

LOCALLY SOURCED



GLOBALLY INSPIRED



STARTER - QUATT FARM ASPARAGUS, JERSEY ROYALS, NEALS YARD GOATS CURD, WILD GARLIC, LEMON.

What's in the Box?

1. Jersey royals
2. Asparagus
3. Neals yard goats curd (Vegan option is almond curd)
4. Lemon & wild garlic
5. Pickled wild garlic flowers.

What do you need at home?

- 1 x Frying pan
- Serving plates

Directions – Please also see the video at www.csons.uk/csonsathome/

1. Get all the ingredients except the goats curd out of the fridge an hour or so before serving and pop the Jersey royals (1) in a fairly warm spot so the potato salad is almost warm for serving.
2. Heat the frying pan to smoking point and lay in the asparagus (2). Turn often until some charring has occurred all over and sprinkle with salt. Alternatively a barbecue would work even better for this!
3. That's the cooking done time to plate!
4. Start by spooning the Jersey royals in a line to one side of the centre of the dish.
5. Arrange the asparagus spears in a fan pattern leaning on the potatoes.
6. Place the goats curd (3) in three big spoonfuls in a triangular fashion to even up the dish.
7. Drizzle with the lemon and wild garlic dressing (4) and dot the pickled flowers (5) on top of the goats curd or as you see fit.
8. Sprinkle a little salt and pepper on the goats curd and your ready to eat!

An extremely simple spring like starter. Not sure if this dish has a place of origin but the rest of the menu sings a little Spanish tune. Enjoy!

ALLERGY ADVICE: Contains **NUTS** (vegan option only), **MILK** (goats curd (goats milk) - not in vegan), **SULPHITES** (trace from vinegar).



MAIN - STRAWBERRY FIELDS FARM PORK BELLY, SPRING ONION, HODMEDOD BEAN STEW, ROMESCO, ALMOND GREMOLATA.

What's in the Box?

1. Fava bean stew
2. Pork belly (Veg/vegan option is beetroot)
3. Spring onion
4. Romesco
5. Almond gremolata
6. Olive oil

What do you need at home?

- 1 x sauce pan
- 1 x frying pan
- 1 x oven tray
- Serving plates

Directions – Please also see the video at www.csons.uk/csonsathome/

1. Preheat oven to 190c.
2. Place the fava bean stew (1) in the saucepan with a splash of water and place over a low heat. Stir often.
3. Place the frying pan over a medium high heat until nearly smoking. Pop the pork belly (2) or beetroot in the pan. Add a little oil if dry but there should be enough coming out of the pork or the beetroot marinade.
4. Fry the pork or beetroot on all sides until golden and crispy.
5. Once golden and crisp on each side pop the pork or beetroot in the oven either in the frying pan (if suitable) or on the oven tray with the spring onions (3) for five minutes in order to ensure it is piping hot throughout.
6. Now it's time to plate.
7. Begin by piling the fava bean stew in the centre of the plate.
8. Lay the spring onions over the stew crossing at the centre so it all looks symmetrical.
9. Now place the pork over to one side leaning up against the centre of the dish just covering the spring onion crossing point in the middle of the plate.
10. Spoon the romesco (4) right on top of the pork in the middle of the dish.
11. Sprinkle the whole plate with the gremolata (5) watching out for the chillies as they may be hot!!
12. Finally drizzle the whole dish with the delicious Olive press olive oil (6)

Definitely a lot of Spanish vibes in this dish! Olè

Allergy advice: CELERY (fava bean stew & pork belly), **NUTS** (romesco & gremolata), **SULPHITES** (trace from vinegar).

MANDARIN MARMALADE CAKE, ORANGE & VANILLA YOGHURT, ORANGE & SAFFRON SYRUP.

What's in the Box?

1. Mandarin marmalade cake
2. Orange and vanilla yoghurt (**Vegan is coconut yoghurt**)
3. Orange and saffron syrup

What do you need at home?

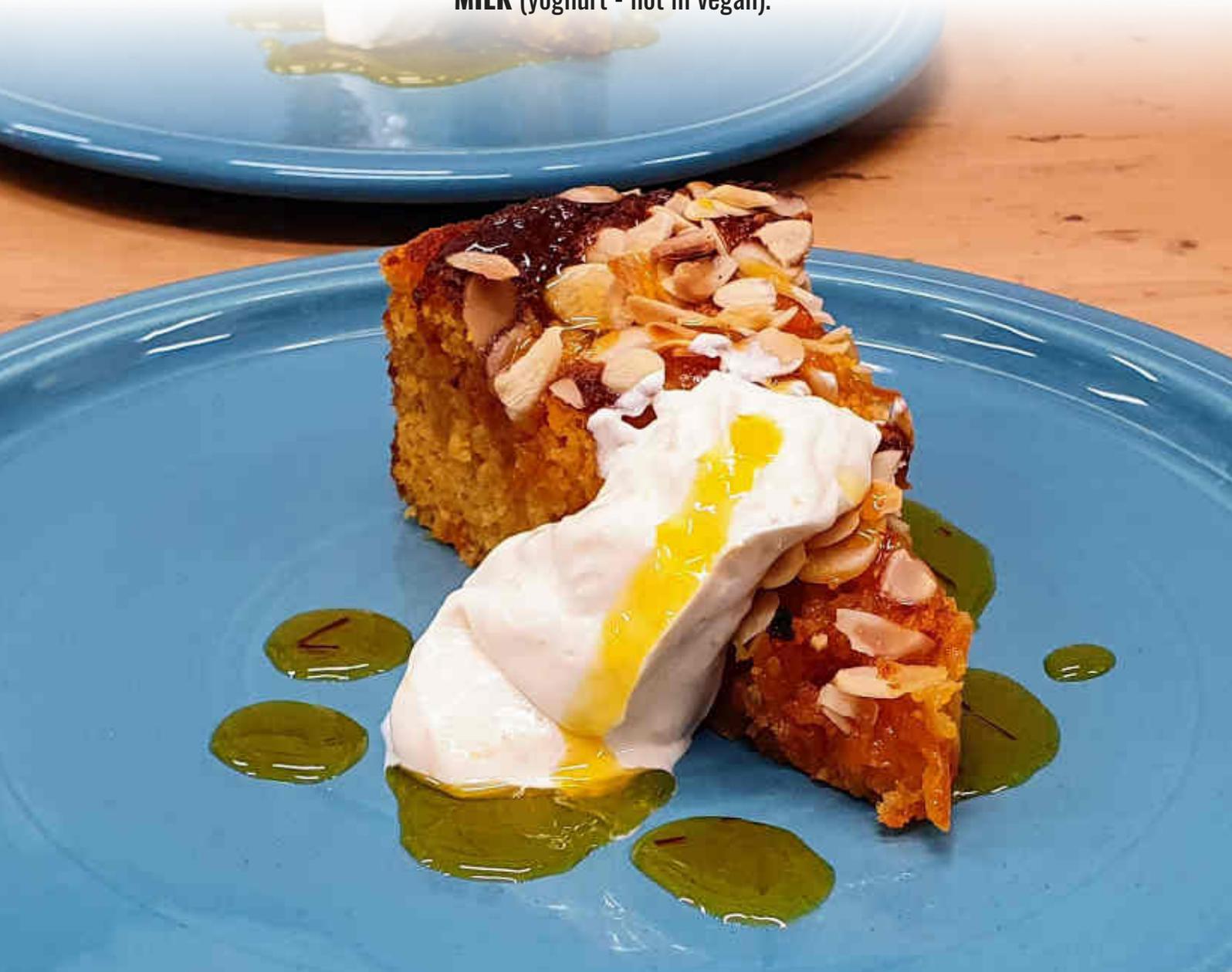
Serving plates

Directions – Please also see the video at www.csons.uk/csonsathome/

1. Place the marmalade cake (1) just off centre on the plate.
2. Spoon the yoghurt (2) over the cake and allow to artistically fall down one side.
3. Drizzle with orange and saffron syrup (3). It will be a little gel like due to the pectin from the mandarin, so you can create a few dots around the plate too!

Although perhaps not an authentic Spanish recipe, it sings España, with the marmaladic nod to Seville and the fact it's made with almond flour a la torta de almendras.....which also means it's gluten free! Not the vegan option though....

Allergy advice: Contains **NUTS** (cake), **GLUTEN** (vegan cake only), **EGG** (cake - not in vegan), **MILK** (yoghurt - not in vegan).



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THIS WEEK'S AMAZING SUPPLIERS

Asparagus from **Quatt Farm**, Bridgnorth.

Goats curd from **Neals Yard Creamery**, Dorstone, Hereford

Olive oil from **The Olive Press**, Ludlow

Wild garlic foraged by us from Stanton Lacy

Rare Breed pork from **Strawberry Fields Farm**, Dorrington

Beetroot from **B & G Nurseries**, Pershore

British fava beans from **Hodmedods**

Yoghurt from **Ludlow farm shop**, ludlowfarmshop.co.uk

Spices from **Suma**, suma.coop

Nuts & seeds from **Ludlow Nut Company**, ludlownut.co.uk

Eggs from **Hollowdene Hens**, Shrewsbury

Flour from **Shipton Mill**, shipton-mill.com

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**.

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