

accent  
catering

# LOCKDOWN RECIPES

FEBRUARY

EASY LOCKDOWN  
RECIPE IDEAS!



# LOCKDOWN RECIPES

From chilli to homemade bread

With strict instruction to stay indoors and keep supermarket visits to a minimum, you may find your food supplies are starting to dwindle. But please don't feel the urge to go out and panic buy!

These lockdown recipes all use essential ingredients you probably already have to hand and are designed to keep you feeling well. What's more, you can always make simple swaps, depending on what you DO have in the cupboards.

Sit tight for simple soups, soul-warming puddings....over the coming months we will share our very best secrets..... Staying in doesn't look so bad anymore...

**ALLERGENS** ⚠️ – are identified with this symbol.

As you will be using your own ingredients the allergens included in those products may change depending on where you bought them so **ALWAYS** check the packaging before cooking.



Perfect for those that like a little bit of spice but not too much...fragrant and delicious.

- 500g diced chicken thigh
- 15g cinnamon, ground
- 50ml plain yoghurt
- Lo salt, pinch
- 30ml vegetable oil
- 150g onion
- 2 garlic, cloves, chopped
- 5cm ginger, finely diced
- ½tsp. chilli powder
- 100ml milk, semi skimmed
- ½tsp. ground cinnamon
- Salt, pinch
- Coriander, small handful, chopped

1. Marinate the diced chicken with the yogurt, salt and ground cinnamon for at least 30 mins.
2. Heat oil in pan and tip in the onions. Sauté the onions until softened and without colour, then add the garlic and stir.
3. Now add the marinated chicken in the pan. Stir well and cover. Leave it over a gentle heat for approx. 2 minutes, so that the chicken softens.
4. Now add the ginger paste, cinnamon and stir well for few minutes so that the flavours seep into the flesh.
5. Next add the red chilli powder and the milk. Stir them really well so the spices mix with the milk.
6. Let it simmer on gentle heat for approx. 20 minutes, until the curry gains a creamy consistency and the chicken is completely cooked.
7. To serve, season and sprinkle with the chopped coriander leaves.



Five



Milk

## MILD CINNAMON CHICKEN CURRY



Use any type of noodle that you have available at home, also works great if you replace noodles with rice...

- 700g egg noodles nests, cooked
- 350g carrot, grated
- 200g courgettes, sliced
- 200g mushrooms, sliced
- 300g red onion, thinly sliced
- 250g red pepper, cut in to chunks
- 275ml sweet chilli sauce
- 60ml soy sauce
- 4 garlic cloves, crushed
- 2cm ginger, peeled and chopped
- 5 spring onions, shredded
- Salt, pinch
- Ground black pepper, pinch

1. Put the noodle nests in a pan of boiling water and simmer for 5 minutes.
2. Heat a little oil in a large pan or wok and add the carrot, courgette, mushrooms, red onion, red pepper and gently cook for 4 minutes.
3. Add the garlic and ginger to the vegetable mix and cook for a further 3 minutes.
4. Drain the noodles and add to the vegetables and mix in the soy sauce and sweet chilli sauce and gently cook for 2 minutes.
5. Season and serve topped with shredded spring onion.



Ten



Wheat, Soya,  
Sesame, Gluten

# SPICY VEGETABLE NOODLES



Add a dash of milk to enrich this soup.

- 10ml vegetable oil
- 150g red onions
- 1 garlic, clove
- 600ml tap water
- 450g peas
- Ground black pepper, pinch
- Salt, pinch
- Coriander, small handful, chopped (although any herb would work)

1. Heat the oil in a large saucepan and sauté the onion and garlic for 5 minutes on a gentle heat, stirring occasionally.
2. Pour in the hot water, veg bouillon and peas. Bring to the boil and simmer for 2 minutes.
3. Remove from the heat, stir in the coriander, season and blend the soup until smooth with a stick blender.
4. This makes a fairly thick soup, thin down with water or more stock if you prefer.



Five



None

# PEA AND CORIANDER SOUP



Easy to replace the sweet potato with regular potatoes and your choice of beans, lovely and filling and simple to make.

- 500g sweet potato, peeled
- 50ml vegetable oil
- 1 medium onion, chopped
- 400g kidney beans, drained (any beans will do)
- 1 tsp. chilli powder
- 1 tsp. cumin
- 400g chopped tomatoes
- Salt, pinch
- Ground black pepper, pinch

1. Grate the sweet potato and squeeze it dry in some kitchen roll.
2. Put 2 teaspoons of oil in a frying pan over a medium heat, add a handful of the sweet potato to the hot oil, press it down with a spatula and fry over a medium heat for 4-5 minutes. Flip the pancake over and fry on the other side until it is dark brown and cooked through. Repeat this process to make 9 more pancakes.
3. Heat a little oil in a frying pan and fry the onion for 5 minutes, or until softened. Add the kidney beans, chilli powder, cumin and chopped tomatoes. Season with salt and pepper. Cook for approx. ten minutes, until the sauce has thickened.
4. Serve the pancakes topped with the chilli beans to serve.



Five



Gluten

# SWEET POTATO PANCAKES

WITH CHILLI BEANS



If you haven't got any mixed fruit just substitute with whatever you have available...to turn them into savoury simply remove the sugar and fruit and replace with grated cheese.

- 225g self-raising flour
- 40g caster sugar
- 75g butter or margarine
- 50g mixed fruit
- 1 eggs, free range
- 60ml semi skimmed milk

1. First sift the flour into a bowl, add the sugar and rub the butter into the dry ingredients until the mixture looks crumbly.
2. Sprinkle in the dried fruit, pour in the beaten egg, add the milk, a little at a time, you may not need it all. Start to mix to a dough with a knife, then bring the mixture together using your hands – it should be a soft but not a sticky dough. Form the dough into a ball and turn it out onto a lightly floured working surface.
3. With a floured rolling pin, roll it out gently to a thickness of about 3cm, any thinner and they won't rise well. Take a pastry cutter to cut out and when you have cut as many as you can, knead the remaining dough together again and repeat.
4. Place the scones on the baking sheet, dust each one with flour and bake near the top of the oven for approx. 12 minutes at 180°C. When they're done they will have risen and turned a golden brown.
5. Remove them to a cooling tray and serve very fresh, split and spread with butter.



Ten



Wheat, Sulphur Dioxide,  
Milk, Egg, Gluten

## RICH FRUIT SCONES



Save any old bread that's got too old to eat and freeze it until you have enough to make this delicious cake.

- 1kg medium white bread
- 250g dried mixed fruit
- 250g dark brown sugar
- 100g shredded vegetable suet
- 50g ground mixed spice

1. Soak the bread in water overnight, just enough water to cover the bread.
2. Squeeze bread thoroughly to remove excess moisture.
3. Mix in all other ingredients.
4. Tip the mixture into the prepared tin, cover with foil and bake for 1 hour at 220°C.
5. Remove the foil and cook for a further 20 minutes until golden brown.
6. Remove from oven and cool.
7. Cut and serve cold.



Ten



Wheat, Sulphur Dioxide, Soya, Gluten

## BREAD PUDDING I

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