

# Colourfuel

Vibrant food for bright ideas #EatTheRainbow

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



# RED

## March

**RECIPE BOOKLET**



# RED

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*Vibrant food for bright ideas #EatTheRainbow*

Red coloured fruits and vegetables help keep your heart healthy. This is because they contain an antioxidant called lycopene.

Lycopene helps to protect our body from free radicals and oxidative stress. This helps to protect us from heart disease. You can find it in red tomatoes **(and if they are cooked this is even higher in lycopene!)**, red peppers, watermelon and red grapefruits.

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### CHEDDAR BREAD WITH RED ONION & ROSEMARY

**SERVES**  10

**ALLERGENS**  Wheat, Milk, Gluten

### INGREDIENTS

- 560g strong white bread flour
- 11g lo salt
- 7g yeast
- 50ml olive oil
- 125g cheddar grated
- 1 red onion, diced, fried and cooled
- Rosemary, sprigs
- 345ml cold water

### METHOD

1. Put all of the dough ingredients into the bowl of a stand mixer fitted with a dough hook and mix on a medium speed for 6 minutes. The dough should be smooth and silky once done.
2. Transfer the dough to a floured baking tray and stretch it gently to make a large oblong that almost covers the whole tray.
3. Sprinkle the onion and remaining cheese over the top of the loaf, then add the rosemary. Cover with greased cling film and leave for approx. 30-40 minutes to rise and double in size.
4. Preheat the oven to 200°C. Remove the cling film, drizzle with the olive oil and bake for approx. 20-25 minutes, until the bread is well risen, golden and the base sounds hollow when tapped with a finger.

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### HERBY QUINOA, FETA AND POMEGRANATE SALAD

**SERVES**  10

**ALLERGENS**  Milk

### INGREDIENTS

- 300g quinoa
- 2 red onion, finely chopped
- 160g sultana
- 100g feta cheese, crumbled
- 200g pomegranate seeds
- 85g sunflower seeds, toasted
- Coriander, small handful, chopped
- Flat leaf parsley, small handful, chopped
- Mint, small handful, roughly chopped
- 3 lemons, zested and juiced
- 50ml pomace oil
- 2tsp. honey
- Lo salt, pinch
- Ground black pepper, pinch

### METHOD

1. Cook the quinoa following pack instructions – it should be tender but with a little bite. Drain well and spread over a platter or wide, shallow bowl to cool quickly and steam dry.
2. When the quinoa is just about cool stir through all of the remaining ingredients with plenty of seasoning.
3. Mix well and serve.

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### TRIO OF TOMATO SALAD

**SERVES**  10

**ALLERGENS**  Sulphur Dioxide

### INGREDIENTS

- 500g tomatoes
- 250g cherry tomatoes
- 250g plum tomatoes
- Lo salt, pinch
- Ground black pepper, pinch
- 100ml olive oil
- 50ml red wine vinegar
- 1 garlic, clove, grated
- 2tsp.smoked paprika
- Flat-leaf parsley, small handful, finely sliced

### METHOD

1. Cut the larger tomatoes into slices about 1cm thick. You can halve the cherry tomatoes or leave them whole.
2. Place the tomatoes in a large bowl and dress with the olive oil and vinegar. Toss around and check the seasoning. Add the garlic and the paprika and the finely sliced flat-leaf parsley.



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### DARK CHOCOLATE AND STRAWBERRY CAKE

**SERVES**  10

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

### INGREDIENTS

- 4 eggs, free range
- 175ml pomace olive oil
- 200g honey
- 150g polenta
- 150g plain white flour
- 1 lemon
- 2tsp. vanilla extract
- 1tsp. bicarb of soda
- 1tsp. baking powder
- ½tsp. lo salt
- 150g dark chocolate
- 200g strawberries

### METHOD

1. Preheat the oven to 160°C. Grease the tin and line with baking paper.
2. Whisk the eggs in a bowl with an electric whisk, until thickened and increased in volume, approx. 4 minutes.
3. Pour the olive oil into a large bowl and stir in the honey, polenta, flour, lemon zest, vanilla, bicarbonate of soda, baking powder and salt. Fold in the whipped eggs until just combined.
4. Pour half of the mixture into the cake tin, sprinkle half the chocolate chunks on top and cover with half of the remaining cake mixture.
5. Place half of the strawberries on top, cover with the remaining cake mixture and top with half the remaining chocolate chunks and strawberries.
6. Bake for approx. 1 hour, until the cake feels firm and springs back to the touch. Remove from the oven and leave to cool in the tin for 15 minutes. Remove from the tin and allow to cool fully on a wire rack before serving.
7. Melt the remaining chocolate in a glass bowl over boiling water, making sure the bowl doesn't come in contact with the water.
8. Drizzle over the cooled cake and decorate with the fresh strawberries to serve.

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### STRAWBERRY AND CARROT COUSCOUS SALAD

**SERVES**  10

**ALLERGENS**  Wheat, Soya, Gluten

### INGREDIENTS

- 350g carrots
- 300g strawberries
- 250g couscous
- Flat parsley, small handful, chopped
- 100g red onions
- 1 avocado
- 1 lemon
- 60ml pomace olive oil
- 60g sunflower seeds
- 10ml maple syrup
- Lo salt, pinch
- Ground black pepper, pinch

### METHOD

1. Place the couscous into a tray, add the olive oil, salt and pepper and mix well, add approx. twice the amount of boiling water to the tray and cover with cling film and allow to soak for approx. 15 minutes. Remove the cling film and mix well to remove any lumps, allow to cool quickly.
2. Toast the sunflower seeds in a dry frying pan until lightly browned. Add to the couscous. Heat another 1 tablespoon of the oil in the pan and lightly fry the carrots and onion for approx. 3 minutes. Add in the maple and fry for a further 2 minutes, until the carrots are glazed.
3. Stir the onion, carrots, strawberries, avocado and parsley into the salad.
4. This can be served with the simple strawberry vinaigrette included in this booklet spooned over.

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### COUSCOUS FRITTERS WITH ROASTED TOMATO & BASIL

**SERVES**



10

**ALLERGENS**



Wheat, Sulphur Dioxide, Milk, Eggs, Gluten

### INGREDIENTS



- 10 eggs, free range
- 500g self-raising flour
- 200ml milk, semi-skimmed
- 300g couscous
- 2 spring onions, shredded
- 200ml vegetable oil
- 150g tomatoes
- 150ml vegetable oil
- 75ml balsamic vinegar
- Lo salt, pinch
- Ground black pepper, pinch
- Basil, bunch

### METHOD



1. Preheat the oven to 160°C.
2. Mix together the eggs, flour and milk in a bowl to make a batter with the consistency of double cream, then fold in the couscous and spring onions.
3. Heat the olive oil in a frying pan and fry spoonful's of the fritter batter for 2-3 minutes on both sides, or until golden-brown and crisp.
4. On a lined baking sheet lay the tomato slices out and drizzle over the oil and vinegar. Roast in the oven for approx. 5 minutes, until tender.
5. To serve, place one fritter in the middle of a dish or box, lay a roasted tomato slice on top, followed by a third of the basil. Repeat with another layer of fritter, tomato and basil until you have three layers of each.



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### MOROCCAN TOMATO, CHICKPEA SOUP WITH COUSCOUS

**SERVES**



10

**ALLERGENS**



Wheat, Gluten

### INGREDIENTS



- 150g couscous
- 90ml pomace olive oil
- 1½ltr. Vegetable stock, hot
- 2 onions, finely chopped
- 2 carrots, chopped into small cubes
- 5 garlic cloves, crushed
- 10cm ginger, peeled and finely chopped
- 2tbsp. Ground coriander
- 1tbsp. Ground cumin
- 800g chopped tomatoes
- 800g chickpeas, drained
- 1 lemon, juiced
- Coriander, large handful, chopped, to serve

### METHOD



1. Tip the couscous into a bowl, season with salt and pepper and stir through half of the oil. Pour over enough hot stock just to cover and cover the bowl with cling film and set aside.
2. Heat the rest of the oil in a saucepan and cook the onion and carrot gently for approx. 8 minutes until softened. Add the garlic and ginger and cook for 2 mins more then stir in the ground coriander and cumin and cook for a further minute. Pour in the tomatoes and stock and give everything a good stir. Season, add the chickpeas and simmer everything gently for 20 minutes until thickened slightly, then squeeze over the lemon.
3. Uncover the couscous and fluff up with a fork. To serve add the couscous to the soup and scatter with coriander.

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### MEXICAN REFRIED BEANS

**SERVES**



10

**ALLERGENS**



None

### INGREDIENTS



- 4 garlic, cloves
- 2 red chilli
- Coriander, small handful, chopped, reserve the stalks
- 2 red peppers, roasted, sliced and finely chopped
- 50ml vegetable oil
- 750g cannellini beans
- 750g red kidney beans
- Lo salt, pinch
- Ground black pepper, pinch

### METHOD



1. Peel and finely slice the garlic, deseed and finely slice the chilli and pick the coriander leaves and finely slice the stalks.
2. In a large frying pan, heat a splash of oil and fry the garlic, chilli and coriander stalks for 1 to 2 minutes, until golden.
3. Drain the beans, then add along with the peppers, then season to taste. Fry for approx. 15 minutes on a low heat, stirring occasionally, until crispy.
4. Serve the beans in a serving dish sprinkled with chopped coriander leaves.

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### STRAW LEMON SMOOTHIE

**SERVES**



10

**ALLERGENS**



None

### INGREDIENTS



- 2 lemons, zested, peeled and diced
- 300g strawberries, frozen
- 3 banana
- 850ml apple juice

### METHOD



1. Peel the banana and zest, peel and dice the lemon.
2. Add to the strawberries and apple juice and blend
3. Serve straight away or cup and place in multi deck refrigerator.

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### RHUBARB AND GINGER JAM

**SERVES**



1.8kg

**ALLERGENS**



None

### INGREDIENTS



- 1kg rhubarb, trimmed weight
- 1kg jam sugar
- 1 lemon, zest and juice
- 50g stem ginger, finely chopped
- 4cm piece ginger, peeled

### METHOD



1. Wash the rhubarb under cold running water and slice into 2cm pieces. Tip into a large ceramic or plastic bowl and add the jam sugar, lemon zest and juice, and chopped stem ginger. Finely grate the peeled ginger directly over the rhubarb.
2. Stir the mixture thoroughly, cover loosely with cling film and leave to one side for about 2 hrs to allow the sugar to dissolve into the rhubarb juices. You may need to stir the mixture occasionally to encourage this process along.
3. Pop a few saucers in the freezer.
4. Scoop the fruit and all the sugary juices into a preserving pan and set over a medium heat. Stir until the sugar has completely dissolved, and bring to the boil. Continue to cook until the rhubarb is really tender and the conserve has reached setting point – this should take about 10-15 mins.
5. To test for a set, drop ½ tsp of the jam onto a cold saucer, leave it for 30 secs, then gently push it with the tip of your finger. If the jam wrinkles the setting point has been reached. If not, continue to cook for a further couple of minutes and test again.
6. Remove the pan from the heat and leave to one side for 2-3 mins before pouring into sterilised jars. Seal immediately and label with the date once completely cold.

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### TOMATO, GINGER AND ORANGE SALAD

**SERVES**



10

**ALLERGENS**



None

### INGREDIENTS



For the dressing :

- 2tbsp. pomace olive oil
- 1tbsp. orange juice
- 2tbsp. lime juice
- 1½tsp. honey
- 1½tsp. caster sugar
- 1½tsp. grated ginger
- Lo salt, pinch
- Ground black pepper, pinch

For the salad :

- 12 tomatoes, mixed and sliced
- 5 oranges, peeled and segmented
- 150g red onion, finely sliced
- Lo salt, pinch
- Ground black pepper, pinch
- Coriander, small handful, chopped

### METHOD



1. For the dressing, whisk together all the ingredients, ensuring they are well combined. Season with salt and pepper.
2. For the salad, arrange the tomato, orange and red onion on serving plates and pour over the dressing. Sprinkle over a pinch of sea salt and pepper. Leave to sit for 20 minutes at room temperature, to allow the flavours to develop and serve sprinkled with chopped coriander.



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### RASPBERRY, CHILLI AND CHOCOLATE MUFFINS

**SERVES**



12

**ALLERGENS**



Wheat, Soya, Milk,  
Eggs, Gluten

### INGREDIENTS



- 250g self-raising flour
- 50g cocoa powder
- 1tsp. baking powder
- 150g caster sugar
- 2 eggs, free range
- 100g baking margarine, melted
- 200ml milk, semi skimmed
- 100g dark chocolate, callettes
- ½tsp. chilli powder
- 75g raspberries, fresh

### METHOD



1. Preheat oven to 180°C and line a 12-hole muffin tin with cases.
2. Mix the flour, cocoa powder, chilli and baking powder in a bowl.
3. Mix the sugar, eggs and milk and add to the flour mixture.
4. Beat until smooth then stir in the melted baking margarine.
5. Add the chocolate chunks and raspberries.
6. Evenly distribute the cake mix between the 12 cases.
7. Bake for 20 minutes or until a cocktail stick comes out clean.

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### TOMATO, STAR ANISE AND CHILLI JAM

**SERVES**



1kg Jars

**ALLERGENS**



Wheat, Soya,  
Gluten

### INGREDIENTS



- 2 red onions, finely chopped
- 400g cherry tomatoes, halved
- 400g tomatoes, quartered
- 3 red chillies, deseeded, finely chopped
- 5cm piece fresh root ginger, grated
- 1 star anise
- 250ml white wine vinegar
- 300g soft light brown sugar
- 2tsp soy sauce

### METHOD



1. Sterilise the jars. Wash in very hot water or on the hot cycle of a dishwasher. Preheat the oven to 160°C. Place the jars upside down on a baking tray and dry in the oven for 10-15 minutes.
2. Heat the red onion and chopped tomatoes in a large heavy-based saucepan over a low heat.
3. Add the chillies, ginger, star anise, vinegar and sugar. Bring the mixture to the boil, then simmer for approx. 30 minutes, until very thick and you can draw a wooden spoon across the base of the pan so that it leaves a channel behind it
4. Add the soy sauce and cook for 2 minutes more, then spoon into sterilised jars.
5. Store in the fridge for up to a week and serve on the flavour zone.

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### RHUBARB AND STAR ANISE CORDIAL

**SERVES**



3 litres

**ALLERGENS**



None

### INGREDIENTS



- 2kg rhubarb stems, roughly chopped
- 2 oranges
- 8 whole star anise
- 750g granulated sugar

### METHOD



1. Put the rhubarb in a large pan and add 1½ litres cold water. Peel 4 strips of orange skin from each orange and add to the pan with the juice from both oranges and the star anise.
2. Bring the rhubarb to the boil, then turn down the heat and simmer gently until soft. Allow to cool for 1 hour.
3. Pour the rhubarb into a fine colander over a bowl and set aside in the fridge to allow the juice to drip through overnight. Pour the strained juice into a pan and add the sugar. Stir over a low heat until the sugar is dissolved.
4. Allow the cordial to cool. Store in the fridge and dilute to taste.

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### KENTISH CHERRY BATTER PUDDING

**SERVES**



10

**ALLERGENS**



Wheat, Milk,  
Eggs, Gluten

### INGREDIENTS



- 800g black cherries, tinned and pitted
- 150g plain flour
- 150g caster sugar
- 600ml milk, semi skimmed
- 4 eggs, free range, separated
- 50g baking margarine
- Icing sugar, for dusting

### METHOD



1. Preheat the oven to 190°C.
2. Mix the flour into the sugar and whisk in the milk and egg yolks to make a smooth, runny batter. In another bowl, whisk the egg whites until stiff, then fold in.
3. Put a baking dish to warm in the oven. After 3–4 minutes, drop the baking margarine into the dish and roll it around to coat the sides. Spread the cherries into the dish.



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***RECIPE BOOKLET***

