

Around the World



SEPTEMBER

FRANCE

RECIPE BOOK

WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGEEGGS



LOCALFRUIT&VEG



WHOLEMEALPASTA

freshingredients  **freshfood**

RECIPE

CHICKEN CASSOULET (MAKES 50 PORTIONS)

INGREDIENTS

- 2 kg of diced 50/50 chicken
- 40 Cumberland sausage
- ½ tin of baked beans
- 4 large onions
- 4 heaped spoons of garlic
- Chicken stock
- Oregano

METHOD

- Brown off sausages first.
- Fry off sliced onions,
- Then in a tin place chicken, cooked onions, garlic, seasoning, oregano and just cover with chicken stock.
- Cover with foil and bake.
- When chicken is cooked, add beans and sliced sausages, stir through. Then put bake back in oven to finish off.

RATATOUILLE (MAKES 50 PORTIONS)

INGREDIENTS

- 4 courgettes
- 2 aubergine
- 2 large onions
- ¼ kg mushroom
- 8 carrots
- 6 tomatoes
- Garlic puree
- 6 tbs tomato paste
- ½ tinned tomatoes
- Mixed herbs
- Seasoning

METHOD

- Chop and roast all veg/herbs, garlic, seasoning/tomato paste, tinned toms.
- Cover with foil until cooked through.
- Then remove foil if it needs thickening place uncovered in oven.



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RECIPE

APPLE TART (1 TIN WILL MAKE 32 PORTIONS)

INGREDIENTS

- Puff pastry sheet
- Brown sugar
- Melted butter
- Tinned apples

METHOD

- In a lined long tin sprinkle brown sugar, place thawed pastry sheet on top.
- Fold edges 1cm in using a bit of water.
- Fork base to stop rising too much.
- Part bake.
- Drain and fully dry apples, slice into smaller pieces.
- Put on cooked pastry, sprinkle brown sugar, drizzle with melted butter and bake.



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