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## Bridget's Miso and soy roasted aubergine with a soba noodle, mango and spring onion salad

Serves 2 - 4 people

There is so much flavour in this dish - the miso has loads of health benefits and the ginger, sesame and soy make it a simple, unique and elegant addition to any menu

CAFÉ MODERN ONE

### Ingredients:

2 large aubergines  
4 tbsp. miso paste  
2 tsp runny honey  
1 tbsp. soy sauce  
1 tsp toasted sesame oil  
1 inch piece root ginger  
2 clove of garlic  
2 tsp sesame seeds

### For the salad:

A packet of soba noodles  
3 spring onions  
1 mango  
1 packet coriander  
1 red chilli  
200g broad beans  
2 tsp sesame oil

### Preparation:

1. Preheat the oven to 180C.
2. Slice the aubergines in half lengthways and score the flesh in a diamond pattern, taking care not to cut through the skin. Line a baking sheet with greaseproof paper and lay the aubergine on top - cut side up.
3. Mix the miso, honey, soy sauce, sesame oil, ginger and garlic with 2-3 tablespoons of water to make a smooth paste.
4. Brush over the aubergine flesh and roast for 20-25 minutes until golden brown and soft. If it is slightly caramelised around the edges, this doesn't matter - it will be sticky, sweet and have a huge depth of flavour.
5. While the aubergine is cooking - place the soba noodles in a pan of salted hot water and cook until just cooked.
6. Pod the broad beans, slice the spring onion and cube the mango and roughly chop the coriander.
7. Drain the noodles and run under cool water - dress with the sauce from the aubergines once they are cooked and a little extra sesame oil. Garnish with chopped chili.
8. Serve the aubergine on top of the salad and enjoy in the sun with a chilled glass of dry white wine!



## Libby's chocolate fudge cake

Serves 12 - or 10 if you are feeling extra greedy - and this one is low in fat and vegan!

Devilishly dark and sumptuously sticky - and believe it or not, it's not sinful!

CAFÉ Portrait

### Ingredients:

200g plain flour  
200g caster sugar  
4 tbsp. cocoa powder  
1 tsp bicarbonate of soda  
½ tsp salt  
5 tbsp. vegetable oil  
1 tsp vanilla extract  
1 tsp white wine vinegar  
250ml water

### Preparation:

1. Heat the oven to 180C and line an 18 cm cake tin with greaseproof paper and brush with oil.
2. Sift the plain flour, cocoa powder, salt and bicarbonate into a bowl and stir in the sugar.
3. In a separate bowl or jug, measure out the vegetable oil, vanilla extract, white wine vinegar and whisk in the water.
4. Slowly pour the liquid ingredients into the dry ingredients and whisk until combined - but don't over whisk as this will cause the final cake to be dense and heavy.
5. Pour into the cake tin and cook for 20-25 minutes. The top will be slightly darker - but this is normal.
6. Leave to cool and drizzle with a cocoa water icing or a vegan ganache.

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## Aung's white bean, courgette and artichoke salad with fresh summer herbs and mozzarella

A beautiful Italian inspired salad, using some great seasonal ingredients

Fresh and full of beautiful shades of summer - perfect as a wholesome lunch or as part of a spread



### Ingredients:

- 200g white beans
- 2 courgettes
- 75g sun-blushed tomatoes
- 1 red onion
- 1 ½ balls of mozzarella balls
- 1 tin of artichokes
- 25g pumpkin seed
- A handful of fresh basil leaves
- 150g baby spinach
- Juice and zest of a lemon
- A pinch of sugar
- 100ml extra virgin olive oil

### Preparation:

1. Heat a griddle pan to a high heat. Cut your courgettes on the diagonal and dress in oil and season. Scatter on the griddle pan and leave to char on both sides. Place to one side and cool.
2. Thinly slice the red onion and put to one side.
3. Chop the sun-dried tomatoes into quarters. Drain the artichokes and do the same with them - adding both to the red onion.
4. Place the pumpkin seeds in either a hot pan or a hot oven and toast slightly to give them a nutty flavour. Cool and add to the prepped vegetables
5. Tear the mozzarella balls into thick shreds and combine with the other ingredients, adding the cooled courgettes, torn basil leaves and baby spinach.
6. In a small bowl of jug whisk together the oil, lemon and sugar and season to taste. Dress the salad when ready to serve and adjust the lemon/ seasoning to your taste.

Enjoy as a hearty salad on its own or great with some grilled fish or a perfect summery addition to your BBQ spread!

## In season - Summer

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

Apricots  
Bilberries  
Blueberries  
Cherries  
Gooseberries  
Kiwi fruits  
Greengages  
Melon  
Peaches  
Strawberries

### Vegetables

Artichoke  
Aubergine  
Beetroot  
Broad beans  
Broccoli  
Chillies  
Courgette  
Fennel  
Garlic  
Fennel  
Mange tout  
New potatoes  
Pak choi  
Peas  
Radish  
Rocket  
Spinach  
Spring onion  
Watercress

### Meat

Lamb  
Rabbit  
Wood pigeon

### Seafood

Cod  
Coley  
Crab  
Dover sole  
Haddock  
Halibut  
Herring  
Langoustine  
Mackerel  
Plaice  
Pollack  
Prawns  
Salmon  
Sardines  
Sea bream  
Sea trout  
Squid  
Whitebait

## 4 ways to cool down this summer...

1. Add some cucumber and mint to some sparkling water for a refreshing drink to get you through the hot day in the office. Dehydration can make you feel tired and sleepy so keep hydrated.

2. Slice up some fresh and cool watermelon and pack it for a mid-afternoon treat. The natural sugars will steer you away from the sugary snacks and it will quench your thirst.

3. Add some spice to your BBQ. Some of the hottest countries revel in spicy foods - this helps to cool them down. Spicy foods make us sweat, which helps to control our body temperature. So rank up the spice and sweat it out!

4. Pour yourself a G n' T and put your feet up in the garden....nothing beats it!

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