

GATHER
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GATHER

BRINGING FOOD & PEOPLE TOGETHER



Recipe book



Let's cook...

Welcome to our May edition of the recipe book. I hope you received the April version, and have had the opportunity to cook some of the recipes from it. We've had such great feedback, so have decided to create another one.

As with last month's copy, there are a few links to my IGTV recipes, if you get stuck.

This month, I have reached out across the group and requested recipes from our teams, some of which are included within. We have recipes not just from our talented chefs, but also from a few of the support teams and managers across the business, as well as one or two from our chef collaborators. I love Jose Pizarro's gazpacho recipe, so simple and tasty, a real flavour of summer.

There is a nice mix of dishes, including a few breakfast options, some easy, quick lunch recipes and a few indulgent dishes too.

I have also included a link to our session with Gathered Table collaborator and the man behind The Doctors Kitchen, Rupy Aujla, Rupy has authored two books on healthy eating and is often seen on TV and his YouTube channel. Do check out our Q&A session with him from earlier this month.

Similarly, our consultant nutritionist Amanda Ursell, writer, journalist and qualified nutritionist created a podcast on immunity during lockdown for us and our clients. Amanda's insight into this topic was greatly received.

I really believe that the power of food brings people together, and right now it feels more important than ever. Through technology we are finding a way of making it happen, and I'm really enjoying seeing our chefs cooking on social media and sharing their food with each other. This has been a great way to stay in touch and keep up to date with what's happening in food.

Add to this the numerous online cook-along events, virtual dinner parties and quizzes. Speaking of which, we are holding a great online cook-along supper club on May 28th with the charity Child. org, see overleaf for more details.

Best wishes,

Jeremy Ford

Jeremy

The great big
ONLINE
SUPPER
CLUB

LIVE COOKALONG

5PM 28 MAY



Let's get together for dinner...

Join talented CH&Co chefs and a Jascots wine expert for a menu celebrating the best of British food. You'll prepare a three course feast with expert guidance, wine pairings and great company! Tickets only £25, with all proceeds supporting Child.org's emergency coronavirus appeal.

View menu and book at:

CHILD.ORG/COOKALONG

Buy your ticket early to allow time to source your wine and ingredients!



CHILD
.ORG

Are you EATING WELL WITH US?



The Eatwell Guide defines the Government's advice on healthy eating, and visually represents how different food groups contribute towards a healthy balanced diet.

For more information contact:
nutritionist@gatherandgather.com

GATHER & GATHER



Dr Rupy Ajla

Dr Rupy is an NHS doctor who is passionate about teaching us how to use food and lifestyle as medicine. In his role as clinical adviser to the Royal College of GP's, Dr Rupy has aspirations to bring the concept of 'Culinary Medicine' to his profession.



As one of our Gathered Table collaborators, Dr Rupy is working with Gather & Gather's nutritionists and food team to bring his healthy eating principles to our restaurants, and encourage us all to think about how we can make small, simple changes to our diet that will support our health in the longer term.

For more information, contact
nutritionist@gatherandgather.com



To see Dr Rupy's Q&A click on the link below:

<https://youtu.be/dUeMtW8H99E>



SHAKSHUKA

SERVES 2

INGREDIENTS

1 onion sliced
50ml olive oil
1 red pepper sliced
1 green pepper sliced
1 clove garlic finely grated
1 tin chopped tomato
1 tsp harissa paste
1 tsp fennel seeds
4 eggs
75g feta cheese
2 spring onion
2 sprigs coriander

METHOD

1. In a large frying pan fry the fennel seeds, onion, garlic and peppers together in the oil for 7 minutes until soft.
2. Add the harissa paste and chopped tomatoes, bring to a simmer and cook for a further 5 minutes, until all of the vegetables are soft.
3. Make wells with a deep spoon in the mixture then crack the eggs into these. Continue to cook for 7 - 10 minutes, until the egg is set and cooked to your liking.
4. Remove from the heat, then garnish with crumbled feta, chopped spring onion and roughly chopped coriander. Serve with toasted bread.

CHIA AND ALMOND BOWL

Recipe From Georgia White at Winnersh.....

A recipe below that I love for breakfast! I'm only little so probably would advise upping the portion size, although it's surprisingly filling.

INGREDIENTS

15g Chia seeds
2 tbsp Greek yoghurt/natural/
soya
90g Coconut milk (tinned)
20g Oats
2/3 Plums pipped and cut into
wedges
2 tsp Honey
1/2 tsp Mixed spice
10g Flaked almonds

METHOD

1. Combine the chia seeds, yoghurt, coconut milk and oats and set aside in the fridge.
2. Meanwhile, poach the plums in the honey, mixed spice adding a little water. Simmer until soft. (8 minutes)
3. In a small pan, toast the almonds.
4. Add together your chia seed mix, topping with the plums and toasted almonds.

Try this with other fruits, peaches/apple may be a good combo too!





PRAWN TOAST

SERVES 2

METHOD

INGREDIENTS

200g raw prawns
 ½ clove garlic
 ½ red chilli
 Small piece of ginger
 5ml soy
 5ml sesame oil
 25g sesame seeds
 4 sliced bread

1. Toast the bread on both sides until light golden brown.
2. Finely grate the ginger and garlic and finely chop the chilli.
3. Place all of the ingredients minus the toast into a food processor and blend until well combined and mousse like in texture.
4. Spread this onto the toast 2-3 mm thick then sprinkle over the sesame, pressing into the mousse.
5. Pan fry sesame seed side down in a hot non-stick frying pan for 2 minutes until golden, then flip over and cook on the other side, make sure the prawn mix is well cooked through.
6. Served with a soy dipping sauce, or chilli sauce.

CHICKEN RAMEN

SERVES 2

METHOD

INGREDIENTS

600ml good brown aromatic chicken stock
 20ml light soy sauce
 100g egg thread noodles (or any noodle you prefer)
 75g chestnut mushrooms
 1 garlic clove, finely chopped
 1 lime
 20g finely chopped ginger
 2 pieces of pak choy (or any green leafy vegetable of your choice)
 Crispy chilli oil
 Nori dried seaweed
 2 spring onions
 2 free range eggs
 50ml soy / 150ml water, mixed to soak the eggs

1. First make the soy eggs. Boil the eggs for 6 ½ minutes then remove and place into cold water, allow to cool then peel.
2. Mix together the water and soy sauce and immerse the cooked eggs into them, leave for at least 2 hours, but preferably overnight.
3. Bring to a simmer the stock, ginger, garlic, soy and mushrooms and simmer for 5 -6 minutes, before adding the pak choy.
4. Cook the noodles as per manufactures instructions then place in the bowl, spoon over the ramen stock, then garnish with all of the other ingredients.



ROB FREDRICKSON'S ARTISAN FRENCH BAGUETTES

Recipe from Rob Fredrickson Managing director at Gather & Gather....

INGREDIENTS

550g strong white bread flour
1.5 tsp salt
1.5 tsp fast action yeast
450ml ice cold water



METHOD

1. In a bowl, mix the flour, salt and fast action yeast. Add the ice-cold water to form a wet dough - don't be a chicken, if the dough looks like it can take a little more than the 450ml, give it a kneed to a smooth elastic dough. A Kitchen Aid (or similar) would be best for this as the dough won't be overly easy to work with your hands. If you haven't got a mixer, hang in there, it will come together.
2. Place the dough in an oiled bowl, cover with oiled cling film. (if you want to avoid plastic, crumple up some greaseproof paper, spread it back out and use this)
3. Leave the dough in the fridge for 1-3 days. (2 is the sweet spot) Check it regularly, if it looks to be breaking out of the bowl, gently knock it back down, but try to retain as much of the lovely air as you do so.
4. Take the dough out of the fridge and allow it to come to room temp for a couple of hours.
5. Turn your oven up as high as it will go and place an oven proof bowl/dish in the bottom on the shelf, (more on this later) let it get to a roaring heat.
6. When the dough is double its original size, flour a work surface and GENTLY scrape the dough out - again, preserving as much of the air as you can.
7. Gently shape the dough into a square. You'll need to regularly flour your hands and the surface as the dough will be very sticky and elastic.
8. Prep two A4 size baking sheets with lightly floured greaseproof paper.
9. Quickly, but gently, cut a quarter sized strip off the square at a time and shape into baguette shaped batons on the baking sheets - try to work quickly but lightly, it's all about the air.
10. Boil the kettle and put 100-150ml of boiling water in the hot pan at the bottom of the oven - close the door quickly to allow some steam to build up. (wait at least a minute)
11. Put the two baking sheets in the oven quickly, keeping the heat and the steam in the oven.
12. After 8 minutes, turn the baking sheets to ensure the bread bakes evenly.
13. At 16-18 minutes, check the baguettes - they should be light, and hollow-sounding when tapped underneath.
14. Transfer to a wire rack to cool, this is important, avoid the temptation to demolish them straight away, they need to cool so as to avoid tearing all the beautiful, open bubbles of air you will find within.
15. Serve with cheeses, hams, or just some salted butter and spring vegetables.



FALAFEL BURGER

INGREDIENTS

240g Chickpeas (drained weight)
50g Plain flour
20g Good quality harissa paste
20g Chopped coriander
20g Chopped parsley
1 tsp Cumin ground
2 Chopped spring onions
1 Clove garlic grated
5g Salt
50ml Yoghurt
25g Cucumber
2 Springs mint

Sriracha or any hot sauce you prefer
4 ripe vine tomatoes
2 baby gem lettuce
4 khobez bread wraps, tortilla or burger buns

METHOD

1. Make the falafel by placing the chickpeas, harissa, coriander, parsley, spring onion, finely chopped garlic, flour, cumin and salt in a food processor and blend until chopped and well combined.
2. Place into a bowl and work with your hand to bring everything together to a paste, form this into nice neat 3-4oz burger patties.
3. Make the raita by grating the cucumber and mixing into the yoghurt and chopped mint.
4. Slice the vine tomatoes, shred, wash and drain the lettuce.
5. Pan fry the falafel patties in a little oil in a hot pan until golden brown on both sides and cooked in the middle, approximately 2 -3 minutes each side.
6. Build your burger as in the picture, adding the raita and whichever hot sauce you prefer



PESTO TAGLIATELLE WITH GREEN VEGETABLES

Recipe from Rebecca Roberts in Commercial.....

I made this dish up and have it often. Cheap, quick and very simple.

INGREDIENTS

Tagliatelle - any type
Pesto (optional)
Good olive oil
Course black pepper
Grated fresh parmesan cheese

Minimum of three of these green veg, fresh or frozen is fine.
(normally I have peas, kale, mange tout and broccoli as a minimum)
Curly kale
Peas
Edamame beans
Broccoli
Spinach
Mange tout
Sugar snap peas

METHOD

1. Heat the water in a pan, then add the pasta.
2. Place vegetables in a lidded microwavable plastic container.
3. Steam vegetables together in microwave with a small amount of water and with lid slightly off at one corner for around 4 minutes, shaking half way through. They should all take the same amount of time to cook.
4. Take pasta bowl or plate (I stick this in the microwave to heat slightly with the veg tub on top)
5. Whist food is cooking grate some parmesan cheese
6. Drain pasta once cooked
7. Drain excess water from veg from corner of container with lid still on
8. Place pasta and vegetables into individual serving bowl and toss with pesto, olive oil and black pepper.
9. Top with more black pepper and grated parmesan cheese.

This is a very simple, quick and nutritious meal, particularly for vegetarians. Microwave cooking the vegetables is better than boiling as uses less energy and cooking time shorter so less nutrients lost.

NASI GORENG

SERVES 2

INGREDIENTS

300g Cooked rice
100g Cooked chicken
75g Shredded vegetables
(cabbage & carrot for example)
2 Shallots, peeled
2 Cloves garlic
1 Red chilli
25ml Shrimp paste or sambal
2 Eggs beaten
35g Cucumber
1 Spring onion
10g Crispy onions
Ketchup Manis (or use dark soy if you can't get Manis)
25ml Vegetable oil

METHOD

1. Take the shallot, garlic, shrimp paste and chilli and blend to a paste in a food processor or use a pestle and mortar.
2. In a hot frying pan or wok cook the egg in the hot oil, allowing it to set in the pan before breaking it up with a spatula and frying in strips, once cooked and golden brown move to the side of the pan.
3. Next cook the shredded veg in the same pan, stir frying until golden, toss with the egg, then making a little room in the pan add the paste and cook for 30 seconds. Toss everything together.
4. Add the cooked chicken and the rice and continue to stir fry until very hot, pour in the ketchup manis and mix well before turning it all out onto a plate.
5. Garnish with the cucumber, spring onion, crispy shallots and lime.



HARISSA STUFFED AUBERGINE 'JON MILNER'

Recipe from Jon Milner, head chef with Gather & Gather.....

SERVES 4

INGREDIENTS

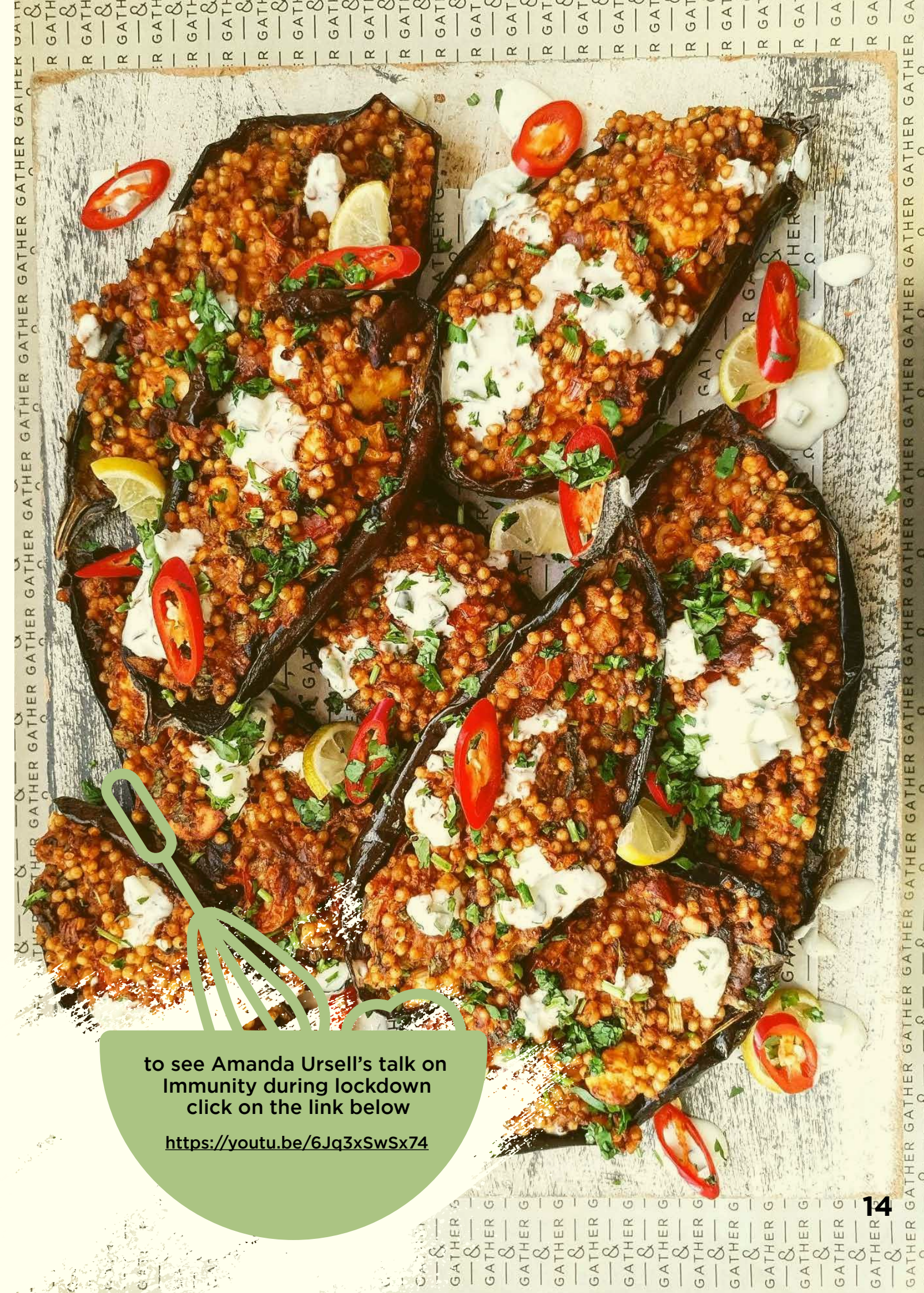
2 Large Aubergine
130g Giant Cous Cous
4 Finely Diced Tomato
1 Diced Red Onion
10g Chopped Coriander
10g Chopped Basil
20g Chopped Mint
Zest and Juice of 2 Lemons
50g Crumbled Feta Cheese
2 tsp Smoked Paprika
2 tsp Harissa Spice
Puree Garlic - 2 cloves worth
Yoghurt
20g Grated Cucumber
1tsp Ground Cumin
Pomace/Olive Oil - to cook
Aubergine and to dress the filling

Fresh Red chilli, chopped
coriander, sliced spring Onions &
Limes - To garnish
Salt and pepper
Vegetable Stock/Bouillon

METHOD

1. Before you begin to cook get all your ingredients weighed out and ready. Any veg items can be prepped in advance to save time when making the dish.
2. Bring a pan of water to the boil, whisk in Veg Bouillon until fully dissolved and add cous cous. Cook for 5 minutes until soft with a slight bite. Drain off and chill.
3. Cut the Aubergines lengthways in half and place onto a lined roasting tray, drizzle olive oil evenly onto the Aubergine with salt and pepper and rub the oil around each half. Roast for 30 minutes at 180c or until you can see the flesh has gone really soft and caramelised. Once cooked leave to cool slightly before scooping the flesh out of the aubergines (leave some flesh around the edges of the skin to that they still hold their shape when filled and baked). Leave the skins to cool on a lined roasting tray.
4. In a bowl combine your cous cous, aubergine flesh, diced tomato, diced red onion, coriander, basil, half of the chopped mint, lemon zest and juice, feta cheese, smoked paprika and harissa spice. If you can't get a hold of harissa don't worry, this still works great without. Just add some chilli flakes & cumin if you have them and garlic, leave some for your mint yoghurt. Add a splash of olive oil, salt and pepper, give this a good mix until the whole thing is incorporated evenly.
5. Mint Yoghurt - This is great as a dip/dressing for the aubergines when serving! In a bowl mix together some yoghurt, the other half of your chopped mint, cucumber, lemon juice, cumin, garlic, olive oil, salt and pepper and place in the fridge.
6. Back to the Aubergine Skins - If you haven't already then place onto a clean lined roasting tray. Once the skins are laid out you can then begin to fill them with your aubergine and cous cous mix - Once filled put in the oven at 140c for 45 Minutes to an hour until the centre is hot and the top has a lovely crust to it and then take out and serve as soon as you can!
7. To serve

This looks great on a board or platter for people to dive in and help themselves. If you're having this a main meal I would suggest a simple dressed salad to go with it or as a side dish to a lovely piece of spiced lamb! Simply drizzle the mint yoghurt over your stuffed aubergines and garnish with chilli, coriander, lime and spring onion.



to see Amanda Ursell's talk on
Immunity during lockdown
click on the link below

<https://youtu.be/6Jq3xSwSx74>



Dr Rupy Aujla

DR RUPY'S PANZANELLA SALAD

SERVES 4

INGREDIENTS

100g Fennell
100g White chicory
100g Red chicory
½ bunch Basil
350g Ripe tomatoes
50ml Olive oil
20g Nigella seeds
100g Sourdough loaf or any bread you have to use

METHOD

1. Finely slice the fennel on a mandolin and place into iced water.
2. Cut the coloured tomatoes into neat chunks.
3. Prepare the chicory keeping the leaves quite large, wash and drain.
4. Cut the bread into chunks, drizzle with a little olive oil and season, bake at 180c until golden brown and crunchy.
5. Tear the basil.
6. Mix everything together and serve.

A MESSAGE FROM DR RUPY:

A play on a traditional Mediterranean salad using fresh ingredients and wholegrain bread to provide a good amount of fibre. The ingredients fennel, tomato and basil deliver a wealth of complex plant chemicals that provide health benefits as well as a beautiful marriage of flavours. Chicory is a particularly interesting ingredient that contains prebiotic fibres, a fantastic ingredient to support your gut microbes and overall health.

CHARRED AUBERGINE, CHILLI, OREGANO AND RADISH

Recipe from Chef Ben Smitton.....

SERVES 6

INGREDIENTS

1.5 kilo aubergines
75ml pomace/olive oil
200g Tahini
30g Parsley
2 cloves Garlic
2 Red chillies
30g Mint
12 Radishes
30g Oregano
Coriander
1 Lemon
60ml Lemon juice
Salt and pepper

METHOD

1. Preheat an oven to 200c
2. Halve the aubergines and cut into 12 equal sized wedges, season and rub over with pomace oil. Place on a flat baking tray and roast for 18 - 20 minutes.
3. For the marinade - mix 30g of chopped coriander, 30g chopped oregano, 50g of finely chopped red chilli, 1 cloves of garlic crushed, zest and juice of 1 lemon and season.
4. Remove the aubergines from the oven and while they are still warm dress with the marinade and leave to rest for 20 minutes before gently mixing.
5. For the tahini dressing mix 200g of tahini with 200ml of water, 60ml of lemon juice, 1 clove of crushed garlic and season to taste, roughly chop the parsley and combine well.
6. Thinly slice the radishes and pick the remaining coriander and oregano leaves.
7. Layer the salad up alternating with the aubergines, tahini dressing, sliced radish, oregano & coriander.





JOSE PIZARRO'S SUMMER STRAWBERRY GAZPACHO

SERVES 6-8

INGREDIENTS

600g Strawberries
1 kilo Tomatoes
200ml Olive oil
75g Spring onions
1 Clove Garlic
1 Red pepper
25ml White wine vinegar
5g Salt
1 Punnet cherry tomatoes
20g Lemon thyme
100g Sourdough bread
1 Bunch chives
25g Parsley

METHOD

1. For the Gazpacho blend together the vine tomatoes, hulled strawberries, chopped red pepper, blanched garlic, white wine vinegar until well blended, then slowly pour in 100ml of olive oil in a steady stream whilst blending.
2. For the herb oil, cook the chives and parsley in boiling salted water for 30 seconds then refresh in iced water, drain then pat dry on clean paper cloth or j cloth.
3. Blend the cooked herbs with the other 100ml of olive oil for 2-3 minutes until vibrant green, refrigerate until needed.
4. For the croutons cut the sourdough into 2cm dice, add picked lemon thyme, a little olive oil and a pinch of salt, bake at 170c until golden brown and crispy.
5. Blanch the cherry tomatoes in boiling water for 10 seconds then refresh in iced water, allow to cool then remove their skins.
6. Ensure the Gazpacho is icy cold before serving, pour 180ml into a cold bowl, garnish with croutons, the cherry tomatoes and the basil oil as in picture.

STICKY BBQ PORK RIBS

Recipe from Archie Avery, Restaurant Sous Chef at Axa XL.....

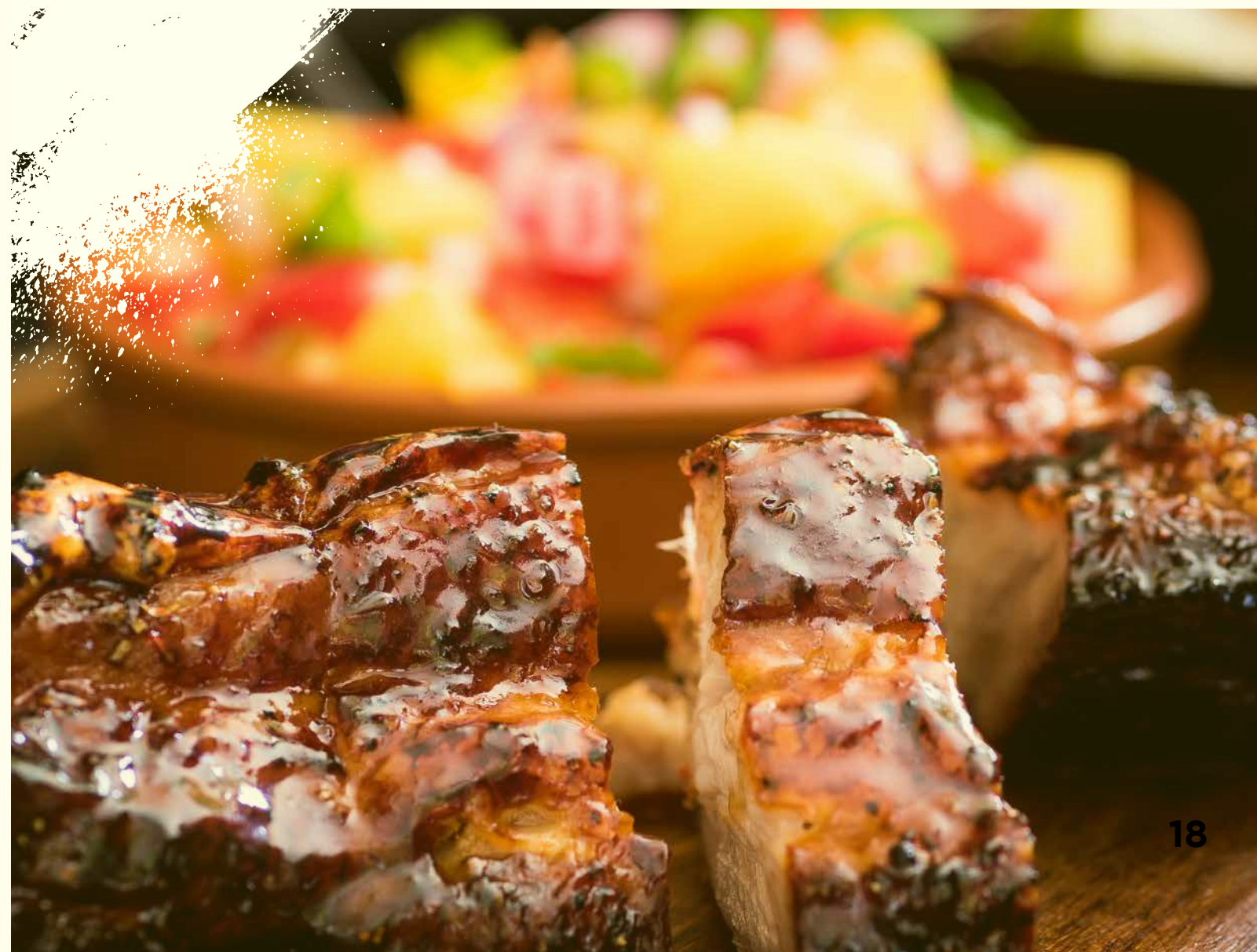
MAKES 12

INGREDIENTS

1 Rack of quality pork belly ribs, thick-cut / 3cm all the way around
1kg Demerara sugar
100g Salt
50g Ground black pepper
100g Paprika
100g Onion powder
100g Garlic powder
50g Mustard powder
30g Dried thyme
15g Red chilli flakes
300ml Apple juice

METHOD

1. Mix all the rub ingredients together well in a big bowl.
2. Rub generously over the rib rack and leave in the fridge for an hour.
3. Keep the rest of the marinade to one side.
4. Cook for 4-5 hours at 130c. Spray with apple juice frequently throughout cooking to keep moist.
5. Add a second layer of rub over the top after the first hour.
6. Alternatively, cook on a smoker barbecue on a low heat being careful not to burn as the cooking times may vary on a barbecue.





ORANGE AND ALMOND CAKE

Recipe from Admir Rokaj, Grab & Go Assistant at Axa.....

MAKES 12

INGREDIENTS

150g Butter
250g granulated sugar
4 Large eggs separated into yolks and whites
3 large oranges, zest and juice
250g All-purpose flour
8g Baking powder
Icing sugar for dusting

METHOD

1. Preheat the oven to 180c. Grease a baking dish.
2. Beat butter and sugar on medium speed with an electric mixer. Add egg yolks, one at a time.
3. With the mixer on a low speed, add the zest and juice from all three oranges. Increase the mixer speed to medium and beat until it all comes together.
4. With the mixer speed on low, gradually add flour and baking powder into the butter mixture until it is just incorporated.
5. In another bowl, whip egg whites until stiff peaks form.
6. Fold a 3rd of the whites into the cake batter to lighten it up, then gently fold in the rest.
7. Bake for 35-45 minutes.

CHOCOLATE MADELEINES

SERVES 6-8

INGREDIENTS

250g egg whites
250g Icing sugar
50g Flour
100g Ground almonds
250g Butter
25g Cocoa powder

METHOD

1. Melt the butter in a pan then carefully pour into a clean bowl and allow to cool.
2. Sieve together the flour, almonds, cocoa and icing sugar.
3. Mix the egg whites into all of the dry ingredients in the mixer, then add the butter gradually until the mixture emulsifies.
4. Place the mix into a piping bag and refrigerate until cold.
5. Pipe into large Madeleine moulds and bake at 170c for 8 - 10 minutes until golden brown, allow to cool for 2 minutes, tip out and serve.



Supporting **you** through coronavirus

PROTECT YOURSELF AND OTHERS FROM GETTING SICK



WASH YOUR HANDS

- After coughing or sneezing
- When caring for the sick
- Before, during and after you prepare food
- Before eating
- After toilet use
- When hands are visibly dirty
- After handling animals or waste

STAY AT HOME

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family
- You can spread the virus even if you don't have symptoms

Helping to keep your body & mind **healthy**

During a period of social distancing, quarantine or isolation, you or your family members may experience: fear and anxiety, lack of energy and sadness, anger, frustration and irritability. You may experience things at different times and in different ways –but it's perfectly normal to have these feelings.



Exercise and maintain
a healthy lifestyle



Create and follow a
routine



Stay virtually
connected



Limit news
consumption to only
reliable sources



Use psychological
strategies to manage
stress



Eat a healthy, balanced
diet

USEFUL RESOURCES:

www.mentalhealth.org.uk
www.mind.org.uk
www.gingerbread.org.uk
www.who.int



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