towards the 5-a-day!

# Whole Wheat Spaghetti Bolognaise

Serves 12



Gluten

## Ingredients

22ml	Sunflower Oil
750g	Beef Mince
200g	Cooking Onions
100g	Carrots
750g	Bolognaise Sauce: ready made (Check ingredient list for allergens)
1.5kg	<b>Whole Wheat Spaghetti</b>

## Getting ready

1. Peel and chop the onions
2. Peel and chop the carrots

## Method

1. Dry fry chopped onions and mince
2. Cook for a few minutes, add the chopped carrots and water to required consistency. Simmer for 30-40 mins
3. Cook off the pasta. Drain well and mix with the Bolognaise. Top with grated cheese and finish off in the oven for approx. 10 mins
4. CCP. Probe - Temperature must be above 75°C





*Lamb  
Dishes*

# Shepherd's Pasty & Peas

Serves 6



Gluten



Eggs

## Ingredients

400g	Lamb Mince
130g	Large Onions
2clv	Fresh Garlic
100g	Carrots
20g	Italian Tomato Paste
150g	Choice Garden Peas
20g	Mint
1ea	<b>Puff Pastry Sheets</b>
20ml	Sunflower Oil
2ea	<b>Medium Eggs</b>
2.5g	Cooking Salt
2.5g	Ground Black Pepper
6g	<b>Vegetable Bouillon Mix</b>
	<small>(Check ingredient list for allergens)</small>
250ml	Water

## Getting ready

1. Defrost pastry and cut into 6 equal squares
2. Peel and finely chop the onions and garlic
3. Peel and finely dice the carrots
4. Pick the mint leaves and chop
5. Use egg yolks only and beat
6. Mix bouillon with 250ml of boiling water

## Method

1. Add the oil to a saucepan and put onto a medium heat
2. Add the lamb mince and mix well and allow the meat to sweat for about 5mins - stir regularly
3. Next add the onions & garlic, stir into the mince and cook for a further 5mins - stir regularly
4. Now add the tomato purée, stir well & cook for a further minute followed by the carrots, stir well and cook for another 5mins
5. Finally add the peas followed by the stock, mix well, lower the heat and cook for approx. 10mins until the stock has been absorbed into the meat
6. Season with salt & pepper to taste
7. Take off the heat and transfer to a bowl or tray and allow to chill down fully
8. Assemble your Pasties:
  - Take 1 of your puff pastry sheets and place approx 130g of the lamb filling on one half
  - Brush the area around the lamb filling with a little of the egg
  - Fold over the pastry half with no meat across the lamb filling
  - Seal the pastry with your fingers, cutting away any excess pastry
  - Now crimp the edges to completely seal in the meat
  - Place on a baking sheet lined with baking parchment and brush with the egg
9. Now place in a pre-heated oven @160oC and cook for approx. 25-30mins or until the pastry is golden brown - serve with peas



*Pork  
Dishes*

# Cowboy Casserole

Serves 10



Gluten



Soya



Sulphur  
Dioxide

## Ingredients

20ea	<b>Pork Sausages</b>
5ea	Rindless Back Bacon
300g	Button Mushrooms
80g	<b>BBQ Sauce</b> (Check ingredient list for allergens)
100g	Cooking Onions
800g	Cannellini Beans (in water)
200g	Tomato Paste
800g	Chopped Tomatoes (in tomato juice)
30ml	Sunflower Oil
5g	Granulated Sugar
15g	<b>Vegetable Bouillon Mix</b> (Check ingredient list for allergens)
500ml	Water

## Getting ready

1. Peel and finely chop the onions
2. Drain beans and rinse thoroughly with cold water
3. Prepare vegetable stock according to instructions on bouillon mix

## Method

1. Pre-heat oven to 190°C/375°F/gas mark 5
2. Grill sausage & bacon
3. In a large pan heat vegetable oil on a medium heat then add the finely chopped onion and cook until clear
4. Chop cooked Bacon in to large chunks
5. Then add tomato purée and cook for a further 1 minute before adding chopped tomato, sugar, vegetable stock, mushrooms and drained beans
6. Turn the heat down and add sausage and bacon, place in pre-heated oven for approx. 30 minutes
7. Finish with BBQ sauce and check seasoning before serving

# Savoury Bread & Butter

Serves 4



Gluten



Eggs



Milk



Soya

## Ingredients

- 190g **Stale/left over white bread**
- 1ea **Egg**
- 2ea **Egg Yolks**
- ¼ea Onion
- 170ml **Double Cream**
- 2ea **Cooked Pork Sausages**
- 3ea Rashers of Cooked Bacon
- 1 tsp Balsamic Vinegar
- 1 Sprig Fresh Parsley
- Seasoning
- Butter/Vegetable Oil Spray



### Serving Tip

Serve with a simple salad and pickled onions



**Guest Chef**

Rob  
Kennedy



## Getting ready

1. Grease four individual moulds for your puddings (medium ramekins may be used) with butter/oil spray and line with parchment paper
2. Cut the sausages into four lengthways and dice into small cubes
3. Finely dice the onion and slice the cooked bacon
5. Remove the bread crusts and dice the loaf into 1cm cubes

## Method

1. Whisk the egg yolks and cream to make a savoury custard and season
2. Fry the onions, adding the sausage and bacon half way through cooking
3. Caramelize and add balsamic to provide an extra sticky sweetness
4. Layer the pudding moulds with the bread, sausage, bacon and onions leaving an even bread layer on the top
5. Pour the custard into the moulds and leave to soak into the bread, top up as required
6. Place the puddings into a pre-heated oven and bake for 20minutes at 170°C
7. Leave to rest for five minutes before turning out - a small pallet knife may help to release the pudding from the moulds

**NB.** Puddings may be made in advance and reheated in a medium oven for 10 minutes. Puddings may also be made in one large dish and cooked for longer



## Rob Kennedy

Rob Kennedy is the Executive chef at the prestige Royal Military Academy in Sandhurst.

Rob regularly manages menus for Royal Family visits, senior dignitaries and world leaders. In addition to his day job Rob is a member of the English National Culinary Team and has achieved over 85 culinary awards including 25 gold medals.

To date Rob has raised over £52,000 for UK charities and on understanding the huge issue of holiday hunger pledged his support to Meals&More.

A whole fish, likely a sea bream, is presented on a dark, reflective metal tray. The fish is garnished with fresh green dill sprigs and several slices of lemon, each containing a small piece of red chili pepper. A white circular overlay is centered over the fish, containing the text 'Fish Dishes' in a green, cursive font.

*Fish  
Dishes*

# Rosti Topped Fish Pie

Serves 20



Gluten



Fish



Milk

## Ingredients

1.5kg	<b>MSC Fish Pie Mix</b> (or any mix of white fish and salmon)
1.5l	<b>Whole Fresh Milk</b>
100g	<b>Un-salted Butter</b>
100g	<b>Plain Flour</b>
500g	Frozen Peas
300g	Sweet Potatoes
1kg	Baking Potatoes
600g	Carrots
400g	Carrots to accompany
600g	French Green Beans to accompany



### Serving Tip

Serve with steamed green beans and carrots

## Getting ready

1. Peel the sweet potatoes, potatoes and carrots
2. Defrost the fish

## Method

1. Place peeled sweet potato, potato & carrots in a pan of cold water and bring to the boil and allow to cook for 2-3 minutes depending on size of the vegetables
2. Place defrosted fish in a large pan together with the milk. Bring pan to the boil and turn off immediately and allow to stand
3. Drain fish ensuring you reserve the milk
4. Drain vegetables and allow to cool for a couple of minutes before grating on a coarse grater and thoroughly mix together. Set aside until required (this is the rosti mix)
5. In another pan allow butter to melt over a low heat before adding flour and making a soft roux, allow to cook for 2 minutes before gradually adding milk to form a smooth white sauce
6. Add peas and return cooked fish to mixture, stir gently and remove from heat
7. Place fish mixture into serving dish then top with the vegetable rosti mix
8. Place in a hot oven on the top shelf and cook for 10-12 minutes or until the top is golden brown and crispy

# Tuna & Pasta Bake

Serves 20



Gluten



Fish



Milk

## Ingredients

400g	<b>Penne Pasta</b>
60g	Onions
200g	Green Peppers
200g	Red Peppers
300g	Sweetcorn (in water)
350g	Courgettes
150g	Button Mushrooms
44ml	Sunflower Oil
1.5kg	<b>Tuna Chunks</b> (in Brine)
0,5ea	Yellow Pepper
2.15kg	<b>Cheese Sauce*</b>
300g	<b>Grated Mild Cheddar</b>

\*sub recipe (see pg 21)

## Getting ready

1. Cook pasta, drain and cool
2. Peel and dice the onions
3. Peel and dice the red and green peppers
4. Drain sweetcorn
5. Dice courgettes
6. Drain tuna
7. Make the cheese sauce (recipe pg.21)

## Method

1. Sweat off the vegetables in approximately 4 tablespoons of oil for approximately 8-10 minutes
2. In one pan mix together the pasta, vegetables & chicken. Add 2/3 of the cheese sauce and combine all of the ingredients. Reserve some cheese to sprinkle over the top.
3. Place the mixture into a suitable oven proof dish, top with the remaining cheese sauce and sprinkle with cheese
4. Bake in a pre-heated oven at 190°C, Gas Mark 5 for approximately 15 minutes



**Chef's Nutritional  
Advice**

Use wholemeal pasta to  
add more fibre

Vegetables count towards  
5-a-day

# Fish Paella

Serves 20



Fish



Sulphur Dioxide

## Ingredients

500g	Cooking Onions
600g	Long Grain Rice
800g	<b>MSC Alaskan Pollack Fillets</b>
400g	Fancy Garden Peas
250g	<b>Smoked Haddock Fillets</b>
200g	Italian Tomato Paste
30g	<b>Chicken Flavour Bouillon Mix</b>
	(Check ingredient list for allergens)
2l	Water
400g	Cherry Tomatoes
3ea	Red Peppers
30ml	Sunflower Oil



### Chef's Tip

You can use any fish with this recipe

## Getting ready

1. Peel & finely chop the onions
2. Defrost the pollock and cut into chunks
3. Defrost the haddock and cut into chunks
4. Halve the cherry tomatoes
5. Dice the peppers

## Method

1. In a large pan heat vegetable oil on a medium heat then add finely chopped onion and cook until translucent
2. Make stock with 2 litres of boiling water
3. Add tomato purée to pan with onions and cook for 1 minute before adding rice and stirring thoroughly
4. Lower heat and add chicken stock and leave to simmer for 5-6 minutes checking regularly
5. Add diced fish and cook for a further 5-6 minutes
6. Add peas and cook for a further 2-3 minutes
7. Check to see if rice is cooked before adding cherry tomatoes and diced red pepper
8. Allow to stand for a couple of minutes before serving

# Fish Cakes

Serves 10



Gluten



Eggs



Fish



Milk



Soya

## Ingredients

- 600g **Skinned Hake, Cod or Haddock**  
from a sustainable source
- 150ml **Milk**
- 150ml Water
- 2 tbsp Snipped Chives
- 600g Peeled Maris Piper Potatoes
- 100g Finely Chopped Onions
- 2ea **Eggs**
- 200g **Fresh Breadcrumbs**  
(can be either white, wholemeal or a mixture)
- 2 tbsp Vegetable Oil



**Guest Chef**

Kath  
Breckon

## Method

1. Dice the peeled potatoes, cover with water, and bring to the boil, simmer until cooked
2. Place the skinned fish into a deep baking tray and cover with the water and the milk, place in the oven and bake for 15 mins or until firm
3. Strain the potatoes, place back into the pan and dry out over a little heat, put into a bowl, mash and season
4. Take the cooked fish out of the tray, flake
5. Add the finely chopped onion, snipped chives and eggs to the potatoes and mix, carefully add the flaked fish to the mixture
6. Divide the fishcake mixture into 10 or 20 equal amounts, shape into rounds and coat evenly with the breadcrumbs. Place onto the greased oven trays, bake for 15-20 minutes turning once



### Serving Tip

Serve with peas,  
a mixed salad or a  
homemade tomato  
sauce



## Kath Breckon

Kath Breckon works at Westcliff School in Whitby. Kath worked her way to the very great honour of LACA School Chef of the Year 2016 and EDUcatering Excellence Primary School Caterer of the Year 2016.

Kath is passionate about the issue of holiday hunger as she believes every child is entitled to a healthy and nutritious meal every day, even in the school holidays.

# Pizza Topped Cod

Serves 20



Gluten



Fish



Milk

## Ingredients

20ea	<b>Cod Loins</b>
400g	Pizza Topping Sauce
200g	<b>Breadcrumbs</b> (uncoloured)
200g	<b>Grated Mild White Cheddar</b>
10ml	Non-Stick Fry, Cook & Bake Spray

## Getting ready

1. Defrost the cod

## Method

1. Spray large tray with oil
2. Place fish onto tray and place in oven at 180°C for 10 minutes
3. Remove fish from oven and top with pizza sauce, then breadcrumbs and finish with cheese
4. Place back in oven for a further 10 minutes or until fish is cooked and cheese is golden
5. Serve with seasonal vegetables



### Chef's Tip

You can use any fish.  
Cooking time will  
depend on fillet  
thickness



# Tuna & Red Onion Quesadillas

Serves 24



Gluten



Eggs



Fish



Milk



Mustard

## Ingredients

8ea	<b>6" Fully Baked Flour Tortillas</b>
400g	<b>Tuna Chunks</b>
400g	<b>Grated Mild White Cheddar</b>
100g	Red Onions
80g	<b>Light Mayonnaise</b>

## Getting ready

1. Drain the tuna
2. Peel and thinly slice the onions

## Method

1. Lay flour tortillas on work surface and spread mayonnaise around the edge of all tortillas
2. Then fill four of the tortillas starting with the tuna (do not place on the edge where you have mayonnaise)
3. Then add sliced red onion followed by cheese
4. Place remaining unfilled tortillas on top of filled ones and ensure you seal the edges
5. Heat on a non stick pan, place a tortilla parcel into pan and cook until golden brown then repeat on other side
6. Remove from pan and keep hot in oven while you repeat the cooking process with remaining tortillas
7. Cut each tortilla into six wedges



*Non Meat  
Dishes*

# Homemade Baked Beans

Serves 10



Sulphur Dioxide

## Ingredients

100g	Cooking Onions
800g	Cannellini Beans (in water)
200g	Tomato Paste
800g	Chopped Tomatoes (in tomato juice)
30ml	Sunflower Oil
25g	<b>Vegetable Bouillon Mix</b> (Check ingredient list for allergens)
500ml	Water
5g	Granulated Sugar

## Getting ready

1. Peel and finely chop the onion
2. Drain tinned beans and rinse thoroughly under cold water
3. Make up vegetable bouillon as per packet instructions, or your own stock

## Method

1. In a large pan heat vegetable oil on a medium heat then add finely chopped onion and cook until translucent
2. Add tomato purée and cook for a further 1 minute before adding chopped tomatoes, sugar, vegetable stock and drained beans
3. Turn the heat down and cook until the sauce has become thick
4. Check seasoning before serving

# Macaroni, Cauliflower & Leek Bake

Serves 10



Gluten



Milk



Soya

## Ingredients

250g	Cauliflower Florets
450g	<b>Macaroni</b>
30ml	Sunflower Oil
250g	Leeks
100g	Cooking Fat
900ml	<b>Skimmed Milk</b>
75g	<b>Reduced Fat Cheese</b>
75g	<b>Medium Square Sliced Wholemeal Loaves</b>



## Chef's Nutritional Advice

Milk and cheese are a  
good source of calcium

## Getting ready

1. Cut cauliflower into florets and cook
2. Cook macaroni for 9-11 minutes and drain
3. Thinly slice leeks
4. Warm milk
5. Grate cheese
6. Make bread into breadcrumbs

## Method

1. Place the cauliflower & macaroni in a shallow oven proof dish
2. Heat the oil, add the leeks and sweat for 8-10 minutes, add to the dish
3. Melt the fat, add the flour and beat well together
4. Gradually add the milk and whisk until thickened, add the cheese, season with black pepper
5. Spoon over the vegetables, sprinkle over the breadcrumbs
6. Place in a pre-heated oven at 200°C and bake until golden brown

# Homemade Five Bean Chilli

*Serves 10*



Sulphur  
Dioxide

## Ingredients

800g	Red Kidney Beans (in water)
800g	Chick Peas (in water)
800g	Cannellini Beans (in water)
800g	Borlotti Beans (in water)
800g	Black Eyed Beans (in water)
100g	Cooking Onions
6g	Garlic Purée
200g	Italian Tomato Paste
800g	Chopped Tomatoes (in tomato juice)
30ml	Sunflower Oil
40g	Mild Chilli Powder
2ea	Red Peppers
25g	<b>Vegetable Bouillon Mix</b> (Check ingredient list for allergens)
500ml	Water

## Getting ready

1. Peel & finely chop the onion
2. Peel & finely chop the red pepper
3. Drain all beans and rinse in cold water, leave to drain

## Method

1. In a large pan heat vegetable oil on a medium heat then add finely chopped onion & red pepper and cook until soft
2. Add garlic purée and cook for a further 1 minute
3. Add chilli powder to pan and cook for a further 1 minute before adding tomato purée, vegetable stock and chopped tomato
4. Heat through before adding the beans
5. Allow to cook for a further 6-8 minutes stirring regularly
6. Check seasoning before serving
7. Serve with rice or a jacket potato



**Chef's Nutritional  
Advice**

Beans are a good source  
of protein and fibre

Vegetables count  
towards your 5-a-day

# Vegetable Curry & Rice

Serves 10



Celery



Milk



Sulphur Dioxide

## Ingredients

100g	Extended Life Vegetable Oil
300g	Red Onions
300g	Courgettes
400g	Button Mushrooms
2ea	Red Peppers
800g	Cauliflower
700g	<b>Tikka Sauce</b>
	(Check ingredient list for allergens)
800g	Frozen Rice & Vegetable Mix
2g	Cracked Black Pepper



## Serving Tip

Serve with condiments such as mango chutney, cucumber raita and lime pickle

## Getting ready

1. Peel and dice the onions
2. Wash and dice the courgettes
3. Peel and dice the butternut squash
4. Wash and  $\frac{1}{4}$  the mushrooms
5. De-seed and dice the red peppers
6. Cut the cauliflower into florets

## Method

1. In vegetable oil fry the onion and garlic without colour for 5 minutes using a heavy bottomed pan
2. Add the prepared vegetables and stir well together
3. Add Tikka sauce and simmer for 25-30 minutes checking all the time to ensure curry does not burn. Check vegetables are full cooked before service. Check seasoning and the consistency prior to service
4. Heat rice, check core temperature and serve immediately

# Vegetable Korma

Serves 10



Celery



Mustard

## Ingredients

130g	Cooking Onions
130g	Sweet Potatoes
130g	Leeks
80g	<b>Celery</b>
105g	Sliced Green Beans
105g	Carrots
105g	Frozen Peas
105g	Sweetcorn
2g	Fresh Garlic
525g	Coconut Milk
25g	Desiccated Coconut
22g	<b>Curry Powder</b>
50g	Sultanas
8ml	Sunflower Oil
15g	Cornflour
10g	<b>Vegetable Flavour Bouillon Paste</b>
	(Check ingredient list for allergens)
400ml	Water

## Getting ready

1. Peel and dice the onions
2. Peel and dice the sweet potato into 1.5cm cubes
3. Wash and thinly slice the leeks
4. Dice the celery
5. Peel and dice the carrots
6. Peel and finely dice the garlic
7. Mix vegetable bouillon paste with boiling water to make stock

## Method

1. Heat the oil in a large pan and fry off the onions, sweet potato, leeks, celery, carrots & garlic and cook on a low heat for approximately 8-10 minutes. Add the curry powder and mix well, cook for 3-4 minutes to allow the spices to release their flavour
2. Add the coconut milk, desiccated coconut, sultanas and stock, season and bring to a gentle simmer for approximately 10 minutes. Add the peas and sweetcorn and cook for a further 10-15 minutes
3. Mix the cornflour with a little cold water to make a smooth paste and add to the curry to thicken
4. Serve with rice or a naan bread or use as a filling for a jacket potato

# Vegetable Paella

Serves 10

## Ingredients

500g	Cooking Onions
600g	Long Grain Rice
500g	Butternut Squash
400g	Frozen Peas
500g	Courgettes
200g	Tomato Paste
50g	<b>Vegetable Bouillon Mix</b> (Check ingredient list for allergens)
2l	Water
400g	Cherry Tomatoes
3ea	Red Peppers
30ml	Sunflower Oil

## Getting ready

1. Peel and cut the butternut squash & courgettes to a large dice
2. Peel & finely chop onion

## Method

1. Drizzle butternut squash and courgettes with a little of the oil and roast at 180°C for 12-15 minutes
2. In a large pan heat vegetable oil on a medium heat then add finely chopped onion and cook until translucent
3. Add tomato purée and stir thoroughly, before adding rice and stirring again
4. Lower heat before adding the vegetable stock, leave to simmer for approx. 8-10 minutes checking regularly and adding peas half way through cooking
5. Whilst paella is cooking cut cherry tomatoes in half and thinly slice red pepper
6. Check after 8-10 minutes to see if rice is cooked before adding roasted butternut squash and courgettes, cherry tomatoes & slice pepper and stirring lightly



# Vegetarian Bolognese

Serves 24



Gluten



Milk



Soya

## Ingredients

750g	<b>Vegemince® or Quorn®</b> (Check ingredient list for allergens)
6g	Fresh Garlic
225g	Cooking Onions
200g	Carrots
200g	Tomato Paste
1.25kg	Chopped Tomatoes (in tomato juice)
12g	<b>Vegetable Flavour Bouillon Paste</b> (Check ingredient list for allergens)
500ml	Water
100g	Green Lentils
50g	<b>Oatflakes</b>
2g	Mixed Herbs
150g	<b>Grated Mild White Cheddar</b>
1kg	<b>Spaghetti</b>

## Getting ready

1. Peel and dice the onions
2. Peel and dice the carrots
3. Make up stock according to instructions on bouillon paste or stock powder

## Method

1. Dry fry quorn® or vegemince® mince, onion and garlic
2. Add tomato paste, tomatoes, carrots, stock, herbs and lentils. Stir in oats for thickening
3. Bring to the boil and simmer for 30 mins or transfer to cooking tins cover with lid cook in oven at 190°C or in steamer for 40mins
4. Cook spaghetti as packet instructions
5. Either serve separately or mix with bolognese sauce. Sprinkle grated cheese on top



**Chef's Nutritional Advice**

Quorn® and Vegemince® are a great source of protein

Use wholemeal spaghetti for more fibre

# Penne Pasta Ratatouille

Serves 4



Gluten

## Ingredients

600g	<b>Italian Penne</b>
130g	Aubergine
1ea	Red Peppers
1ea	Yellow Peppers
150g	Courgettes
100g	Large Onions
2clv	Fresh Garlic
250g	Chopped Tomatoes (in tomato juice)
25g	Italian Tomato Paste
10g	Basil
30g	Olive Oil
1.5g	Ground Black Pepper
2.5g	Table Salt



**Guest Chef**

Mark  
Sargeant

## Getting ready

1. Cook the penne pasta, refresh and drain
2. Dice the aubergine - approx. 15mm
3. Dice the peppers - approx. 15mm
4. Dice the courgettes - approx. 15mm
5. Peel & dice the onions approx. 15mm
6. Peel & finely slice the garlic
7. Chop the basil

## Method

1. Place a saucepan on a medium heat and add the oil
2. Add the onions & garlic to the pan and cook gently until softened but not coloured too much
3. Now add the courgettes, peppers & aubergines and mix well, continue cooking on a low heat for about 5mins
4. Next add the tomato purée and stir into the vegetables, cook out for about 1min
5. Pour in the chopped tomatoes, stir well and allow to simmer for about 5mins
6. Add seasoning to taste followed by the basil, stir in and take off the heat
7. Place a large saucepan onto a high heat and fill with water, bring to the boil and add the cooked pasta to this, leave in the water for approx. 1min then drain
8. Add the drained pasta to a bowl, pour the ratatouille mix over, stir well, check seasoning and serve

# Four Cheese & Tomato Macaroni

Serves 4



Eggs



Gluten



Milk

## Ingredients

370g	<b>Italian Short Cut Macaroni</b>
75g	<b>Béchéamel Sauce Mix</b>
500ml	Water
20g	<b>Grated Mature White Cheddar</b>
20g	<b>Red Leicester</b>
20g	<b>Parmigiano Reggiano</b>
20g	<b>Mini Fresh Goat Cheese</b>
1ea	<b>Medium Egg</b>
10g	Herb Flat Leaf Parsley
10g	Italian Tomato Paste
1g	Ground Black Pepper
2g	Table Salt



**Guest Chef**

Mark  
Sargeant

## Getting ready

1. Cook the macaroni, refresh in cold water & drain
2. Mix béchéamel sauce with 100ml cold water to form a paste then whisk into 400ml of water, bring to the boil then take off heat
3. Grate the Red Leicester cheese
4. Reserve 10g of Parmigiano Reggiano
5. Use yolk only from the egg
6. Chop the parsley

## Method

1. Make up the white sauce as per the instructions, before taking off the heat whisk in the tomato purée until fully incorporated
2. Now add the cheeses and stir well, followed by the egg yolk, parsley & seasoning - mix thoroughly
3. In a separate bowl add the cooked macaroni and pour the cheese sauce over and stir well making sure all the pasta is coated
4. Now transfer to a large oven-proof dish or 4 smaller dishes sprinkle over the reserved Parmigiano Reggiano
5. Bake in a pre-heated oven at 180°C for approx. 10-15mins or until golden brown - serve



# *Soups*

# Tomato Soup

Serves 20



Celery



Fish



Gluten

## Ingredients

200g	Onions
300g	Courgettes
150g	Carrots
100g	<b>Celery</b>
1.6kg	Chopped Tomatoes (in tomato juice)
75g	Tomato Paste
3g	Fresh Garlic
4g	Oregano
15ml	<b>Lea &amp; Perrins Worcester Sauce</b>
71g	<b>Vegetable Flavour Bouillon Paste</b> (Check ingredient list for allergens)
2.8l	Water
55ml	Olive Oil

## Getting ready

1. Peel and finely chop the onions
2. Peel and finely chop the carrots
3. Peel and finely chop the garlic
4. Make up stock according to the instructions on the bouillon paste

## Method

1. Gently sweat off the onions, celery, courgettes, carrots & garlic for approximately 8-10 minutes
2. Add the chopped tomatoes, tomato paste, stock, Lea & Perrins, oregano
3. Bring to a gentle simmer and cook for approximately 20-30 minutes
4. Using a food processor, blend until smooth

# Chicken & Vegetable Soup

Serves 20



Celery



Gluten



Milk

## Ingredients

1ea	Chicken Oven Ready
200g	Leeks
200g	Cooking Onions
150g	Carrots
100g	Parsnips
150g	Baking Potatoes
100g	<b>Celeriac</b>
150g	Butternut Squash
100g	Spring Greens
100g	<b>Vegetable Bouillon Mix</b> (Check ingredient list for allergens)
4l	Water
100g	<b>Spreadable Butter</b>
100g	<b>Plain Flour</b>

## Getting ready

1. Peel all vegetables and roughly cut into dice of the same size. Keep all vegetable peelings with the exception of the potato peelings

## Method

1. Fill a large pan with cold water and add all of the vegetable peelings to it, bring to the boil
2. Once boiled turn down to a simmer and place chicken in water together with bouillon powder
3. Allow to simmer for approx. 20 minutes before carefully removing chicken, allow chicken to cool
4. In another large pan melt butter before adding all of the chopped vegetables and cook for 5-6 minutes before adding flour and cook for 2-3 minutes
5. Strain the vegetable stock that you cooked the chicken in and start to add slowly to the vegetable mixture remembering to keep stirring all constantly
6. When you have added all of the stock reduce the heat and allow to simmer until vegetables are cooked but still remembering to stir frequently
7. When chicken is cooled remove cooked chicken from the bone discarding the skin, bones and any sinew or fat, thinly slice spring greens
8. Chop chicken into a small dice, before adding to soup with thinly sliced spring greens re-heat to piping hot
9. Check seasoning before serving and add a little boiling water if soup is too thick

# Leek & Potato Soup

Serves 20



Milk

## Ingredients

30ml	Extended Life Vegetable Oil
200g	Cooking Onions
600g	Potatoes
400g	Leeks
75g	<b>Vegetable Bouillon Mix</b> (Check ingredient list for allergens)
3l	Water

## Getting ready

1. Peel and chop the onions
2. Peel and chop the potatoes
3. Wash and chop the leeks
4. Use vegetable bouillon to make 3l stock

## Method

1. Heat the oil in a large thick bottomed pan and add the onions, potatoes and leeks. Cook for 5 minutes until starting to soften
2. Add vegetable stock and bring to the boil. Season well and simmer until vegetables are tender
3. Blend with handheld blender until smooth



### Serving Tip

Serve in a nice pre-warmed bowl



# Wraps



# Chicken Wrap

Serves 10



Eggs



Gluten

## Ingredients

5ea	Cooked Chicken
5ea	<b>12" Wheat Bran Wrap</b>
100g	Salad Mix
10ea	Red Cherry Tomatoes
100g	<b>Light Mayonnaise</b>
200g	Salad Garnish

## Getting ready

1. Place the chicken on a plate & cover in cling film
2. Defrost tortilla wraps
3. Slice the cherry tomatoes
4. Make up salad garnish as per sub recipe (page 61)

## Method

1. Heat the chicken in a microwave using a 800 watt unit for approximately 3 minutes
2. Take the wrap, spread over the mayonnaise, fill with the salad
3. Slice the chicken & arrange over the leaves and cherry tomatoes
4. Fold the sides of the wrap into the centre & roll
5. Serve with salad garnish

# Cheese Wrap

Serves 10



Gluten



Milk

## Ingredients

10ea	<b>8" Tortilla Wraps</b>
300g	<b>Grated Mild White Cheddar</b>
200g	Salad Garnish

## Getting ready

1. Make up salad garnish as per sub recipe (page 61)

## Method

1. Fill wrap with ingredients
2. Fold the sides of the wrap into the centre & roll
3. Serve with salad garnish



**Chef's Nutritional  
Advice**

Cheese provides a great source of calcium

# Ham Wrap

Serves 10



Gluten

## Ingredients

10ea	<b>8" Tortilla Wraps</b>
20 Slices	Wafer Thin Ham
200g	Salad Garnish

## Method

1. Fill wrap with ingredients
2. Fold the sides of the wrap into the centre & roll
3. Serve with salad garnish



# Tuna & Cucumber Wrap

Serves 10



Celery



Gluten

## Ingredients

10ea	<b>10" Fully Baked Flour Tortillas</b>
620g	<b>Tuna Chunks</b> (in Brine)
300g	Cucumber
200g	Salad Garnish

## Getting ready

1. Drain tuna and mix lightly
2. Dice the cucumber
3. Make up salad garnish as per sub recipe (page 61)

## Method

1. Mix tuna & cucumber together then place on wrap
2. Roll wrap with edges folded in
3. Serve with salad garnish

# Salad Garnish

*Serves 100*

## Ingredients

1ea	Iceberg Lettuce
800g	Tomatoes MM
2ea	Cucumber
5ea	Carrots

## Getting ready

1. Cut tomatoes into wedges
2. Cut cucumber into sticks
3. Grate carrot

## Method

1. Serve with wraps





*Sweet  
Treats*

# Apple Flapjack Finger

Serves 24



Gluten

## Ingredients

500g	<b>Oats</b>
360g	<b>Cooking Margarine</b> (Check ingredient list for allergens)
225g	Granulated White Sugar
200g	Solid Pack Apples
120g	Golden Syrup

## Method

1. In a large pan melt together margarine, sugar & syrup and bring to the boil
2. Add apples to mixture
3. Place in suitable oven tray
4. Bake in oven at 200°C for 20 minutes and firm to the touch
5. Allow to cool before portioning



### Chef's Nutritional Advice

Oats provide a source of fibre

# Apricot & Sultanas Flapjack

Serves 10



Gluten



Sulphur  
Dioxide

## Ingredients

250g	<b>Sunflower Light Spread</b> (Check ingredient list for allergens)
200g	Golden Syrup
300g	<b>Outflakes</b>
75g	<b>Dried Apricots</b>
75g	<b>Sultanas</b>
15ml	Sunflower Oil

## Method

1. In a pan, melt the spread and syrup
2. Stir in the oats and fruits combining well
3. Lightly oil a deep baking tray or oven-proof dish
4. Transfer the mixture to the dish
5. Place in a pre-heated oven at 160°C for approx. 20 mins



# Black Forest Sponge

Serves 15



Eggs



Gluten



Milk

## Ingredients

500g	<b>Reduced Sugar Chocolate Cake Mix</b> (Check ingredient list for allergens)
800g	Dark Pitted Cherries (in light syrup)
1.5l	Water

## Getting ready

1. Drain the cherries

## Method

1. Make cake mix according to instructions on packaging
2. Take drained cherries and place in large square dish or individual dishes
3. Pour cake mixture over the pears and ensure mixture is evenly spread out

# Crème Brûlée

Serves 20



Eggs



Milk

## Ingredients

900ml **Double Cream**  
90ml **Milk**  
12ea **Egg Yolks**  
180g **Caster Sugar**  
120ml **Single Cream**



**Guest Chef**

Helen  
Vass

## Method

1. Preheat the oven to 120°C
2. Mix the egg yolks and sugar together until well mixed
3. Add the remaining ingredients and mix until well incorporated
4. Pour the mixture into ramekins and bake in a Bain Marie for 45 minutes or until set (to make a Bain Marie, sit the ramekins in a tray of water - this will act as a Bain Marie)
5. Remove from the oven then cool and place in the fridge to set fully
6. Sprinkle some sugar on top of the crème brûlée and place under a grill to caramelize the sugar.



## Helen Vass

Helen Vass is a pastry chef based in Glasgow, Scotland. She is currently the sole pastry chef of 2AA rosette restaurant, Number 16, on Glasgow's Byres Road.

In May 2016, Helen was part of the winning team of BBC2's Bake off Crème de la Crème along with team captain, Mark Tilling and team mate, Samantha Rain.

In 2016, Helen was a finalist in the CIS (Catering in Scotland) Excellence Awards in the Patisserie Chef of the Year Category.

# Carrot & Pineapple Muffins

Serves 10



Eggs



Gluten

## Ingredients

140g	<b>Self Raising Flour</b>
85g	<b>Wholemeal Flour</b>
2 tsp	Ground Cinnamon
2 tsp	Bicarbonate of Soda
½ tsp	<b>Melted Margarine</b>
150g	(Check ingredient list for allergens)
100g	Golden Caster Sugar
200g	Finely Grated Carrot
150g	Canned Pineapple (chopped)
1ea	<b>Large Egg</b>
2 tbsp	Pineapple Juice (from the tin)

## For the Topping:

10ea	Strips of Carrot (using carrots with leaves and stalks left on)
10g	Sugar
200ml	Water
200g	Icing Sugar
	Remaining Pineapple Juice (from the tin)



**Guest Chef**

Kath  
Breckon

## Method

1. Heat the oven to 200°C or gas mark 6
2. Place 10 large muffin cases into the muffin tins
3. Melt the margarine in a pan and allow to cool slightly
4. Sift the flours, bi-carb and cinnamon into a bowl
5. In another bowl place the sugar, grated carrot, chopped pineapple, pineapple juice, eggs and melted margarine, beat together
6. Stir in the dry ingredients, and divide equally between the muffin cases and bake for 20-25 minutes. Leave to cool

For the Toppings:

1. Place the 10g of sugar and water into a pan and bring to the boil. Carefully add the carrot strips and cook for 1-2 minutes, remove from the water and cool
2. With two cocktail sticks carefully roll from one end of the carrots to the other, to form a carrot shape. Add a little of the carrot leaf to the top of each one
3. Mix the icing sugar with a little of the pineapple juice and drizzle over the top of each muffin, then place a mini carrot on the top

# Chocolate Shortbread

Serves 24



Gluten

## Ingredients

20g	Fat Reduced Cocoa Powder
300g	<b>Cooking Fat</b> (Check ingredient list for allergens)
150g	Granulated White Sugar
600g	<b>Plain Flour</b>

## Method

1. Mix together the flour, sugar, baking fat & cocoa and combine to make a smooth paste
2. Allow to chill in fridge for 1 hour
3. Carefully roll out shortbread on a floured surface
4. Cut out biscuits with a pastry cutter and place onto a lightly greased baking tray
5. Prick with a fork and bake for approx. 15-20 minutes
6. Remove from oven and transfer to a wire rack and allow to cool

# Ginger & Pear Sponge

Serves 15



Eggs



Milk

## Ingredients

200g	<b>Reduced Sugar Ginger Cake Mix with Sugars and Sweeteners</b> (Check ingredient list for allergens)
800g	Pear Halves (in juice)
1.2l	Water

## Getting ready

1. Drain the pears

## Method

1. Make cake mix according to instructions on packaging substituting some of the water for juice from tinned pears to make 1200ml
2. Cut drained pears in half and place in large square dish or individual dishes
3. Pour cake mixture over the pears and ensure mixture is evenly spread out
4. Bake according to cake mix instructions

# Profiteroles

Serves 10



Eggs



Gluten



Milk



Soya

## Ingredients

100g	<b>Butter</b>
300ml	Water
130g	<b>Self Raising Flour</b>
4ea	<b>Eggs</b>
300g	<b>Double cream</b>
300g	<b>Milk chocolate</b>
Handful	Strawberries



**Guest Chefs**

Spaldwick  
Community Primary  
School



## Method

1. Pre-heat the oven to 220°C
2. Grease 3 baking trays
3. Melt the butter in a saucepan over a low heat, add the water and bring to the boil
4. Add the flour all at once, stir in and beat the mixture until it leaves the side of the pan
5. Cool for 5 minutes
6. Beat the eggs and then add a little at a time to the flour mixture, beating vigorously
7. Place large teaspoons of the mixture onto the greased baking tray leaving space between the blobs
8. Bake for 10 minutes, then lower the heat to 190°C for a further 20-25 minutes, until golden. Remove the profiteroles from the oven and allow to cool
9. Heat a small bowl over a saucepan of simmering water, break the chocolate into the bowl and melt gently over a medium heat, stirring continuously
10. Whip the cream. Fill the cooled profiteroles by making a small gap with a teaspoon and pipe in the cream along with a sliced strawberry
11. Pour the melted chocolate over the profiteroles, and serve!



## McDougalls Young Bakers of the Year 2016

The Premier Foods' first McDougalls Young Baking Team of the Year competition was in 2015, this is now an annual event with the live final held at LACA – The Main Event. School caterers are encouraged to recruit an enthusiastic team of up to three children, between the ages of seven and 11, to take part in the competition.

The team from Spaldwick Community Primary School baked their way to the top spot in 2016 with some delicious and incredibly light profiteroles. They used locally-sourced eggs, strawberries and chocolate in their recipe and achieved high scores for teamwork, presentation, taste, aroma and texture.

# Rice Pudding With Black Cherry & Red Plum Compote

Serves 20



Milk

## Ingredients

259g	Short Grain Pudding Rice
125g	Caster Sugar
100g	<b>Spreadable Butter</b>
1.7l	<b>Semi Skimmed Milk</b>
3g	Ground Nutmeg
810g	Dark Pitted Cherries (in light syrup)
1.3kg	Red Plum Halves (in light syrup)

## Getting ready

1. Wash and drain the rice well
2. Remove fruit from tins and drain well - keep all of the syrup from the tins

## Method

1. For the rice pudding heat oven to 150°C/fan 130°C/gas 2
2. Butter a heatproof baking dish, then tip in the rice and sugar and stir through the milk. Sprinkle the nutmeg over top
3. Cook for 2hrs or until the pudding wobbles ever so slightly when shaken
4. To make compote, place the drained juice in a large pan with the vanilla and boil until liquid is reduced by  $\frac{2}{3}$  and there is a sticky glaze left. Allow to cool before adding back to fruit
5. This can be served warm or cold with the rice pudding

# Strawberry & Blueberry Iced Mousse

Serves 20



Milk

## Ingredients

500g **Reduced Sugar Strawberry Dessert Mix with Sugars and Sweeteners**

(Check ingredient list for allergens)

250g Blueberries  
1.5l Water

## Getting ready

1. Defrost berries

## Method

1. Make mousse as per instructions on packaging
2. Place defrosted blueberries in to moulds
3. Pour mousse into moulds on top of the blueberries and ensure it's spread out evenly
4. Cover with cling film and place into freezer and allow to freeze for a minimum of 3hrs
5. To serve, remove from freezer and decant into plate, allow to sit for 5 minutes before serving
6. You can also use different fruits in this recipe such as raspberries and strawberries



### Chef's Tip

You can also make this into a large terrine and cut into slices

# Breakfast Granola

Serves 20



Gluten



Nuts



Sesame

## Ingredients

60ml	Sunflower Oil
125g	Maple Syrup
60g	Squeezy Clear Blossom Honey
5g	Vanilla Flavouring
300g	<b>Oats</b>
50g	Sunflower Seeds
30g	<b>Sesame Seeds</b>
50g	Pumpkin Seeds
100g	<b>Flaked Almonds</b>
100g	Sultanas
100g	Chopped Dried Apricots
50g	Desiccated Coconut

## Method

1. Place oil & maple flavoured syrup in large bowl
2. Add all dry ingredients and mix thoroughly
3. Place in large baking tray and place in oven at 160°C for approx. 5-6 minutes
4. Remove from oven and mix well before returning to oven and cooking for a further 5-6 minutes until golden brown
5. Remove from oven and stir well before allowing to cool
6. Once cool place in a large airtight container until you are ready to use



## Chef's Tips

You can use any dried fruit that you may have

The granola will keep for up to a week in an airtight container

# Granola Bars

Serves 20



Gluten



Milk



Sesame

## Ingredients

200g	<b>Unsalted Butter</b>
400g	<b>Oats</b>
200g	Sunflower Seeds
60g	<b>Sesame Seeds</b>
100g	<b>Walnut Pieces</b>
80g	Squeezy Clear Blossom Honey
200g	Light Brown Soft Sugar
7g	Ground Cinnamon
200g	Dried Cranberries
300g	Sultanas

## Method

1. In a large pan melt butter then add soft brown sugar and honey
2. Heat mixture until sugar has dissolved
3. Then add all remaining ingredients and stir thoroughly
4. Place in shallow baking tray and place in oven for 12-14 minutes
5. Allow to cool slightly before turning out and cut in to 20 bars
6. Store in airtight container

A close-up photograph of a glass filled with a light-colored smoothie, topped with several slices of banana. A silver metal straw and a red straw with white polka dots are inserted into the drink. The background is a wooden surface with more bananas. A white circular graphic with a pink swirl is overlaid on the smoothie.

# *Smoothies*

# Banana & Honey Smoothie

Serves 10



Nuts

## Ingredients

8ea	Bananas
200g	<b>Ground Almonds</b>
2l	<b>Alpro Almond Milk</b>
100g	Squeezy Clear Blossom Honey

## Getting ready

1. Peel the bananas

## Method

1. Place all ingredients into blender and blend for 3-4 minutes
2. Serve immediately

# Banana, Spinach & Apple Smoothie

*Serves 10*

## Ingredients

10ea	Bananas
1kg	Baby Leaf Spinach
1l	Apple Juice
4ea	Limes

## Getting ready

1. Peel the bananas
2. Juice and zest 4 limes

## Method

1. Place all ingredients into blender and blend for 3-4 minutes
2. Serve immediately



# Mango & Coconut Milk Smoothie

*Serves 10*

## Ingredients

8ea	Bananas
800g	Diced Mango
2l	Coconut Milk
5ea	Limes

## Getting ready

1. Peel 8 bananas
2. Zest and juice 5 limes

## Method

1. Place all ingredients into blender and blend for 3-4 minutes
2. Serve immediately

# Friends of Meals & More

We would like to acknowledge and thank some very special people whose contribution has helped to make the creation of this book possible...

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**Elif Danish** *Brakes Nutritionist* - For inputting all of the recipes to support the allergen outputs

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*"Managing a programme which gives back to communities and society is an amazing feeling. We are committed to providing the best service for our clubs; including the education of food nutrition and low cost food innovation"*



**Pem Hulusi**

*Meals & More Programme  
Manager*

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