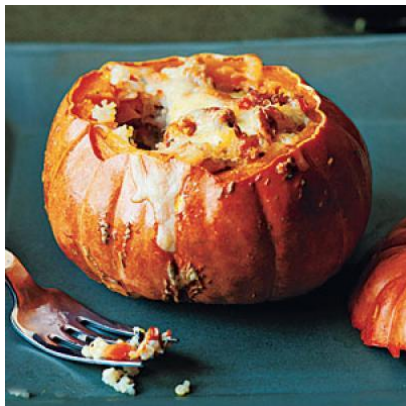


I'M FREE

Take your copy and try some of our favourite recipes at home!

Cafés by  HERITAGE
PORTFOLIO



CAFÉ
MODERN
ONE

Ingredients:

- 4 500g pieces of butternut (use the base or big thick rounds from the neck)
- A good glug of olive oil
- 125g quinoa, rinsed
- 1 handful of sultanas
- Juice and zest of a lemon
- 2 tbsp. chopped coriander
- 125g crumbled feta
- 2 red onions
- Sprinkle of cinnamon
- 1 tsp cumin and coriander
- 2 spring onion stems
- Stock to make 370ml
- 8 sun-dried tomatoes, chopped
- A good pinch of salt/pepper



CAFÉ
Portrait

Ingredients:

- 6 chicken breasts
- 1 tsp turmeric, garam masala,
- 1 tsp cumin
- 2 garlic cloves, pureed
- A good sprinkle of nigella seeds
- 2 tbsps. honey
- 80g dried apricots
- 2 tbsps. flaked almonds
- A good handful of fresh coriander
- A good glug of olive oil
- Three handfuls of kale, washed
- 5 Sweet potatoes
- A little stock

Recipes of the month: February



Baked butternut squash, stuffed with spiced fruit quinoa

Serves 4 as a healthy dinner

You don't always need meat to be part of your main meal - try this tasty veggie dish, surprise your veggie friends and dish up this tasty mid-week treat! It is a winner in our cafes. Or enjoy with two spoons as a romantic starter for two - who said love was dead, butternut is the new food of love!

Preparation:

- Heat the oven to 190 degrees / gas mark 5. Line a tray with greaseproof paper and prepare your squash. Do not peel, chop the base off and scoop out the seeds and slice into thick rounds, approx. 500g. Scoop out some of the flesh from the rounds but ensure you keep the flat bottom in tact as you will stuff the squash - this can be roasted and used in the quinoa or in a soup.
- Brush with oil and roast for 20 minutes covered in foil and 20 uncovered. Check if it is soft, but with a little bite. Set aside.
- Heat the stock and put the quinoa in a pan and cover with the stock. Simmer for 15-20 minutes - test to see if cooked (it should soak up all the water, if not drain
- Thinly slice the red onion and fry with olive oil and the spices until soft - adding water if the spices stick.
- Add to the cooked quinoa, along with the sultanas, lemon zest and juice, chopped coriander (reserve some to garnish), spring onion and the chopped sun dried tomatoes. Finally season to taste.
- Spoon the mix into the squash pieces and bake for 10 minutes. Dress with a little olive oil and chopped coriander to serve. *This is lovely served with some winter leaves and a little homemade salsa.*

Sticky, sweet and spiced char-grilled chicken with honey, apricots and almonds - made for sharing!

Serves 6 along with some kale and sweet potatoes as a filling family meal

With brilliant amber colours & the vibrant green of kale, this meal is brimming with flavour and is packed with vital goodness to get you through the winter chills!

Preparation:

- Start by adding all the spices to the chicken and marinating the chicken in the spiced mix, a little honey and garlic, with a little seasoning for a minimum of an hour, or overnight.
- Heat a char-grill pan until smoking and char until blackened - remove and either chill until you are ready to cook or place in a casserole to cook through. Drizzle with the rest of the honey, sprinkle with the chopped apricots and almonds and a little stock and roast until cooked through.
- Meanwhile - cut the sweet potatoes into wedges, season and drizzle with olive oil and roast to make lovely caramelised wedges. Remove when soft and looking golden.
- When you are ready to serve - pick all the leaves from the kale stalk and plunge into boiling salted water for a minute to cook.
- Plate the chicken up and drizzle with the lovely juices - sprinkle with a little extra coriander and serve with the kale and potatoes.



Perfectly pink and romantic rhubarb frangipane

Serves 10

Forget the chocolate this Valentine's Day and embrace seasonal food. Rhubarb is bang in season and tastes great. It is perfectly pink and ideal for a romantic night in....after all it is one of your five a day.....consider it healthy (ish)!



Ingredients:

For the pastry;
175g plain flour
40g icing sugar
75g butter, cubed
1 egg yolk
For the filling;
3 eggs
250g butter
250g caster sugar
250g ground almonds
1tsp almond extract
900g rhubarb
25g flaked almonds

Preparation:

1. Place all the ingredients for the pastry, apart from the egg yolk in a blade mixer and mix until it looks like coarse breadcrumbs. Add the egg yolk and bring together with a little cold water until the pastry forms a ball. Remove and wrap in cling film and chill for 30 minutes.
2. Grease and flour a fluted 20cm tin and roll the pastry out to the thickness of a £1 coin and line the case with it. Chill for a further 10 minutes then bake blind - removing the greaseproof and baking beans for the last 5 minutes to dry the base.
3. Cut the rhubarb into 5cm lengths and dust in a little caster sugar - cover and bake with a few tbsps. of water in the

oven for 15 minutes to soften, but still holding shape.

4. With a hand whisk, mix the eggs, butter, caster sugar, ground almonds and extract until forms a thick and creamy paste. Spread into the cooked base and arrange the cooked rhubarb onto. Sprinkle with flaked almonds and bake at 180 degrees until golden (25-30 minutes).

This is a bright and colourful tart that is fit for a romantic evening. Just cut a big slice, a big dollop of crème fraîche and grab two spoons. Who said Valentines had to be celebrated with chocolate!

You can buy readymade shortcrust pastry from the supermarket to make this even easier!

In season - Late winter

Seasonal food is fresh, vibrant and extremely tasty and tends to be more nutritious! Pack your shopping baskets, visit your local farm shop or pick your own!

Fruit

Bananas
Blood oranges
Clementines
Kiwi fruit
Lemons
Oranges
Passion fruit
Pineapple
Pomegranate
Rhubarb

Vegetables

Brussel sprouts
Cauliflower
Celeriac
Celery
Chicory
Jerusalem artichoke
Kale
Kohlrabi
Leeks
Parsnips
Potatoes
Purple sprouting broccoli
Salsify
Turnips

Meat

Guinea fowl
Hare
Partridge
Turkey
Venison

Seafood

Clams
Coley
Dab
Gurnard
Haddock
Hake
Mackerel
Monkfish
Red mullet
Sea bream

How to bring romance to the menu all month!

1. Forget eating on your lap watching the credits to EastEnders roll as you flick between channels - cook together, sit at the table and treat it as an occasion. Every dinner in its own right is a little celebration - even if it is soup!

2. Instead of sticking two mac n' cheeses in the microwave, heat up some fishcakes and pan fry some seasonal kale - you can even multi task and have a wee mid-week spring clean while they are in the oven, which means more sofa time together after your healthy and nutritious meal!

3. If, unlike us, you have managed to abstain from booze throughout January - have a mid-week treat and enjoy a nice glass of wine over some simple pasta and catch up over the day's gossip. Nothing better than a natter over a glass of merlot.