

Colourfuel

Vibrant food for bright ideas **#EatTheRainbow**

Look out for **limited edition** recipes from this month's colourfuel yellow ingredients.



YELLOW

November

RECIPE BOOKLET



YELLOW

November

Vibrant food for bright ideas #EatTheRainbow

Yellow fruits and vegetables contain vitamin C which our bodies need to stay healthy. When we don't get enough vitamin C we can get sick, our wounds take longer to heal, and our gums may become weak and we risk losing our teeth.

Vitamin C is also in lots of other fruits and vegetables which is why we always include them in our meals. Make sure you keep your body healthy by eating yellow fruits and vegetables such as yellow pepper, yellow tomatoes, pineapple or yellow kiwi!

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SWEETCORN, HERB & GRAINS SALAD

SERVES



Ten

ALLERGENS



Wheat, Gluten

INGREDIENTS



- 200g brown rice
- 300g quinoa
- 200g bulgur wheat
- 500g sweetcorn
- Flat-leaf parsley, small handful, roughly chopped
- Basil, small handful, roughly chopped
- Mint, small handful, roughly chopped
- Coriander, small handful, roughly chopped

FOR THE DRESSING

- 90ml pomace olive oil
- 3 garlic cloves, crushed
- 1 tsp. dried red chilli flakes
- 2 limes, zested and juiced
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. In two separate pans of boiling water, cook the rice and quinoa following the packet instructions. Drain.
2. Meanwhile, put the bulgar wheat in a large bowl and cover with just-boiled water from the kettle. Cover with cling film and set aside for 15-20 mins, until all the water has been absorbed. Add the cooked rice and quinoa. Season well and leave to cool.
3. In a separate bowl combine the oil, garlic, chilli flakes and lime juice and zest; season to taste.
4. Add the chopped herbs and corn kernels to the grains, mixing well. Pour over the dressing; gently toss.
5. Garnish with the mint and coriander.

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CORN & POTATO CHOWDER

SERVES



Ten

ALLERGENS



Wheat, Milk, Gluten,
Celery

INGREDIENTS



- 60ml vegetable oil
- 300g onion, finely chopped
- 100g celery, finely chopped
- 3 garlic cloves, crushed
- 2tsp. smoked paprika
- 500g Maris Piper potato, peeled and diced
- 2 red chilli, deseeded and finely chopped
- 30g plain flour
- 500ml milk, semi skimmed
- 500ml vegetable stock
- 400g sweetcorn, drained
- Flat-leaf parsley, small handful, chopped
- chives, few strands, finely snipped
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Heat the oil in a large, heavy-based saucepan over a medium heat. Add the onion, celery, garlic and paprika, and cook gently for 6-7 mins until the onion is translucent. Stir in the potato, chilli and flour, and cook for a further 2-3 mins until the flour has dissolved.
2. Pour over the milk and stock and continue to cook over a medium heat for approx. 15 minutes, until the potato is tender. Add the corn and stir to heat through. Blitz half the soup using a handheld blender, then return the blended soup to the pan.
3. Add extra milk to thin the soup to your desired consistency. Reheat gently, seasoning to taste, then sprinkle with the parsley and chives, to serve.

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SWEETCORN PANCAKES WITH TOMATO SALSA

SERVES



Ten

ALLERGENS



Wheat, Milk, Eggs,
Gluten

INGREDIENTS



- 500g plain flour
- 5tsp. baking powder
- 5 eggs, free-range
- 750ml whole milk
- Lo salt, pinch
- Ground black pepper, pinch
- 400g sweetcorn
- 50ml vegetable oil

FOR THE TOMATO SALSA

- 500g tomatoes, seeds removed, finely diced
- Coriander, small handful, chopped
- 200g red onion, finely diced
- 50g green chillies, seeds, removed, finely diced
- 20g garlic, cloves, grated
- 1 lime, zest and juice
- 20ml olive oil
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Sieve the flour and baking powder into a mixing bowl, then whisk in the egg and half of the milk to form a thick batter with a consistency slightly thicker than double cream. Add more milk as necessary to loosen the mixture. Season to taste with salt and freshly ground black pepper, then stir in the sweetcorn.
2. Heat the oil in a frying pan over a medium to high heat. Spoon half of the batter into the pan and fry for 1-2 minutes on each side, or until the pancake is golden-brown on both sides. Set the pancake aside on a warm plate and cover loosely with aluminium foil. Repeat with the remaining batter.
3. To make the tomato salsa combine the ingredients in a small bowl and set aside.
4. To serve, arrange the sweetcorn pancakes and top with a good spoonful of the tomato salsa.

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SAVOURY CORNBREAD CUPCAKES

SERVES



Ten

ALLERGENS



Wheat, Milk, Eggs,
Gluten

INGREDIENTS



- 375g plain flour
- 225g cornmeal
- 1tsp. lo salt
- 4tsp. baking powder
- 110g caster sugar
- 480ml semi skimmed milk
- 2 eggs, free-range
- 110g baking margarine, melted, plus extra for greasing
- 150g sweetcorn

METHOD



1. Preheat the oven to 200°C.
2. In a large bowl, combine all the ingredients together except for the sweetcorn. Mix until you have the consistency of a sponge cake batter, then add the sweetcorn.
3. Stir to combine thoroughly, then pour into a muffin tray lined with paper cases and bake for approx. 20 minutes.
4. The cornbread is ready when it has a golden colour and is springy to the touch. Allow to cool slightly before cutting.

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SOUTH AFRICAN MIELE BREAD

SERVES



Ten

ALLERGENS



Wheat, Milk, Eggs,
Gluten

INGREDIENTS



- 410g sweet corn, blitzed
- 2 eggs, free range, beaten
- 5g io salt
- 60g baking margarine (30g for the bread
30g for brushing on)
- 60ml warm milk
- 350g self-raising flour
- 2g paprika, smoked

METHOD



1. Place sweet corn, eggs, salt, milk and 30g Baking margarine Bake into a bowl and stir.
2. Mix in flour and paprika to form a dough.
3. Brush a bread tin with melted Baking margarine Bake, dust with flour and pour in the dough.
4. Bake at 170°C for about 45 minutes, until well risen and lightly browned.
5. Remove from the oven and brush the top with the rest of the melted baking margarine to keep the top soft. Set aside for ten minutes to rest.
6. Then removed from the pan, slice and enjoy.

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HAM, SWEETCORN & CHEESE BREAD PUDDING

SERVES



Ten

ALLERGENS



Wheat, Soya,
Mustard, Milk, Eggs,
Gluten

INGREDIENTS



- 90ml vegetable oil, plus extra to grease
- 350g white bread, sliced
- 400g sweetcorn, drained
- 200g ham, shredded
- 8 eggs, free range
- 800ml milk, semi skimmed
- 2tsp. grain mustard
- Chilli flakes, small pinch
- Flat-leaf parsley, small handful, chopped
- 250g mature cheddar, grated coarsely
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Use a little oil to grease an ovenproof dish. Then tear the bread into pieces, the rougher the better, and scatter them over the base of the dish.
2. Heat the oil in a frying pan and fry the sweetcorn over a high heat until golden brown. Scrape onto the bread, distributing evenly. In the same pan repeat this with the ham.
3. Beat the eggs with the milk, adding the mustard, chilli flakes, parsley, cheese and seasoning. Pour this mixture into the dish, making sure the cheese is evenly spread. Allow the mixture to sit for about 1 hour to absorb the eggy custard.
4. Heat the oven to 170°C, then drizzle a little olive oil over the top and bake for approx. 35 minutes until golden brown and crisp.
5. Leave for 5 minutes before serving.

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RASPBERRY & LEMON CORNMEAL CAKE

SERVES



Ten

ALLERGENS



Wheat, Milk, Eggs,
Gluten

INGREDIENTS



- 225g baking margarine
- 225g caster sugar, plus 1 tbsp.
- 4 eggs, free range beaten
- 175g cornmeal
- 50g plain flour
- 1½tsp. baking powder
- ½ tsp vanilla extract
- 1½ lemons, zest
- 200g frozen raspberry, left frozen
- 25g icing sugar, or more to taste
- 100g soft cheese
- 1tbsp. icing sugar, or more to taste
- ½ lemon, zest, plus a squeeze of juice
- 142ml double cream
- 100g frozen raspberry, defrosted

METHOD



1. Heat oven to 170°C and grease two 20cm sandwich tins. Line the bottom of the tins with baking paper. In a large bowl, beat the baking margarine and caster sugar together until creamy and light. Gradually add the egg, little by little, until all the egg is worked in and the mix is pale and fluffy. If the mix looks like it's starting to split, add 1 tsp of the flour, then carry on.
2. Put the cornmeal in another bowl, then stir in the flour and baking powder. Beat the vanilla extract and zest into the eggy mix, then fold in the dry ingredients. Spoon half the batter into each tin and level the top. Scatter all but a handful of the raspberries over the mix and poke in gently. Sprinkle one of the sponges with the 1tbsp sugar. Bake for approx. 20 mins, until risen and golden, but still with a little wobble under the crust.
3. Open the oven, whip out the sugar-crusted sponge and quickly poke the remaining frozen raspberries into the top. Bake both sponges for 10 more minutes, until springy in the middle. Cool in the tin for 10 mins, then cool completely on a rack. Be careful when turning out the raspberry-topped sponge and slide it off its base rather than turning it upside down.
4. When the sponges are cold, beat the soft cheese with the icing sugar, lemon zest and a little of the juice to loosen if it needs it. Very lightly whip the cream so that it just holds its shape, then fold into the cheese. Fold in the defrosted raspberries. Use to sandwich the sponges together, sugar-crusted on top, and serve dusted with more icing sugar.

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WARM 'MEXICORN' SALAD

SERVES



Ten

ALLERGENS



Milk

INGREDIENTS



- 1kg sweetcorn
- 50ml vegetable oil
- 400g onion, finely chopped
- 2 green chilli, finely chopped
- 4 garlic, cloves, chopped
- 1tsp ground allspice
- Lo salt, pinch
- Ground black pepper, pinch
- 2 limes, zest and juice
- Coriander, small handful, chopped
- Mint leaves, small handful, chopped
- 100g sour cream
- 30g parmesan cheese
- Chilli powder, pinch

METHOD



1. Heat the oil in a pan over a medium heat and, when it's gently sizzling, add the onion, corn and chilli. Cook for at least 5 minutes, until the onion has turned translucent without colouring, before adding the garlic, allspice, salt and pepper. Turn up the heat and cook for another 5-10 minutes until the corn starts gently taking on some colour and caramelizing.
2. Pour over the lime juice, scatter with the fresh herbs and serve in a suitable dish with spoonful's of sour cream, a little grated cheese and a pinch of chilli powder.

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SWEETCORN & DARK CHOCOLATE COOKIES

SERVES



Ten

ALLERGENS



Wheat, Soya, Milk,
Gluten

INGREDIENTS



- 150g sweetcorn
- 120g baking margarine, melted
- 150g granulated sugar
- 1 tsp. vanilla extract
- 275g plain flour
- ½tsp. baking powder
- 1/8 tsp. salt
- 100g dark chocolate, chips

METHOD



1. Preheat the oven to 150°C. Line two baking sheets with baking parchment.
2. Boil the sweetcorn for a few minutes until cooked. Rinse under cold water, drain and purée with a hand blender.
3. In a bowl, whisk the melted baking margarine and sugar, fold in the sweetcorn and vanilla. Then add the flour, baking powder, salt and combine.
4. Fold in the dark chocolate chips.
5. Roll tablespoons of the mixture into balls and place on the lined baking sheets and flatten slightly.
6. Bake for approx. 12 minutes, remove from the oven and allow to rest on the tray for 5 minutes, then transfer to a wire rack to cool completely.

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CREAMY SWEETCORN SOUP

SERVES



Ten

ALLERGENS



Milk

INGREDIENTS



- 75ml vegetable oil
- 2 garlic clove, finely chopped
- 400g onion, finely sliced
- 350g potato, cut into small cubes
- 400g sweetcorn
- 1ltr. vegetable stock
- 100ml double cream
- Lo salt, pinch
- Ground black pepper, pinch
- Chives, few stalks, finely chopped

METHOD



1. Heat the oil in a frying pan over a medium heat. Add the garlic, onion and potato and sauté for five minutes, until softened.
2. Add the sweetcorn and continue to cook for two more minutes.
3. Add the stock, bring to the boil and then reduce the heat to simmer for ten minutes, until the potato has cooked through.
4. Stir in the cream and season, to taste, with salt and freshly ground black pepper, then pour into a food processor and blend until smooth.
5. To serve, pour into a warm bowl and garnish a sprinkle of chives.

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LEMON & SULTANA COUSCOUS CAKE

SERVES



Ten

ALLERGENS



Wheat, Eggs, Gluten

INGREDIENTS



- 260g couscous, uncooked
- 80g sultanas
- 260ml boiling water
- 2 eggs, free range
- 50g caster sugar
- 50g lemon curd
- 2 lemons, juiced and zested

METHOD



1. Preheat the oven to 170°C. Line a 1lb loaf tin with baking paper. Set aside. Soak the couscous and sultanas in the boiling water for about 5 minutes.
2. In a medium bowl, whisk together the eggs, sugar, lemon curd and lemon juice; stir into the couscous. Spoon into the prepared loaf tin.
3. Bake for approx. 30 minutes in the preheated oven, or until the centre is cooked through when you test it with a knife or a skewer.
4. Cool, then remove from the tin. Slice and serve.

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CHARGRILLED SWEETCORN WITH CHILLI JAM

SERVES



Ten

ALLERGENS



None

INGREDIENTS



FOR THE CHILLI JAM

- 250g tomatoes, seeds removed, chopped
- 5tsp. tomato purée
- 5tsp. clear honey
- Chilli flakes, dried, pinch tap water, splash

- Lo salt, pinch
- Ground black pepper, pinch coriander, small handful, chopped

FOR THE CHARGRILLED SWEETCORN

- 10 corn on the cobs, frozen, thawed
- 5tbsp. vegetable oil

METHOD



1. For the chilli jam, place the tomato, tomato purée, honey, chilli flakes and a splash of water into a small saucepan. Season with salt and freshly ground black pepper and heat gently until combined and thickened.
2. For the chargrilled sweetcorn, heat a griddle pan until hot. Rub the corn with oil and chargrill for approx. 10 minutes, turning occasionally, until tender.
3. To serve, carefully chop the corn into chunks and place onto a plate with a spoonful of chilli jam and sprinkled with the coriander.

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CREAMED CORN

SERVES



Ten

ALLERGENS



Milk

INGREDIENTS



- 150g baking margarine
- 2 onion, finely chopped
- 1 kg sweetcorn
- 1 tsp. sugar
- 200ml tap water
- 200ml single cream
- 250g grated mozzarella
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Heat the baking margarine in a heavy-based pan until foaming and fry the onion for approx. 5 minutes, until soft and sticky. Add the sweetcorn with the water. Turn down the heat, cover and cook gently for 10 mins. Add the sugar and cream, season and cook, uncovered, for 5 minutes more.
2. Heat an oven to 160°C.
3. Pour into an ovenproof serving dish. Sprinkle the top with the cheese and bake for approx. 5 minutes, until the cheese is melted on top.

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CRISPY BANANA PANCAKES

SERVES



Ten

ALLERGENS



Wheat, Milk, Gluten

INGREDIENTS



- 180g plain flour
- 1tsp. baking powder
- 70ml coconut milk
- 150ml tap water
- 90g caster sugar
- ½tsp. lo salt
- 6 bananas
- ½tsp. turmeric
- 100ml vegetable oil for frying
- 10ptns. custard

METHOD



1. Mix the flour, baking powder and salt together in a mixing bowl.
2. Add the coconut milk, water, sugar and turmeric and mix together.
3. Leave it in the fridge for a few hours. This gives a smoother crispier fluffier pancake. The batter should smooth and runny.
4. Mash 3 of the bananas to a pulp and mix into the batter mix.
5. Put a thin layer of oil in the bottom of a non-stick pan.
6. Slice the remaining bananas ready to add to the pancakes as they cook.
7. Heat the oil to a medium heat. Ladle in the mixture, and let it cook a little on the bottom. Add some slices of the banana slices into the wet mixture at the top.
8. Splash hot oil over the top to cook the top. These pancakes are normally brown and crispy on the bottom and soft and spongy on the top, so you don't turn them over. If you do you'll probably lose the banana slices!
9. Once you can see they are brown around the edges, remove and drain on kitchen paper.
10. Serve warm.

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PINEAPPLE CUPCAKES

SERVES



Ten

ALLERGENS



Wheat, Milk, Eggs,
Gluten

INGREDIENTS




- 115g baking margarine
- 115g caster sugar
- 115g self-raising flour
- 2 eggs, free range
- 10ml milk, semi skimmed
- 150g pineapple, pieces in juice
- ½tsp. vanilla essence
- 10g cornflour
- ½tsp. honey
- 1 lemon
- 35g icing sugar

METHOD



1. Preheat the oven to 180°C and line a cupcake tray with cases.
2. Drain the pineapple chunks and chop them into small pieces.
3. Cream the baking margarine and sugar; beat in eggs, milk and vanilla with a little flour. Mix in the rest of the flour until just combined.
4. Line the cupcake cases with some pineapple chunks and keep aside about 1 tbsp. of the pineapple for decoration.
5. Spoon the batter on top of the pineapple and bake for approx. 20 minutes.
6. To make the icing. Mix the icing sugar with lemon juice and drizzle over the top of the cupcakes.

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