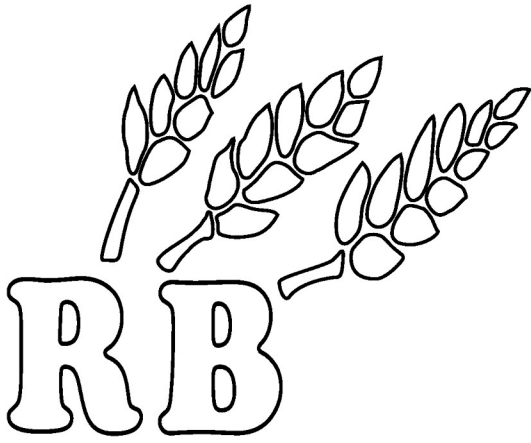




1. Pizza
2. RB Hummus
3. Coleslaw
4. Courgette/Red Onion Pickle
5. Green Salad/Salsa Salad
6. Quinoa Stuffed Peppers
7. Pea and Herb Couscous
8. Roasted Potatoes
9. Chilli Beans
10. Pokka Pakoras
11. Mint Sauce
12. Chunky Dahl
13. Blaag Aloo
14. Roast Courgettes/Butternut
15. Basmati Rice
16. Breakfasts: Fresh Coffee
17. Porridge and Stewed Fruit

## Pizza Serves 20

2.6kg 00 Organic White Flour

1.7L Water (adjust)

80g Salt

2.5g (1/3 sachet) AD Yeast adjust to ambient temp.

Cheese: 1000g Mozzarella, 400g Cheddar, 300g Vegan

Sauce: 1kg Tomato Chopped Organic, 20g salt, 1/4 bag basil

Toppings: 250g Peppers, 250g Onions, 250g Mushrooms

1. Make dough the day before. Ensure each bowl is the same. Knead really well. Dough not too dry. Combine in large bowls
2. Leave in a cool undisturbed place til 5 hours before service.
3. Make 20 x 210g Doughballs. These need really knocking back to avoid big bubbles.
4. The hour before prepare cheese and toppings. Slice toppings thinly.
5. Prepare tomato sauce. Add salt and fresh torn basil to tomatoes. Make batches of 1.5kg.
6. Pizzas as large as possible
7. Check quality as you go. They must be cooked on the bottom.

## RB Hummus Serves 50

2kg cooked drained chickpeas

4-6 Lemons depending on size

10 Garlic Cloves

20g Salt

250g Tahini

75ml Olive Oil

40g Paprika

1. In the food processor, blend lemon juice, garlic cloves and salt. Set aside for 15 minutes before stirring in tahini.
2. Add drained chickpeas reserving the chickpea liquid.  
A catering tin = 1 batch, fits nicely in the food processor.
3. Blend the mixture, adding reserved chickpea liquid as needed. It wants to be fine grained but not too smooth.
4. Adjust the lemon juice, salt, and tahini to taste. We like it salty.
5. Decant Hummus to a plastic bowl, evenly sprinkle a large handful of paprika. Seal the surface with lots of olive oil.
6. Serve 50 ml per portion. Spoon through the oil and paprika to the Hummus beneath.

## Coleslaw Serves 75

3kg White Cabbage

3kg Carrots

1 litre Cider Vinegar

40g Salt

250ml Olive Oil added at end.

1. Combine grated white cabbages, grated carrots, cider vinegar, salt in clear plastic container.
2. Leave the mixture to soften, mixing occasionally. This will take 6 hours. Get right to bottom of container!
3. Closer to serving time, add Olive Oil to the mixture and mix well. This part is important! get right to the bottom and mash everything together. Emulsify!
4. Serving is pinch with green tongs

## Red Onion Pickle Serves 75

5kg red onions

1 litre Cider Vinegar

1 litre Water

50g white sugar

20g Salt, 40g Mustard Seeds

1/2 bag coriander

1. Half and finely slice red onions in food processor.
2. Boil vinegar, water, sugar, salt and seeds. add to sliced onions
3. Leave to pickle! This takes 6 hours. Turn the container so the juices circulate.

small pinch per serving. Save the juice, it's nice to drink!

## Courgette Pickle Serves 75

5kg Courgette sliced lengthways very thinly

3 heads Garlic blended, 50g ginger sliced coarsely (remove)

1L Cider Vinegar, 250mL Olive oil, 20g sugar, 75g salt, tsp Jaffna

Boiling Water to cover

Slice courgettes, pack into square clear container

Boil vinegar, oil, 500ml water, sugar, salt, Jaffna

Pour boiling mix over sliced courgettes, top up with boiling water to cover. Let cool. Put on lid and tip to mix.

Leave for 4 hours or overnight, tip container regularly.

## **Green Salad Serves 75**

10 Lettuce

1/2 catering bag Rocket

Break apart lettuce, larger leaves into pieces.

Rocket chopped and pinch on top when serving.

## **Salsa Salad Serves 75**

500g Peppers

6kg Tomatoes

12 Cucumber

1 catering bag Rocket

Dice peppers, tomatoes and cucumbers, mix in chopped rocket

Season with vinegar and salt, serve juice with each spoonful.

## Zesty Quinoa Stuffed Peppers for 75

75 Bell Peppers, split in half lengthways, leave stalks on

2.5kg Quinoa, 5 Litres Veg Stock (make stock first)

500g Crushed Cashews, 500g Walnuts

Zest of 2 and juice of 4 lemons

1kg chopped onion, 20 minced garlic cloves, 50ml Olive oil

1 bunch Fresh parsley, 20g dried thyme, bunch rocket

20g Salt, 5g Pepper

Stock: 1kg Onions, 1kg Carrots, 1 celery, Any Sad Veg, Veg oil, 10g salt, 4 bay leaves, 5 cloves garlic, 6L boiling water

Make Quinoa (2:1 by vol stock:quinoa, boil 15 mins, seal and leave for 10 mins). Do 1kg batches.

Cook the chopped onion, and garlic until soft in minimal oil (20 mins).

Toast the chopped nuts in a dry pan over medium heat for 3 to 5 minutes until fragrant.

Combine the cooked quinoa, sautéed onion/garlic/nuts, lemon juice, zest, and herbs. Season with salt and pepper.

Lay Peppers in baking trays skin up, brush sparingly with oil, season with salt and put in a hot oven for 10 mins.

Remove from oven, flip peppers and pile on Stuffing.

Return to hot oven for 20-30 mins.

Quinoa should be browned on top and the pepper well cooked.

Serving is 2 pepper halves piled with stuffing.

**Caution with hot baking trays!**

## Herb and Lemon Peas with Couscous

### Serves 75

3kg Couscous, 500g Quinoa

Dressing mix: 750ml Olive oil, 6 large lemons juiced, 150ml Cider Vinegar, 40g salt, 20g pepper, 50g mustard seed

1 bunch Parsley, chopped fine

1/2 bunch Mint, chopped fine

1kg red and 1kg white onion, diced fine

4kg Garden peas, brought to boil for 1 minute

Stock: 2kg Onions, 1kg Carrots, 1 heads celery, 50ml Veg oil, 10g salt, 5 bay leaves, 5 cloves garlic, 7L boiling water

1. Make veg stock: Put water on to boil. Put veg on to soften: Onions roughly chopped, Carrots peeled and roughly chopped, celery roughly chopped, garlic cloves whole, small amounts of veg oil and salt, bay leaves. Soften veg for 20 minutes, add boiling water and simmer for 45m, remove veg.

2. Combine dressing mix ingredients thoroughly.

3. Make Quinoa (2:1 by vol water:quinoa, boil 15 mins, seal and leave for 10 mins).

4. Make Couscous in 1kg batches, 1 kg = 25 portions. Equal amount of stock by volume for couscous. Pour boiling stock over 1kg couscous in warm pot and seal. Wait 10 mins then fluff with fork, serve spoonful of pea dressing over the couscous. Adjust amount of stock on next batch if too dry/wet.

Serving is 150ml ladleful of Couscous and 50ml spoon of Pea Dressing

## **Roasted Potatoes Serves 150**

24kg white potatoes (reserve 6Kg for Blaag Aloo)

200ml Veg oil, 100ml water

40g Salt

10g Thyme, 20g black pepper

Clean and inch chunk potatoes, place in hot veg oil greased rectangular baking trays, brush with oil, Thyme and water. Sprinkle with salt and pepper. Roast uncovered in med hot oven. The trays will need rotating and the potatoes turning, brushing on oil/thyme mixture. Serving is 130g

**Caution with Hot Oven Doors!**

## Chilli Beans Serves 75

3 Kg Onions, 30g Salt

500g Peppers

250 ml veg oil

20 garlic cloves (about 2 heads), 20g Green Chillis

50g Cumin Seeds, 20g Red Chilli, 50g Ground Cumin,  
50g Paprika

4 x 2kg Cans well-drained and rinsed Kidney Beans

5kg Organic Chopped Tomatoes

200g Tom Puree, 20g Oregano, 10g Sugar, 30ml Vinegar,  
10g Black pepper, 2 lemons

1. Thinly slice onions and peppers. Sauté Onions with salt on low heat in veg oil, stirring often until golden. This takes an hour! Add peppers and roughly chopped garlic 20 mins before the end.
2. Add green chillies and Spices. Cook off spices.
3. Once the onions are golden and spices cooked, add well drained and rinsed kidney beans, tomatoes, tomato puree, oregano, brown sugar, vinegar, lemon juice, salt. Fill Large Pot!
4. Bring to a very low boil, cover, and simmer for as long as possible, stirring frequently. Taste and adjust seasoning.
5. Serve 125 ml per portion with 30g grated cheddar/vegan cheese

## Pokka Pakoras Serves 75 as Main

10kg Onions 1kg White cabbage

1 bunch fresh coriander

60g Salt, 10g Baking Powder, 60g Turmeric, 120g Garam Masala, 60g Cumin, 80g Coriander, 20g Black pepper, 20g green chillis

20 Garlic Cloves, 100g Ginger

3kg Gram Flour – you may not use all this

3 litres Veg Oil for frying

1. Finely slice onions. Split between 2 pots to make mixing easier.
2. Combine the sliced vegetables with salt and spices, baking powder, garlic and ginger puree, green chillis and roughly chopped coriander inc stalks. Mix really well. The mixture will get liquid as the veg breaks down. Mix/rest for minimum 45 minutes before adding Gram Flour.
3. Add Gram Flour in stages and mix well until veg is thinly coated. Don't add any water. You might not use all the Gram Flour in the recipe. There should **not** be lots of liquid dough.
4. Each pakora should be approx 50g, form with moist hands. Flattened disc shape.
5. Shallow fry on medium heat, leave for first minute then move gently in pan, then turn until well-cooked, with no raw batter in the middle and a dark golden-brown exterior.
6. Check the odd one while cooking. A portion is 3 pakoras.

**Caution with Hot Oil!**

## Mint Sauce Serves 75

2kg Dairy Yoghurt

1kg Soy Yoghurt

1/2 Bunch Mint

1/4 Bunch Mint

25g Sugar

15g Sugar

2 Lemons

1 Lemons

Water to thin

Water to thin

Portion is 50ml. Blitz mint, sugar, lemon in blender.

Add mix to yoghurt, thin until just pourable. Use all the yoghurt

Label containers VEGAN/DAIRY \*IMPORTANT\*.

## **Chunky Dal Serves 75 as side**

2 kg Yellow Split Peas

8 litres Water 50g Ginger 60g Turmeric Powder

25g Green Chillies 60g Coriander Seeds, 60g Cumin Seeds

200 ml Sunflower oil 30 cloves Garlic

60g Ground Coriander, 60g Garam, 10g Pepper

1/3 Bag Fresh Coriander

1. Yellow split peas, water, grated ginger, turmeric, green chillies. 2kg per pot.
2. Bring to boil for approximately 2 hours, until it thickens. Turning heat to low and stirring constantly towards the end. Remove the green chillies and ginger chunks from the pot.
3. In a separate large pan, dry fry the seeds, remove from heat, crush the seeds roughly.
4. Add 200ml veg oil to the crushed seeds, and heat the mixture.
5. Once the oil is medium hot but not smoking, Take off the heat and add sliced garlic cloves - Cautiously - they will sizzle up!
6. Add powdered spices. Mix in. Sizzle briefly.
7. You can make the spice oil mix in advance, but heat it before adding to pot. Carefully tip the hot oil mixture over the dahl, and mix well. Add salt to taste.
8. Serve the Chunky Dahl in 100 ml ladlefuls for a main and 50ml for a side. Garnish with finely chopped fresh coriander.

## Blaag Aloo Serves 75

300ml Veg Oil, 5L boiling water, 20g salt

3kg Onions, 1kg Green Cabbage, 500g Peppers

2kg Spring Greens, 2 kg Caballero, 3kg Potatoes

10g Green Chillies, 60g Garam Masala, 10g Red Chilli

50g Mustard Seeds, 50g Coriander Seeds, 10g Cumin Seeds

20 Garlic, 100g Ginger, 50g Gr Corian, 50g Turm, 10g Pepper

1/2 bag Fresh Coriander

1. sauté finely sliced onions with 200ml oil and salt until golden, stirring frequently. this could take up to an hour. Add chopped cabbages 20 mins from end.

2. Add picked and finely shredded fresh greens, chopped and seeded peppers, green chillies, Garam and Chilli.

3. Cover the vegetables with boiling water and bring to a low boil. Cook for around 30 minutes til veg is tender.

Taste and add spices if needed. Let cool a bit then stick blend until smooth, pick out any stringy greens.

4. Add 1 cm cubed potatoes. Cook until the potatoes are done.

5. Making the spice blend: In a separate pan, dry fry the seeds until fragrant, remove from heat roughly crush the seeds and add 100ml of oil to the pan. Add powder spices and heat the oil until the spices sizzle briefly, then remove the pan from the heat

6. Blend whole garlic cloves with chunks of ginger and 50ml water to make a puree, add the garlic and ginger puree to the Warm oil mix. Caution with adding things to hot oil. Cook until fragrant, add blend into the main pot.

7. Stir the mixture well and cook down for 10 mins, salt to taste. Garnish with chopped fresh coriander. Serving is 150 ml.

## **Roast Courgettes Serves 150 Not used at Harvest**

12kg Courgettes

250ml Olive Oil, 250ml water, 20g salt, 100g Turmeric, 50g Black Pepper

Slice courgettes into 1.5 cm chunky rounds. Combine all the ingredients in a large bowl and tip into baking trays with equal juice. Bake uncovered in a hot oven on top shelf til al dente. They take around 10 minutes and should remain firm. Serving is 4 slices.

**Caution with Hot Oven Doors!**

## **Roast Butternut Squash Serves 75**

8kg Butternut Squash (peeled and cubed to 2cm)

50g cumin seeds, 75g garam masala, 10g red chili powder

10g turmeric, 200ml Veg oil, 20g Salt

Heat oil in a large pan. Fry cumin seeds on medium til they pop  
Oil should not be smoking.

Stir in the squash and fry for 10 minutes. Add salt, chilli powder, turmeric and garam masala. Fry for another 10 minutes.

Tip into baking trays and roast hot for 20 mins.

Serving is 4 chunks.

## Basmati Rice Serves 25

1kg Basmati Rice

3 litres Boiling Water

2 Bay Leaves, 4 Cardamom Pods, Salt

1. Bring water and a large handful of salt to a rolling boil.
2. Use large rectangular baking tray.
3. Combine basmati rice, bay leaves, and cardamom pods in the tray.
4. Baking tray on oven rungs, transfer boiling water with pitchers. 1:3 ratio rice to water.
5. Stir the rice, cover the tray tightly with wide foil.
6. After 45 mins, check the rice; if needed, add more boiling water to the tray.
7. Bake for approximately 1.5 hours, or until the rice is cooked. Don't let it dry out.
8. 150 ml per portion.

**Caution with Hot Oven Doors!**

## **Breakfasts: Fresh Coffee/Toast**

Fresh coffee/tea making procedure:

1. Make 2 1.5L French Presses with 150g of coffee in each. Mix and leave them for 5 mins before pressing slowly. They may need another mix before pressing.

2. Decant both of these into a 5L Pump Airpot and top it up full with 2L boiling water. Repeat for other Airpot.

The insulated urn is for boiling water for tea. Fill on ground and lift onto table.

Only fill the Burco halfway (10L) as it will take ages and should be the first thing on along with several pans of water for the porridge and teas.

### **Toast**

Toast is made in the pizza oven. Get training on how to light the Pizza oven and light it cautiously. Have it on low.

## **MENU for Breakfasts**

Porridge with stewed fruit, walnuts, milk, sugar  
 Toast with butter, marge, jam, peanut butter  
 Tea, Proper Coffee

## **Porridge Serves 25**

1kg Oats

4 litres Boiling Water 10g Salt

1. Make sure to use boiling water to start off with. Start off 1 batch, making more as required. Combine porridge oats, boiling water, and a small handful of salt.
2. Bring the mixture to a boil.
3. Reduce heat to low and cook until the oats have swelled and split, keeping a chunky consistency, don't over mix.
4. Large serving is 150ml. Most people will want less.
5. Add 40g of stewed fruit per portion on top of the porridge.
6. Sprinkle 20g per portion of crushed nuts. Nuts must be kept separate and added last. \*IMPORTANT\*
7. People can add their own milk and sugar as desired.
8. Use same pots and boiling water for next batch.

## **Stewed fruit Serves 25**

500mL Boiling Water

125g chopped dried dates

125g Raisins or Sultanas

350g Diced fresh fruit

Pour boiling water onto dried dates and sultanas, add diced fresh fruit, stew gently until dried fruit has swelled but the fresh fruit is still firm. This takes about 15 minutes to cook. Maybe add a couple of cardamom pods or cloves?

