

I'M FREE

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Cafés by  HERITAGE PORTFOLIO

café 1505 

HOPETOUN 

CAFÉ MODERN ONE 

CAFÉ MODERN TWO 

CAFÉ Portrait 

Recipes of the month: January



Christiane's Gluten & Dairy Free Moroccan Orange Cake

Serves 8-10

Tired of eating gluten and dairy free cakes that taste of nothing but you're trying to be healthy? Well you have to make these stunning cakes from our Brazilian baker [Chris](#). They'll transport you to Marrakech, and are almost guilt free!

Ingredients:

- 110ml coconut oil
- 250g ground almonds
- 200g caster sugar
- 2tsp gluten free baking powder
- seeds from 3 cardamom pods
- 5 eggs
- 4tbsp maple syrup
- 2 large oranges (zest & juice)
- 2.5cm piece of root ginger

Preparation:

1. Preheat the oven to 180°C. Gently melt coconut oil in a saucepan. Brush about 2 teaspoons all over the inside of a 20cm spring form tin and leave the rest to cool to room temperature.
2. Stir together the ground almonds, sugar, baking powder and cardamom seeds in a large bowl.
3. In a separate bowl, whisk together the eggs, 1 tbsp maple syrup, orange zest and cooled coconut oil. Pour the wet ingredients into the dry ingredients and mix to combine. Pour the batter into the prepared tin and bake for 35-45 min.
4. Peel and finely grate the ginger and, using your hands, squeeze out the juice from the resulting pulp into a bowl. Strain the orange juice into a small saucepan over a medium heat and add the remaining 3 tbsp of maple syrup. Bring to a boil. Reduce the heat, add 1 tbsp ginger juice and simmer for two minutes until syrup-like.
5. Let the cake cool for five minutes, then pierce the top all over with skewer and pour the syrup over evenly. Leave the cake to cool and absorb the syrup.



Patrick's Chickpea & Puy Lentil Curry

Serves 2-4

Cold nights mean hot dinners! This delicious vegetable curry from our chef Patrick will leave you full and satisfied. The chickpeas and puy lentils add good texture and the warmth from the spices are just what's needed when it's cold, wet and windy outside.

Ingredients:

- 1 finely diced red onion
- 1 x red/yellow pepper (sliced)
- 125g spinach
- 2 cloves of garlic
- 2.5cm piece of root ginger
- 400ml coconut milk
- 400ml chopped tomato
- 400g tin of chickpeas
- 200g cooked puy lentils
- ½ tsp cumin
- ¼ tsp cayenne pepper
- 1 tsp coriander
- ½ tsp turmeric
- black onion seeds to sprinkle

Preparation:

1. Sweat the onions and peppers until soft, add diced garlic and ginger.
2. Add the spices and cook until softened and fragrant.
3. Add the coconut milk and chopped tomatoes, bring to a simmer and cook for 20 min.
4. Add the chickpeas and lentils, simmer for another 10-15 mins and then add spinach.
5. Reduce to desired consistency, check seasoning and garnish with onion seeds and fresh coriander if you have some.



Aga's Tomato, Apple & Pear Soup

Serves 6

Make this filling and fruity soup developed by our chef Aga and you'll be well on your way to five a day! It might sound a bit strange but the fruit adds a real depth of flavour and of course a little sweetness. A good one to try out on little ones too!

Ingredients:

4 apples
3 pears
1 celery stick
1 onion
4 large tomatoes
400g tin of chopped tomatoes
1 vegetable stock cube
salt and pepper for seasoning
1tsp of caster sugar

Preparation:

1. Fry diced onion and celery stick, add sliced pear and apples and fry for another 5 min, add caster sugar and caramelize fruit for another 5 min.
2. Add fresh tomatoes and a tin of chopped tomatoes and cook for another 5 min.
3. Add about 500-600 ml of hot water and a vegetable stock cube, leave it on low heat for about 40 min.
4. When the fruits are soft blend the soup adding some salt and pepper.

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

Apples
Clementines
Lemons
Passion Fruit
Pears
Pineapples
Pomegranates
Satsumas
Tangerines

Vegetables

Beetroot
Brussel Sprouts
Cauliflower
Celery
Chicory
Horseradish
Jerusalem Artichoke
Kale
Kohlrabi
Leeks
Parsnips
Salsify
Shallots
Swede
Turnip
Wild Mushrooms

Meat

Duck
Goose
Grouse
Guinea Fowl
Hare
Turkey
Venison

Seafood

Clams
Cod
Dover Sole
Gurnard
Haddock
Halibut
Hake
Langoustine
Lemon Sole
Lobster
Mackerel
Monkfish
Red Mullet
Sea Bream
Turbot

A day in the life of..... Our Head Baker Aisha



What is your priority when you start in the morning...

Getting the bread proving and the scones made and on the counter.

My favourite piece of kitchen equipment is...

Kitchen aid (my lady in red)

My favourite thing to eat at Café Portrait is...

At this moment in time the chocolate orange slice - I love the way it looks and I LOVE the rich chocolate with orange kick

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

The team I work with - no matter what happens we get the job done and to the highest standards possible

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

Ultratex - it's a starch that can thicken cold or hot liquids in a flash! Amazing product.

Someone who I admire is...

Angela Hartnett - she's a machine and has made it further than most male chefs never mind women.