



**grain**

*fuelling foods*

**OATS**

**JAN**

**RECIPE BOOKLET**





# grain

*fuelling foods*

# OATS

Oats are super versatile; whether you're having overnight oats, oats cooked into a porridge, blended into a smoothie or baked into a snack, they make a brilliant breakfast option.

Oats grow well in cooler areas and are popular in the north of England and in Scotland. They are gluten free and mainly made into flat oatcakes, bannocks and porridge.

One thing that many people don't realise is that there are different types of oats with varying health benefits. To maximise the levels of nutrients on offer, reach for whole jumbo oats in the supermarket. These retain germ, endosperm and bran which instant oats often lose as they're processed.

Start your day right with one of our oaty nutmeg breakfast muffins or try one of our fruity Oat Milkshakes. There are these and many more in this booklet for you to try and be sure to keep us updated with your favourites and plenty of photos too.

## HUNGRY FOR MORE?

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## OATY NUTMEG BREAKFAST MUFFINS

**SERVES**



Ten

**ALLERGENS**



Wheat, Oats, Sulphur Dioxide, Soya, Sesame, Milk, Egg, Gluten

## INGREDIENTS



- 3 eggs, free-range
- 150g light muscovado sugar
- 200g self-raising flour
- 2tsp. nutmeg, ground
- 150g banana, mashed
- 100g carrot, coarsely grated
- 225g stork, melted and cooled

For the topping:

- 25g light muscovado sugar
- 25g demerara sugar
- 1tsp. nutmeg, ground
- 1½tbsp. vegetable oil
- 75g porridge oats

## METHOD



1. Heat the oven to 170°C. Line the tin with the cases.
2. Beat the eggs and the muscovado sugar in a mixing bowl using an electric mixer for approx. 6 minutes until pale, thick and moussey. Sift the flour and nutmeg into a separate medium bowl.
3. Using a large spoon, gently fold the banana, carrot and stork into the egg mixture, followed by the nutmeg spiced flour. Spoon the mixture evenly into the cases.
4. Mix the topping ingredients in a bowl, then sprinkle evenly over the muffin mix.
5. Bake for approx. 25 minutes, until risen and golden.
6. Remove the muffins from the tin to a wire rack to cool. Serve warm.



## FRUITY, OAT & CHOCOLATE FLAPJACKS

**SERVES**



Ten

**ALLERGENS**



Oats, Sulphur Dioxide,  
Soya, Sesame, Milk,  
Gluten

## INGREDIENTS



- 200g stork
- 150g golden syrup
- 450g rolled oats
- 75g light muscovado sugar
- 75g sultanas
- 50g raisins
- 200g milk chocolate, callettes

## METHOD



1. Preheat the oven to 170°C. Melt the stork and golden syrup in a small saucepan over a low-medium heat. Remove from the heat.
2. Put the oats, sugar, sultanas and raisins in a mixing bowl and pour in the stork and syrup mixture. Tip into a non-stick 23cm square x 6cm deep cake tin, press in well and bake for approx. 25 minutes, until golden and firm. Set aside to cool in the tin.
3. Melt the chocolate in a heatproof bowl over a pan of just-simmering water, making sure the bowl doesn't touch the water. Remove from the heat and stir until smooth. Pour over the top of the flapjack, spread evenly and set aside to cool and set. Cut into 10 slices, wrap in baking paper and serve or store in an airtight container.



## OATY SHORTBREAD

**SERVES**



Ten

**ALLERGENS**



Wheat, Oats, Barley,  
Milk, Gluten

## INGREDIENTS



- 275g porridge oats
- 100g plain flour, plus extra for dusting
- 150g caster sugar
- ½ tsp. bicarbonate of soda
- 1tsp. lo salt
- 225g butter, softened

## METHOD



1. Preheat the oven to 160°C. Whizz the oats in a food processor until quite fine. Add the remaining ingredients and whizz again until the dough comes together.
2. On a lightly floured work surface, roll out the dough to a thickness of about 5mm. Cut into any shape with cookie cutters and place on a lined baking tray.
3. Bake in the oven for approx. 15 minutes, until pale golden and slightly firm.
4. Transfer to a wire rack to cool.



## FRUITY OAT MILKSHAKE

**SERVES**



Ten

**ALLERGENS**



Oats, Milk,  
Gluten

## INGREDIENTS



- 50g honey
- 300g fruits of the forest, frozen
- 100g porridge oats
- 1ltr milk, semi skimmed
- 50g fruits of the forest, for topping

## METHOD



1. Place nearly all of the fruits, rolled oats and milk in a food processor, blender or using a hand blender blend until smooth.
2. Add the honey to sweeten to taste.
3. Pour into cups or jars and top with the extra fruit to serve.



## HONEY & OAT BREAD

**SERVES**



1 loaf

**ALLERGENS**



Wheat, Oats,  
Egg, Gluten

## INGREDIENTS



- 50ml vegetable oil
- 200g strong white bread flour, plus extra for dusting
- 125g wholemeal plain flour
- 50g rolled oats, plus 3tsp. for sprinkling
- 1½tsp. fast-action dried yeast
- 1tsp. lo salt
- 225ml warm water
- 2tbsp. honey
- 1 egg, lightly beaten

## METHOD



1. Preheat the oven to 160°C.
2. Brush the inside of the loaf tin with oil.
3. Put the flours, 50g of oats, yeast and salt into a large bowl. Make a well in the centre and pour in the water and honey. Mix everything together well to give a soft dough ball.
4. Place the dough onto a clean work surface sprinkled with a little flour and knead for approx. 8 minutes. Shape the dough into a rugby ball shape with a nice smooth and taut top and place in the loaf tin.
5. Brush the top of the loaf with a little oil and then cover it with cling film so that it is airtight but loose enough to allow room for the loaf to grow.
6. Leave the dough in a warm place for approx. 45 minutes, until the loaf has doubled in size.
7. Once the bread has risen, remove the cling film, brush with the egg and sprinkle over the extra oats.
8. Bake in the oven for approx. 35 minutes, until golden brown on top and sounding hollow when tapped underneath.
9. Loosen the loaf from the tin and leave it to cool completely on a wire rack before serving.





## EASY & HEALTHY OATMEAL CAKE

**SERVES**



Ten

**ALLERGENS**



Wheat, Oats, Sulphur Dioxide, Milk, Egg, Gluten

## INGREDIENTS



- 200g oats, jumbo
- 100g oats, porridge
- 170g honey
- 270ml semi skimmed, milk
- 2 eggs, free-range
- 1½tsp. vanilla extract
- 40ml vegetable oil
- 1tsp. baking powder
- ¼tsp. lo salt
- 1tsp. ground cinnamon
- 50g sultanas
- 50g raisins
- 50g apricots, chopped
- Stork for greasing

## METHOD



1. In a large bowl mix all the dry ingredients and set aside.
2. In separate bowl, whisk all the wet ingredients.
3. Pour the wet mixture over the dry ingredients and mix until combined. Let sit for approx. 20 to absorb the liquids.
4. Preheat the oven to 180°C and prepare a suitable baking tin – line with parchment paper and grease the edges with stork.
5. Pour the batter into the tin and bake for approx. 35 minutes, until golden brown.
6. Let cool on a wire rack for 10 minutes, then release from the pan and let cool completely.





## OAT PANCAKES

**SERVES**



Ten

**ALLERGENS**



Oats, Milk,  
Egg, Gluten

## INGREDIENTS



- 2 oranges , zested and juiced
- 200g fruits of the forest
- 2 apples, finely diced
- 500g porridge oats
- 35g baking powder
- 25g ground cinnamon
- 1ltr milk
- 8 eggs, lightly beaten
- 50ml vegetable oil
- 175g Greek yoghurt

## METHOD



1. To make the compote, put the orange juice, fruits of the forest and diced apple in a small saucepan and gently simmer over a medium heat for approx. 10 minutes until the berries and apple soften. Remove from the heat and leave to cool a little. Add a splash of water to loosen, if needed.
2. Blitz the oats in a food processor to form a coarse flour consistency, then tip into a mixing bowl. Add the baking powder, cinnamon and orange zest and stir well. Whisk together the milk and egg in a jug, then pour into the dry ingredients and combine to create a thick batter.
3. Heat a little of the oil in a non-stick frying pan, then pour in 2tbsp. of the batter to make a small pancake. Cook over a medium heat for 2 mins, or until small bubbles start to appear on the surface. Flip the pancake over and cook on the other side for 1 min, then transfer to a plate. Repeat with the remaining oil and batter. Stack the pancakes, spoon over the compote and top with a dollop of the Greek yoghurt.



## SCOTTISH OATMEAL SOUP

**SERVES**



Ten

**ALLERGENS**



Oats, Milk,  
Gluten

## INGREDIENTS



- 100g porridge Oats
- 2 onions, chopped
- 2 carrots, grated
- 80g stork
- 1ltr vegetable stock
- 1ltr milk, semi skimmed
- Lo salt, pinch
- Ground white pepper, pinch
- Chives, small handful, chopped
- 50ml double cream, to serve

## METHOD



1. Melt the stork in a large pan over a low heat. Add onions and carrot and cook gently until soft. Add oats to pan and cook for about four minutes, stirring frequently. Add stock and bring to the boil. Simmer for 25 minutes. Add milk and heat through. Season to taste. Add chives or parsley, and a little cream if desired.
2. This makes a thick broth – use less oats and more stock if you prefer a thinner soup.



## ICELANDIC VEGETABLE & OAT SOUP

**SERVES**



Ten

**ALLERGENS**



Wheat, Rye, Oats,  
Barley, Gluten

## INGREDIENTS



- 50ml vegetable oil
- 2 onions, finely chopped
- 2 leeks, trimmed, thinly sliced
- 6 garlic cloves, minced
- 500g carrots cut into ¼" slices
- 800ml vegetable stock
- 250g potato, peeled and diced
- ½ cauliflower, cut into small florets
- 1tsp. mixed herbs
- 150g oats, jumbo
- ½ savoy cabbage, shredded
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD



1. Heat the oil in a large saucepan over medium heat. Once heated, add the onions and leeks; cook for approx. 5 minutes, until the onions are soft and transparent. Add the garlic and cook for a further 2 minutes.
2. Add the carrots and sauté for a further 2 minutes, just until lightly fragrant, then cover with the stock. Add the potatoes, cauliflower, and herbs and bring to a boil.
3. Reduce heat to low, cover, and cook at a simmer for upwards of 2 hours. After at least an hour, stir in the oats and cabbage and continue cooking for a further 10 minutes.
4. Season before serving.



## TOMATO & OAT SOUP

**SERVES**



Ten

**ALLERGENS**



Wheat, Rye, Oats,  
Barley, Sulphur Dioxide,  
Gluten, Celery

## INGREDIENTS



- 2 celery, sticks
- 2 onions, peeled
- 2 carrots
- 4tbsp. vegetable oil
- 2 garlic, cloves, crushed
- 2 red pepper, deseeded and chopped

- 1½kg tomatoes, tinned
- 600ml veg stock
- 100g oats, jumbo
- 2tsp. sugar, caster
- 2tsp. balsamic vinegar
- Basil leaves, small handful, chopped

## METHOD



1. Dice the celery, onion and carrot finely.
2. Heat the oil in a large pan and fry the vegetables gently for 5 minutes until softened but not browned. Add the garlic and fry for a few seconds then add the red pepper.
3. Cook for a further 5 minutes until softened. Add the canned tomatoes with 200ml water and the stock then bring to the boil. Add the oats, stir well and simmer for 10 minutes.
4. Season to taste and add the sugar and balsamic vinegar to flavour.
5. Stir in the chopped basil leaves into the soup just before serving.





## CRANACHAN RASPBERRY CAKE

**SERVES**



Ten

**ALLERGENS**



Wheat, Rye, Oats,  
Milk, Egg, Gluten

## INGREDIENTS



- 150g butter, softened
- 50g light soft brown sugar
- 3 eggs, free-range
- 100g honey
- 50ml apple juice
- 250g self-raising flour
- 50g oats
- 250g raspberries, frozen
- 100g granola

## METHOD



1. Line a 20cm cake-tin base with baking paper. Preheat an oven to 180°C.
2. In a large bowl, cream the butter and sugar until fluffy, then beat in the eggs, apple juice and honey.
3. In another bowl, sieve the flour, then mix in the oats. Fold the flour mix into the butter mixture, then spoon half the mix into the baking tin. Top with berries, then the remaining cake mixture. Sprinkle over the granola, and bake for 20 minutes.
4. Lower the oven to 170°C, and bake for a further 45 minutes, until a skewer comes out clean. If the granola starts to catch, cover with foil.
5. Allow to cool slightly on a wire rack before serving.



## BLACKBERRY & APPLE CRUMBLE SMOOTHIE

**SERVES**



Ten

**ALLERGENS**



Oats, Soya,  
Milk, Gluten

## INGREDIENTS



- 500g fruits of the forest
- 2 apples, cored and sliced
- 750ml semi-skimmed milk
- 750ml natural yoghurt
- 125g porridge oats
- 50g pumpkin seeds

## METHOD



1. Place the berries, apple, milk, yoghurt, oats and nuts in a blender and blend until smooth.
2. Add 75-100ml cold water, a little at a time, to achieve a smooth consistency and blend again.
3. Pour into cups and serve.



## WARM WINTER SALAD WITH OATS & KALE

**SERVES**



Ten

**ALLERGENS**



Wheat, Oats, Sulphur Dioxide, Egg, Gluten

## INGREDIENTS



- 100g sunflower seeds, roughly chopped
- 400g jumbo oats
- 40ml pomace olive oil
- 2 egg whites, lightly beaten
- 400g savoy cabbage
- 400g kale
- 2 oranges
- ½ pomegranate, seeded

For the dressing:

- Juice from the oranges
- 80g honey
- 120ml white wine vinegar
- 150ml olive oil
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD



1. Mix the seeds and oats, season, toss with olive oil and lightly beaten egg white. Bake at 150°C for approx. 15 minutes.
2. Remove the outer leaves of the cabbage and the kale stems. Chop finely. Zest then segment the orange, collecting the excess juice.
3. Combine half the oat mix, the kale, cabbage and pomegranate in a bowl along with half the orange segments.
4. In a saucepan, bring the orange juice to the boil and simmer until reduced by half. Mix all the dressing ingredients and stir until well combined. Season to taste.
5. Mix the dressing with the salad. Arrange the salad on a serving dish and top it with the rest of the oat mix and orange segments.



## SODA BREAD WITH JUMBO OATS

**SERVES**



1 loaf

**ALLERGENS**



Wheat, Oats, Barley,  
Sulphur Dioxide, Soya,  
Milk, Gluten

## INGREDIENTS



- 250g plain flour, plus extra for dusting
- 20g io salt
- 20g bicarbonate of soda
- 250g wholemeal flour
- 250g jumbo porridge oats
- 200g black treacle
- 500ml natural yoghurt

## METHOD



1. Preheat the oven to 200°C. Line a baking sheet with baking parchment.
2. Mix all the dry ingredients together in a bowl. Make a well in the centre, then mix in the treacle and yoghurt, working everything together lightly with your hands, until you have a loose, wet dough.
3. With floured hands, shape the dough into a round and lift on to the lined baking sheet. With a knife, mark a cross in the top. Put into the oven and bake for about 45 minutes, or until the loaf sounds hollow when tapped on the base. Transfer to a wire rack, drape a damp cloth over the top and leave to cool.





## OAT, LEEK & CHEDDAR SCONES

**SERVES**



Ten

**ALLERGENS**



Wheat, Oats, Milk,  
Egg, Gluten

## INGREDIENTS



- 380g plain flour
- 90g porridge oats
- 6tsp. baking powder
- ½tsp. lo salt
- 2tsp. oregano
- 340g stork, melted
- 2 eggs, free range
- 230ml milk, semi skimmed
- 1 leek
- 80g cheddar, grated
- 1 lemon, zest
- 50g flora
- 100g orange marmalade

## METHOD



1. Preheat the oven to 190°C. Line a tray with baking paper.
2. In a large bowl, mix the flour, oats, baking powder, salt and oregano.
3. In a medium bowl, whisk the eggs and add the milk and melted stork. Combine this with the oat/flour mixture.
4. Slice the leek very thinly. Add it to the dough with the cheddar and lemon zest, then stir well to combine.
5. Divide the dough into ten balls, then place them on the baking tray and cook for approx. 20 minutes. The outside should be starting to turn golden and feel slightly resistant to the touch, but not firm (it will become harder as it cools).
6. Serve quickly, while still warm, with flora and a little orange marmalade.