

The Friday Kitchen Recipe Book





Steve's Menu

Steve Love

Steve joined the Royal Navy at seventeen. He trained as a chef, and served aboard the Royal Yacht Britannia. As a result of serving on the Royal Yacht he appeared in the TV documentary "All the Queens Cook's" in 2003.

On leaving the Navy, Steve became head chef at the GEC Management College and then executive chef at the Royal Agricultural Show Ground at Stoneleigh. In 1996 he joined Nestlé as business development chef, and later in 2006 joined McCormick Flavour Group - Europe as concept development chef. His responsibilities include culinary development for blue chip companies across Europe.

Steve Judges at many competitions and chaired the Judges for the Local Authority Caterer's Association School Chef of the year for five years. He has been involved with Craft Guild of Chefs for many years and he chairs the adjudicators for their Graduate Award Scheme and is the assistant live theatre manager for Hotelympia and Hospitality salon culinaires.

Steve is a Master Chef of Great Britain, and in 2003 he won British Meats Development Chef of the Year and also gained the Craft Guild of Chef's Development Chef Award.

£3.10 per person per day



Sal's Menu

Sal Henley

Sal Henley established her own food consultancy over twelve years ago and has gained a wealth of experience in the industry, working for clients such as Sainsbury's, Tilda, Heinz, P&O Ferries, Billington's, Olive and Delicious Magazines to mention but a few. In a diverse role, Sal participates in food styling, recipe writing, training and educational workshops, exhibitions, press launches and live cookery demonstrations.

Sal's real passion for food and life developed at an early age, growing up on the family farm where fruit, hops and livestock were cultivated. Destined for a career in food, Sal undertook a Food Marketing Management degree at Sheffield Hallam University before undertaking a placement at Marks & Spencer in the wine and soft drink's department. Her education was completed with a diploma from Leith's School of Food and Wine.

In addition to her food consultancy, Sal is also busy setting up a partnership with a fellow food stylist, and she was one of a team of four presenters who taught the nation to 'Cook Yourself Thin' on the popular Channel Four show and co-wrote a best selling cook book of the same name.

Aside from work, Sal's social life still revolves around food as she enjoys entertaining friends and hunting out new gastronomic experiences to tantalise her taste buds.

£3.12 per person per day

Smoked Haddock with Poached Egg and Cheese Sauce

Serves 10

INGREDIENTS

- 600mls Milk
- 600mls Water
- 10x 50g Smoked haddock fillet portions (skinned and boned)
- 10 Medium poached eggs
- 600mls Prepared cheese sauce

METHOD

Bring the milk and water to the boil and place the smoked haddock portions in and bring back to simmer. When the fish is cooked, remove from pan and drain.

Place smoked haddock on to a flat baking tray, place the hot poached egg on the fish, then over the heat pour over the cheese sauce.

Glaze under the grill and serve.



Sources of Energy - Smoked haddock						
Calories from	Total	Per Portion	per 100g	Percent	UK Food	UK Total
Protein	990	99	35	35.1	15%	15%
Carbohydrate	297	30	11	10.5	50%	47%
Fat	1536	154	55	54.4	35%	33%
Alcohol	0	0	0	0.0	0	5%
Total	2823	282	101	100.0	100%	100%

Steve's Breakfast

Bircher Muesli

Serves 10

Prep Time: 15 minutes and chilling overnight

INGREDIENTS

- 350g Porridge oats
- 300ml Apple juice
- 3 Small oranges
- 3 Red dessert apples, coarsely grated
- 350g Low fat natural yoghurt
- 4 tbsp Runny honey
- 2x 410g Canned peaches, drained and sliced

METHOD

Mix the oats and apple juice with 300ml cold water in a bowl, cover and leave in the fridge overnight.

The following morning, zest and segment the oranges, squeezing any excess juice from the oranges. Stir the orange zest and juice, the grated apple, yoghurt and honey into the soaked oats and serve topped with the orange segments and the sliced peaches.



Sources of Energy - Bircher Meusli						
Calories from	Total	Per Portion	per 100g	Percent	UK Food	UK Total
Protein	346	35	13	14.3	15%	15%
Carbohydrate	1824	182	69	75.1	50%	47%
Fat	258	26	10	10.6	35%	33%
Alcohol	0	0	0	0.0	0	5%
Total	2428	243	92	100.0	100%	100%

Sal's Breakfast



Smoked Ham and Pea Soup

Serves approx. 10 x 200ml

INGREDIENTS

15ml Oil
 150g Onion, finely chopped
 5g Garlic purée
 1.5 ltrs Ham bouillon
 (can use chicken bouillon)
 3x 538g Cans marrowfat peas, drained
 375g Smoked, cooked ham, diced
 2 tsp Dried parsley

METHOD

Heat the oil in a large pan and soften the onion and garlic purée. Add ham bouillon and the peas and bring to the boil. Gently simmer for 10 minutes. Blend to make a purée soup. Add the ham and bring back to the boil. Simmer for a further 20 minutes and finish with dried parsley. Simmer for 1 minute and serve with some crusty bread.

Sources of Energy - Smoked ham and pea soup						
Calories from	Total	Per Portion	per 100g	Percent	UK Food	UK Total
Protein	279	28	14	25.3	15%	15%
Carbohydrate	673	67	34	60.8	50%	47%
Fat	154	15	8	13.9	35%	33%
Alcohol	0	0	0	0.0	0	5%
Total	1106	111	55	100.0	100%	100%

Steve's First Course



Twice Spiced Coriander Turkey

Serves 10 - Prep Time: 15 minutes
 and at least 1 hour of marinating.
 Cooking Time: 10 minutes

INGREDIENTS

2 Small onions
 2 Green chillies, deseeded
 30g Fresh coriander, leaves and stalks
 4 tsp Ground coriander
 120g Ready to eat dried apricots
 2 Small garlic cloves

 4 tbsp Thai fish sauce
 5 tbsp Lime juice
 10x 100g Turkey steaks
 100g Low fat natural yoghurt
 1kg New potatoes, cooked

METHOD

In a food processor blend together the onions, chillies, fresh coriander, ground coriander, dried apricots, garlic, fish sauce and lime juice, scraping down the bowl until the marinade is finely chopped.
 Place the turkey in a non metallic bowl and mix through three quarters of the marinade, cover and refrigerate for at least one hour.
 Cook the turkey in a preheated 200°C, gas mark 6 oven for 10-15 minutes, depending on the thickness of the steaks or until cooked through. Stir the remaining marinade into the yoghurt and serve with the turkey, new potatoes and green salad.

Serve with green salad

Sources of Energy - Twice spiced coriander turkey						
Calories from	Total	Per Portion	per 100g	Percent	UK Food	UK Total
Protein	1090	109	46	50.9	15%	15%
Carbohydrate	993	93	39	43.6	50%	47%
Fat	120	12	5	5.6	35%	33%
Alcohol	0	0	0	0	0	5%
Total	2143	214	90	100.0	100%	100%

Sal's Lunch First Course

Russian Lamb Risotto

Serves 10

INGREDIENTS

750g Lamb diced (shoulder)
 5 Carrots peeled and diced
 3 Onions peeled and diced
 300g Basmati rice
 750 mls Prepared chicken stock
 25g Olive oil
 400g Tinned chopped tomatoes
 1tsp Ground cumin
 2 tsp Ground coriander
 2tsp Chopped Garlic
 Salt, whole black pepper

METHOD

Wash the rice and soak with slightly salted water for 1-2 hours.
 Heat the oil in a pan and sweat the lamb until golden brown and reserve.
 Sweat off the carrots and onions in the remaining oil in the pan and cook them for 10 min until tender. Place the lamb in a casserole dish and layer the onion and carrots on top.
 Place the ground cumin, ground coriander, chopped garlic and tinned tomatoes on top of onions and carrots. Place the rice on top of that. Finally pour in the stock until water covers the surface of the rice and season with black pepper. **DO NOT STIR!**
 Put in a hot oven. Cook until the stock disappears.



Sources of Energy - Russian Lamb Risotto						
Calories from	Total	Per Portion	per 100g	Percent	UK Food	UK Total
Protein	657	66	24	20.2	15%	15%
Carbohydrate	1095	109	40	33.6	50%	47%
Fat	1504	150	55	46.2	35%	33%
Alcohol	0	0	0	0.0	0	5%
Total	3255	326	120	100.0	100%	100%

Steve's Second Course

Bay Leaf and Cardamom Rice Pudding

Serves 10 - Prep Time: 5 minutes

Cooking Time: 20 minutes

INGREDIENTS

400g Basmati rice
 1.6 litres Semi skimmed milk
 200g Sugar
 4 Dried bay leaves
 10 Cardamom pods, lightly bruised
 2x 425g Canned pitted black cherries

METHOD

Place the rice in a wide non stick saucepan with the milk, sugar, bay leaves and cardamom pods, stir and bring to the boil.
 Reduce the heat to a gentle boil and cook the rice for 20 minutes, stirring occasionally until the rice is tender and thickened.
 Just before serving, drain the syrup of the cherries into a saucepan and boil for 3-4 minutes until reduced, adding the cherries in to just warm through at the end.
 Remove the pods and bay leaves from the rice and serve immediately with the warmed cherries and syrup.



Sources of Energy - Bay leaf and cardamon rice pudding						
Calories from	Total	Per Portion	per 100g	Percent	UK Food	UK Total
Protein	360	36	12	10.2	15%	15%
Carbohydrate	2884	288	95	81.9	50%	47%
Fat	278	28	9	7.9	35%	33%
Alcohol	0	0	0	0.0	0	5%
Total	3523	352	116	100.0	100%	100%

Sal's Lunch Second Course



Butternut Squash and Bean Bake

Serves 10

INGREDIENTS

50mls	Oil
2	Butternut squash diced
400g	Aubergine diced
1 each	Red, yellow & green peppers diced
300g	Dried chopped apricots
400g	Tinned butter beans
400g	Tinned chick peas
800g	Tinned chopped tomatoes
2tbsp	Moroccan seasoning
1ltr	Vegetable stock
60ml	Runny honey
	Corn flour to thicken

METHOD

Heat the oil in a pan and sweat off vegetables in the pan.
Add the water, dried apricots, butter beans, chick peas, tomatoes and Moroccan seasoning bring to the boil and thicken with corn flour.
Pour into an oven proof dish and finish with honey and bake in the a hot oven for 20 to 25 minutes.

Serve with cooked pasta

Sources of Energy - Butternut squash and bean bake						
Calories from	Total	Per Portion	per 100g	Percent	UK Food	UK Total
Protein	321	32	9	14.3	15%	15%
Carbohydrate	1303	130	38	58.2	50%	47%
Fat	614	61	18	27.4	35%	33%
Alcohol	0	0	0	0.0	0	5%
Total	2238	224	66	100.0	100%	100%

Steve's Dinner First Course



Cider Pork with Apples and Carrot and Swede Mash

Serves 10 - Prep Time: 20 minutes

Cooking Time: 25 minutes

INGREDIENTS

1kg	Carrots, peeled and sliced
1kg	Swede, peeled and cut into cubes
10x 100g	Pork shoulder steaks
2 tbsp	Sunflower oil
5	Braeburn apples, cored and cut into 8 segments
4	Medium onions, sliced
4	Garlic cloves, sliced
2 tbsp	Plain flour
750ml	Strong dry cider
250ml	Chicken stock
1 - 2	Tbsp cider vinegar
2 tsp	Dried sage
700g	Frozen green beans, cooked to serve

METHOD

Place the carrots and swede in the same saucepan, cover with water and bring to the boil, and cook for 20 minutes or until tender.
Meanwhile season the pork steaks and pan fry in a large non stick casserole pan with 1 tablespoon of oil over a high heat for 2-3 minutes until the pork is browned on both sides. Remove and keep warm. Add the apple segments to the frying pan, and brown on the cut sides. Remove and keep warm with the pork. To the same pan, add the onions with 250ml water and boil for 5 minutes until the water has evaporated.
Add the remaining oil with the garlic and stir until the onions are caramelised, then stir in the flour and cook for a further minute.
Gradually stir in the cider with the stock, add the apples back in with the vinegar and sage, and gently boil for 5 minutes.
After 5 minutes, add the pork steaks back into the pan and cook for a further 10 minutes until the pork is cooked and the sauce has thickened. Meanwhile drain and mash the carrot and swede either with a potato masher or with an electric blender. Season the pork and serve the steaks with the apples, cider sauce, carrot and swede mash and cooked green beans.

Sources of Energy - Cider pork with apples, carrot and swede mash						
Calories from	Total	Per Portion	per 100g	Percent	UK Food	UK Total
Protein	849	85	15	22.0	15%	15%
Carbohydrate	1017	102	19	26.3	50%	47%
Fat	1795	179	33	46.5	35%	33%
Alcohol	200	20	4	5.2	0	5%
Total	3860	386	70	100.0	100%	100%

Sal's Dinner First Course

Marmalade Bread and Butter Pudding

Serves 10

INGREDIENTS

10 slices White bread
 50g Butter
 50g Marmalade
 40g Currants
 40g Sultanas
 900mls Fresh milk (full fat)
 4 Eggs
 2tbsp Brown sugar
 1tsp Ground nutmeg

Serve with prepared custard

METHOD

Spread the slices of bread with the butter and marmalade and cut into 4 triangles per slice. In a buttered ovenproof dish, layer the bread, currants, sultanas and brown sugar. Whisk milk, eggs and ground nutmeg together and pour over the bread, stand for 10 minutes. Bake in a pre-heated oven for 30 to 40 minutes. Serve with hot custard.



Sources of Energy - Marmalade bread and butter pudding						
Calories from	Total	Per Portion	per 100g	Percent	UK Food	UK Total
Protein	372	37	17	13.2	15%	15%
Carbohydrate	1364	136	63	48.4	50%	47%
Fat	1083	108	50	38.4	35%	33%
Alcohol	0	0	0	0.0	0	5%
Total	2819	282	131	100.0	100%	100%

Steve's Dinner Second Course

Chocolate Tiramisu

Serves 10 - Prep Time: 15 minutes and 1-2 hours chilling

INGREDIENTS

3 Pasteurised large egg yolks
 70g Caster sugar
 300g Light cream cheese
 250g 2% Greek yoghurt
 2 -2 tbsp Cocoa powder
 3 Pasteurised large egg whites
 200ml Cold strong black coffee
 40 Sponge fingers or boudoir biscuits, halved
 35g Plain chocolate, finely grated

METHOD

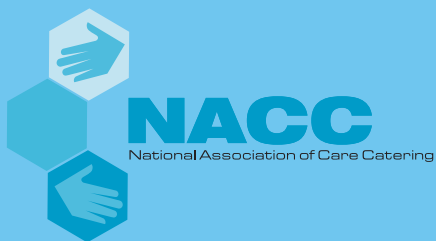
In a bowl beat together the egg yolks and caster sugar for about 2-3 minutes until thick and pale. Whisk in the cream cheese, Greek yoghurt, cocoa powder and beat until smooth. In a separate bowl, beat the egg whites until stiff peaks form. Fold the egg whites gently into the chocolate yoghurt mixture. Place the coffee in a shallow bowl and dip half of the sponge fingers into the coffee for about two seconds on each side and shake off the excess. Cover the bottom of 10 individual 200ml dessert glasses. Between the glasses pour over half of the chocolate yoghurt mixture, sprinkle with half the grated chocolate and then repeat the process again, using up the biscuits, chocolate yoghurt mixture and finishing with grated chocolate. Cover with cling film and refrigerate for at least 1-2 hours until the tiramisu has set up. The flavours will develop the longer the tiramisus are left.

Tip: This can be made in a large dish rather than individual glasses.



Sources of Energy - Cider pork with apples and carrot						
Calories from	Total	Per Portion	per 100g	Percent	UK Food	UK Total
Protein	849	85	15	22.0	15%	15%
Carbohydrate	1017	102	19	26.3	50%	47%
Fat	1795	179	33	46.5	35%	33%
Alcohol	200	20	4	5.2	0	5%
Total	3860	386	70	100.0	100%	100%

Sal's Dinner Second Course



NACC Administration Office,
Meadow Court, Faygate Lane, Faygate, West Sussex RH12 4SJ
Tel: 0870 748 0180
Fax: 0870 748 0181
Email: info@thenacc.co.uk
Web: www.thenacc.co.uk

Designed and produced by McCullough Moore on behalf of the National Association of Care Catering