



AMERICAN INDEPENDENCE DAY

RECIPE BOOKLET



FOOD THEME DAYS
@2020

THURSDAY 02ND

JUL

AMERICAN INDEPENDENCE DAY!

WE'RE CELEBRATING EARLY!

VARIOUSLY KNOWN AS THE FOURTH OF JULY AND INDEPENDENCE DAY, JULY 4TH HAS BEEN A FEDERAL HOLIDAY IN THE UNITED STATES SINCE 1941, BUT THE TRADITION OF INDEPENDENCE DAY CELEBRATIONS GOES BACK TO THE 18TH CENTURY AND THE AMERICAN REVOLUTION (1775-83).

FROM 1776 UNTIL THE PRESENT DAY, JULY 4TH HAS BEEN CELEBRATED AS THE BIRTH OF AMERICAN INDEPENDENCE, WITH TYPICAL FESTIVITIES RANGING FROM FIREWORKS, PARADES AND CONCERTS TO MORE CASUAL FAMILY GATHERINGS AND BARBECUES.

AMERICAN FOOD IS A GENEROUS CUISINE, WITH LOTS OF GREAT CLASSICS. ENJOY GREAT BURGERS WITH FRIES AND LOTS OF KETCHUP ON HOTDOGS. TAKE A LEAD FROM THE SOUTH AND BARBECUE RIBS WITH PLENTY OF SPICE BALANCED WITH A GOOD CREAMY COLESLAW. PRESENT THE EXOTIC WITH RED VELVET CAKE OR GO TRAD WITH MOM'S APPLE PIE. IT HAS INTENSE LUXURY WITH LOBSTER NEWBERG AFTER THE ELEGANCE OF OYSTERS ROCKEFELLER. AMERICA? IT'S GOT IT ALL!

TO MANY AMEROPHILES, AMERICAN FOOD HAS A FUN, COLOURFUL ALLURE THAT BRITISH FOOD DOESN'T - IN IT WE SEE THE NEON OF NEW YORK, THE GLAMOUR OF 50S AMERICANA, AND THE GLITTER OF HOLLYWOOD. BITE INTO A CHEESEBURGER OR STICK A STRAW INTO A ROOT BEER FLOAT AND FOR A BRIEF SECOND YOU COULD BE AT A CALIFORNIAN DRIVE-IN RATHER THAN DRIZZLY SUBURBAN BRITAIN.

LITTLE WONDER THAT YOUNG CHEFS AND RESTAURATEURS WEANED ON US POP CULTURE NOW RETURN FROM A TRIP TO MANHATTAN FORGETTING THEIR EXPENSIVE CULINARY TRAINING AND DETERMINED TO SET UP A SLIDER RESTAURANT.

WE HAVEN'T INCLUDED RECIPES FOR BURGERS AND HOT DOGS IN THIS BOOKLET BUT YOU WILL FIND SOME GREAT DISHES THAT WILL COMPLIMENT THEM AND ENHANCE THOSE SIMPLE HAND HELD FAVOURITES.

SO WHY NOT GET PLANNING YOUR CELEBRATION OF INDEPENDENCE DAY WITH THESE RECIPES, BROUGHT TOGETHER FOR YOU BY OUR DEVELOPMENT CHEF, RICHARD NICHOLSON AND GET EVERYONE IN THE MOOD FOR SOME FINGER LICKING GREAT FOOD!

HUNGRY FOR MORE?

Visit us at www.accentcatering.co.uk
01784 224690 / info@accentcatering.co.uk

AMERICAN INDEPENDENCE DAY!

02ND
JUL

THEMED FOOD DAY RECIPES

New England creamy salmon & dill chowder

SERVES



Six

ALLERGENS



Sulphur Dioxide, Milk, Fish, Celery

INGREDIENTS

- 100g Basmati & wild rice
- 15g Butter
- 1 Onion, finely chopped
- 1 Leek, sliced into rings
- 1g Veg bouillon
- 125g Potatoes, diced
- 150ml Double cream
- 100g Salmon fillets, diced
- 2tbsp. Dill, chopped

METHOD

1. Cover the wild rice with water in a small saucepan. Bring to the boil, then leave to simmer for about 35 minutes. It won't soften like regular rice, but will retain its nuttiness.
2. Meanwhile heat the butter in a saucepan and sauté the onion and leek until soft but not coloured. Add the stock and bring to the boil.
3. Season lightly. Turn down to medium and leave to simmer for 10 minutes, then add the potatoes and continue to cook until the potatoes are tender (a further 15 minutes approximately).
4. Add the cream and bring to the boil. Turn down to a simmer and add the fish.
5. Simmer very gently until the fish is just cooked through (about five minutes).
6. Drain the wild rice, rinse under boiling water, add it to the pan with the cream and the dill and heat through. Check the seasoning and serve.

AMERICAN INDEPENDENCE DAY!

02ND
JUL

THEMED FOOD DAY RECIPES

Cobb salad

SERVES



Six

ALLERGENS



Eggs

INGREDIENTS

- 200g Chicken Thigh, diced
- 1 Large Pinch of Sweet Smoked Paprika
- Olive Oil
- Sea Salt
- Freshly Ground Black Pepper
- 4 Slices of Unsmoked Back Rindless Bacon
- 2 Large Free-range Eggs
- 2 Cos Lettuce
- 1 Ripe Avocado
- 2 Ripe Tomatoes
- 1 Punnet of Salad Cress

For the dressing:

- 50g Stilton Cheese
- ½ Bunch of Fresh Chives
- Extra Virgin Olive Oil
- 75ml Greek Yoghurt
- 1 Lemon, juiced
- ½tsp. Worcestershire Sauce

METHOD

1. Preheat the oven to 180°C/350°F/gas
4. Place the diced chicken thigh into a roasting tray with the paprika, a drizzle of olive oil and a little salt and pepper. Mix well, spread them out in an even layer then put in the hot oven for 10 minutes.
2. Add the shredded bacon to the chicken and roast for a further 15 minutes, or until the chicken and bacon is cooked through and golden and crisp.
3. Meanwhile, cook the eggs in a small pan of boiling water for 7 minutes for soft-boiled, or to your liking. Remove with a slotted spoon, run under cold running water and peel.
4. To make the dressing, crumble the stilton into a large jug. Finely chop and add the chives along with a splash of olive oil and the remaining ingredients. Whisk well, season to taste and pop in the fridge until needed.
5. Once cooked, leave the chicken and bacon to cool. Meanwhile, roughly chop and wash the cos lettuce and place in a bowl. Halve, destone and slice the avocado into small chunks, then halve the tomatoes and eggs and add to the bowl.
6. Finally add the cold chicken and bacon to the bowl and mix it all together. To serve drizzle over the chilled blue cheese dressing and snip the cress on top.

Potato salad with eggs

SERVES



Ten

ALLERGENS



Mustard, Milk, Eggs, Celery

INGREDIENTS

- 1 kg New Potato
- 3 Eggs
- 300ml Mayonnaise
- ½ Onion Diced
- 1 Spring Onion
- ½ Green Pepper
- 1 Stalk of Celery
- 1tsp. Salt
- ½tsp. Ground Black Pepper

METHOD

1. Bring a large pot of water to a boil. Add potatoes, and cook for 15 to 20 minutes, or until tender but still firm.
2. Drain, cool and cut into cubes.
3. Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat.
4. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.
5. In a large bowl, combine chopped potatoes and eggs. Mix together mayonnaise, chopped onion, green onion, green pepper, and celery.
6. Season with salt and pepper, then mix well. Cover, and refrigerate for several hours or overnight.

AMERICAN INDEPENDENCE DAY!

THEMED FOOD DAY RECIPES

02ND
JUL

Cornbread

SERVES



Ten

ALLERGENS



Milk, Eggs, Gluten

INGREDIENTS

- 2 Onions, peeled & thinly sliced
- 100g Sweetcorn
- 4 Free-range Eggs, beaten
- 325g Cornmeal or Polenta
- 250ml Full-fat Milk
- 1tsp. Baking Powder
- 6tbsp. Plain Flour
- Sea Salt
- Freshly Ground Black Pepper
- Olive Oil

METHOD

1. Preheat your oven to 200°C/400°F/gas 6.
2. Put your butter into a frying pan on a medium heat and add your sliced onions.
3. Fry gently for about 15 to 20 minutes, until they've caramelised and are golden and sticky. While that's happening, get your corn ready.
4. Add the sweetcorn to the pan with the onions and cook for a further 5 minutes, then remove from the heat and set aside to cool for a few minutes.
5. In a bowl, mix your eggs, cornmeal, milk, baking powder, flour and a good pinch of salt and pepper.
6. Beat until well mixed, then stir in your cooled onion and corn mixture.
7. Grease a 22cm cake tin with some olive oil, line the base with greaseproof paper, and pour in your mixture.
8. Pop the cornbread into the oven to bake for 35 minutes.
9. Once ready, let it cool for 15 minutes, then turn it out on to a wire rack or serving plate.

Corned beef hash

SERVES



Ten

ALLERGENS



Sulphur Dioxide, Soya,
Mustard, Eggs, Celery

INGREDIENTS

- 500g Corned Beef
- 10 Eggs
- 6tbsp. Worcestershire Sauce
- 10g Grain Mustard
- 3 Onions
- 1kg Potatoes, Maris Piper
- 50ml Vegetable Oil
- Lo Salt
- Ground Black Pepper

METHOD

1. Start off by cutting the corned beef in half lengthways then cut each half into four 1 cm pieces and place in a bowl.
2. Combine the Worcestershire sauce and mustard in a cup and pour this all over the beef, mixing it around to distribute it evenly.
3. Peel and halve the onion and cut into thin slices and then in half again. Scrub the potatoes and cut into 1cm cubes, leaving the skin on, then place the cubes in a saucepan.
4. Pour enough boiling water over to almost cover them, then add salt and a lid and simmer for just 5 minutes before draining them in a colander and then covering with cling film to absorb the steam.
5. Now heat 2 tablespoons of the oil in the frying pan and add the sliced onions and toss them around in the oil to brown for about 3 minutes altogether, keeping the heat high, as they need to be very well browned at the edges.
6. Next push all the onions to the edge of the pan and, still keeping the heat very high.
7. Add the potatoes and toss these around too, making sure you get good colour on the potatoes.
8. Add a little more oil if necessary. Now add some seasoning and keep turning the potatoes and onions over to hit the heat.
9. After about 6 minutes, add the beef and continue to toss everything around to allow the beef to heat through (about 3 minutes).
10. After that, turn the heat down to its lowest setting and, in the smaller frying pan, fry the eggs in the remaining oil.
11. To serve spoon the hash into a bowl or dish and top each portion with the freshly fried egg.

Oven baked corn dogs

SERVES



Fifteen

ALLERGENS



Soya, Milk, Eggs, Gluten

INGREDIENTS

- Oil, for pan frying
- 15 Frankfurters
- 150g Cornmeal
- 125g Plain Flour
- 50g Sugar
- 3tsp. Baking Powder
- Salt
- Ground Black Pepper
- 1 Egg
- 225ml Milk
- 15 Skewers
- 15 Finger Rolls

METHOD

1. Mix together all of the dry ingredients in a bowl.
2. In a separate bowl, beat the egg and milk together and gradually stir the mixture into to the dry ingredients. Whisk together to make a heavy batter.
3. Put a skewer through each frankfurter sausage and dip it into the batter until well coated.
4. Heat the vegetable oil in a pan and place a few of the frankfurters into the pan and cook for two to three minutes, or until golden-brown.
5. Drain on a plate lined with kitchen paper. Finish the corn dogs off in the oven at 180°C for five minutes.
6. To serve open up the finger roll and top with the New York hot dog onion sauce (next recipe) and some American mustard.

New York hot dog onion sauce

SERVES



Four

ALLERGENS



None

INGREDIENTS

- 2tsp. Veg Oil
- 2 Onions, sliced very thinly
- 60ml Tomato Ketchup
- 200ml Water
- Salt, pinch
- Cinnamon, pinch

METHOD

1. In a saucepan heat the veg oil and add the onions.
2. Cook until soft and almost clear; don't colour.
3. Add the ketchup and water and stir.
4. Simmer over a gentle heat for at least 30 minutes or until the liquid has reduced by half.
5. At the end and only at the end add your salt and cinnamon to taste.
6. To serve.....look for the nearest hot dog!

AMERICAN INDEPENDENCE DAY!

THEMED FOOD DAY RECIPES

02ND
JUL

Vegetable jambalaya

SERVES



Four

ALLERGENS



Sulphur Dioxide, Milk, Celery

INGREDIENTS

- 1tbsp. Olive Oil
- 2 Onions, chopped
- 1 Courgette, chopped
- ½ Red Pepper, chopped
- 50g Peas
- 50g Leeks, sliced
- 2 Garlic Cloves, crushed
- 2tbsp. Cajun Seasoning
- 200g Long Grain Rice, washed
- 200g Chopped Tomatoes
- 1g Veg Bouillon / 350ml Water
- 1 Lime
- 1 Red Chilli
- Handful of Chopped Coriander

METHOD

1. Heat the oil in a large pan and fry all the vegetables (apart from the peas) to colour for about 3 to 4 minutes.
2. Then add the Cajun seasoning and fry for a further minute.
3. Then add the vegetable stock, chopped tomatoes and washed rice.
4. Cover and simmer for 20-25 minutes until the rice is tender.
5. Add the peas, seasoning, fresh sliced chilli and coriander.
6. Stir and serve with a squeeze of lime and chopped coriander.

AMERICAN INDEPENDENCE DAY!

THEMED FOOD DAY RECIPES

02ND
JUL

Cajun corn with chilli lime butter

SERVES



Six

ALLERGENS



Milk

INGREDIENTS

- 6 Corn On The Cob, frozen
- 100g Butter
- 2tsp. Chili Powder
- ¼tsp. Cayenne Pepper
- 1 Lime, zested
- ½ Lime, juiced
- Salt, pinch
- Ground Black Pepper
- Lime Wedges, for serving

METHOD

1. Defrost the corn on the cob overnight in the fridge.
2. In a small bowl, whisk together ¼ of the butter, chili powder, cayenne pepper, lime zest, and lime juice until thoroughly combined. Set aside.
3. Lightly butter the corn with the remaining butter and season with salt and pepper to taste. Wrap ears individually in aluminum foil.
4. Roast in hot oven (180°C) for 15 minutes.
5. Open the foil, slather each ear in the chili-lime butter, and serve with the lime wedges.

Apple & blueberry pie

SERVES



Six

ALLERGENS



Sulphur Dioxide, Milk, Eggs, Gluten

INGREDIENTS

- 450g Short Crust Pastry
- 100g Caster Sugar
- ½ Lemon, zested and juiced
- 550g Bramley Apples
- 25g Butter
- ½tsp. Ground Cinnamon
- 150g Blueberries, frozen (thawed)
- 1 Egg, beaten

METHOD

1. Butter a cake tin or oven proof dish and roll out two thirds of the pastry and line the bottom and sides of the dish allowing the pastry to overlap the edge.
2. Transfer to the fridge to chill. Place the sugar, lemon juice and lemon zest into a bowl.
3. Peel, quarter and core the apples, then slice them thickly into the bowl with the lemon and the sugar. Mix together.
4. Heat a pan over a moderate heat. Add the apple mixture, the butter and the cinnamon and stew for 3-4 minutes.
5. Remove from the heat and add the blueberries stir in and allow to cool. Preheat the oven to 200°C. Fill the pastry lined dish with the cooled apple and blueberry mixture.
6. Roll out the remaining pastry on a floured work surface and cut out a little bigger than the shape of the pie dish.
7. Place the pastry on top of the pie dish, seal the edges well and trim the excess pastry.
8. Make a small hole in the top to allow the steam to escape. Brush the lid with a little lightly beaten egg and sprinkle with caster sugar.
9. Bake for 15 minutes until the fruit is tender and the top is golden brown.

Chocolate whoopies

SERVES



Ten

ALLERGENS



Milk, Eggs, Gluten

INGREDIENTS

- 230g Plain Flour
- 65g Cocoa Powder
- 1tsp. Baking Powder
- ¼tsp. Bicarbonate of Soda
- ¼tsp. Salt
- 170g Butter
- 150g Caster Sugar
- 1 Egg, beaten
- 1tsp. Vanilla Extract
- 4tbsp. Buttermilk or Greek Yoghurt
- 100ml Strong Coffee

For the filling:

- 400ml Double Cream
- 50g Icing Sugar
- 100g Marshmallows, chopped

METHOD

1. Line a baking tray with a silicone sheet or greaseproof paper.
2. Place the flour, cocoa, baking powder, bicarbonate of soda, salt, butter, sugar, eggs, vanilla extract, buttermilk and coffee in a free-standing food mixer and mix until well combined.
3. Place the mixture in a piping bag with a plain round nozzle and pipe 4cm/1½in circles, leaving a 3cm/1¼in gap between them on the baking parchment.
4. Bake the whoopie pies for 10 minutes until springy to the touch. Leave to cool on a wire rack.
5. For the filling, whisk the cream with the sugar in a large bowl and stir in the marshmallows.
6. To serve, take one of the whoopies and spoon on a tablespoon of the cream and sandwich with another whoopie.

Mississippi mud pie

SERVES



Eight

ALLERGENS



Sulphur Dioxide, Soya,
Sesame, Milk, Lupin, Eggs,
Gluten

INGREDIENTS

For the base:

- 300g Bourbon Biscuits, crushed
- 75g Butter

For the filling:

- 85g Dark Chocolate 70%
- 85g Butter
- 2 Eggs
- 85g Muscavado or Demerara Sugar
- 100ml Double Cream

For the fudge sauce:

- 150g Dark Chocolate 70%
- 150ml Double Cream
- 3tbsp. Golden Syrup
- 175g Icing Sugar

METHOD

1. Preheat the oven to 200°C.
2. Mix the biscuits and melted butter together in a bowl. Press the mixture into the base and sides of a 23cm/9in spring form tin and chill in the fridge for 10 minutes.
3. For the filling, melt the chocolate and butter together in a heatproof bowl set over a pan of simmering water. (Do not let the base of the bowl touch the water).
4. Meanwhile, whisk the eggs and sugar together in a bowl for 5-6 minutes, or until thick and creamy. Fold in the cream and melted chocolate mixture. Pour into the chilled spring form tin and bake in the oven for 40-50 minutes, or until just set. Remove from the oven and set aside to cool completely.
5. Meanwhile, for the fudge sauce, heat all of the fudge sauce ingredients in a saucepan, stirring regularly, over a medium heat until the mixture is smooth and glossy. Set aside to cool for 5 minutes.
6. Spread the sauce over the cooled pie and chill in the fridge for 20 minutes. Serve with double cream.



AMERICAN INDEPENDENCE DAY



RECIPE BOOKLET