

Around the World



USA

THURSDAY 26 FEBRUARY MENU

Chicken and Vegetable Jambalaya (1)

Mardi Gras Bean Gumbo with Crusty Bread (1) VEGAN

Jacket Potato with Choice of Topping

Mini Corn on the Cob

Banana Foster Cheesecake (1, 9)

WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGEEGGS

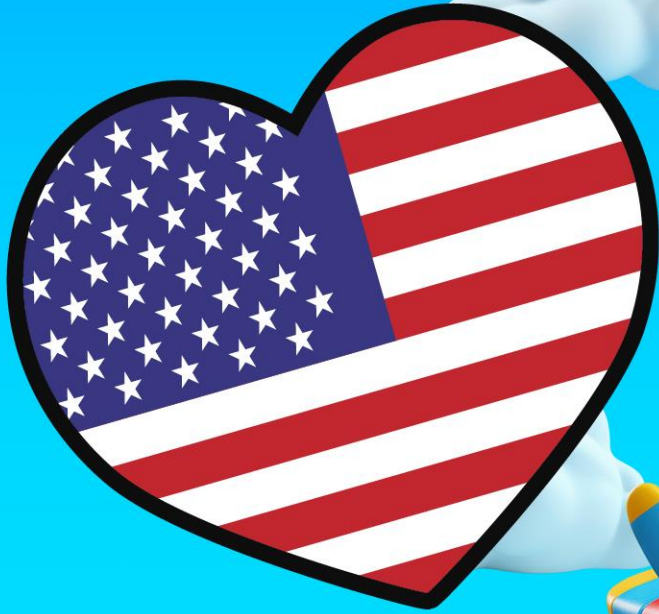


LOCALFRUIT&VEG



WHOLEMEALPASTA

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FEBRUARY

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RECIPE BOOK

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FRESH RECIPES

CHICKEN AND VEGETABLE JAMBALAYA

INGREDIENTS

- 3kg diced 50/50 chicken
- 2 large onions
- ½ bag frozen sliced peppers
- 4 tbs garlic puree
- 1 tin chopped tomatoes
- Chicken stock
- 2 courgettes
- 2 tbs paprika
- 4 tbs Cajun spice
- ½ bag long grain rice

METHOD

- Place sliced onions, chicken, veg, spices, garlic and roast until chicken cooked
- Add uncooked rice, tinned tomatoes and stir through
- Add chicken stock so it covers 2 inches over rice
- Foil and bake until rice is cooked
- Garnish with thinly sliced red pepper and coriander

BEAN GUMBO

INGREDIENTS

- 2 red onions
- 2 tbs garlic puree
- Plain flour
- 1 tin chopped toms
- Vegetable stock
- 1 tin red kidney beans
- 1 tin cannellini beans
- 2 courgettes
- ¼ bag of sliced peppers
- 3 tbs paprika
- ½ tsp chilli powder
- Thyme
- Salt and pepper

METHOD

- Fry off onions, then add garlic and spices. Add vegetables
- Add a little flour to so all is coated
- Add chopped tomatoes, beans and vegetable stock
- Cook out until thickened



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FREE RANGE EGGS



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RECIPE

FOSTERS BANANA CHEESECAKE

Make a standard cheesecake

METHOD

- Slice bananas sprinkle with brown sugar and roast until caramelised
- Put on top of cheesecake and drizzle toffee sauce on top

TOFFEE SAUCE

INGREDIENTS

- ½ pack of phase
- 6oz brown sugar
- 7 fl oz cream

METHOD

- Place add ingredients in a pan
- Heat over a low heat, stirring all the time
- Once thick and toffee coloured take off the heat



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