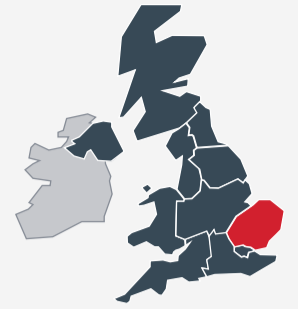




OCTOBER

REGIONAL RECIPES

SUFFOLK SPINACH SOUP



SERVES:
TEN



ALLERGENS:
MILK, CELERY

INGREDIENTS

50G STORK
2 SPRING ONIONS, BUNCHES, CHOPPED
240G LEEKS, SLICED
170G CELERY, SLICED

400G POTATO, PEELED AND DICED
2LTR. VEGETABLE STOCK
400G BABY SPINACH LEAVES
300G CRÈME FRAICHE
LO SALT, PINCH
GROUND BLACK PEPPER, PINCH

METHOD

1. HEAT THE STORK IN A LARGE SAUCEPAN. ADD THE SPRING ONIONS, LEEK, CELERY AND POTATO. STIR AND PUT ON THE LID. SWEAT FOR APPROX. 10 MINUTES, STIRRING A COUPLE OF TIMES.
2. POUR IN THE STOCK AND COOK FOR APPROX. 10 TO 15 MINUTES UNTIL THE POTATO IS SOFT.
3. ADD THE SPINACH AND COOK FOR A COUPLE OF MINUTES UNTIL WILTED. USE A HAND BLENDER TO BLITZ TO A SMOOTH SOUP.
4. STIR IN THE CRÈME FRAICHE. REHEAT, SEASON AND SERVE.

HUNGRY FOR MORE?

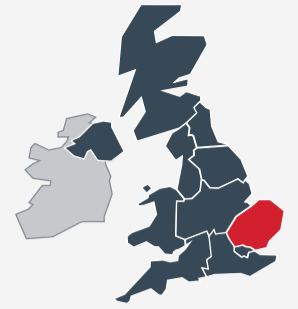
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OCTOBER

REGIONAL RECIPES

BARLEY CREAM SOUP



SERVES:
TEN



ALLERGENS:
WHEAT, RYE, BARLEY,
MILK, GLUTEN, CELERY

INGREDIENTS

150G PEARL BARLEY
1LTR. VEGETABLE STOCK
150ML MILK
150ML DOUBLE CREAM

LO SALT, PINCH
GROUND BLACK PEPPER, PINCH
30G BUTTER
PARSLEY, SMALL HANDFUL, CHOPPED

METHOD

1. BLANCH THE BARLEY BY PLACING IN A BOWL AND POURING ON BOILING WATER. LEAVE FOR 1 MINUTE AND THEN DRAIN. ADD THE DRAINED BARLEY TO THE VEGETABLE STOCK IN A SAUCEPAN AND SIMMER FOR 2 HOURS.
2. PUREE THE BARLEY MIXTURE AND THEN ADD THE MILK, BUTTER, CREAM, SALT AND PEPPER.
3. RETURN TO THE HEAT AND THEN SERVE SPRINKLED WITH CHOPPED PARSLEY.

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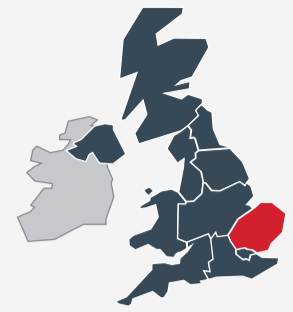


**EAST OF
ENGLAND**

OCTOBER

REGIONAL RECIPES

PLOUGHMAN'S POTATO, CHEESE & CHUTNEY PASTIES



SERVES:
TEN



ALLERGENS:

WHEAT, SULPHUR DIOXIDE,
SOYA, SESAME, MUSTARD,
MILK, LUPIN, EGGS, GLUTEN

INGREDIENTS

600G POTATOES, BOILED IN
THEIR SKINS AND COOLED
300G ONIONS, FINELY DICED
30ML VEGETABLE OIL

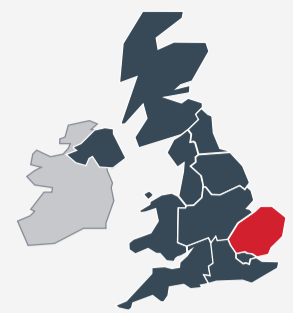
400G GRATED CHEDDAR
6TBSP. ONION CHUTNEY
1½ SHEET PUFF PASTRY
2 EGGS, FREE RANGE, FOR GLAZING

METHOD

1. FOR THE FILLING, PEEL AND DICE THE POTATOES. SOFTEN THE ONION IN A PAN OVER A GENTLE HEAT IN A LITTLE OIL. COMBINE ALL THE FILLING INGREDIENTS.
2. CUT OUT 10 X 19CM PUFF PASTRY CIRCLES AND LAY OUT ON A WORK SURFACE.
3. SPOON THE FILLING ON TO HALF OF EACH PASTRY CIRCLE, LEAVING A 2.5CM BORDER. BRUSH THE PASTRY BORDER WITH WATER, THEN QUICKLY FOLD OVER THE FLAP OF PASTRY. PRESS ROUND THE EDGE WITH THE TIP OF A FORK TO SEAL.
4. BRUSH WITH BEATEN EGG AND PRICK A FEW TIMES WITH A FORK. TRANSFER TO A BAKING SHEET LINED WITH BAKING PARCHMENT AND BAKE IN A PREHEATED OVEN 180°C FOR APPROX. 20-30 MINUTES UNTIL THE PASTRY IS PUFFED AND GOLDEN.
5. LEAVE TO COOL FOR 10 MINUTES AND THEN SERVE WARM.

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SERVES:
TEN



ALLERGENS:
WHEAT, SOYA, MILK,
EGGS, GLUTEN

INGREDIENTS

750G STREAKY BACON, DICED AND COOKED.
750G ONION FINELY CHOPPED
115G WATER
225G VEG SUET

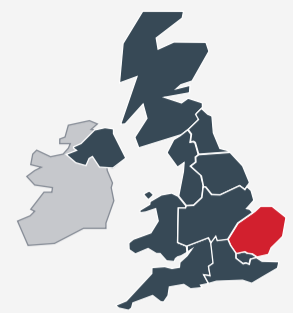
450G PLAIN FLOUR
SAGE, SMALL HANDFUL CHOPPED
LO SALT, PINCH
GROUND BLACK PEPPER, PINCH

METHOD

1. ADD THE SUET, FLOUR AND WATER INTO A BOWL AND COMBINE TO FORM A DOUGH.
2. ON A FLOURED SURFACE ROLL OUT THE DOUGH UNTIL IT IS AS THIN AS A POUND COIN.
3. SPREAD WITH LAYERS OF DICED BACON, ONION SAGE, AND SEASON.
4. WET THE EDGES OF THE CRUST, THEN ROLL UP. WRAP THE ROLL IN GREASEPROOF PAPER BRUSHED OVER WITH MELTED FAT, TWISTING THE ENDS OF THE PAPER LIKE A SAUSAGE.
5. PLACE IN A STEAMER FOR APPROX. 2 TO 2½ HOURS.
6. WHEN COOKED REMOVE THE GREASEPROOF, CUT INTO SLICES AND ARRANGE IN A SERVING DISH.
7. SERVES WITH AUDLEY END SAUCE RECIPE.

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SERVES:
TEN



ALLERGENS:
MILK, EGGS

INGREDIENTS

600ML BOILING MILK
75ML DOUBLE CREAM
45G CASTER SUGAR

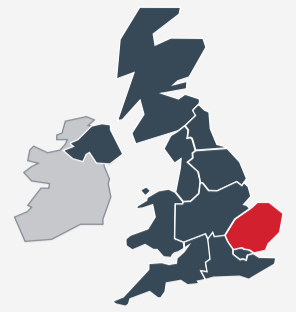
60G BUTTER
60G CORNFLOUR
1 BEATEN EGG,
1TBSP. SOFT DARK BROWN SUGAR.

METHOD

1. MIX THE CORNFLOUR TO A PASTE WITH A LITTLE OF THE MILK THEN STIR THIS PASTE INTO THE BOILING MILK; ADD BUTTER AND SUGAR AND BOIL FOR 4 OR 5 MINUTES UNTIL THICKENED. SET ASIDE TO COOL SLIGHTLY.
2. IN A SEPARATE BOWL, BEAT THE EGG WITH THE CREAM AND ADD IT VERY SLOWLY TO THE THICKENED MIXTURE. BEAT THE MIXTURE TOGETHER AND POUR INTO A BUTTERED DISH.
3. SPRINKLE BROWN SUGAR ON TOP AND CARAMELIZE UNDER A HOT GRILL.
4. SERVE WITH THE PORK PLUGGA RECIPE.

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MAKES:
1KG



ALLERGENS:
BARLEY, GLUTEN

INGREDIENTS

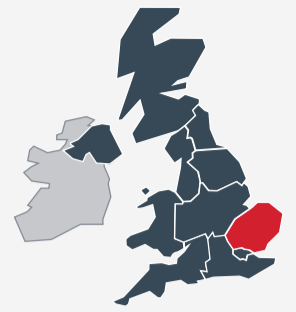
1KG BRAMLEY APPLES	100G ONION, CHOPPED
500G TOMATOES	500ML MALT VINEGAR
250G BROWN SUGAR	250G RAISINS
	LO SALT, PINCH
	CAYENNE PEPPER, PINCH

METHOD

1. PEEL, SLICE, CORE AND SLICE THE APPLES.
2. IN A SAUCEPAN, COOK TOGETHER THE SLICED APPLES, TOMATOES, ONIONS, AND RAISINS IN THE VINEGAR UNTIL SOFT.
3. ADD THE SUGAR, SALT AND PEPPER AND COOK FOR APPROX. 20 MINUTES UNTIL THE MIXTURE IS SUFFICIENTLY REDUCED WHEN A CHANNEL FORMED BY A WOODEN SPOON DRAWN THROUGH THE MIXTURE NO LONGER FILLS WITH VINEGAR.
4. POT INTO HOT, STERILISED JARS AND SEAL WITH PLASTIC LIDS OR JAM POT COVERS.

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SERVES:
EIGHT



ALLERGENS:
WHEAT, SULPHUR DIOXIDE,
SOYA, MILK, GLUTEN, CELERY

INGREDIENTS

2 TSP. BUTTER FOR GREASING
225G SELF-RAISING FLOUR, PLUS
EXTRA FOR DUSTING
1 PINCH LO SALT
85G LIGHT SHREDDED
VEGETABLE SUET

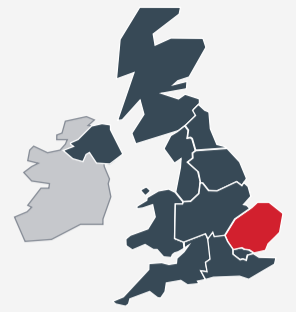
400G PORK SAUSAGE MEAT
8 RASHERS STREAKY BACON, CHOPPED
1 ONION, CHOPPED
8 FRESH SAGE LEAVES, CHOPPED
1 TBSP. LIGHT BROWN SOFT SUGAR
100ML HOT VEGETABLE STOCK

METHOD

1. GENEROUSLY GREASE A 1-LITRE PUDDING BASIN. SIFT THE FLOUR AND SALT INTO A LARGE BOWL, ADD THE SUET AND MIX TOGETHER. GRADUALLY ADD ABOUT 7 TBSP. COLD WATER TO MAKE A SOFT BUT NOT STICKY DOUGH.
2. ROLL INTO A BALL, TIP ONTO A LIGHTLY FLOURED SURFACE AND KNEAD BRIEFLY. CUT OFF A THIRD, WRAP IN CLING FILM AND SET ASIDE. ROLL OUT THE REMAINING TWO-THIRDS OF THE DOUGH TO A THICKNESS OF 1CM AND USE TO LINE THE PUDDING BASIN.
3. IN ANOTHER LARGE BOWL, MIX TOGETHER THE SAUSAGE MEAT, BACON, ONION, SAGE AND SUGAR. SEASON WITH SALT AND FRESHLY GROUND BLACK PEPPER. PLACE IN THE LINED PUDDING BASIN AND ADD ENOUGH STOCK TO COVER THE MEAT FILLING.
4. ROLL OUT THE RESERVED PASTRY. CUT OUT A CIRCLE THE SAME SIZE AS THE TOP OF THE PUDDING BASIN, THEN PLACE IT ON TOP OF THE PIE, PRESSING THE EDGES TOGETHER TO SEAL. COVER WITH A CIRCLE OF LIGHTLY BUTTERED, PLEATED BAKING PARCHMENT AND TOP WITH A LARGE SHEET OF PLEATED KITCHEN FOIL. SECURE WITH KITCHEN STRING, MAKING A LOOP FOR EASY REMOVAL.
5. PLACE AN INVERTED HEATPROOF PLATE IN A LARGE PAN AND PUT THE BASIN ON IT.
6. POUR IN ENOUGH BOILING WATER TO COME TWO-THIRDS OF THE WAY UP THE SIDES OF THE BASIN. COVER AND STEAM FOR 3 HOURS, TOPPING UP THE WATER REGULARLY.
7. CAREFULLY REMOVE FROM THE SAUCEPAN AND LEAVE TO COOL FOR 10 MINUTES.
8. REMOVE THE STRING, FOIL AND BAKING PARCHMENT. PLACE A SERVING PLATE OVER THE TOP OF THE BASIN, THEN UP-END IT AND CAREFULLY TURN OUT THE PUDDING ONTO THE PLATE. CUT INTO WEDGES TO SERVE.

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SERVES:
EIGHT



ALLERGENS:
WHEAT, SULPHUR DIOXIDE,
SOYA, SESAME, MILK, LUPIN, GLUTEN

INGREDIENTS

15G YEAST
300ML WARM WATER
450G STRONG WHITE FLOUR
1 TSP SALT

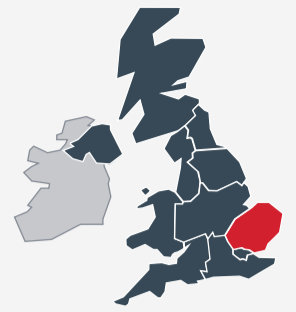
150G BUTTER
175G MIXED SULTANAS AND CURRANTS
50G CHOPPED MIXED PEEL
1TSP. MIXED SPICE
50G SUGAR

METHOD

1. PREHEAT THE OVEN TO 220°C AND GREASE A BAKING TIN.
2. BLEND THE YEAST WITH THE WARM WATER AND LEAVE FOR 15 MINUTES UNTIL FROTHY.
3. PUT THE FLOUR AND SALT IN A BOWL AND RUB IN 15G OF BUTTER. POUR IN THE YEAST LIQUID AND BEAT IT ALL TOGETHER TO MAKE THE DOUGH, ADDING MORE WATER IF NEEDED.
4. KNEAD WELL FOR ABOUT 10 MINUTES, UNTIL SMOOTH AND ELASTIC. PLACE IN A CLEAN BOWL, COVER AND LEAVE IN A WARM PLACE FOR ABOUT 1 HOUR, UNTIL IT HAS DOUBLED IN SIZE.
5. ROLL IT OUT INTO A RECTANGLE ABOUT ¼" THICK AND DOT ONE-THIRD OF THE REMAINING BUTTER OVER THE SURFACE OF THE DOUGH, ALONG WITH ONE-THIRD OF THE FRUIT, PEEL, SPICE AND SUGAR.
6. FOLD THE DOUGH IN THREE, WITH THE BOTTOM THIRD UP AND THE TOP THIRD DOWN. GIVE A QUARTER TURN, THEN REPEAT THE PROCESS TWICE MORE SO YOU HAVE USED ALL THE BUTTER, FRUIT, AND SUGAR.
7. ROLL THE DOUGH OUT TO FIT THE TIN AND LEAVE IT IN A WARM PLACE FOR 30 MINUTES, UNTIL PUFFY. THEN, USING A KNIFE, SCORE THE TOP WITH A CRISS-CROSS PATTERN, BRUSH WITH BEATEN EGG FOR A NICE BROWN GLAZE AND BAKE FOR APPROX. 30 MINUTES UNTIL GOLDEN.
8. REMOVE FROM OVEN AND ALLOW TO COOL ON A WIRE RACK, SLICE AND SERVE.

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SERVES:
EIGHT



ALLERGENS:
WHEAT, MILK,
EGGS, GLUTEN

INGREDIENTS

850ML WATER
400G BULGUR WHEAT
1350ML MILK
100G CURRANTS

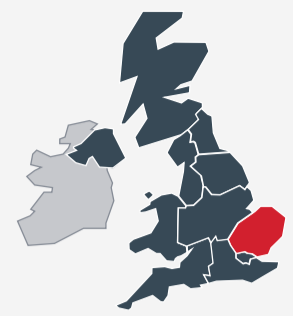
100G SULTANAS
4 EGG YOLKS, BEATEN
PINCH OF TURMERIC
10G LIGHT BROWN SUGAR
80G PUMPKIN SEEDS

METHOD

1. PUT THE BULGUR, WATER AND HALF THE MILK IN A PAN, BRING TO THE BOIL, REDUCE THE HEAT AND SIMMER, UNCOVERED, FOR 10-15 MINUTES. COVER AND LEAVE TO STAND FOR 15 MINUTES.
2. ADD THE REST OF THE MILK AND THE DRIED FRUIT TO THE BULGUR. BRING TO THE BOIL. LOWER THE HEAT AND ADD THE EGG YOLKS AND TURMERIC, STIRRING. DON'T BOIL.
3. STIR IN THE SUGAR, THEN REMOVE FROM THE HEAT. LEAVE TO STAND FOR A FEW MINUTES, THEN SERVE, GARNISHED WITH PUMPKIN SEEDS.

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SERVES:
EIGHT



ALLERGENS:
WHEAT, MILK,
OATS, GLUTEN

INGREDIENTS

120G PLAIN FLOUR
90G CASTER SUGAR
60G STORK
60G BUTTER

100G ROLLED OATS
½TSP. BICARBONATE OF SODA
1TSP. BAKING POWDER
1TSP. HOT WATER
1TSP. GOLDEN SYRUP

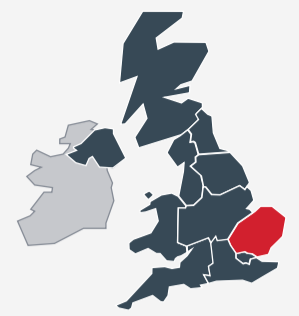
BUTTER CREAM:
150G ICING SUGAR
90G STORK
VANILLA ESSENCE,
TO TASTE

METHOD

1. PREHEAT OVEN TO 180°C.
2. IN A BOWL CREAM TOGETHER THE STORK, BUTTER AND SUGAR.
3. SIFT THE FLOUR TOGETHER WITH THE BICARBONATE OF SODA AND THE BAKING POWDER AND MIX INTO THE CREAMED MIXTURE, TOGETHER WITH THE OATS, SYRUP AND HOT WATER.
4. FORM INTO 20 WALNUT SIZE BALLS AND BAKE, WELL-SPACED ON A GREASED BAKING SHEET FOR APPROX. 10-15 MINUTES AND TRANSFER TO A WIRE RACK TO COOL.
5. MAKE UP THE BUTTER CREAM BY BEATING TOGETHER THE ICING SUGAR, STORK AND VANILLA ESSENCE AND USE TO SANDWICH THE BISCUITS TOGETHER WHEN COLD.

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Our Pick!



SERVES:
EIGHT



ALLERGENS:
WHEAT, MILK,
EGGS, GLUTEN

INGREDIENTS

200G STORK, MELTED,
PLUS EXTRA FOR GREASING
140G SULTANAS
2 ORANGES, ZEST AND JUICE
300G SELF-RAISING FLOUR
300G LIGHT SOFT BROWN SUGAR

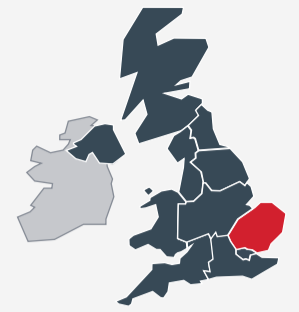
2TSP. MIXED SPICE
1TSP. GROUND GINGER
1TSP. BICARBONATE OF SODA
4 FREE RANGE EGGS, BEATEN
100G CARROTS, GRATED
100G PARSNIPS, GRATED
100G COURGETTES, GRATED
200G ICING SUGAR

METHOD

1. HEAT OVEN TO 170°C. GREASE AND LINE A BAKING TIN WITH BAKING PARCHMENT.
2. MIX THE SULTANAS AND ZEST AND JUICE FROM 1 ORANGE AND LEAVE TO SOAK FOR 20 MINUTES.
3. MIX THE FLOUR, CASTER SUGAR, SPICES, BICARB AND PINCH OF SALT INTO A LARGE BOWL.
4. MIX THE EGGS WITH THE MELTED STORK AND SULTANA MIXTURE, THEN TIP INTO THE DRY INGREDIENTS AND STIR IN WITH A WOODEN SPOON.
5. STIR IN THE GRATED VEG, AND SCRAPE INTO THE TIN. BAKE FOR 35 - 40 MINS, OR UNTIL A SKEWER POKED IN THE CENTRE COMES OUT CLEAN. REMOVE FROM THE OVEN AND COOL IN THE TIN.
6. ONCE COOL SIFT THE ICING SUGAR INTO A BOWL AND STIR IN REMAINING ORANGE ZEST PLUS ENOUGH JUICE TO MAKE A RUNNY ICING. DRIZZLE ALL OVER THE CAKE AND LEAVE TO SET, THEN SLICE INTO PORTIONS.

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SERVES:
EIGHT



ALLERGENS:
MILK, EGGS

INGREDIENTS

850ML DOUBLE CREAM
½TSP. VANILLA EXTRACT

7 FREE RANGE EGGS, YOLKS
25G CASTER SUGAR, FOR THE MIX
75G CASTER SUGAR, FOR THE TOPPING

METHOD

1. PLACE THE CREAM AND VANILLA IN A LARGE PAN AND HEAT SLOWLY TO JUST BELOW BOILING POINT. BEAT THE YOLKS AND SUGAR IN A BOWL. WHEN THE CREAM IS HOT, POUR HALF ONTO THE YOLK AND SUGAR MIXTURE, STIRRING WELL, THEN POUR BACK INTO THE PAN. STIR CONTINUOUSLY OVER A LOW HEAT UNTIL THE MIXTURE HAS A THICK BUT POURING CONSISTENCY. IT NEEDS TO BE COOKED SUFFICIENTLY TO SET, BUT WILL CURDLE IF IT STARTS TO BOIL.
2. DIVIDE THE MIXTURE AMONG THE SERVING POTS, ALLOW TO COOL SLIGHTLY, THEN PLACE IN THE FRIDGE TO SET FOR A MINIMUM OF 4 HOURS, OR OVERNIGHT.
3. FOR THE TOPPING, SPRINKLE THE SUGAR EVENLY AMONG THE RAMEKINS. CARAMELISE WITH THE BLOWTORCH, THEN REFRIGERATE FOR 20 MINUTES TO SET. SERVE WITHIN AN HOUR OR THE CARAMEL WILL GO SOFT AGAIN.

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