

**LOCALLY SOURCED**



**GLOBALY INSPIRED**



## **STARTER - CHIRK TROUT, SPELT & FAVA BEAN, POACHED EGG, MICROHERBS, MUSTARD, GARLIC & PARSLEY**

### **What's in the Box?**

1. Chirk trout (**Vegan is salt baked celeriac**)
2. Spelt & fava bean risotto
3. Poached egg (**Vegan is veganaisse**)
4. Shropshire microherbs
5. Mustard dressing
6. Garlic parsley

### **What do you need at home?**

- 1 x Frying pan
- 2 x Sauce pan
- Serving bowls

**Directions – Please also see the video at [www.csons.uk/csonsathome/](http://www.csons.uk/csonsathome/)**

1. Begin by bringing a sauce pan of water to the boil.
2. Heat the frying pan over a medium high heat so it's ready to sear the trout (1). (the trout is cured so only needs colouring on each side).
3. Empty the risotto (2) into the other sauce pan and place it over a medium heat. (keep an eye on this and stir often we are looking to boil off any excess liquid and end up with a creamy consistency)
4. Once the risotto is boiling drop your eggs (3) into the boiling water and take them off the heat.
5. Whilst the eggs are heating through sear the trout for about 1 to 2 minutes on each side until nicely coloured.
6. Now that everything is hot it's time to plate or bowl.
7. Begin by stirring half the garlic parsley (6) through the risotto and spooning this into the base of the bowl.
8. Lean the two pieces of trout up one side of the risotto.
9. Carefully remove the egg from the boiling water using a slotted spoon and ensure that the egg is dry before placing on top of the risotto next to the trout. I would always sprinkle the egg with some salt!
10. Now pile the micro herbs (4) on top of the dish in a line between the egg and fish.
11. Drizzle the dish with the mustard dressing (5) making sure to shake the pot in order to re emulsify the ingredients if they have split.
12. Finally sprinkle the remaining garlic parsley all over the dish.

A dainty little dish with a slight Germanic nod using cured fish and mustard. Hopefully this will bring a smile to your face and brighten up a gloomy lockdown weekend!

**Allergy advice: Fish (trout), Egg (egg), Celery (risotto), Sulphites & Mustard (mustard dressing & veganaisse)**



**MAIN - SEEDED SPRINGFIELD CHICKEN SCHNITZEL,  
HASSLEBACK POTATOES, BRUSSELSKRAUT,  
MAWLEY CREAM SAUCE, PLUM SAUCE**

**What's in the Box?**

1. Chicken schnitzel (Vegan option is veg schnitzel)
2. Hassleback potatoes
3. Sauersprouts
4. Cream sauce (Vegan option is oat cream sauce)
5. Plum sauce

**What do you need at home?**

- 1 x Oven tray
- 2 x Sauce pan
- Serving plates

**Directions – Please also see the video at [www.csons.uk/csonsathome/](http://www.csons.uk/csonsathome/)**

1. Preheat the oven to 190–200C.
2. Place the schnitzel (1) and the hasslebacks (2) on the oven tray and pop them in the oven for a good fifteen minutes until piping hot throughout.
3. Empty the sprouts (3) into one of the saucepans and place over a medium heat. You may need to add a bit of water just to help them heat through. (you are not looking to cook the sprouts just heat them through!)
4. Pour out the cream sauce (4) or oat cream sauce into the other sauce pan and place over a medium heat.
5. Once the sprouts are hot, the cream or oat cream sauce has come to a simmer and the chicken and potatoes are piping hot its time to plate.
6. Begin by spreading the sprouts in a line across the middle of the plate.
7. Pile the hasslebacks at one end of the plate to one side of the sprouts.
8. On the opposite end to the potatoes place your schnitzel pieces leaning up towards the sprouts.
9. Next, generously drizzle the cream sauce all over the dish.
10. Finally take the plum sauce (5) and spoon over the meal to give a bit of sweet sharpness and cut through the cream. Enjoy!

This dish came about due to the sprouts upon Harehill being ready. Ben had the idea of brusselskraut and Reuben called them sauersprouts! I'm not sure which one I like more but with Shrewsbury's head chef Luke being around this week we thought a Germanic theme would go down a treat as his mustard and cream sauce is legendary around CSONS!

**Allergy advice: Contains Celery & Mustard (cream & oat cream sauce),  
Gluten & Eggs (schnitzel , gluten in oat cream sauce), Milk (cream sauce)**

# PUDDING - SPICED CHOCOLATE BRIOCHE, MEDLAR & BRANDY SAUCE, NEALS YARD CRÈME FRÂICHE

## What's in the Box?

1. Chocolate brioche (Vegan is chocolate sponge)
2. Chocolate & medlar sauce
3. Crème fraîche (Vegan is whipped tofu)

## What do you need at home?

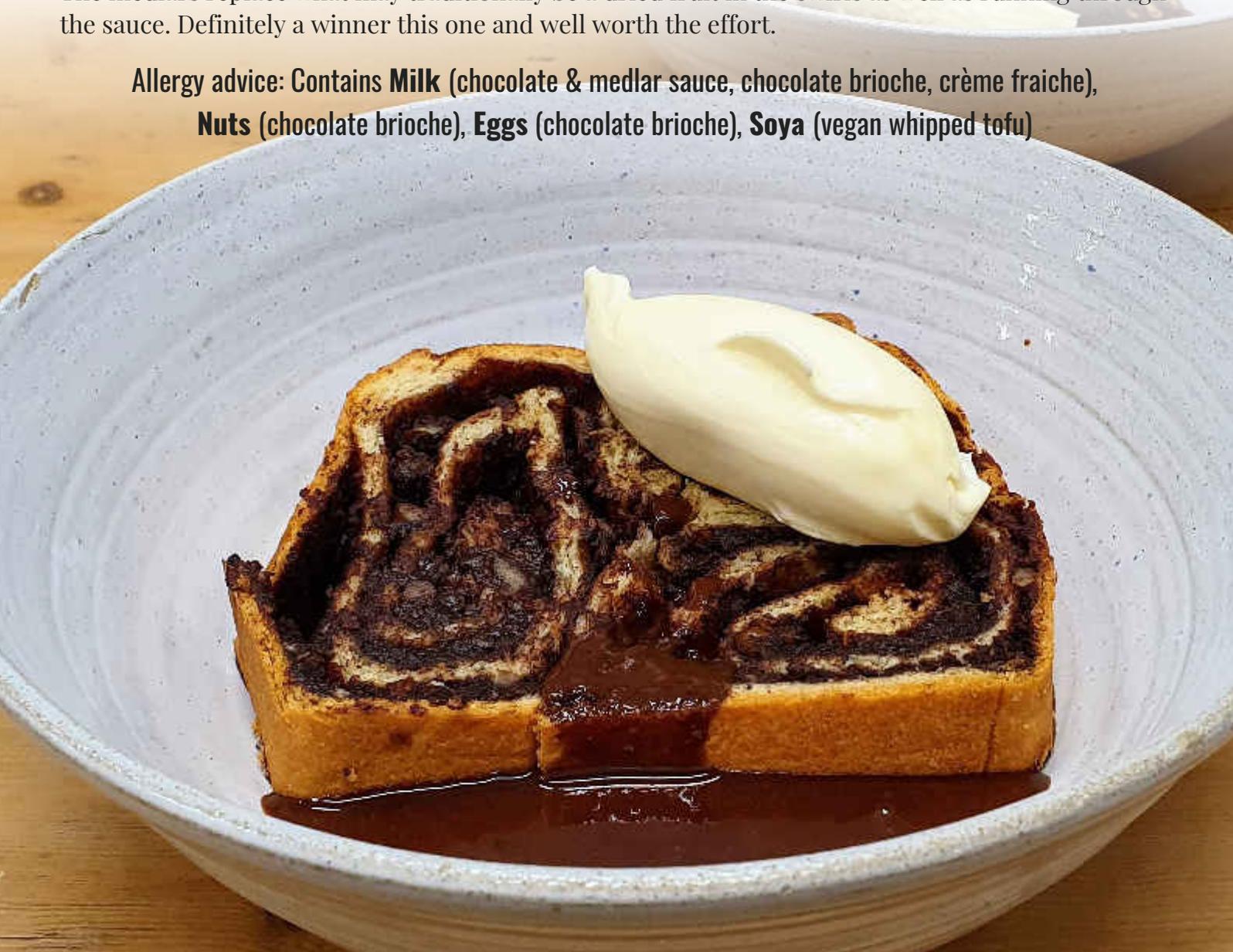
- 1 x Saucepan
- 1 x Oven tray

Directions – Please also see the video at [www.csons.uk/csonsathome/](http://www.csons.uk/csonsathome/)

1. Preheat the oven to 150c.
2. Place the brioche (1) or chocolate sponge on the oven tray and pop it in the oven.
3. Spoon the chocolate and medlar sauce (2) into the sauce pan and place over a low heat.
4. Once the sauce is hot and the brioche is warmed through it time to plate.
5. Begin by pouring most of the chocolate sauce into the base of the bowl.
6. Place the warmed brioche or sponge into the chocolate lake and drizzle the final sauce over the top..
7. Finally place the crème fraîche quenelle on top of the brioche swirl and dive in.

This is a bit like a babka which is a jewish sweet braided bread and originates from around Poland. The medlars replace what may traditionally be a dried fruit in the swirls as well as running through the sauce. Definitely a winner this one and well worth the effort.

**Allergy advice: Contains Milk (chocolate & medlar sauce, chocolate brioche, crème fraiche), Nuts (chocolate brioche), Eggs (chocolate brioche), Soya (vegan whipped tofu)**



LOCALLY SOURCED



GLOBALLY INSPIRED

## THIS WEEK'S AMAZING SUPPLIERS

Trout from **Chirk trout farm**, [chirktroutfarm.co.uk](http://chirktroutfarm.co.uk)

Microherbs from **Shropshire microfarm**, SY1

Medlars from **CUNCLE & CAUNTY**, Chislehurst

Spelt & fava beans from **Hodmedods**, [hodmedods.co.uk](http://hodmedods.co.uk)

Nuts & seeds from **Ludlow nut company**, [ludlownut.co.uk](http://ludlownut.co.uk)

Chicken from **Springfield poultry**, Leominster

Eggs from **Hollowdene hens**, [hollowdenehens.com](http://hollowdenehens.com)

Plums from **Dingle farm**, Little witley

Crème fraiche from **Neals yard creamery**,  
[nealsyardcreamery.co.uk](http://nealsyardcreamery.co.uk)

Milk and cream from the very awesome **Mawley Town Farm**,  
[www.mawleytownfarm.co.uk](http://www.mawleytownfarm.co.uk)

Carrots, sprouts & swede from **Harehill Farm**,  
[www.harehillfarm.co.uk](http://www.harehillfarm.co.uk)

Whilst we list all **allergens** present in our CSONS at HOME dishes, we do **use multiple allergens** in our kitchen and as such **cannot guarantee** any dish is 100% **allergen free**.

Please keep your meal kit **refrigerated & use within 3 days**.

Mill on the Green - **Ludlow** - Shropshire - SY8 1EG - 01584 879872

8 Milk Street - **Shrewsbury** - Shropshire - SY1 1SZ - 01743 272709

If there is no reply at the restaurants please try 01584 841328