



REGIONAL WINNERS

# 2023

SCHOOL CHEF OF THE YEAR

RECIPE BOOK 2023



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## INTRODUCTION



### What is SCOTY?

LACA School Chef of the Year (SCOTY) is a prestigious culinary competition that focuses on the skills and talents of chefs in the education sector. It's designed to recognise and celebrate the important role school chefs play in providing nutritious, high-quality and well-balanced meals for our children and future generations.

### Why we sponsor it

This exciting competition showcases the inspiring work that takes place right across the UK thanks to the hard work, passion and talent of school chefs. As a key highlight in the school catering calendar, Premier Foods is delighted to sponsor SCOTY with its Bisto brand. Supporting chefs and caterers for over 100 years, Bisto is the nation's favourite gravy and has been a staple in the kitchen since 1908, just two years after the introduction of school meals into the UK.

The sponsorship forms part of Premier Foods' broader commitment to enriching life through food and fostering a more sustainable future. Celebrating and cultivating culinary talent across the education sector, it reinforces their dedication to nurturing communities and promoting a healthier planet.



## JUDGES 2023 VIEW

**Louise Wagstaffe, Premier Food's Senior Culinary Advisor and Head Judge**

"LACA's School Chef of the Year is the standout calendar event in the education catering sector, so it's always a privilege for me, as Head Judge, to be part of such a fantastic competition. 2023 was a tough year to judge because we've seen amazing standards and very high levels of skill on display, from the chefs' working practices and creativity in the kitchen, to the overall appearance, taste and flavour of the recipes.

"Our chefs used a wide range of ingredients on a tight budget, including Bisto and other Premier Foodservice brands, as well as plenty of fruit and vegetables, as a healthy plate was a key part of the judging criteria.

"These chefs have a massive influence on the food our children eat, so it was fantastic to see such great tasting and nutritious food. It's our pleasure to spotlight each of the final dishes in this booklet."

**Sharon Armstrong, School Chef of the Year in 2004 and Education Catering Expert**

"It was heartwarming to welcome back familiar faces to the competition together with enthusiastic new chefs joining for the first time. The abundance of talent on show was clear. I particularly admired their knowledge of food and ability to cater to an age group that never hesitates to voice their opinion, whether in favour of their food or not.

"We were fortunate to witness the remarkable skill of our 2023 chef cohort in one of the closest SCOTY competitions I can remember.



*Being part of the judging team, it was inspiring to see incredible recipes transformed into meals that not only adhere to school food standards, but are also appetising and visually appealing."*

**Marcus Appleton, Worshipful Cooks**

"I was proud to join the SCOTY judging panel for the first time in 2023, and was extremely impressed by the wealth of knowledge, passion, skill, professionalism and humour of all the contestants. It was an intense competition that led to some of the chefs changing their plans, but not one of them was phased, understanding that to get the best out of themselves they had to remain calm under pressure. They simply adapted, improvised and overcame any issues that faced them. This competitive spirit added to what was already a fabulous final, which enabled our chefs to broaden their skill sets, experience how to overcome adversity and get an extra boost of confidence for their future careers.

*"The food presented was imaginative, tasty and exceptionally moreish. I hope their work resonates and inspires other school chefs to enter and gain invaluable experience. I look forward to meeting many more talented school chefs in the 2024 competition!"*





## RECIPES BY WINNER

### Raheem Morgan 2023 School Chef of the Year, Torridon Primary School

Raheem scooped the SCOTY title after an impressive cook-off which wowed the judges at the Main Event. He cooked an Asian crispy

fishcake with edamame bean and miso purée, served with a wasabi mayonnaise and crispy garnish. His dessert was a deconstructed lemon cheesecake with apple and basil gel, apple crisp, cherry compote and egg white meringue. These dishes have been enjoyed by children at Torridon Primary School, where Raheem has been the unit manager and head chef for two years.

His love of food started when he was around nine years-old, cooking Jamaican food with his mum, before following it through school in food tech and into hotels. Before coming to school catering, Raheem worked with Tom Aikens, and held positions of commis, demi and parti chef at

Hotel Café Royale, Park Plaza Hotel and The Ivy in Sloane Square.

After nearly a decade working in the fast-paced, fine dining sector for 4 and 5-star hotels and rosette restaurants, Raheem was approached by Chartwells in 2019.

Despite not knowing anything about school catering, he applied for the job and by the end of the interview

was convinced it

was the right move.

In just five years in the education catering sector, he's secured runner-up positions at SCOTY



2021 and 2022, before going onto win the Grab 'n' Go challenge at SCOTY 2022. More recently, Raheem won the Education and Unit Chef of the Year Awards at the Contract Catering Awards 2023.

Passionate about making a difference and having an impact on children's health and wellbeing, Raheem's cooking style involves encouraging children to try new spices – inspired by his Jamaican roots – as well as sneaking vegetables into both mains and desserts, to add nutrition

"Most of my background has been hotels and restaurants but I stepped away from that side and into contract catering. It was different and takes a while to get used to, but I find it such a good industry to be in for so many reasons. Nutrition is the best part. The school lunch might be the only main meal some children eat, so good nutrition is the best way to help them concentrate, keep them focused and ready to learn. As a school chef, providing food that helps, puts a smile on my face.

"It means the world to win SCOTY. I've been used to coming second and third but this year it's me who's won and I'm



so happy and proud. I put so much time and effort into it and so to have won is such a rewarding feeling. I want to thank my team at school and Chartwells who supported me with my dishes, tasting, sharing feedback, not to mention stepping in while I had time away from the school for the competition! Also to LACA who have been amazing – I love everything they stand for and the work they are doing in the school catering sector is fantastic and hugely important in improving the quality and perception of school food."



## FINALISTS



### Jennifer Brown 2023 South West Regional Finalist, Sarum Academy

Former SCOTY South West Regional finalist in 2020 and 2021, Jennifer finished in second place in 2023. She works alongside a catering team – part of Atalian Servest – that provides interactive workshops for her school children as well as school meals. She's passionate about food and prides herself on sustainability and waste reduction.



### James Noakes 2023 South East Regional Finalist, Maidstone Grammar School

After several years' experience working in the hospitality industry – covering both classical and modern street food cookery – James joined Impact Food Group in 2020. Now holding the position of executive chef, his passion for raising the profile of school food led him to entering SCOTY 2023, the first time he's competed in a culinary competition, securing an impressive third place.



### Kirsty McAndrew 2023 Finalist, Oakworth Primary School

A strong culinary background with experience working in large hotels and restaurants, Kirsty now works as catering manager at Midshire Signature Services. In her role she's able to combine her broad industry experience with her passion for school meals to create healthy and delicious food for children.



### Lorna Nolan 2023 Finalist, Breadsall C of E Primary School

After being crowned Best in Class in LACA's 2022 Finishing Touches challenge, Lorna entered SCOTY 2023 where her passion for serving fresh, healthy and fun school food shone through. A school chef for more than five years, now working for Derbyshire City Council, she has an unwavering commitment to serving school food that's cooked to the highest standard.



### Paul Hardy 2023 Finalist, Tarporley High School

A talented chef with more than three decades' experience working in professional kitchens, from hotels and restaurants to pubs, bistros and golf clubs. Paul has been in the education catering sector for eight years where he currently works for Midshire Signature Services.



### Mark Kent 2023 Finalist, Norton Knatchbull School

After a successful and highly-decorated career cooking in Michelin-star restaurants and for members of the government and Royal Family, Mark now resides at Cucina cooking delicious meals at the school his son attended.



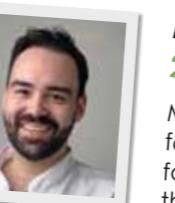
### Andrew Polymniou 2023 Finalist, King Edwards VI Aston School

After joining Chartwells in September 2022, Andrew was able to showcase his culinary talent and was approached by his regional development chef who encouraged him to enter SCOTY 2023. He has a strong passion for food and enjoys cooking for family and friends, as well as professionally.



### Brenden Eades 2023 Finalist, Felsted School

Brenden has enjoyed a long and varied career with over 20 years' experience in hospitality and catering. Prior to joining the Felsted School, he was head chef at West Hill Golf Club which is in the top 100 clubs across the UK. Passionate about creativity and innovation in the kitchen, he's accustomed to delivering top quality, delicious and nutritional school food.



### Matthew Bennett 2023 Finalist, Alsager School

Matt has worked as a chef at Alsager School, with Aramark, for more than 15 years. In this time he's developed a passion for delivering exciting concepts and innovative products that fit into a school service. He enjoys educating the next generation about food by producing fresh and tasty meals.



### Joanne Cox 2023 Finalist, Ysgol Y Graig

2023 saw Joanne's third attempt competing in SCOTY with previous appearances in 2019 and 2020. She has plenty of experience in the education catering sector across many different Welsh schools, and now works at Chartwells as part of a team which caters for 180-220 students each and every day.



## LONDON

### Raheem Morgan Torridon Primary School

#### MAIN COURSE:

#### Bisto Crispy Asian Fishcake

with carrot & black kale kinpira, edamame bean puree, wasabi mayonnaise

PREP TIME: 30 mins

COOK TIME: 30 mins

SERVES 10

#### ALERGENS:

Celery, Cereals containing Gluten, Eggs, Fish, Nuts, Sesame, Soybeans, Sulphites

SUITABLE FOR: ✓ Vegetarians

#### INGREDIENTS

1.2kg new potatoes  
600g frozen fish pie mix  
10g fresh garlic, peeled and crushed  
10g fresh ginger, peeled and crushed  
50g spring onions, chopped  
2 fresh chillies, deseeded and chopped  
15g **Bisto Vegetable Bouillon Paste**, divided  
5g fresh coriander, chopped  
5g fresh mint, divided  
250g frozen edamame beans, divided  
8g shichimi togarashi spice  
75g breadcrumbs  
80g **McDougalls Plain Flour**  
2 eggs  
625g carrot  
75g black kale  
15ml apple vinegar  
15ml sesame oil  
15ml reduced salt soy sauce  
15ml honey  
10g black sesame seeds  
15g reduced salt white miso  
25g **McDougalls Thickening Granules**  
125g frozen peas  
80ml mayonnaise  
15g wasabi  
10g shiso herb  
25ml lime juice  
2g black pepper

#### METHOD

1. To make the fishcake: Pressure cook the potatoes for 5 minutes then release steam and remove to cool for 5 minutes.
2. Steam the fish mix for 5 minutes until 75°C core temperature is reached and then leave to cool for 5 minutes.
3. While the potatoes and the fish are cooling, mix together the garlic, ginger, spring onion, chilli and 10g Bisto Bouillon Vegetable Paste into a paste.
4. Next, gently peel the potatoes, dice into 1cm pieces, then slightly crush the potatoes and flake the fish into a mixing bowl and add the spice paste, finely chopped coriander & mint and 75g of edamame beans.
5. Combine all ingredients together with a fork and shape the fish cake mixture into ten equal round balls - place in freezer for short while to firm up.
6. Add shichimi to breadcrumbs, divide the egg yolks and whites, setting aside the egg white for the dessert.
7. Remove fishcakes from the freezer and pane - coat in McDougalls Plain Flour, egg yolk & the seasoned breadcrumbs and refrigerate until needed.
8. To make the carrot & kale kinpira - peel the carrots into ribbons, set aside some large ribbons for garnish. Also strip the stalk off the kale leaves and the set aside.
9. Next in a small pan add the apple cider vinegar, sesame oil, reduced salt soy sauce, honey, black sesame seeds. Heat gently and reduce to a lightly thickened pickling liquid then add the kale, cook out for 2 minutes then add the carrot and immediately remove from heat, stir and set to one side.
10. Next, lightly spritz the breaded fish cakes with oil and air fry until golden & crispy for 20 minutes at 200°C or bake in the oven to core temperature of 75°C.
11. To make the edamame puree - in a small pot add 100ml water, white miso paste, 5g Bisto Vegetable Bouillon Paste and McDougalls Thickening Granules bring to a gentle simmer then add the edamame beans (reserving some for plate garnish), garden peas, mint leaves, set aside for 2 minutes to cool then blitz to a puree, season with lime juice and ground black pepper then pass-through chinois.
12. To make the carrot crisp - finely julienne the reserved carrot ribbons and bake in oven the at 180°C, 350°F gas mark 4 for 8-10 minutes until crisp.
13. To make wasabi mayo - mix the mayonnaise with wasabi, shiso and lime juice.
14. Assemble the elements on the dish & garnish with crispy carrot, spring onion & shiso micro herb.



#### DESSERT:

#### Bird's Lime Coconut Cheesecake

with cherry compote, apple & basil

PREP TIME: 30 mins

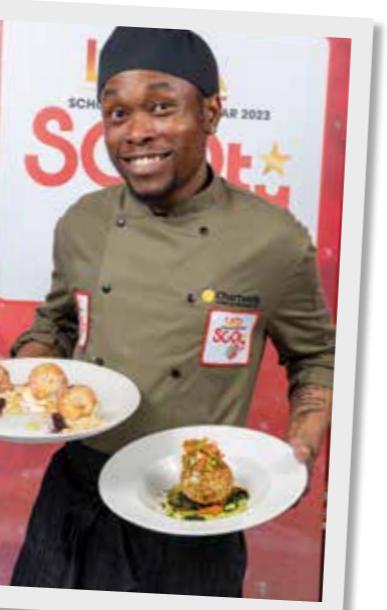
COOK TIME: 15 mins

SERVES 10

#### ALERGENS

Cereals containing Gluten, Eggs, Milk and Sulphites

SUITABLE FOR: ✓ Vegetarians



#### METHOD

1. To make the apple crisp - mandolin 30 x thin slices of whole apple, dust lightly with icing sugar and cinnamon and bake @ 180°C, 350°F, gas mark 6 for 10 - 15 minutes until crisp then set aside.
2. To make the green apple basil puree - chop down remaining apple including any crisp trimmings and cook down in a small pan for 5 minutes adding 1 tablespoon water, 1 teaspoon honey and then the McDougalls Thickening Granules, remove from heat and allow to cool. Add basil leaves, blend to puree and then pass through chinois and set aside.
3. To make the cherry compote - in a small pan add the cherries and 1 teaspoon of honey then simmer for 3-5 minutes until thickened slightly to a syrup.
4. For the crumble mixture - in a bowl add the Bird's Cheesecake Crumb Base, toast the coconut and oats for 2-3 minutes then add to crumble mixture, then add honey, mix with a fork, and set aside.
5. To make the lime cheesecake filling - in a separate bowl add Bird's Cheesecake Filling Mix, unsweetened coconut milk (this is the dairy free low fat milk alternative not the traditional full fat rich cream milk), lime juice & zest and vanilla extract. Whip well for about 1 1/2 minutes and set aside in a piping bag.
6. For the egg white meringue - in a bowl add the reserved egg white & sugar and whisk until fluffy soft peak is achieved, spread thinly on to presentation plates, place in oven @ 150°C, 300 F, gas mark 2 for 1 – 2 minutes until cooked, remove from oven and then lightly blow torch to add some colour.
7. Once all the elements are ready, assemble the dessert, garnish, and serve.

#### JUDGES COMMENTS:

"Your dishes were beautifully thought through, and your skills were evident in every aspect. Your energy and passion were truly amazing."

## SOUTH WEST

### Jennifer Brown

Sarum Academy (Academy, part of Atalian Servest)

#### MAIN COURSE:

##### Batchelors in Fine Fettle, Fish Supper

baked pollock and spinach fishcake, sweet potato fries, crushed minted peas with a tangy curry sauce dip

PREP TIME: 30 mins

COOK TIME: 45 mins

SERVES 10

**ALERGENS:**  
Celery, Cereals containing Gluten, Eggs, Fish, Soybeans, Sulphites.  
**MAY CONTAIN:** Milk and Mustard

#### INGREDIENTS

125g bread  
2 eggs  
1.1kg sweet potato  
25ml oil  
100g spinach  
2 lemons  
250g milk  
10g Bisto Vegetable Bouillon Paste  
500g pollock  
150g Batchelors Smash The Original Instant, Mashed Potato  
375g peas  
10 mint leaves  
120g Batchelors Curry Sauce Mix  
225g savoy cabbage  
20g pea shoots



#### METHOD

- Pre-heat the oven to 180°C, 350°F, gas mark 4.
- Making the breadcrumbs for the fish cakes do this by blitzing up the bread in a food processor, until it looks like fine breadcrumbs place into a bowl and set aside.
- In a bowl whisk your egg with a tbsp. of water, which are also for the fishcakes, and set aside with the breadcrumbs for later use.
- Wash and prepare the sweet potato by slicing into fries, and lightly spraying with oil, place ready on a baking tray. Wash and chop the spinach.
- Move back to the fishcakes, whisk the milk together with the vegetable bouillon. In an oven proof dish lay the fish into the liquid bath and poach for 8 minutes in the oven until cooked, take out of the oven and add the juice from half a lemon the Smash and the spinach, mix well and leave to cool slightly.
- Once the mix has chilled enough to handle, using a round cutter, shape the mix into 10 round discs. Place them one at a time, firstly in the egg mix and then the breadcrumbs, making sure they are evenly coated. Place on a baking tray and spray lightly with vegetable oil.
- Place both the fishcakes and the sweet potato fries into the oven to bake for 30 minutes turning the fishcakes over once during cooking time.
- Meanwhile make the curry sauce by gently heating 750ml of water and adding the curry powder mix, keep stirring until it is at the right consistency.
- Now all you need to do is finely slice the cabbage and place into a pan of boiling water along with the peas, and cook for 4 minutes, remove from the heat and drain, add some finely chopped mint, and a squeeze of any remaining lemon, and give them all a good mash together, with either the back of a spoon, or a potato masher until some of the peas pop.
- Place the fishcakes, sweet potato fries, and the minted peas, all on your plate, pour a little bit of the curry sauce into a ramekin, and serve with a wedge of lemon and a few pea shoots to garnish.



#### JUDGES COMMENTS:

"Your organization and confidence in handling the dishes were evident. The children-friendly dish was a hit, and everything seemed to flow seamlessly."



#### DESSERT:

##### Angel Delight Golden Banoffee Profiteroles

filled with butterscotch and banana, drizzled with chocolate sauce and banana dust

PREP TIME: 30 mins

COOK TIME: 15 mins

SERVES 10

#### ALERGENS

Cereals containing Gluten, Eggs and Milk

SUITABLE FOR: ✓ Vegetarians

#### INGREDIENTS

450g banana  
100g margarine  
125g Angel Delight Butterscotch Mousse  
3 eggs  
120g plain flour  
60g golden syrup  
10g McDougalls cocoa powder 50g banana chips



#### METHOD

- Pre-heat the oven to 200°C, 400°F, gas mark 6.
- Put the bananas on a baking tray and cook in the skins for 10 minutes. This will help to give a more intense banana flavour.
- For the choux pastry, place the 270ml of water along with the margarine into a saucepan and heat until all the margarine has melted, remove from the heat, quickly add the flour and beat the mixture vigorously until it forms a smooth paste. Once the mixture comes away from the sides of the saucepan set aside to cool for 10 minutes.
- While the choux pastry is cooling you can move on to the butterscotch filling by adding 600ml of water to 125g of Butterscotch Angel Delight Mousse, whisk together with a mixer making it into mousse, and transfer to a piping bag.
- Take the dried banana chips and blitz them in a food processor, this will form the banana dust that gets sprinkled over the profiteroles.
- Once the choux paste has had a chance to cool slightly beat in the eggs until the mixture is smooth and glossy and of dropping consistency.
- Lightly grease a baking sheet and using a piping bag, pipe the mixture into 40 small balls in lines across the baking sheet. Gently rub the top of each ball with a wet finger, this will help to make a crisper top then bake in the pre-heated oven for 25-30 minutes until golden brown. Once cooked remove from the oven and allow to cool.
- When they are cool cut each one in half, and pipe one half full of butterscotch, and spread the other half with the cooked banana the put both halves back together and place into the serving dishes until you have 3 in each dish.
- Gently heat the golden syrup either in a microwave or a pan, until it is at a running consistency and add the cocoa powder to form a sticky chocolate sauce. Drizzle this over the profiteroles and finally, sprinkle over the banana dust to decorate.



## WILDCARD - SOUTH EAST

**James Noakes**

**Maidstone Grammar School** (Impact Food Group)

### MAIN COURSE:

**Bisto Chicken with a Thai Coconut Broth**

with crunchy vegetables and steamed rice

**PREP TIME: 15 mins**

**COOK TIME: 25 mins**

**SERVES 10**

#### ALERGENS:

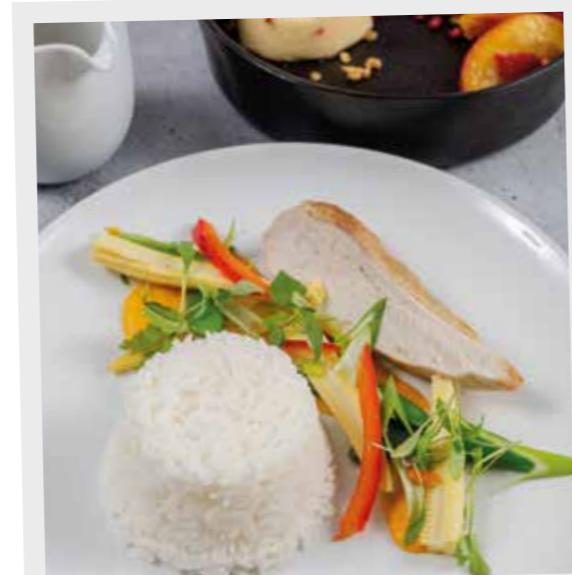
Celery, Cereals containing Gluten, Soybeans, Sulphites

#### INGREDIENTS

60g massaman curry paste  
500ml coconut milk, divided  
25g **Bisto Chicken Bouillon Paste**  
25g ginger, peeled and grated  
1 lime leaf  
40g light brown sugar  
25ml soy sauce - low salt  
200g sugar snap peas, sliced  
200g baby corn, sliced  
1 red pepper, deseeded and sliced  
800g chicken breast  
125g carrot  
500g rice  
500ml water  
50g fresh coriander  
200g spring onions

#### METHOD

1. To make the broth: place the massaman curry paste, 450ml coconut milk, Bisto Chicken Bouillon Paste, ginger, lime leaf, sugar and soy sauce in a pan and mix.
2. Warm over a medium heat until the mixture comes to a simmer. Reduce by around  $\frac{1}{2}$  then remove from heat.
3. Add the sugar snap peas, baby corn and red pepper to the sauce.
4. To cook the rice, cover with the water, bring to the boil. Cover and simmer until tender.
5. Pan sear the chicken breast and cook for 10-15 minutes ensuring the core temperature is over  $75^{\circ}\text{C}$  before serving with the sauce.
6. Cook the carrots until soft, drain and blend with the remaining 50ml of coconut milk.
7. Place the rice into moulds.
8. Serve the chicken with the cooked rice, carrot puree, vegetable broth and garnish with coriander and spring onions.



### DESSERT:

**McDougalls Peach Melba Crumble**

crumble and melba reimagined with raspberry granola, custard panna cotta, baked peaches and a raspberry gel

**PREP TIME: 30 mins**

**COOK TIME: 30 mins**

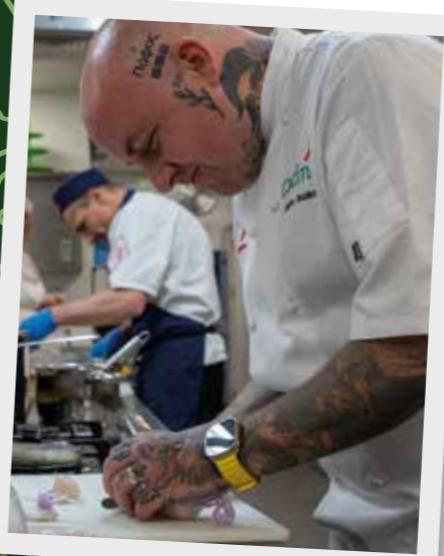
**SERVES 10**

#### ALERGENS

Cereals containing Gluten and Milk

#### METHOD

1. To make the panna cotta, bloom the gelatine sheets in cold water until soft.
2. Heat the Ambrosia Devon Custard with half of vanilla essence and caster sugar, when hot add the drained gelatine sheets whilst whisking continuously and slowly adding the milk.
3. Pour into 10 moulds and place in the fridge to set.
4. To make the granola, heat the golden syrup, 75g of the margarine, 100g of the soft sugar and remaining vanilla essence. Combine with the oats and seeds, bake at  $170^{\circ}\text{C}$  for 10 minutes, leave to cool.
5. Cut the peaches in half and de-stone, make a paste with the remaining 10g margarine and 25g soft light brown sugar, coat the peach halves and bake for 10 minutes.
6. Blend 200g of raspberries with 50ml of water and heat, add the McDougalls Vegan Raspberry Jelly Crystals and transfer to a squeeze bottle.
7. To assemble place the set panna cotta in a bowl and top with the granola, add the remaining raspberry's, raspberry gel, and baked peaches.



## YORKSHIRE & HUMBERSIDE

**Kirsty McAndrew**

**Oakworth Primary School** (Midshire Signature Services)

### MAIN COURSE:

**Sharwood's Sticky Chicken Noodle Stir Fry**

soya glazed chicken with egg noodles and Chinese style stir fry vegetables.

**PREP TIME: 15 mins**

**COOK TIME: 25 mins**

**SERVES 10**

**ALERGENS:**  
Celery, Cereals containing Gluten and Eggs.

### INGREDIENTS

75ml dark soy sauce  
25g **Bisto Chicken Bouillon Paste**  
35ml malt vinegar  
15g dark brown sugar  
800g chicken breasts  
325g **Sharwood's Medium Egg Noodles**  
50ml vegetable oil  
20g garlic  
5g ginger  
150g peppers, thinly sliced  
400g broccoli, cut into small florets  
150g mushrooms, thinly sliced  
10g cornflour  
75g spring onion, thinly sliced



### METHOD

1. In a large bowl, mix the dark soy sauce, Bisto Chicken Bouillon Paste, vinegar, and sugar together.
2. Add the chicken breasts, turning to coat the chicken well. Allow to marinade at room temperature for 20 minutes, turning occasionally.
3. Remove the chicken from the marinade and place on a baking tray, reserving the marinade for later.
4. Cook the chicken in the oven until you reach a core temperature of 75°C or above. Slice the chicken to serve.
5. Add 100ml of water to the reserved marinade and stir well.
6. On the stove bring a pan of water to the boil and cook the Sharwood's Medium Egg Noodles until al-dente. Drain well adding a small amount of oil to stop them sticking.
7. In a large wok heat the vegetable oil over a medium heat, add the garlic and ginger and cook until fragrant, about 30 seconds, stir fry the peppers, mushrooms, and broccoli until wilted but still crunchy. Add a small amount of the marinade sauce mix to the pan and thicken slightly with half of the cornflour, arrange the vegetables on your plate.
8. Finally add the remaining marinade sauce to the pan and thicken with the remaining cornflour, add the noodles, coating them in the soya marinade and bring up to temperature.
9. Place the noodles onto the plate and place the sliced chicken and cooking sauces on top.
10. Serve straight way garnishing with the spring onions.



### DESSERT:

**Bird's Banana Custard Cheesecake with Homemade Granola**

**PREP TIME: 20 mins**

**COOK TIME: 25 mins**

**SERVES 10**

**ALERGENS**  
Cereals containing Gluten, Eggs and Milk

**SUITABLE FOR:** ✓ Vegetarians

### INGREDIENTS

25g margarine  
25g honey  
30g maple syrup  
20ml vanilla essence  
60g rolled oats  
20g ground cinnamon  
125g desiccated coconut  
10g pumpkin seeds  
60g sultanas  
220g **Bird's Cheesecake Filling**  
150g Ambrosia Light Custard  
350ml semi skimmed milk  
475g banana  
2.5g sugar

### METHOD

1. To make the granola, melt the margarine, honey, and maple syrup together in a pan over a medium heat.
2. Add in the vanilla essence and stir.
3. Add in the oats, cinnamon, coconut, and pumpkin seeds and stir well, all the oats must be well coated.
4. Pour onto a baking tray lined with greaseproof paper and bake in the oven at 150°C, 300°F gas mark 2 for 10 minutes, stir up the ingredients after 5 minutes.
5. Now add in the sultanas, and bake for a further 10 minutes, stirring up the ingredients every 5 minutes.
6. Take out of the oven and allow to cool.
7. To make the individual cheesecake, place a small amount of granola into the base of the chosen dessert mould.
8. In a bowl, puree the banana using a fork or whisk until smooth and leave to one side, reserving 30 slices for garnish.
9. In a suitable bowl, whisk together the Bird's Cheesecake Filling, 3/4 of the Ambrosia Light Custard and the milk, and combine until smooth, add in the banana puree and stir through the filling.
10. Add the filling to the dessert dish layering up with granola, remaining Ambrosia Light Custard, and topping off with a layer of the filling.
11. Allow to chill and set in the fridge.
12. In a pan make a small amount of caramel, add in the reserved sliced banana, carefully place the banana onto a piece of greaseproof paper and allow to set.
13. Remove the cheesecake from the fridge, take out of the mould and finish off with granola and sliced caramel bananas, serve.



## EAST MIDLANDS

**Lorna Nolan**

**Breadsall CofE VC Primary School**  
(Derbyshire County Council)

### MAIN COURSE:

**Bisto Organic Beef Filled Yorkshire**

with a beetroot crisp topped vegetable stack and roasted cheesy cauliflower

**PREP TIME: 30 mins**

**COOK TIME: 75 mins**

**SERVES 12**

**ALERGENS:**  
Cereals containing Gluten, Eggs, Milk and Soybeans

### INGREDIENTS

600g diced organic beef  
1g black pepper

75g **Bisto Gravy Granules for Meat**  
(divided)

450g onion, diced

350g swede, diced

350g carrots, diced

### Vegetable stock

45g margarine

450g red onion

15g sugar

1kg potatoes

500g carrots

150g beetroot

375g sweet potato

600g cauliflower

200g cheese

15g oil

240g **McDougalls Premium Yorkshire Batter Mix**

1275ml water

5g fresh parsley, chopped



### METHOD

- Trim any fat from the beef.
- Brown the beef in a saucepan.
- Whilst browning, add the pepper and 30g of Bisto for Meat Gravy Granules.
- Add the onion, carrot and swede to the beef and continue to cook for 3 minutes.
- Add 1 litre of water to the pan, stir and bring to the boil.
- Reduce to a simmer for 50 - 55 minutes.
- Whilst the meat is cooking, prepare the vegetable stack - wash and prepare the vegetables according to e-coli procedures.
- Slice the red onion, carrots, potatoes, sweet potatoes, and beetroot.
- Melt the margarine in a small pan, add the sliced red onion and sugar, cook gently until the onion is caramelised.
- Starting with the potato, in a ring start stacking the vegetables in layers, finishing with the beetroot slice on top.
- Cook the stacks in the oven at 180°C, 350°F gas mark 5 for 35 minutes.
- Prepare the cauliflower according to e-coli procedures.
- Place the cauliflower in a tin and roast in the oven for 15 minutes. Add the grated cheese to the cauliflower for the final 5 minutes of cooking time.
- Prepare the McDougalls Yorkshire Batter Mix, following on pack instructions and leave to stand for 10 minutes.
- Increase the heat in the oven to 220°C, 425°F, gas mark 7.
- Place the oil in the Yorkshire pudding tins and heat in the oven for 2 minutes.
- Add the Yorkshire batter mix to the tins and bake until golden and well risen, approx. 10 minutes.
- Check meat is tender, add the remaining Bisto for Meat Gravy Granules to thicken the casserole.
- Place a Yorkshire pudding on the plate, fill with beef casserole, add a portion of vegetable stack and roasted cauliflower, garnish the beef casserole with chopped parsley and serve.



### DESSERT:

**McDougalls Berry Beetroot Brownie**

with berries and beetroot with an Angel Delight fruit coulis drizzle

**PREP TIME: 15 mins**

**COOK TIME: 25 mins**

**SERVES 10**

### ALERGENS

Cereals containing Gluten, Eggs and Milk



### METHOD

- Place the McDougalls Chocolate Brownie Mix in a bowl, add the grated beetroot and 300g of frozen berries, add half the water and mix.
- Check consistency of mixture and add more water if required.
- Place in tin and bake in the oven at 170°C, 325°F, gas mark 3 for 25 minutes or until set on top and soft in middle.
- Allow to cool in the tin and then portion.
- Make the coulis - place the remaining frozen berries, sugar and 1tsp of water in a pan and gently simmer for 5 minutes.
- Blitz the coulis ingredients to create a smooth sauce.
- Make the Angel Delight following the on-pack instructions.
- Drizzle the Angel Delight and the coulis on the plate, add a portion of brownie and garnish with the raspberries.



### JUDGES COMMENTS:

"What a fantastic way to elevate a classic dish, infusing it with a medley of vibrant vegetables."

The incorporation of beetroot and berries into the brownie not only adds a delightful burst of flavour but also creates a great 50/50 dessert experience."



## NORTH WEST

**Paul Hardy**  
Tarpole High School (Midshire Signature Services)

### MAIN COURSE:

#### Sharwood's Sweet Potato & Spinach Biryani

with coriander & lime pesto, paneer cheese, omelette & poppadom shards

**PREP TIME:** 20 mins  
**COOK TIME:** 40 mins  
**SERVES 10**

**ALERGENS:**  
Eggs and Milk  
**SUITABLE FOR:**  
✓ Vegetarians

#### JUDGES COMMENTS:

"Your culinary skills were outstanding, and the organization was spot on. The Tuille biscuit was a favourite among the judges—impressive work!"



**INGREDIENTS**

10 Sharwood's Extra Large Poppadoms  
500g sweet potato, peeled and diced  
10g tandoori seasoning  
250g onion, peeled and diced  
10g garlic, peeled, grated and divided  
10g fresh ginger  
2.5g garam masala, divided  
2.5g turmeric, divided  
400g carrot, peeled and grated  
5g low sodium salt  
450g basmati rice  
25g Bisto Vegetable Bouillon Paste  
125g paneer cheese, diced  
5 eggs  
3 limes, zested and juiced  
25g fresh coriander  
75g frozen chopped spinach  
500ml Sharwood's Tikka Masala Curry Cooking Sauce



#### METHOD

- Pre heat oven 240°C, 475°F, gas mark 9. When the oven is hot, splash the Sharwood's Extra Large Poppadoms with a little water and cook for 30 second or until cooked. Turn the oven down to 130°C, 250°F gas mark ½.
- Par-boil the sweet potatoes for 10 minutes, then drain (retaining approximately 30ml of the cooking liquor for the pesto) marinate sweet potato in the tandoori seasoning.
- Sauté the carrot, onion and half the garlic for 10 minutes with the ginger, 2g of the garam masala & some of the salt. Add the par cooked sweet potato and cook for another 10 minutes.
- Cook the rice in 900ml boiling water with the Bisto Vegetable Bouillon Paste and half the turmeric for 18 minutes or until almost cooked. Drain and set aside.
- In a pestle & mortar add the lime zest and juice. Add to the reserved garlic, coriander and reserved 30ml of sweet potato stock with a pinch of the low sodium salt. Grind to a paste. Set aside for garnish.
- Combine vegetables, spinach and rice and sauté for a further 10 minutes
- Fill moulds with the biryani mix, cover in foil and place in oven at 130°C, 250°F gas mark 1/2.
- Pre heat omelette pans, season paneer cheese with remaining turmeric and garam masala.
- Crack the eggs individually in bowls, whisk with fork with final pinch of low sodium salt
- Sear paneer cheese with blow torch and set aside.
- Make mini omelettes and set aside with paneer.
- Heat up the Sharwood's Tikka Masala Curry Cooking Sauce, then plate up all components.



### DESSERT:

#### Bird's Coconut & Cardamom Cheesecake

with chilled mango lassi, glass biscuits

**PREP TIME:** 15 mins  
**COOK TIME:** 10 mins  
**SERVES 10**

**ALERGENS:**  
Cereals containing Gluten, Milk and Sulphites  
**MAY CONTAIN:** Soybeans  
**SUITABLE FOR:** ✓ Vegetarians

#### METHOD

- Melt the margarine in a bain-marie, combine with the Bird's Cheesecake Base and line cheesecake moulds, place in a refrigerator to set.
- Heat a small amount of coconut milk with the cardamom pods, leave to infuse, then cool.
- Mix cream cheese, coconut milk, (60g) sugar and Bird's Cheesecake Mix with a whisk.
- Strain infused coconut milk (retain pods for garnish), add to Bird's Cheesecake Mix and whisk again, add the desiccated coconut, fold through, then fill the moulds, (retain a small amount for garnish) refrigerate.
- Cream lightly butter (60g) sugar, add syrup and flour, combine, and then leave the biscuit mix to rest in fridge.
- Peel and chop the mango, cook in (40g) sugar with 50ml water, blend, allow to cool and stir in yoghurt, chill.
- To cook the biscuits pre-heat oven to 150°C, 300°F gas mark 2. Spread out the mixture into oval shapes, then bake for 5-8 minutes, when hot from the oven place over rolling pin or moulds to set in a curve.
- Plate up.



## SOUTH EAST

**Mark Kent**  
Norton Knatchbull (Impact Food Group)

### MAIN COURSE:

#### Bisto Spiced Chicken, Turmeric Flat Bread

spiced yoghurt marinated chicken, garlic diced potato, red slaw, grilled turmeric flat bread, tomato salsa

**PREP TIME:** 25 mins

**COOK TIME:** 25 mins

**SERVES 10**

### INGREDIENTS

25g **Bisto Chicken Bouillon Paste**  
850g chicken thigh boneless  
125g fat free yoghurt  
25g garlic granules, divided  
25g Cajun seasoning  
25g onion granules  
25g turmeric, divided  
50g **McDougalls Plain Flour**  
10g salt  
150g **McDougalls White Bread & Roll Mix**  
75g red cabbage  
75g white cabbage  
25g spring onion  
50g mayonnaise  
500g potato  
50ml oil (divided between chicken and potatoes)  
15g fresh garlic, crushed  
100g tomatoes, finely diced  
50g red onion, finely diced  
1 yellow pepper, deseeded and finely diced  
50g cucumber, finely diced  
100ml tomato coulis  
1tbsp fresh coriander, chopped  
50g little gem lettuce, washed

**ALERGENS:**  
Celery, Cereals containing Gluten, Eggs and Milk  
**MAY CONTAIN:** Soybeans

### METHOD

1. Melt the Bisto Chicken Bouillon Paste with 50ml of hot water and rub on the chicken, then marinade the chicken in the yoghurt.
2. To make the spiced flour, mix together half of the garlic granules, Cajun seasoning, onion powder and 20g of the turmeric, the salt with the flour and set aside.
3. Mix the McDougalls White Bread and Roll Mix with a little warm water to form a dough, add the remaining 5g of turmeric, knead for 5 minutes, then and cover to prove for 30 minutes.
4. Using a mandolin thinly slice red cabbage and white cabbage.
5. Slice the spring onion thinly then add the cabbage with the mayonnaise.
6. Peel the potatoes, dice and mix with oil and fresh garlic, then bake in the oven at 180°C, 350°F gas mark 4 until golden in colour.
7. Mix together the finely diced tomatoes, red onion, yellow pepper and cucumber with the chopped coriander and the tomato coulis.
8. Split the proven bread dough into 10 equal parts, roll and grill until golden brown, cling film on plate and set aside.
9. Coat the chicken in the spiced flour mix and brush with remaining oil.
10. Bake in the oven at 200°C, 400°F gas mark 6, until core temperature of 75°C is reached.
11. To plate, place the grilled bread on plate, with the cooked chicken, top with lettuce, red slaw a spoonful of the salsa and the diced potato.



### DESSERT:

#### Angel Delight Summer Berry Mille Feuille

with caramelised pastry, raspberry dust, crème patisserie, strawberry cream.

**PREP TIME:** 25 mins

**COOK TIME:** 15 mins

**SERVES 10**

### ALERGENS

Cereals containing Gluten, Eggs and Milk



### METHOD

1. Whisk the Strawberry Angel Delight with the 250ml of milk for approximately 5 minutes or until stiff peaks form, and then place in the fridge to chill.
2. Roll out puff pastry to 5mm thick, dust with half the icing sugar. Place on an oven tray between parchment paper and place a heavy tray on top.
3. Bake in the oven 180°C, 350°F gas mark 6, for 15 minutes or until golden brown and the pastry is crisp, then leave to cool.
4. When cool cut into 30 x 2cm x 4cm strips. Reserve until needed.
5. For the crème patisserie add the eggs, 40g sugar and the flour to a bowl and whisk. Bring 100ml of milk to the boil, then whisk into the egg mix, place back in pan and cook gently until thickens. Sieve and leave to cool.
6. Slice the strawberries to equal sizes and finely dice all the trimmings.
7. Whisk the cream and add the fine diced strawberries until it holds its shape.
8. To plate, pipe crème patisserie on one piece of pastry, add the strawberry slices.
9. Place another pastry piece on top and pipe Angel Delight.
10. Add the third piece to this and glaze. Add 1-2 tablespoons of water to the remaining icing sugar, drizzle on the top piece and decorate with the raspberry dust and pieces.
11. Place on plate with a roselle of cream and a sprinkle of Bird's Cheesecake Base.



## WEST MIDLANDS

### Andrew Polymniou

King Edwards VI Aston School (Chartwells)

#### MAIN COURSE:

##### Bisto Korean Fried Jerk Chicken

in jerk sauce, served with sweet potato puree and marinated courgette ribbons

**PREP TIME:** 15 mins  
plus marinating

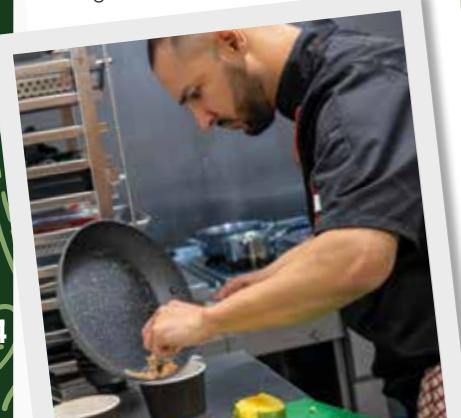
**COOK TIME:** 20 mins

**SERVES 10**

**ALERGENS:**  
Celery, Cereals containing  
Gluten, Soybeans and Sulphites

#### METHOD

1. Pre-heat the oven 180°C, 350°F, gas mark 4.
2. Mix half the jerk seasoning, cornflour, half the minced garlic and 20ml of the rice vinegar together to form a marinade.
3. Mix chicken thighs with the marinade and leave to sit for an hour.
4. For the sweet potato puree, season the whole sweet potato with salt and pepper and vegetable oil. Roast in oven for 25 minutes or until soft.
5. While sweet potato is still hot, blend down with condensed milk and season. Keep hot for service.
6. Peel courgette into ribbons and marinate with remaining rice vinegar and 1tbsp of the honey. Place in fridge for later.
7. Make the Bisto Chicken Bouillon with 350ml cold water and bring to boil.
8. For the jerk jam: cook the onions and pineapple in oil until browned. Add the rest of the garlic, jerk seasoning and cook for 30 seconds before adding tomato paste and the soy sauce then add remaining honey and made-up Bisto Chicken Bouillon and reduce by half.
9. Shallow fry chicken on both sides until brown. Place on oven tray and roast in oven for 13 minutes until core temperature of 75°C has been achieved.
10. To plate, put sweet potato in the centre, top with courgette ribbon and a chicken thigh on top. Drizzle remaining sauce around and garnish with red pepper and chopped coriander.



#### DESSERT:

##### Bird's Tropical Mousse Cake

with a cheesecake base and mango puree

**PREP TIME:** 20 mins

**COOK TIME:** 10 mins

**SERVES 10**

#### ALERGENS:

Cereals containing Gluten and Milk

#### SUITABLE FOR:

✓ Vegetarians

#### INGREDIENTS

50g margarine, divided  
100g **Bird's Cheesecake Base**  
10g desiccated coconut  
325g pineapple, 5mm diced  
150g fresh mango, diced  
340g **Bird's Cheesecake Filling**

#### METHOD

1. Make the base by melting 30g of the margarine and add the Bird's Cheesecake Base, stir to combine. Divide between 10 glasses and set at an angle.
2. Toast coconut in a pan and leave to cook at room temperature.
3. Cook the pineapple in remaining margarine until caramelised. Chill for later.
4. Cook the mango until softened, blend into a puree while still hot. Chill for later.
5. Make the Bird's Cheesecake Filling following the on-packet instructions.
6. To assemble the dish, put a layer of mango puree on the prepared Bird's Biscuit Base, then the prepared Bird's Cheesecake Filling, then caramelised pineapple. Repeat until to the top of the glass and top with the toasted coconut.
7. Put into fridge until needed.



## EAST OF ENGLAND

Brenden Eades  
Felsted School

### MAIN COURSE: Dal Pancharangi

Bollywood style mung bean and lentil dish,  
served with bhaji rosti and homemade chapati

PREP TIME: 30 mins

COOK TIME: 60 mins

SERVES 10

**ALERGENS:**  
Celery,  
Cereals containing Gluten,  
Soybeans, Sulphites

#### INGREDIENTS

##### DAL PANCHARANGI MUNG BEAN & LENTIL BASE

150ml vegetable oil  
500g onions, peeled and finely sliced  
20g garlic, peeled and sliced  
2 red peppers, deseeded and sliced  
5g ground ginger  
25g ground cumin  
15g ground paprika  
20g ground garam masala  
50g **Bisto Gluten Free Gravy Granules**  
450g tinned chopped tomatoes

50g **Bisto Vegetable Bouillon Paste**  
3.6l water  
1 x bay leaf  
100g dried brown lentils  
100g dried mung beans  
100g chana dal  
800g sweet potato, diced  
10g ground Turmeric  
80g spinach

##### BHAJI ROSTI

300g onions, peeled and sliced  
½ tsp ground parsley  
1 tsp nigella seeds  
250g **McDougalls Fish Batter**  
150ml vegetable oil

##### HOMEMADE CHAPATI

250g **McDougalls Brown Bread & Roll Mix**  
pinch of salt  
2½ tbsp vegetable oil  
120ml warm water  
25g **McDougalls Plain flour** for dusting  
Beetroot & Apple Side Salad  
2 oranges, zested and juiced  
2 apples, cut into julienne  
250g carrots, peeled and cut into julienne  
25g fresh coriander  
125g red onion, peeled and finely sliced  
250g cooked beetroot, cut into julienne  
50ml white wine vinegar  
½ tsp salt  
20g pea shoots, for garnish

#### METHOD

##### For the Dal Pancharangi Mung Bean & Lentil Base:

- In a medium sized pan with a lid, add the vegetable oil and gently heat.
- Add the sliced onion. Stir and cook until soft. Then add the garlic and the sliced red pepper. Stir regularly.
- Add all the spices to the mix, ground ginger, ground cumin, ground paprika and garam masala, along with Bisto Gluten Free Gravy Granules and stir well.
- Add to the pan the tinned tomatoes, the Bisto Vegetable Bouillon Paste, 3 litres of water and bay leaf and stir.
- Now add the beans and lentils. Stir and simmer on a medium heat with a lid on.
- Put the diced sweet potato turmeric in a pan with 600ml of water. Bring to the boil and simmer for approximately 15 minutes or until tender.
- Then take 30g of fresh washed baby spinach, shred it and add it to the sweet potato pan, stir in and cook for 1 minute.
- Drain the sweet potato/spinach, saving the turmeric water in a jug - this can be added to the lentil and bean mixture if more liquid is required.
- Keep stirring the lentil/bean mixture and check there is enough liquid, ensuring it has a porridge like consistency.
- The lentils should be cooked in approximately 45 minutes. Now remove the bay leaf.

##### For the Bhaji Rosti top:

- In a large bowl, mix together the sliced onion with the nigella seeds and dried parsley.
- Now add the McDougalls Fish Batter and just enough water to make a thick paste.
- Using your hands, mix well adding a pinch of salt, then refrigerate for at least 10 minutes.
- Pre-heat the oven to 180°C, 350°F gas mark 4. Using Yorkshire pudding tins (or something similar), pour approximately 1 tablespoon of oil in each of the ten rounds. Place the oiled tin in the oven for 2 minutes to heat the oil.
- Using your hands, divide the onion mixture into 10 equal portions and put back in the oven. Cook for 10-12 minutes, turning them over after 5-6 minutes.
- Once they are golden brown, remove and set them aside on a plate until required.



#### JUDGES COMMENTS:

"The vegetarian main course was fantastic, with a great balance of flavours and textures. The bhaji made with McDougalls Yorkshire Pudding Mix was a delightful surprise. Well done on the presentation!"



#### METHOD CONTINUED

##### For the Homemade Chapati:

- Put the McDougalls Brown Bread & Roll Mix in a large bowl, add pinch of salt.
- Add the vegetable oil to the bowl and mix well with the tablespoon.
- Add the warm water (not boiling) to the bowl, then mix with your hand to form a dough.
- Once you have formed a dough ball, knead for a few minutes.
- Cover and let it rest (approx. 40 minutes).
- Put a frying pan on the hob to heat - you want this to be hot.
- Lightly dust work surface with flour and roll dough to an approximately 7" round circle and approximately a couple of millimetres thick.
- Lay the dough circle into a hot pan and start to cook. During cooking, bubbles will form. Lightly press on these bubbles with a pallet knife. This will help your chapati become light and soft to eat.
- Continually flip the cooking chapati to ensure even cooking.
- Cook a total of 3-4 minutes (it should feel soft and light when done).
- Remove from pan onto chopping board and cut into equal triangles.

##### For the Beetroot & Apple Side Salad:

- In a bowl, mix the orange juice, zest, apple and carrot together. Add a little chopped fresh coriander and mix.
- Mix the red onion and beetroot together with the white wine vinegar in a separate bowl.
- Set aside both bowls, letting them marinade for 30 minutes.
- Spoon the lentil and mung bean mixture and the sweet potato and spinach mixture equally on to each plate, side by side between 10 plates.
- Place an onion bhaji rosti on the top in the middle.
- Add the chapati triangles on the side of each plate.
- Garnish dishes with a sprinkle of fresh chopped coriander and pea shoots.
- For the beetroot & apple side dish drain both bowls, toss everything together and spoon out the salad equally into 10 side bowls.



#### DESSERT:

### McDougalls Gooseberry Fool

with a citrus jelly top, cheeky cherry bottom and ginger tuile biscuit.

PREP TIME: 30 mins

COOK TIME: 30 mins

SERVES 10

**ALERGENS**  
Cereals containing Gluten  
and Milk

#### INGREDIENTS

250ml water (for the jelly)  
50g **McDougalls Lime Jelly Crystals**  
300g canned black cherries  
5 kiwi fruit  
250g tinned gooseberries  
600g natural yogurt  
20 large garden mint leaves  
75g **McDougalls Plain Flour**  
75g granulated white sugar  
2 egg, whites  
12.5g ground ginger

#### METHOD

- In a pan bring 250ml of water to the boil, add your McDougalls Lime Jelly Crystals stir well. Set pan/jug aside allowing the jelly to cool to room temperature.
- In a pan, add canned black cherries with the juice. Boil until reduced to a thick syrup. Allow to cool, then spoon equally into each of the serving dishes.
- Take the kiwi fruits, top, and tail them, and remove the skin using a spoon. Then cut them both in half. Then cut 10 thin slices from the centre. Take these 10 slices and set them aside to use as the garnish.
- Dice the remaining kiwi and add into a mixing bowl along with the yogurt and tinned gooseberries. Stir well.
- Spoon this mixture equally into the 10 serving dishes on top of the cherry bottom.
- Finely chop ½ the large mint leaves and sprinkle evenly on top of the yogurt mix in each serving dish.
- Pour the cooled lime jelly on top of the yogurt mix. (Make sure the jelly has cooled to room temperature first.)
- Chill for at least 45 minutes or until the jelly is set.
- To make the tuile, pre-heat the oven to 150°C, 300°F gas mark 3.
- In a bowl, mix the white of the egg, McDougalls Plain Flour, granulated white sugar and ground ginger. Mix thoroughly. Place a sheet of greaseproof paper onto a baking tray. Using a tuile stencil on the baking tray, spread the mixture over the stencil, then carefully peel the stencil away. Put the tray in the pre-heated oven and bake for 10 minutes or until the edges are starting to go light brown. Once removed from the oven, it is important to immediately shape the tuile and allow to cool.
- Garnish each dessert with the tuile, kiwi slice and a single mint leaf.



## WILDCARD - NORTH WEST

**Matthew Bennett**  
Alsager School (Aramark)

**MAIN COURSE:**  
**Bisto Tandoori Chicken with Spiced Lentils**  
with crispy carrot bhajis

**PREP TIME:** 25 mins  
plus marinating  
**COOK TIME:** 40 mins  
**SERVES 10**

**INGREDIENTS**

125g plain yogurt  
40g tandoori seasoning  
1 lime, zested and juiced (zest reserved for dessert) juice divided  
25g fresh ginger, peeled and grated and divided  
15g garlic, peeled, grated and divided  
650g boneless and skinless chicken thighs  
40ml oil  
200g onion, peeled and diced  
40g ground coriander, divided  
40g ground cumin, divided  
25g turmeric, divided  
200g tomato, diced  
50g coriander, leaves removed and stalks chopped  
300g red lentils, rinsed  
40g **Bisto Chicken Bouillon Paste**  
1.25l water  
200g spinach  
250g **McDougalls Self Raising Flour**  
250g carrots  
5g fennel seeds  
5g salt  
50g fresh chilli, divided  
100g mango pulp

**ALERGENS:**  
Celery, Cereals containing Gluten and Milk

### METHOD

1. Prepare the marinade for the chicken, combining the yogurt, tandoori spice and half the lime in a bowl.
2. Pre-heat the oven to 200°C, 400°F gas mark 6 and the fryer to 180°C.
3. Add half the garlic and ginger to the marinade and combine.
4. Add chicken thighs to the marinade and coat, set aside in the fridge and leave to marinade.
5. To make the lentils - heat the oil in a pan then add the diced onion, sweat for 5 minutes until softened and starting to colour. Add the remaining garlic and ginger.
6. Add 25g of each of the ground coriander and cumin and half of the turmeric and cook out the spices for one minute.
7. Add the diced tomato and the finely chopped stalks of the coriander and cook for a further 2 minutes. Add the rinsed lentils and stir to coat in the spices.
8. Add the Bisto Chicken Bouillon Paste and water and bring to the boil then simmer for 20 minutes or until the lentils are cooked through and thickened. Add the spinach and cook until wilted. Finish with remaining lime juice and season to taste.
9. Prepare the bhajis by combining self-raising flour, the remaining cumin, ground coriander, turmeric, fennel seeds and salt.
10. Add enough water to achieve a thick batter then stir through the chopped carrot and half of the finely chopped coriander leaves.
11. Remove the chicken from the fridge and place on a baking tray. Place in the oven and cook for around 15 minutes or until a core temperature of 75°C is achieved.
12. To cook the bhajis, drop teaspoons of the batter into the deep fat fryer oil and fry until gold and crisp, around 3-4 minutes.
13. To make the salsa, combine the mango pulp, the juice of the remaining lime juice, coriander and half the chilli then using a hand blender blend until smooth.
14. To serve, add a portion of the lentils to the plate. Slice the chicken then place on top of the lentils, add the bhajis to the plate then drizzle over the salsa.
15. Finish with a garnish of finely sliced chilli and the remaining chopped coriander.



**JUDGES COMMENTS:**  
"The main course had great flavours, imagination, and a compelling story. Your attention to detail was commendable."



**DESSERT:**  
**Bird's Tropical Pineapple & Mango Cheesecake**  
and a crunchy coconut crumb

**PREP TIME:** 15 mins  
**COOK TIME:** 15 mins  
**SERVES 10**

**ALERGENS:**  
Cereals containing Gluten and Milk  
**MAY CONTAIN:** Eggs  
**SUITABLE FOR:** ✓ Vegetarians

### INGREDIENTS

325g pineapple, peeled and cut into 1cm dice  
200g mango pulp  
1 lime  
15g mint  
350g **McDougalls Crumble Mix**  
150g **Bird's Cheesecake Filling**  
40g desiccated coconut  
5g dried edible flower  
300ml water

### METHOD

1. Place pineapple into a bowl with half of the mango pulp, lime zest and finely chopped mint.
2. Make the crumble by placing McDougalls Crumble Mix on a baking tray then baking in a preheated oven at 170°C, 325°F, gas mark 3 for 10 minutes or until golden brown. Remove from the oven add the coconut to the tray and cook for a further 2 minutes until coconut is toasted. Set aside to cool.
3. Make the Bird's Cheesecake Filling by mixing the powder and water (follow manufacturer's instructions) blend until smooth. Add the remaining mango pulp and fold through.
4. To assemble, add the pineapple mixture to the bottom of the glasses or pots, add the cheesecake filling to a piping bag and pipe over the pineapple. Top with the coconut crumble mix and serve.
5. Garnish with the edible flowers.



## WALES

### Joanne Cox

Ysgol y Graig (Chartwells)

#### MAIN COURSE:

##### Bisto Moroccan Infused Ravioli

with spiced lentil sauce, lemon & parsley ribbon vegetables and coconut peshwari

**PREP TIME:** 30 mins plus 30 mins resting

**COOK TIME:** 30 mins

**SERVES 12**

#### ALERGENS:

Celery, Cereals

containing Gluten, Eggs and Milk

MAY CONTAIN: Soybeans

SUITABLE FOR:  Vegetarians

#### INGREDIENTS

##### MOROCCAN INFUSED RAVIOLI

355g McDougalls Plain Flour

180g Aquafaba (juice from chickpeas)

5g Bisto Vegetable Bouillon Paste

15ml vegetable oil

3g turmeric

##### APRICOT AND CHICKPEA FILLING

45g apricots

15ml vegetable oil

1 red onion, diced

5g garlic, chopped

75g carrot, grated

10g fajita mix

5g Bisto Vegetable Bouillon Paste

400g chickpeas, drained (liquid reserved for the ravioli dough)

##### SPICED LENTIL SAUCE

15ml oil

75g red onion, diced

10g garlic, chopped

10g smoked paprika

#### INGREDIENTS

##### LEMON AND HERB RIBBON VEGETABLES

135g carrot

225g courgette

180g parsnip

45g parsley, chopped

##### COCONUT PESHWARI

300g coconut milk

335g McDougalls

Self Raising Flour

7.5ml vegetable oil

##### METHOD

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##### To make the Moroccan infused ravioli:

1. Place the ingredients into a bowl and add the aquafaba (drained liquid from the chickpeas).
2. Mix together until all the ingredients are combined.
3. Knead for a couple of minutes to make a smooth dough. If the mix is too dry, add a tablespoon of water at a time until it is pliable. Place in a sealed container or wrap in plastic and leave in the fridge for 30 minutes.

##### Apricot and chickpea filling:

1. In a bowl, pour boiling water over the apricots and allow to soak for 5 minutes.
2. Pre the oil in a pan. Add the chopped onion, fajita mix, garlic, carrot, and Bisto Bouillon Vegetable Paste, sauté until the onions are soft. Remove from the heat, add the chickpeas.
3. Drain the apricots but keep the liquid as this may be required later.
4. Chop the apricots and add to the chickpeas.
5. Combine all the ingredients together. If this looks dry, then add a little of the apricot water to the mix.
6. Blend this mix in a food processor until there are no lumps.
7. Cover and keep in the fridge until needed.

##### To make the ravioli:

1. Cut the pasta in half so you have two equal lengths. Roll the dough out to the thickness of paper but strong enough to be lifted from the table, or a pasta roller machine can be used.
2. On one length of pasta put a teaspoon of filling about 5cm apart down the middle.
3. Brush round your filling with water. Gently lift the second sheet over the fillings. Using the side of your hand press the pasta dough together making sure there are no air bubbles.
4. Using a cutter, carefully cut out the ravioli. If you do not have a cutter, then a sharp knife could be used.
5. Lift onto a clean tray and place in the fridge until you are ready to cook them.

##### To make the spiced lentil sauce:

1. Heat the oil in a pan and then add the onion, garlic, smoked paprika, ground coriander, ginger, cumin, turmeric, cayenne pepper, and chopped pepper. Sauté until the onions are soft.

#### JUDGES COMMENTS:

"Your pasta skills were a joy to watch. What a glorious knickerbocker! We loved the banana ice-cream and how the dessert flavours all worked together. Great presentation. Great job on the day!"



#### METHOD CONTINUED

2. Add the tomato paste and vegetable paste. Sauté for a minute.
3. Pour in the water and add the lentils.
4. Cook until the lentils are soft. Blend until the sauce is a smooth consistency. You can add the vinegar to taste and stir through the chopped parsley.
5. Add the sliced vegetables to the lemon dressing, mix together.

#### Lemon and herb ribbon vegetables:

1. Peel and slice vegetables thinly.
2. Place on a hot griddle pan to colour.
3. Zest and juice the lemon.
4. Chop the parsley and mix with the lemon juice and zest.
5. Add the sliced vegetables to the lemon dressing, mix together.

#### To plate:

Cook the ravioli by dropping them carefully into a pan of boiling water and cook for 2-3 minutes. Lift out and place onto a plate and top with the sauce, vegetables and the Peshwari bread.



#### To make the coconut Peshwari:

1. Mix the coconut milk and flour together to form a dough.
2. Divide the dough into ten equal dough balls.
3. Flatten the dough using your hand until it's about 10cm in diameter.
4. Place on a slightly oiled tray and cover with a damp cloth until needed.
5. Heat a drizzle of oil in a pan and then gently cook the breads until golden on each side, approximately 2-3 minutes, then serve.

#### DESSERT:

##### McDougalls Knickerbocker Glory

with layers of berries, fruit jelly and Angel Delight Mousse topped with banana ice cream

**PREP TIME:** 15 mins

**COOK TIME:** 5 mins

**SERVES 12**

**ALERGENS:** Milk

**SUITABLE FOR:**

Vegetarians

Coeliac

#### INGREDIENTS

140g McDougalls Vegan Raspberry Jelly Crystals

750ml water

75g Angel Delight Strawberry Mousse

475g semi skimmed milk

1kg banana

480g strawberries

180g blueberries



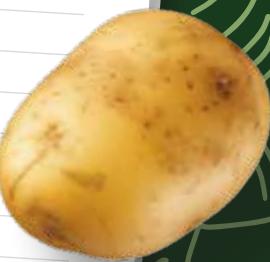
#### METHOD

1. Place the banana in a freezer to chill it down.
2. Bring the water to the boil. Add McDougalls Vegan Raspberry Jelly Crystals. Once the crystals have dissolved cover and place in the fridge to set.
3. Put the banana into a food blender and mix until smooth. Place into a tub or mould, cover and pop back into the freezer.
4. Chop the strawberries and blueberries into quarters.
5. Mix the milk with the Angel Delight Mousse until light and fluffy. Place in the fridge.
6. Once the jelly is set, layer in the dish starting with fruit, jelly and top with Angel Delight, then repeat.
7. Top the dessert with the frozen banana (from a mould or quinelle) and serve.





NOTES





*Always on hand to help.*



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