

**SPICE
IT UP!**

TRY SOMETHING NEW WITH OUR FLAVOUR OF THE MONTH

JULY

CHILLI



RECIPE BOOKLET

CHILLI

FULL OF MOUTH-PUCKERING FLAVOUR AND A FIERY KICK, EVEN A SMALL AMOUNT OF CHILLI CAN PACK A REAL PUNCH. WITH COUNTLESS VARIETIES AVAILABLE, CHILLIES HAVE BEEN TRANSFORMING MILLIONS OF DISHES ALL OVER THE WORLD FOR THOUSANDS OF YEARS.

RUNNING THROUGH EVERY CHILLI IS CAPSAICIN, A HEAT-PRODUCING COMPONENT RESPONSIBLE FOR THAT SIGNATURE SPICE. THE MORE CAPSAICIN, THE HOTTER/SPICIER IT IS.

CHILLI IS A LOT MORE CONCENTRATED DRIED AND GROUND UP, SO EVEN A SMALL SCOOP OF CHILLI POWDER CAN ADD PLENTY OF FLAVOUR. IF YOU'RE UNSURE OF HOW HOT YOU WANT TO GO, THE SECRET TO CONTROLLING THE SPICINESS IS TIMING. FOR A Milder DISH, SPRINKLE IN TOWARDS THE END OF COOKING, OR ADD AT THE BEGINNING FOR EXTRA HEAT - THE CHILLI WILL KEEP BLEEDING OUT AND THE DISH GET EVEN HOTTER. YOU HAVE BEEN WARNED....!

IF YOU'RE TRYING TO CUT DOWN ON SALT CONSUMPTION, CHILLI IS A GREAT WAY TO SEASON DISHES. WHILE NOT SCIENTIFICALLY PROVEN, THE HEALTH BENEFITS OF CHILLIES ARE SAID TO BE PLENTIFUL - FROM BOOSTING IMMUNITY AND CLEARING CONGESTION TO FIGHTING INFLAMMATION AND INCREASING YOUR METABOLIC RATE AND AIDING DIGESTION.

LITTLE KNOWN FACTS;

- TO SOOTHE A BURNING MOUTH FROM FIERY CHILLI, DRINK A COOLING GLASS OF MILK.
- THE HEAT FROM CHILLI ACTUALLY COMES FROM ITS FLESH, NOT THE SEEDS AS WIDELY BELIEVED.
- BE SURE NOT TO RUB YOUR EYES AFTER TOUCHING CHILLI, AS CAPSAICIN CAN BURN EVEN IN SMALL DOSES.
- HOW HOT A CHILLI IS CAN DEPEND ON WHERE IT'S GROWN - GENERALLY, THE HOTTER THE CLIMATE, THE HOTTER THE PEPPER.

WE HOPE YOU ENJOY THE CHILLI INFUSED RECIPES WE HAVE PUT TOGETHER FOR YOU AND YOUR TEAMS TO ENJOY AND LOOK FORWARD TO SEEING LOTS OF GREAT PICTURES.

HUNGRY FOR MORE?

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JULY CHILLI



SPICE IT UP!

White Radish
Chilli Salad

SERVES



Ten

ALLERGENS



Wheat, Soya, Sesame, Gluten

INGREDIENTS

- 800g Mooli
- 200g Red Onion
- Flaked Sea Salt, pinch
- 2tsp. Soy Sauce
- 1tsp. Sesame Oil
- 1tsp. White Wine Vinegar
- 2tsp. Caster Sugar
- 2tsp. Red Chilli Powder
- 4 Spring Onions
- 1tsp. Black Sesame Seeds

METHOD

1. Thinly slice the mooli into julienne strips, thinly slice the onion and place both in a bowl. Sprinkle with sea salt and leave for ten minutes.
2. Add the soy sauce, sesame oil, vinegar, sugar and chilli powder to a small bowl. Add the mixture to the mooli and onion and mix thoroughly so that it is all coated.
3. Chop the spring onions in half and then each half into quarters lengthways. Add to the mooli, sprinkle the sesame seeds over and serve.

JULY CHILLI



SPICE IT UP!

Coconut Dal

SERVES 

Ten

ALLERGENS 

Sulphur Dioxide, Mustard

INGREDIENTS

- 4tbsp. Vegetable Oil
- 2 Onions, finely chopped
- 4 Garlic Cloves, finely sliced
- 2tbsp. Medium Curry Powder
- 400g Red Lentils
- 800ml Coconut Milk
- 400ml Tap Water
- Lo-salt, pinch
- 4tbsp. Lemon Juice
- Ground Black Pepper, pinch

METHOD

1. For the coconut dal, heat the oil in a large non-stick saucepan over a low heat. Add the onion and garlic and fry for 5-6 minutes, stirring regularly until softened.
2. Stir in the curry powder and cook for a further 30 seconds.
3. Add the lentils, coconut milk, 400ml water and half a teaspoon of salt to the onion and garlic mixture, then bring it to the boil.
4. Reduce the heat until the mixture is simmering. Simmer, stirring regularly, for approx. 25 minutes, until the lentils are tender and the dal has thickened.
5. Stir in the lemon juice, season, then remove from the heat and set aside until needed.

Why not try with our Vegetable Pakora recipe?

JULY CHILLI



SPICE IT UP!

Vegetable Pakoras

SERVES

Ten

ALLERGENS

Wheat, Milk, Gluten, Celery

INGREDIENTS

- 350g Mixed Vegetables (Carrot, Onion, Peas, Celery pre-cooked)
- Coriander, small handful, chopped
- 150g Plain Flour, sifted
- Lo-salt, pinch
- 2tsp. Hot Chilli Powder
- 2tsp. Turmeric, ground
- 4tbsp. Vegetable Oil
- To serve
- 120ml Plain Yoghurt
- 100g Mango Chutney
- 2 Limes, cut into wedges
- Coriander, small handful, chopped

METHOD

1. Preheat the oven to 180°C.
2. For the pakoras, in a large mixing bowl, mix the pre-cooked vegetables with the chopped coriander. Add the flour, salt, chilli powder and turmeric and stir to combine and coat the vegetables in the mixture.
3. Stir in the 2 tablespoons of vegetable oil using a spoon.
4. Line a greased baking sheet and drop scoops of the mixture onto the tray and spray oil on top.
5. Bake until golden brown at 180°C for approx. 20 minutes until crisp and golden.
6. To serve spoon a dollop of mango chutney and yoghurt alongside and garnish with a lime wedge and chopped coriander.

Enjoy with our Coconut Dal recipe!

JULY CHILLI



SPICE IT UP!

Sweet Potato Pancakes, with Chilli Beans

SERVES 

Ten

ALLERGENS 

Gluten

INGREDIENTS

- 1kg Sweet Potatoes, peeled
- 100ml Vegetable Oil
- 2 medium Onions, chopped
- 800g Kidney Beans, drained
- 2tsp. Chilli Powder
- 2tsp. Cumin
- 1tsp. Chilli Flakes
- 800g Chopped Tomatoes
- Lo-salt, pinch
- Ground Black Pepper, pinch

METHOD

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.
3. 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.
4. Meanwhile, heat a little oil in a frying pan and fry the onion for 5 minutes, or until softened.
5. Add the kidney beans, chilli powder, cumin, chilli flakes and chopped tomatoes. Season with salt and pepper. Cook for approx. ten minutes, until the sauce has thickened.
6. Serve the pancakes topped with the chilli beans to serve.

JULY CHILLI



SPICE IT UP!

Chilli and Chocolate Buns

SERVES

Ten

ALLERGENS

Wheat, Soya, Milk, Egg, Gluten

INGREDIENTS

For the roux:

- 2tbsp. Strong White Bread Flour
- 150ml Tap Water

For the Dough:

- 275g Strong White Bread Flour
- 2tbsp. Custard Powder
- 70g Cocoa Powder
- 3tsp. Chilli Powder
- 55g Caster Sugar
- ¾tsp. Lo-salt
- 7g Yeast, dried
- 3 Free Range Eggs, lightly beaten
- 40g Butter, softened
- ½tsp. Red Chilli Powder
- 225ml Water, lukewarm
- 200g Chocolate Chips
- For the Glaze
 - 1 Free Range Egg, beaten
 - 1 tbsp. Water
 - 2 large Red Chillies, seeded and sliced

METHOD

1. To begin, make the roux; mix the flour and water in a small saucepan. Cook over a low to medium heat until it starts to thicken, then continue to cook for one more minute, then remove from the heat.
2. Cover the paste with cling film and leave until it has cooled to room temperature.
3. To make the dough, sift the dry ingredients into a large bowl. Stir in the yeast then add the beaten eggs, softened butter, chilli powder and the roux mixture.
4. Gradually add enough lukewarm water to form a soft dough then turn it out onto a floured board and knead for 10 minutes.
5. Form the dough into a ball, place it in an oiled bowl and cover with cling film. Set aside to prove in a warm place for approx. 1 hour, until doubled in size.
6. Turn the dough onto a floured board, knock it back then knead in the chocolate chips and divide into 10 portions. Form the dough into balls, place on a greased baking sheet and set aside to rise for 20 minutes.
7. Preheat the oven to 190°C. To glaze the buns, mix the egg with the water, brush onto the buns and scatter over the sliced chillies.
8. Bake in the oven for approx. 12 minutes, until cooked and firm.

JULY CHILLI



SPICE IT UP!

Mini Cheese Munchies

SERVES 

Ten

ALLERGENS 

Wheat, Milk, Egg, Gluten

INGREDIENTS

- 20ml Vegetable Oil, for greasing
- 2 Free Range Eggs
- 2tbsp. Polenta
- 1 large handful Baby Spinach
- 200g Cottage Cheese
- 3g Chilli Powder
- 90g Plain Flour
- Ground Black Pepper, pinch
- Lo-salt, pinch

METHOD

1. Preheat the oven to 200°C and oil a mini-muffin tray.
2. Break the egg into a bowl and beat it with the fork, then add the polenta.
3. Wash and chop the spinach leaves into small pieces, add the cottage cheese, chilli powder and black pepper to the mixing bowl.
4. Stir in the egg and polenta mixture. Sprinkle the plain flour over the mixture and stir again until it is thoroughly combined.
5. Divide the mixture equally between the greased muffin tin.
6. Bake for approx. 12 minutes, until they are brown on top.
7. Set aside to cool and serve warm.

JULY CHILLI



SPICE IT UP!

Sweet Potato Gratin

SERVES



Ten

ALLERGENS



Milk

INGREDIENTS

- 1kg Sweet Potatoes, peeled and sliced thinly
- 2 tbsp. Vegetable Oil
- 3 Garlic Cloves, finely chopped
- 1½tsp. Red Chilli Powder
- 250ml Double Cream
- Lo-salt, pinch
- Ground Black Pepper, pinch
- Flat-leaf Parsley, chopped

METHOD

1. In a large mixing bowl toss the sweet potato slices with the oil and all the other ingredients until the slices are well coated and the garlic well-distributed.
2. Transfer to a lightly oiled gratin dish, spreading out the slices with your fingertips, you do not have to layer the gratin piece by piece, but try to ensure that the slices are mostly lying flat.
3. Pour over any cream remaining in the bowl and trickle the remaining oil over the gratin.
4. Bake in a preheated, fairly hot oven, 180°C for approx. 45 minutes, until the sweet potato is completely tender and the top is browned and crispy.

JULY CHILLI



SPICE IT UP!

SERVES  Ten

Sausage Empanadas

ALLERGENS

Wheat, Sulphur Dioxide, Milk, Eggs, Gluten, Celery, Sesame

INGREDIENTS

- 200ml Sweet Chilli Sauce

For the filling

- 225g Sausage Meat
- 1tbsp. Pomace Olive Oil
- 1 Onion, finely chopped
- 1 Garlic Clove, crushed
- 1 Carrot, diced
- 1tbsp. Tomato Purée
- ¾tsp. Cumin, ground
- 1tsp. Cocoa Powder
- 1tsp. Chilli Powder
- 100ml Beef Stock
- Lo-salt, pinch
- Ground Black Pepper, pinch

For the pastry

- 225g Plain Flour, plus extra for dusting
- ½tsp. Turmeric, ground
- ½tsp. Chilli Flakes
- 75g Butter, cut into cubes
- Lo-salt, pinch
- 50ml Semi-skimmed Milk
- 1 Free Range Egg, plus 1 Egg Yolk

METHOD

1. Heat the oil in a frying pan and fry the onion and garlic for approx. 4 minutes, until softened. Add the sausage meat and fry for a further 4 minutes, until browned.
2. Add the carrot, tomato purée, cumin, cocoa powder and chilli and cook for a further 3 minutes.
3. Add the stock, bring to the boil, reduce the heat and simmer for 25 minutes, until reduced and glossy. Season, to taste and set aside to cool.
4. For the pastry, pulse the flour, turmeric, chilli flakes, butter and salt in a food processor until the mixture resembles breadcrumbs.
5. Add the milk and egg yolk and pulse until the mixtures comes together as a dough.
6. Turn the dough out onto a lightly floured surface and knead for a few minutes, then wrap in cling film and chill in the fridge for an hour.
7. Preheat the oven to 200°C.
8. Roll the pastry out onto a lightly floured work surface and cut out 10 circles.
9. Place a spoonful of the sausage filling into the centre of each pastry circle. Beat the egg in a bowl.
10. Brush the edge of one half of each of the circles with some of the beaten egg, then fold over the other side and seal, taking care not to trap any air inside, seal the edges well with a fork.
11. Place the empanadas onto a baking tray and transfer to the oven to cook for approx. 12 minutes, until the pastry is golden-brown and the filling is hot.
12. To serve, place the empanadas onto a large serving plate with the sweet chilli dipping sauce offered on the side.

JULY CHILLI



SPICE IT UP!

Karara Aloo Chaat

SERVES 

Ten

ALLERGENS 

Milk, Gluten

INGREDIENTS

- 50ml Vegetable Oil, for shallow frying
- 1kg Maris Piper Potatoes, peeled and cut into large cubes
- 200g New Potatoes
- 200ml Tap Water
- 100g Granulated Sugar
- 2tbsp. Mango Chutney
- 2tsp. Paprika
- 2tsp. Chilli Powder
- 2tsp. Cumin, ground
- 2tsp. Ginger, ground
- 2tsp. Fennel Seeds, ground
- Lo-salt, to taste
- 500g Yoghurt
- Coriander, large handful, chopped
- 50g Pomegranate Seeds
- Mint, small handful, chopped
- Watercress, picked and washed

METHOD

1. Preheat the oven to 200°C.
2. For the Karara aloo chaat, in a frying pan heat a little vegetable oil and fry the Maris Piper potatoes in medium hot oil until almost cooked.
3. Remove them from the pan and put them on a tray lined with kitchen paper. Place another layer of kitchen paper on top and press them flat.
4. Fry them again to make them light brown in colour and crisp. Remove and drain on a tray lined with kitchen paper.
5. Oil and bake the thinly sliced new potatoes in the oven for approx. 12 minutes, until golden and crisp. Sprinkle with salt and set aside until needed.
6. For the spicy chutney, mix the tap water with the sugar in a small pan and bring to the boil. Add the rest of the ingredients and simmer for approx. 4 minutes, until you have a fairly thick chutney.
7. To serve, toss the fried hot potatoes with the pomegranate seeds, coriander and the coriander yoghurt and drizzle over the chutney. Garnish with the chopped mint and watercress and sprinkle with red chilli powder.



JULY CHILLI

**SPICE
IT UP!**



**Chilli-Spiced
Popcorn**



SERVES



Ten

ALLERGENS



Gluten

INGREDIENTS

- 200g Popcorn Kernels
- 100ml Vegetable Oil
- 1tsp. Cumin, ground
- 1tsp. Chilli Powder
- Lo-salt, pinch

METHOD

1. Add the oil and one kernel to a small sauce pot. Place the lid on top and turn the heat onto medium-high. Wait for the kernel to pop.
2. Once the kernel has popped, add the rest of the kernels, replace the lid, and give the pot a swirl to coat the kernels in the hot oil. Wait for the kernels to begin to pop. You can swirl again to redistribute the hot oil, if needed.
3. Once the kernels begin to pop rapidly, open the lid a little bit to allow excess steam to escape. Make sure it's only open a little to keep the pot hot enough to continue popping the corn.
4. When the popping slows to a few seconds between pops, turn off the heat. Wait a few extra seconds for the last few pops, then remove the lid and season the popcorn with the spices and salt.

JULY CHILLI



SPICE IT UP!

Quick Curry Sauce

SERVES

Makes one pint

ALLERGENS

Milk, Gluten

INGREDIENTS

- 60ml Vegetable Oil
- 1kg Onions, peeled and finely chopped
- 10g Garlic, peeled and crushed
- 30g Coriander, ground
- 30g Cumin, ground
- 15g Turmeric, ground
- 8cm piece of Root Ginger, peeled and finely grated
- 30g Chilli Powder
- 12 Cardamom Pods, crushed
- 800ml Double Cream
- Lo-salt, pinch
- ½ Lemon, juiced
- Coriander, small handful, chopped

METHOD

1. Heat the oil and cook the onion until soft.
2. Add the garlic and cook for another 2 minutes.
3. Stir in the spices and cook for 2-3 minutes over a gentle heat to release all the aromas and flavours.
4. Stir in the double cream and bring to the boil.
5. Add salt and lemon juice to taste.
6. Stir in the chopped coriander and serve.

JULY CHILLI



**SPICE
IT UP!**

SERVES  Ten

**Bombay Potato
Cakes**

ALLERGENS

Wheat, Milk, Gluten

INGREDIENTS

For the Potato Cakes

- 400ml Vegetable Oil
- 900g Maris Piper Potatoes, peeled, cut into cubes
- 2tbsp. Coriander, ground
- 1tbsp. Cumin, ground
- 1tbsp. Garam Masala
- 1tsp. Ginger, ground
- 2 Garlic Cloves, peeled, crushed
- 1tsp. Chilli Powder
- Lo-salt, pinch
- Ground Black Pepper, pinch
- 200g Boiled Potatoes, mashed until smooth
- 100g Plain Flour

For the Sauce

- Coriander, small handful, chopped
- Mint, small handful, chopped
- 1tsp. Sea Salt
- 75ml White Wine Vinegar
- 200ml Plain Yoghurt

METHOD

1. Preheat the oven to 180°C.
2. Heat half of the oil in a casserole in the oven. When the oil is smoking, add the raw potato cubes and turn them until coated in the oil on all sides.
3. Stir in the spices, garlic and chilli to coat the potatoes, then season, to taste, with salt and freshly ground black pepper.
4. Roast the potatoes in the oven for approx. 20 minutes, until crisp and golden-brown but tender inside.
5. Remove the potatoes from the casserole using a slotted spoon and set aside on kitchen paper to drain and cool slightly, then mix into the mashed potatoes.
6. Shape the mashed potato mixture into ten 10cm patties, using your hands.
7. Sprinkle the flour onto a plate and season, to taste, with salt and freshly ground black pepper. Roll each patty in the seasoned flour.
8. Heat the remaining oil in a frying pan over a medium heat. Add the patties, in batches, and fry in the oil for 2-3 minutes on each side, until crisp and golden-brown on both sides and heated through. Set aside to drain on kitchen paper.
9. For the sauce, blend the herbs, salt and vinegar in a food processor until well combined. Stir in the yoghurt.
10. To serve, Place the Bombay potato cakes into a serving dish and top with the dipping sauces and picked coriander and mint.

JULY CHILLI



SPICE IT UP!

**Spicy Chilli
Bean Soup**

SERVES 

Ten

ALLERGENS 

Gluten

INGREDIENTS

- 2tbsp. Pomace Olive Oil
- 2 Onions, finely chopped
- 2 Garlic Cloves, crushed
- 2tbsp. Tomato Purée
- 2tsp. Mild Chilli Powder
- 1tsp. Cumin, ground
- 800g Chopped Tomatoes
- 1ltr Tap Water
- 10g Vegetable Bouillon
- 800g Five Bean Salad, drained and rinsed
- 2 Red Peppers, cut into chunky dice
- 2 Lime Wedges, to serve
- Lo-salt, pinch
- Ground Black Pepper, pinch

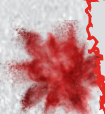
METHOD

1. Heat the oil in a deep saucepan and fry the chopped onion over a medium heat until tender.
2. Add the garlic and tomato purée, stirring for 1-2 mins until combined. Sprinkle in the spices and cook for a further minute.
3. Add in the chopped tomatoes, half fill the can with water, and add to the pan. Pour in the stock and simmer on a medium heat for 10-15 minutes, uncovered.
4. Season, then blend using a hand blender until smooth. Add the beans and red pepper, and cook for further 15 minutes until the pepper is tender.
5. Season and serve in bowls with a lime wedge.




JULY CHILLI

SPICE
IT UP!



Chocolate and Chilli
Shortbreads



SERVES



Ten

ALLERGENS 

Wheat, Soya, Milk, Gluten

INGREDIENTS

- 175g Plain Flour
- 25g Cocoa Powder
- 125g Stork
- 100g Caster Sugar, plus extra for sprinkling
- Chilli Flakes, pinch
- 50g Dark Chocolate Chips
- 50g White Chocolate, melted

METHOD

1. Place the flour, cocoa, Stork, sugar and chilli flakes in the bowl of a food processor and pulse together until the mixture comes together to form a soft, clay-like dough.
2. Tip the dough into a bowl and mix in the chocolate chips. Turn out on to a piece of cling film and shape into a log about 5cm in diameter.
3. Chill for at least an hour to firm up.
4. Meanwhile, preheat the oven to 160°C. Line 2 baking sheets. Once the dough has chilled, cut the log into 10 pieces, each about 1cm thick.
5. Place the biscuits on the lined sheets and bake for approx. 22 minutes, until light golden.
6. Remove from the oven and set aside to cool completely before drizzling with melted white chocolate to serve.

JULY CHILLI



SPICE IT UP!

**Raspberry, Chilli and
Chocolate Muffins**

SERVES



Twelve

ALLERGENS



Wheat, Soya, Milk, Eggs,
Gluten

INGREDIENTS

- 250g Self-raising Flour
- 50g Cocoa Powder
- 1tsp. Baking Powder
- 150g Caster Sugar
- 2 Free Range Eggs
- 100g Stork, melted
- 200ml Semi-skimmed Milk
- 100g Dark Chocolate, callettes
- ½tsp. Chilli Powder
- 75g Fresh Raspberries

METHOD

1. Preheat oven to 180°C and line a 12-hole muffin tin with cases.
2. Mix the flour, cocoa powder, chilli and baking powder in a bowl.
3. Mix the sugar, eggs and milk and add to the flour mixture.
4. Beat until smooth then stir in the melted Stork.
5. Add the chocolate chunks and raspberries.
6. Evenly distribute the cake mix between the 12 cases.
7. Bake for 20 minutes or until a cocktail stick comes out clean.

JULY CHILLI



**SPICE
IT UP!**

Chilli Chocolate Cake

SERVES 

Ten

ALLERGENS 

Wheat, Rye, Soya, Milk,
Eggs, Gluten

INGREDIENTS

For the cake

- 175g Wholemeal Self-raising Flour
- 175g Soft Light Brown Sugar
- 175g Stork
- 3 Free Range Eggs, beaten
- 1tbsp. Cocoa Powder
- 1tsp. Baking Powder
- 1 Red Chilli, very finely chopped
- ½tsp. Chilli Flakes

For the filling and topping

- 250g Dark Chocolate
- 250ml Double Cream
- 20g Butter
- 1 Red Chilli, very finely chopped
- ½tsp. Chilli Powder
- ½tsp. Chilli Flakes

METHOD

1. Sift the flour, cocoa powder and baking powder into a mixing bowl.
2. Add the sugar, Stork, eggs, fresh chilli and dried chilli.
3. Beat this together until you end up with a soft mixture that falls off a spoon when you hit it against the bowl. Add a drop or two of water if you think your mixture is too stiff.
4. Divide the mixture into two baking tins and bake at 170°C for approx. 30 minutes, until springy in the centre and a knife inserted into the sponge comes out clear.
5. Allow to cool for one hour after cooking.
6. To make the filling for the middle and frosting for the top, melt the chocolate over a medium heat.
7. Once melted take the chocolate off the heat. Stir in the chillies, butter and cream. Cover with cling film and allow it to cool.
8. When cooled, put the mixture in to the fridge for around an hour or until thickened enough to easily spread, but not set hard.
9. When thickened, spread the chocolate mixture as a filling and topping for your cake. Decorate with finely chopped fresh red chillies!

JULY

CHILLI

RECIPE BOOKLET