

I'M FREE

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Recipes of the month: January



Smokey homemade "beans on toast"

Serves 4 as a healthy dinner - or 5-6 as a "set you up for the day" brunch

After a month of festive treats and indulgence, we still need something to keep us fighting through the cold, and of course, give us an energy boost with our new year's resolution exercise regime! Why not do it with something tasty, but packed with goodness!

CAFÉ MODERN ONE

Ingredients:

- 1 tbsp cold pressed rapeseed oil
- 1 onion, finely chopped
- 2 carrots, finely chopped
- 1 stick celery, finely chopped
- 2 garlic cloves & some thyme
- 100g smoked bacon/pancetta
- 1 tsp smoked paprika
- 1 tsp ground cumin & coriander
- 1 tsp fresh oregano
- 800g cannellini beans, drained
- 400g chopped tomatoes
- 200ml vegetable stock
- 1 tsp black molasses or brown sugar
- Two handfuls of washed spinach
- A good pinch of salt/pepper

Preparation:

- In a pan, sweat the onion, carrots, celery and thyme in the rapeseed oil until sweet and very soft, add the garlic at the end and sweat for a further 2 minutes. Ensure you don't burn the garlic, as it will go bitter.
- Add in the bacon and render the fat down and allow it to go slightly coloured if possible.
- Add the smoked paprika, cumin and ground cumin in and cook until you begin to smell the aromatics. Add a splash of water if it begins to catch.
- Add in the cannellini beans, along with the chopped tomato and fresh oregano.
- Rinse the tomato can out with a little warm stock (either fresh or bouillon) and add to the beans and tomatoes, along with the molasses.
- Leave to simmer for 10-15 minutes and season to taste, reducing the liquid if required. Add the spinach in and stir to wilt.

Enjoy with a large wedge of warm wholemeal bread and a few sprigs of coriander, or even sprinkled with feta

Beans on toast is the perfect rounded meal with protein, sugars, fibre and carbohydrates. Perfect.



Full of goodness squash and lentil curry with a winter spice kick!

Serves 6 for a bit of lunchtime warmer or 4 as a hearty dinner

After a month of proper, old fashioned grub, we look to the east for some aromatic inspiration to jazz up the good old UK root veg - this curry has the kick that our metabolism needs - try this for a meat free Monday.

CAFÉ Portrait

Ingredients: , 1Preparation:

- The spice mix;** ¼ ground green cardamom pods, 2tbsp cumin & coriander, 2tsp turmeric & fennel seeds, ½ tsp cinnamon
- 1tbsp coconut oil/coldpressed rapeseed
 - 2 tins of coconut milk
 - 2 onions, chopped
 - 3 garlic cloves & 120g ginger
 - 1 lemongrass stick & 2 red chilies
 - 1.5 kg diced, squash, unpeeled
 - 700ml vegetable stock
 - 500g red lentils
 - 400g spinach (or seasonal greens)
 - 1tbsp soft brown sugar
 - 1 lime
 - 75g fresh coriander, roughly chopped

- First make the spice mix - add spices to a pan and toast gently - this brings out the aromatics and flavours. Ensure you don't burn.
- Add the coconut oil or rapeseed oil and fry the onion until softened - add the garlic, ginger and chili (deseced you prefer) and fry for a further few minutes.
- Pop the squash into an oven, and dress with a little oil. Cook slowly until they begin to caramlise and this will make them lovely and sweet.
- Add the coconut milk to the pan, along with the stock. Simmer for 10 minutes then add the lentils. Cover and cook on a medium heat for 20 minutes
- Once the lentils are cooked, add the squash and spinach, season to taste with salt and pepper and the soft brown sugar. This will work will will the chili.

This is great served with some cumin infused rice - gently fry some cumin seeds and fry for 1 minute, add the rice and water and cook as usual! Meat free Monday

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Healthy quinoa and date granola bars

Serves 10

Put down the left over mulit packs and don't even think about opening abadonned shortbread...its all about power food, packed with goodness! Give these a go and you can have them on standby for the kids and their sugar cravings.



Ingredients:

250g quinoa
2 tbsp golden linseed
100g desiccated coconut
100g rice flour
60g butter or coconut oil
40g pumpkin seeds
1 tbsp cinnamon
Pinch of sea salt
2 tbsp honey or agave nectar
50g dried dates
(30g toasted cashews optional)

Preparation:

1. Place the quinoa in a bowl with double the amount of water and leave to soak for 8 hours.
2. Preheat an oven to 180g and grease a baking tray as big as a 25cm tin, or smaller for a deeper bar.
3. Mash the banana by hand and mix in the rest of the ingredients, along with 100ml water.
4. Soak the dates in some hot water and leave for 10 minutes or so, then drain.
5. The dates can be added at this point.
6. If you are making in a food processor, add everything, except the dates and pulse until blended, then mix the dates through.
7. Place the mix in the tin and bake for 50 minutes or until golden. Cool and slice. They can be frozen at this point.

Quinoa is packed with protein and goodness. It is great for veggies and vegans and this recipes contains healthy sugars and grains. Perfect for a guilt free January!

In season - The depths of 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

Apples
Blood oranges
Clementines
Kiwi fruit
Lemons
Oranges
Passion fruit
Pears
Pineapple
Pomegranate
Rhubarb
Tangerine

Vegetables

Beetroot
Brussel sprouts
Cauliflower
Celeriac
Celery
Chicory
Horseradish
Jerusalem artichoke
Kale
Kohlrabi
Leeks
Parsnips
Potatoes
Salsify
Turnips
Wild mushrooms

Meat

Duck
Guinea fowl
Hare
Mallard
Partridge
Turkey
Venison

Seafood

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

Three ways to be good in January....

1. Give up meat for a day or two a week - in our cafes we dream up inventive ways to use our seasonal veg, it doesn't need to be boring. Curries, gratins, and sexy winter salads. It is economical and so good for you. Try it!
2. Lemon and ginger - it been said for years that they solve a multitude of ailments from digestion to nausea. Pop some lemon slices and knobs of ginger in your water and all the bad toxins of December will vanish!
3. Sick of all the left-over goodies from Christmas and New Year in your fridge? Didn't quite see everyone over the holidays? Invite your friends around and get them to bring their leftovers- get all the goodies demolished in one night, so no more midnight snacking on after eights and stilton!

