

# Colourfuel

Vibrant food for bright ideas **#EatTheRainbow**

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



# BLUE

## February

**RECIPE BOOKLET**

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*Vibrant food for bright ideas #EatTheRainbow*

Blue and purple foods contain something called anthocyanins, which is a type of antioxidant. These antioxidants help protect us from free radicals that can damage our brains over time. Eating dark blue and purple foods can help improve your memory, so why not give aubergine, purple sprouting broccoli, red cabbage, beetroot, purple grapes, blueberries and blackberries a go!

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## QUINOA, BEETROOT AND SUNFLOWER BREAD

**SERVES**



1 Loaf

**ALLERGENS**



Wheat, Oats, Barley,  
Milk, Gluten

## INGREDIENTS



- 200g quinoa
- 200g porridge oats, gluten free
- 75g beetroot, cooked, grated
- 2tsp. baking powder
- ¼tsp. bicarbonate of soda
- ¼tsp. lo salt
- 325ml water
- 20g pumpkin seeds
- 20g sunflower seeds
- 1tbsp. white wine vinegar

## METHOD



1. Preheat the oven to 180°C.
2. Place the quinoa in a blender or food processor and whizz until you get a fine powder.
3. Transfer into a large bowl.
4. Place the oats in the blender or food processor and whizz until you get a fine powder.
5. Add to the bowl.
6. Add the baking powder, bicarbonate of soda, most of the seeds and salt and mix well.
7. Add the water, grated beetroot and vinegar and mix again.
8. Transfer the mixture to a loaf tin lined with greased baking paper.
9. Scatter over remaining seeds to decorate.
10. Bake in the oven for approx. 35 minutes, until risen slightly and an inserted skewer comes out clean.

### BEETROOT, COUSCOUS AND CHICKPEA SALAD

**SERVES**  10

**ALLERGENS**  Wheat, Gluten

### INGREDIENTS



- 300g couscous
- 15ml vegetable oil
- 750g beetroot, cooked
- 800g chickpeas
- Mint, small handful, sprigs
- 1 lime
- 20ml pomace olive oil
- ½ cucumber
- ½ pomegranate, seeds
- Lo salt, pinch
- Ground black pepper, pinch
- Lime – Zest and Juice

### METHOD



1. Place the couscous in a large bowl with the oil and cover with 375ml boiling water. Leave to absorb the liquid and cool completely, then fluff up with a fork.
2. Mix together the beetroot, chickpeas, mint, lime and olive oil. Chill until ready to serve.
3. Stir in the cucumber and pomegranate seeds and season to serve.

### BEETROOT, APPLE AND WENSLEYDALE SALAD

**SERVES**  10

**ALLERGENS**  Milk

### INGREDIENTS



- 600g beetroot, cooked
- 4 apples
- 300g mixed salad leaves
- 100g rocket
- 200g Wensleydale cheese

#### For the vinaigrette:

- 
- 2tbsp. Balsamic vinegar
- 3tbsp. Olive oil
- 1 garlic clove, finely chopped
- Lo salt, pinch

### METHOD



1. For the vinaigrette, simply whisk together all the ingredients.
2. Cut the apple into quarters and core, then slice thinly.
3. Cut the beetroot into quarters, then slice thinly.
4. Mix the salad leaves and rocket together, add the beetroot, apple and Wensleydale.
5. Drizzle with the vinaigrette, season and serve.

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### LEMONY BEETROOT AND QUINOA SALAD WITH DILL

**SERVES**  10

**ALLERGENS**  None

### INGREDIENTS



- 250g quinoa
- Lo salt, pinch
- 2 beetroot
- 2 lemon, zest and juice
- 50g pumpkin seeds
- 1 red onion, sliced
- Dill, few sprigs, finely chopped
- 130g raisins

#### For the dressing:

- 1 garlic clove, finely chopped
- 30ml pomace olive oil
- 1 lemon, zest and juice
- Lo salt, pinch
- 1tsp. Maple syrup

### METHOD



1. Cook the quinoa as per instructions and once cooked fluff up the grains with a fork.
2. Thinly slice the beetroot and toss the beetroot slices with the lemon juice in a medium bowl, then set aside.
3. In a small bowl, whisk together all the dressing ingredients.
4. Pour half the dressing over the cooked quinoa while it's still warm. Sprinkle with the lemon zest, then toss to coat.
5. Heat a small dry frying pan over a medium heat. When hot, toast the pumpkin seeds for about 5 minutes, stirring frequently, until fragrant. Immediately remove the pan from the heat and leave the seeds to cool, then roughly chop. Transfer the cooked quinoa to a large bowl or serving platter.
6. Stir in the sliced onion and chopped dill. Tuck the lemony beetroot slices into the quinoa, then scatter over the raisins and chopped toasted pumpkin seeds. Drizzle the remaining dressing over the quinoa salad and season to taste with salt, then serve.

### MARINATED BEETROOT

**SERVES**  10

**ALLERGENS**  None

### INGREDIENTS



- 650g beetroot
- 500ml white wine vinegar
- 2ltr. Water
- Lo salt, pinch
- 2 garlic cloves, sliced
- 1tbsp. Dried oregano
- 1 red chilli, finely chopped
- 350ml olive oil

### METHOD



1. Wash and scrub the beetroot under cold running water. Place them in a saucepan with the vinegar, salt and water and bring to the boil. Reduce the heat, cover then pan and simmer for about 1¼ hours until the beetroot is tender. Meanwhile, combine all the marinade ingredients in a bowl and set aside.
2. Once the beetroot is cooked, drain, place on a cloth and pat dry. Remove the skins with the help of the cloth. Cut into slices, place in the marinade and mix well. Leave for a day before serving.
3. Serve on the flavour zone, tasting table or salad bar.

### BLUEBERRY CINNAMON SWIRLS

**SERVES**  9

**ALLERGENS** 

Wheat, Sulphur Dioxide, Milk, Eggs, Gluten

### INGREDIENTS

#### For the dough

- 420g strong white flour, plus extra for dusting
- 60g caster sugar
- 2tsp. Dried fast-action yeast
- 100ml milk, semi skimmed
- 100ml tap water
- 40g butter, plus extra for greasing
- Oil, for greasing

#### For the filling

- 150g blueberries, halved
- 1 orange, zest only
- 1tsp. ground cinnamon
- ½tsp nutmeg
- 60g brown sugar

#### To finish

- 1 free-range egg, beaten for glazing
- 70g icing sugar
- 1tbsp. lemon juice

### METHOD

1. For the dough, place the flour, sugar and yeast in the bowl of a freestanding electric mixer fitted with a dough hook.
2. Pour the milk and water into a saucepan and add the butter. Heat until the butter is melted. Check the temperature: it should be lukewarm to activate the yeast. Pour the milk mixture over the dry ingredients with the dough hook slowly turning. 'Knead' in the machine for about 5 minutes, until a smooth dough has formed.
3. Brush a mixing bowl with some oil and place the dough into the bowl. Cover with cling film and leave to rise in a warm place: this will probably take about 2 hours.
4. When the dough has doubled in size, place on a lightly floured surface and 'knock back' by kneading by hand for a few minutes to release the air. Butter a 23cm round spring form tin.
5. To shape, roll the dough out to a rectangle. Sprinkle the blueberries, orange zest, ground cinnamon, nutmeg and brown sugar over the dough. Starting at a long end, roll up the dough (like a Swiss roll). Slice into 10–12 swirls using a sharp knife. Transfer to the buttered tin with the swirls arranged cut-side up.
6. Brush with oil and place in a warm place to rise for approx. 30 minutes, until doubled in size again.
7. Preheat the oven to 180°C.
8. Brush with egg wash and bake for approx. 20 minutes, until golden-brown and cooked through. Place on a wire rack to cool.
9. Mix together the icing sugar and lemon juice in a bowl to form a paste and drizzle over the top of the swirls and enjoy.

### BEETROOT AND CHOCOLATE CAKE

**SERVES**  10

**ALLERGENS**  Wheat, Milk, Eggs, Gluten

### INGREDIENTS

- 250g self-raising flour
- 4tbsp. cocoa powder
- 2tsp. baking powder
- 250g cooked beetroot
- 3tbsp. white wine vinegar
- 160ml Greek yoghurt
- 160g baking margarine
- 230g caster sugar
- 3 eggs, free-range
- 280g cream cheese
- 50g baking margarine
- 50g icing sugar, sifted
- ½tsp. vanilla extract

### METHOD

1. Preheat the oven to 160°C. Grease and a suitable tray bake tin.
2. Mix together the flour, cocoa powder and baking powder in a bowl.
3. Blend the beetroot in a food processor until you have a rough purée. Put the purée in a bowl, add the vinegar and yoghurt. Mix to combine.
4. Beat the baking margarine and sugar together until light and fluffy. Gradually beat in the eggs, followed by half the dry mixture and half the beetroot mixture.
5. Continue to mix gently, adding the rest of the dry ingredients and the remaining beetroot. Pour the mixture into the tin and bake for 40-50 minutes. Leave to cool in the tin for 10 minutes before turning it out of the tin and leaving it to cool completely.
6. Meanwhile make the icing. Beat together the cream cheese and baking margarine until soft. Beat in the icing sugar and vanilla extract until they are combined, then spread the icing onto the cooled cake.
7. Cut into 10 squares and enjoy.

### LEMON & BLUEBERRY CHEESECAKE BARS

**SERVES**  10

**ALLERGENS**  Wheat, Rye, Oats, Barley, Milk, Eggs, Gluten

### INGREDIENTS



For the base:

- butter, for greasing
- 2 tbsp. sugar
- ¼tsp. ground cinnamon
- 9 digestive biscuits
- 55g unsalted butter, melted

For the filling:

- 450g cream cheese
- 2 eggs, free range
- 1 lemon, zested and juiced
- 100g caster sugar
- 50g blueberries, fresh
- Icing sugar, for dusting

### METHOD



1. Preheat oven to 170°C.
2. Grease the bottom of a 22 by 22cm baking pan with butter. Then place parchment paper over the top, pressing down at the corners.
3. In a food processor, process the sugar, cinnamon and digestive biscuits until you have the texture of bread crumbs. Add the melted butter and pulse a couple of times to fully incorporate. Pour into the lined baking pan and gently pat down with the base of a glass. Bake in the oven for 12 minutes until golden. When done set aside to cool.
4. Add cream cheese, eggs, orange zest, ½ of the orange juice and sugar to the food processor and mix until well combined. It should have a smooth consistency. Pour onto the cooled base and then cover with the raspberries. They will sink slightly but should still be half exposed -- as the cake bakes they will sink a little more and break down.
5. Bake in the oven for approx. 35 minutes, until the centre only slightly jiggles.
6. Remove from the oven and cool completely before refrigerating for at least 3 hours. Once set, remove from pan using the parchment lining and slice into 10 rectangular bars.
7. Dust with icing sugar to serve.

### BRAISED BEETROOT WITH GREEN SAUCE

**SERVES**  10

**ALLERGENS**  Sulphur Dioxide, Mustard

### INGREDIENTS



- 10 raw beetroot
- Lo salt, pinch
- Mint, small handful, finely chopped
- Parsley, small handful, finely chopped
- 2tbsp. Capers, rinsed and drained
- ½ onion, finely chopped
- 1 garlic clove, finely chopped
- ½tsp. Dijon mustard
- 4tbsp. Olive oil
- ½ lemon, juice only

### METHOD



1. Put the beetroot into a large pan and cover with water. Bring to the boil, then reduce the heat and simmer for approx. 40 minutes, until tender. Drain and set aside until just cool enough to handle, then carefully rub off the beetroot skins. Discard the skins.
2. Place the mint, parsley, capers, onion and garlic into a bowl.
3. Add the mustard and mix well. Add the oil and the lemon juice sparingly, adding more as required. Mix well and leave to stand.
4. Chop each beetroot into eight equal wedges and place into a bowl. Sprinkle with a little salt and drizzle with the green sauce.
5. Serve immediately.

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### SPICED BLUEBERRY COMPOTE

**SERVES**  10

**ALLERGENS**  None

### INGREDIENTS



- 800g blueberries, frozen
- 1 lemon, zest and juice
- 40g caster sugar
- 1 star anise, pod
- 1 cinnamon quill

### METHOD



1. Put everything in a pan and heat gently, stirring, until the berries begin to release their juices, then simmer for approx. 3 to 4 minutes, until thick and glossy
2. Remove from the heat and set aside to cool.

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### BLUEBERRY AND BANANA WHOLEMEAL MUFFINS

**SERVES**  10

**ALLERGENS**  Wheat, Milk, Eggs, Gluten

### INGREDIENTS



- 250g wholemeal flour
- 225g banana
- 150g blueberries, frozen
- 125ml vegetable oil
- 1 egg, free range
- ½tsp. bicarbonate of soda
- ½tsp baking powder

### METHOD



1. Preheat an oven to 180°C Grease 10 muffin cups, or line with paper muffin cases.
2. Mix together mashed bananas, egg and oil in a large bowl. Mix in flour, bicarb and baking powder until mostly smooth (lumps from the banana, are okay!). Gently fold the blueberries into the mixture.
3. Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 15 minutes. Remove muffins from tins, and cool on a wire rack.

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### BLUEBERRY BIRCHER

**SERVES**  10

**ALLERGENS**  Wheat, Oats, Barley, Milk, Gluten

### INGREDIENTS



- 600g Greek yoghurt
- 350ml milk, semi skimmed
- 125g blueberries, fresh
- 250g jumbo oats
- 6 apples, red
- 100g sunflower seeds
- 30ml maple syrup
- ½tsp. cinnamon, ground
- ½tsp. nutmeg, ground

### METHOD



1. In a bowl mix the oats, apples, cinnamon and nutmeg. Stir in the yoghurt, maple syrup and milk, then cover the bowl and chill in the fridge overnight.
2. To serve, add in the blueberries and spoon the mixture into dessert pots and top with sunflower seeds.

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### APPLE, BLACKBERRY & CINNAMON CHUTNEY

**SERVES**



1.3kg

**ALLERGENS**



None

### INGREDIENTS



- 1kg Bramley apples, peeled, cored, cut into large chunks
- 300g onions, peeled, thinly sliced
- 275g granulated sugar
- 150ml balsamic vinegar
- 2tsp. Cinnamon, ground
- Ground black pepper, pinch
- 300g blackberries, frozen, thawed

### METHOD



1. Sterilise the jars by putting them into the dishwasher on the hottest cycle to wash and dry. Take them out when you are about ready to use them and don't touch any of the inside of the jars with your hands. Place the jars into the oven set at a low temperature until completely dry inside.
2. Put the apples, onions, sugar, balsamic vinegar, cinnamon and freshly ground black pepper into a large saucepan. Place over a medium heat and gently stir together until well combined.
3. Once the mixture has reached boiling point, turn down the heat and leave to simmer for approx. 50 minutes, stirring occasionally. The apples and onions should become soft, and the liquid should be thick and syrupy.
4. Add the blackberries and cook for a further 10 minutes.
5. Spoon the chutney into a sterilised jug and fill the jars. Seal and store in a dark place.

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### BLUEBERRY & LEMON CUPCAKES

**SERVES**  10

**ALLERGENS**  Wheat, Eggs, Gluten

### INGREDIENTS



- 200g baking margarine
- 250g icing sugar
- 50g plain flour
- 170g semolina
- 6 egg, free range, whites
- 2 lemons
- 180g blueberries

### METHOD



1. Preheat the oven to fan 180°C. Generously grease a muffin tray. Melt the baking margarine and set aside to cool.
2. Sift the icing sugar and flour into a bowl. Add the semolina and mix everything together.
3. Whisk the egg whites in another bowl until they form a light, floppy foam. Make a well in the centre of the dry ingredients, tip in the egg whites and lemon rind, then lightly stir in the baking margarine to form a soft batter.
4. Divide the batter among the tins, a large serving spoon is perfect for this job. Sprinkle a handful of blueberries over each cake and bake for approx. 15 minutes, until just firm to the touch and golden brown.
5. Remove from the oven and cool in the tins for 5 minutes, then turn out and cool on a wire rack.
6. To serve, dust lightly with icing sugar.

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## APPLE AND BLUEBERRY BLINTZES

**SERVES**  10

**ALLERGENS**  Wheat, Milk, Eggs, Gluten

## INGREDIENTS



- 140g plain flour
- 200ml milk, semi-skimmed
- 2 eggs, free range
- 25g baking margarine
- 250g mascarpone
- 1tsp vanilla extract
- 45g caster sugar
- 1 egg, free range
- 50g baking margarine
- 6 apples, green
- 150g blueberries
- ½tsp. ground cinnamon

## METHOD



1. Whisk together all the pancake ingredients and cook 20 pancakes and set aside.
2. Beat together the mascarpone, vanilla extract, 1tbsp. of the sugar and the egg yolk until smooth and thoroughly combined, set aside. Melt half the baking margarine in a large frying pan and add half the apples and half the remaining sugar. Cook until the apples are tender and starting to caramelize. Remove from the pan and cook remaining apples in the same way. Set aside. Add the blueberries to the pan, cook for 1-2 mins until they start to soften, remove from the pan and add half to the apples.
3. Heat the oven to 180°C.
4. Lay the pancakes out on a work surface and divide the mascarpone mixture into the middle of each pancake in a neat dollop. Top the mascarpone with the apple and blueberry mixture and fold over the sides of the pancakes to completely encase the filling in a neat square parcel. Arrange the blintzes in an ovenproof dish seam side down and scatter with a little caster sugar plus a pinch of ground cinnamon.
5. Bake on the middle shelf for about 5 minutes, until warmed through. Serve 2 blintzes per person.
6. fold over the sides of the pancakes to completely encase the filling in a neat square parcel. Arrange the blintzes in an ovenproof dish seam side down and scatter with a little caster sugar plus a pinch of ground cinnamon.
7. Bake on the middle shelf for about 5 minutes, until warmed through. Serve 2 blintzes per person.



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