

I'M FREE

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

Cafés by

HERITAGE
PORTFOLIO

café
1505
@sargoonshall

HOPETOUN

Café
MODERN
ONE

Café
MODERN
TWO

Café
Portrait



Paul's Harissa Lamb Stew with Cannellini Beans & Kale

Serves 6

What better way to ward off the winter blues than make this comforting and hearty lamb stew. Delicious with some natural yogurt, mash, couscous or a big slice of bread!

Ingredients:

- 1kg diced lamb (shoulder/leg)
- 2 large onions, diced
- 2 large carrots, diced
- 2 celery sticks
- 2tbsp rose harissa
- 1tbsp ground coriander
- 1tbsp ground cumin
- 2tbsp tomato puree
- 2tbsp runny honey
- 250ml white wine
- 1 x 400g tin Cannellini beans
- 100g kale
- 400ml water
- 2 lamb or chicken stock cubes
- 50g chopped parsley
- 1 lemon, zest and juice of half

Preparation:

1. Heat 2 tablespoons of oil in a pan and seal the lamb, along with the cumin and coriander.
2. Add the onions, carrot and celery, gently sweat until the vegetables have softened.
3. Add the wine and boil for 2 minutes, scraping the bottom of the pan.
4. Add the tomato paste, harissa, honey, water and stock cubes. Bring to the boil then simmer for 1-1 ½ hours until the lamb is tender.
5. Then add the beans and cook for a further 15 minutes, finish with the kale for the last 5 minutes.
6. Stir in the lemon zest, juice & parsley then serve.



Yvonne's Shortbread Hearts

Makes approx. 20

Give the one you love some of these delightful shortbread hearts, or better still, make them for yourself!

Ingredients:

- 750g plain flour
- 500g butter
- 250g caster sugar
- Filling
- 5tbsp jam (flavour of choice)
- 500g icing sugar
- 250g butter
- boiling hot water

Preparation:

1. Shortbread: add all ingredients to a mixing bowl with the paddle attachment then mix slowly until breadcrumb stage. Finish the dough off by hand, kneading to combine.
2. Roll out the dough on a floured surface then cut out using a large heart cutter.
3. Using a smaller heart cutter half of the biscuits can have the small heart taken out the centre to create a hole for the jam.
4. Bake at 160°C for 15-20 minutes or until slightly golden brown. Allow to cool completely.
5. Filling: place the butter and icing sugar in a mixing bowl add a very small amount of boiling hot water and mix on a slow speed. The buttercream will be extremely tough to begin with but beat on full speed for 5 minutes until pale and fluffy (add more hot water to achieve a softer piping consistency).
6. Place the full biscuit down as the base pipe an outline of buttercream and the jam in the centre, top with the biscuit with heart shaped hole on top - repeat for all remaining biscuits.



Aidan's Bulgur Wheat and Sweetcorn Salad

Serves 4-6 as a side salad

This colourful and flavourful salad will bring a burst of summer to any dreary and cold day in February!

Ingredients:

200g bulgur wheat
400g sweetcorn
1 broccoli cut into florets
4 shallots, sliced
1tsp chilli flakes
150g walnuts, toasted
handful of chopped mint
handful of chopped parsley
handful of spinach

Dressing

100ml sherry vinegar
200ml olive oil
3 cloves of garlic
1tbsp Dijon mustard
2tbsp honey
salt and pepper to taste

Preparation:

1. Put a large pan of water on to boil, once boiled add the bulgur wheat and cook until just tender. Drain and leave to cool.
2. Heat a large frying pan and add a tablespoon of oil and fry the sweetcorn until slightly toasted, season. Leave to cool.
3. Heat a griddle pan on a high heat, toss the broccoli in a little oil and griddle until charred (you can also fry, or roast and still get a good result), then cool.
4. Heat the oven to 180°C and toast the walnuts for 5 to 10 minutes until golden.
5. Get a large bowl and toss all the ingredients together (sweetcorn, bulgur wheat, broccoli, chilli flakes, walnuts, mint, parsley, spinach, salt and pepper).
6. To make the dressing put all the ingredients in a blender and blitz until emulsified then add to the salad. Season to taste.

In season - 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

Blood Orange
Clementines
Kiwi
Lemons
Oranges
Passion Fruit
Pineapple
Pomegranate
Rhubarb

Vegetables

Brussel Sprouts
Cauliflower
Celeriac
Chicory
Jerusalem Artichoke
Kale
Kohlrabi
Leeks
Parsnips
Potatoes
Purple Sprouting
Broccoli
Salsify
Shallots
Swede
Turnip

Meat

Guinea Fowl
Hare
Partridge
Turkey
Venison

Seafood

Clams
Cockles
Dover Sole
Gurnard
Haddock
Hake
Langoustine
Lemon Sole
Lobster
Mackerel
Mussels
Oysters
Red Mullet
Salmon
Scallops
Skate
Turbot

A day in the life of..... Our Café Supervisor Aga



What is your favourite task in the week?

Menu planning

My go to midweek recipe is...

Spiced parsnip wedges

My favourite thing to eat at Café Modern One is...

Moroccan orange cake

The best thing about working in a kitchen is...

Being creative

At the moment, the ingredient I'm obsessed with is...

Sweet potato

When I'm at our sister café I always eat...

Aisha's teacakes