

**LOCALLY SOURCED**



**GLOBALY INSPIRED**



**STARTER - LUDLOW FARM BEEF HARRIRA, HODMEDOD FAVA BEAN,**

**WORCESTER TOMATO, OLIVE PRESS OLIVES & OIL, LFS YOGHURT, CORIANDER.**

Dear CSONS at Homers,

We would like to take this opportunity to thank you for your support over the last 57 weeks, without it, it is possible lockdown might have got the better of us! As it stands we are now in a strong position to re-open both sites for inside dining next week and are looking forward to welcoming you back. This means we are going to take a break from CSONS at Home, so we can re-open with our strongest, best teams and deliver the standard you have come to expect from us. As soon as we're ready we'll be bring at Home Back, so watch this space and thanks again. Big Love to you all, Team CSONS X.

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

1. Harira soup (veg/ vegan option is veg harrira)
2. Ludlow beef (veg/ vegan option is spring vegetables)
3. LFS yoghurt (vegan option is coconut yoghurt)
4. Tomato & olive
5. Coriander
6. Olive oil

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

- 1 x sauce pan
- Serving bowls

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

1. Begin by emptying the harira soup (1) into the sauce pan and placing over a medium heat.
2. Empty the beef (2) or spring veg into the harrira and stir to combine.
3. Allow the mixture to come to a simmer and simmer until all the contents are piping hot.
4. And that's it for cooking one of the most simple CSONS at home starters yet.
5. So, to plate. Empty the contents of your saucepan into the serving bowls ensuring that you split the mixture evenly so everyone gets a fair amount of the meat and beans.
6. Next (in opposition to the video) spoon the yoghurt (3) in a big mound in the centre of the soup.
7. Scoop out the tomato & olive (3) and pile it high at one end of the yoghurt ensuring you can still see the yoghurt.
8. Sprinkle the dish with the coriander (5) whilst trying to keep the leaves face up for superior presentation
9. Finally drizzle the soup with the awesome olive oil (6) from the olive press.
10. We were going to serve bread on the side but thought it became too much for a starter and felt that the beans are plenty enough to get you ready for the main!

It's true that we do take a lot of influence from North African food. If you have been part of this CSONS at home journey you will definitely have noticed us constantly banging at the door of this cuisine. In this final menu for now we are following this suit with a classic Moroccan soup followed by an Egyptian feast and the mother of all puds!

**ALLERGY ADVICE:** Contains **CELERY** (harira, beef, spring veg), **DAIRY** (yoghurt — not in vegan), **SULPHITES** (trace from vinegar).



## MAIN - SPRINGFIELD CHICKEN LEG WAT, HOLLOWDENE EGG, HODMEDOD LENTIL & SHROPSHIRE QUINOA KOSHARI, YE'ABESHA GOMEN, PICKLED REDS & CHILLI.

### What's in the Box?

1. Spiced chicken led (**vegan option is spiced aubergine steak**)
2. Koshari      3. Wat sauce
4. Boiled egg (**vegan option is tofu**)
5. Greens (ye' abesha gomen')
6. Fried Noodles      7. Pickled onion & chilli

### What do you need at home?

- 1 x mixing bowl 2 x sauce pan
- 1 x frying pan    1 x oven tray
- 1 x chopping board
- 1 x hot sharp knife

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

1. Preheat oven to 190c.
2. Pour about an inch of water into the base of your sauce pan and bring to a gentle simmer.
3. Place the chicken (1) or aubergine on the oven tray and pop it in the oven. The chicken will take around fifteen to twenty minutes and the aubergine about ten. Either way ensure the product is piping hot throughout before serving.
4. Empty the koshari (2) into the mixing bowl, place over the simmering sauce pan to warm the koshari through as if you are using a bain marie stirring often to ensure even heat distribution.
5. Scoop the wat sauce (3) into the other sauce pan and place over a low heat. If it seems pretty thick rinse out the container from whence it came and use it to let the wat down. If it becomes too wet boil it hard to reduce to the desired consistency.
6. A couple of minutes before you're ready to serve slice the egg (4) in half on the board with a knife that has been run under or dipped into hot water and place the egg yolk side up in the gently on top of the simmering wat sauce.
7. At the same time get your frying pan on the hob over a high heat until just smoking and throw in your greens (5) with a little splash of water. Mix the greens until the liquid has disappeared and the greens lightly wilt.
8. If all is looking hot and ready let's plate.
9. Mound the koshari mix in a line just off centre on the plate and pop the greens to the top end of the koshari.
10. Place the thigh of the chicken leg skin side up in the space left. Place the egg halves resting on the chicken thigh and koshari, before placing the drumstick right in the middle.
11. Spoon the sauce all over and everywhere, sprinkle with the fried noodles (6) and carefully place the pickled onion and chilli (7) so it looks beautiful about the dish. Mmmmm guaranteed this is a winner! Enjoy.

WAT the ..... We have made wat in many styles over the years and each time it becomes a huge point of joy in the kitchen. Chef 1 says: 2 x WATs 1 x burger 1 x shawarma. Chef 2: WAT? Chef 3: WAT? Chef 1 WAT? Guess you gotta be there! Anyways look into WAT as far as we can tell there are not too many rules.. Rather than making a curry make a WAT.. WAT? Oh yeah and the national dish of Egypt here being koshari with the CSONS twist of course!

**Allergy advice: GLUTEN (noodles), EGG (noodles & egg - not in vegan), CELERY (chicken, wat, koshari), MILK (wat - not in vegan), SOYA (tofu - vegan only), SULPHITES (trace from vinegar).**

# PUDDING - UMM ALI, PUFF PASTRY, SPICED CREAM, ALMOND, RAISIN, COCONUT, RHUBARB JAM.

## What's in the Box?

1. Puff pastry (vegan is vegan sponge)
2. Spiced cream (vegan is spiced almond cream)
3. Almond, raisin & coconut
4. Rhubarb jam

## What do you need at home?

- 1 x oven tray
- 1 x oven proof dish
- Serving bowls

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

1. Preheat the oven to 190c.
2. Arrange the puff pastry (1) or vegan sponge in the base of the oven dish. This can be in individual dishes if you have something suitable or a larger sharing one.
3. Pour over the spiced cream (2) and mix through half of the almond, raisin & coconut (3) the pastry or sponge should be sticking out of the top.
4. Place the dish on the oven tray and pop them in the oven for 10 minutes.
5. Sprinkle over the remaining almond, raisin and coconut and cook for another 5 minutes until bubbling and golden.
6. To plate up spoon a big dollop of the rhubarb jam (4) on top and dig in (mind out the dishes will be hot). If you are not using individual dishes spoon the umm ali into the serving bowls and dollop the jam on top.

We served umm or om ali (meaning ali's mother) for one of our feast nights a few years back and thought it was amazing. Egyptian bread and butter pudding on steroids. Enjoy!

**Allergy advice: Contains NUTS (almonds & vegan cream),  
GLUTEN (pastry & vegan sponge), MILK (pastry & cream - not in vegan).**



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## THIS WEEK'S AMAZING SUPPLIERS

Beef from **Ludlow Farm Shop**, [ludlowfarmshop.co.uk](http://ludlowfarmshop.co.uk)

Veg from **Farmers produce**, Ludlow

Yoghurt from **Ludlow Farm Shop**, [ludlowfarmshop.co.uk](http://ludlowfarmshop.co.uk)

Tomatoes from **Westlands produce**, Evesham, [westlandsuk.co.uk](http://westlandsuk.co.uk)

Olives & olive oil from **The Olive Press**, Ludlow

Chicken from **Springfield poultry**, [springfieldpoultry.co.uk](http://springfieldpoultry.co.uk)

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

Quinoa from **The British Quinoa Company**, [britishquinoa.co.uk](http://britishquinoa.co.uk)

Eggs from **Hollowdene Hens**, Shrewsbury

Spices & noodles from **Suma**, [suma.coop](http://suma.coop)

Veg from **Harehill farm**, [harehillfarm.co.uk](http://harehillfarm.co.uk)

Milk & cream from **Mawley milk**, [mawleytownfarm.co.uk](http://mawleytownfarm.co.uk)

Nuts & dried fruit from **Ludlow Nut Company**, [ludlownut.co.uk](http://ludlownut.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**.

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