

THINK VEG BOX • THINK AUSTEN'S PREMIUM

**AUSTEN'S**  
ESTD **PREMIUM** 2015  
VEG BOX CO.

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VEG BOX CONTENTS & RECIPES FOR WEEK COMMENCING 13<sup>TH</sup> JANUARY 2024



EAT LOCAL • LIVE BETTER

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## VEG BOX CONTENTS

BOX SIZE & CONTENTS	SMALL BOX	MEDIUM BOX	LARGE BOX	WHERE IT IS GROWN	STORAGE INSTRUCTIONS
LOCAL COX APPLES	√	√	√	COXHEATH	ROOM TEMPERATURE
NADORCOTTS	√	√	√	SPAIN	ROOM TEMPERATURE
BANANAS	√	√	√	COSTA RICA	ROOM TEMPERATURE
LOCAL KING EDWARD POTATOES	√	√	√	BIRCHINGTON	COOL, DRY PLACE
LOCAL BABY SPINACH	√	√	√	THANET	REFRIGERATE
LOCAL SPROUT TOPS	√	√	√	THANET	REFRIGERATE
ENGLISH LOOSE CARROTS	√	√	√	LANCS	REFRIGERATE
COURGETTES	√	√	√	SPAIN	REFRIGERATE
LOCAL CELERIAC	X	√	√	DOVER	REFRIGERATE
LOCAL VINE TOMATOES	X	√	√	THANET	REFRIGERATE
LOCAL LITTLE GEM	X	X	√	WEST MALLING	REFRIGERATE
SWEET POTATOES	X	X	√	SPAIN	COOL, DARK PLACE

# SAUTEED TOPS WITH BACON & WALNUT & CLOVE BUTTER



Moderate



20 minutes



Side



04 Servings

## INGREDIENTS

350g sprout tops  
200g smoked back, diced  
1 onion or shallot, diced  
6 cloves  
40g walnut pieces, toasted  
1 bunch herbs, any (tarragon)  
100g butter, room temperature  
Pinch of salt & pepper



## COOKING STEPS

### THE FLAVOURED BUTTER

Place a small pan over a medium heat and add half of the butter to the pan, allow the butter to melt and then reduce to a very low heat. Next, add the cloves to the butter and allow to infuse for 2-3 minutes. Remove from the heat and discard the cloves. Set aside to cool.

Once the butter has cooled, combine it with the remaining butter and add the herbs and season with salt and pepper, mix together until fully combined and refrigerate until needed.

### THE GREENS

Remove any particularly large stems from the sprout tops and cut any large leaves in half.

Place a large pan of salted water over a medium-high heat. Once the water is at a rolling boil, add the sprout tops to the pan and blanch for 2-3 mins or until well softened. Remove from the pan and plunge into iced water.

Place a large pan over a medium heat and add the diced bacon to the pan. Cook the bacon for 4-5 minutes until just starting to turn crisp. Remove the bacon from the pan and set aside, reserving as much bacon fat in the pan as possible. Return the pan to the heat and add the onion. Sweat the onion for 2-3 minutes until starting to colour, stirring frequently to avoid burning. Then, add the sprout tops and sauté for 5-6 minutes moving the leaves around the pan constantly until the tops have softened.

Stir through a tablespoon of the flavoured butter and then transfer a serving plate. Finally, mix through the crispy bacon and crumble over the walnut pieces. Serve immediately with an extra dollop of the flavoured butter.

# GARLIC BUTTER CHICKEN THIGHS WITH SPINACH



Moderate



40 minutes



Main



04 Servings

## INGREDIENTS

6 chicken thighs  
2 teaspoons olive oil  
2 tablespoons butter  
6 cloves garlic, finely diced  
1 small onion, diced  
½ cup stock  
½ cup crispy bacon, chopped  
1 cup milk  
¾ cup single cream  
1 bag baby spinach leaves  
salt and fresh cracked pepper  
1 teaspoon Italian seasoning  
½ cup fresh grated parmesan  
crushed chili pepper flakes,  
optional  
1 teaspoon cornflour mixed with  
1 tablespoon of water



## COOKING STEPS

Heat the oil in a large pan over medium heat. Season the chicken thighs on both sides with salt and pepper and sear in the pan for 5-8 minutes on each side, or until cooked through. Once cooked, remove chicken from the pan and set aside.

Melt the butter in the remaining cooking juices leftover in the pan. Add in the onion and garlic and fry until fragrant (about one minute). Pour in the stock and allow to reduce down slightly. Add the crispy bacon and fry for 1-2 minutes to release the flavours.

Reduce heat to low, add the milk and cream and bring to a gentle simmer, while stirring occasionally. Make sure to lower the heat to avoid the sauce separating. Add Italian seasoning and season with salt and pepper to your taste. Add in the spinach leaves and allow to wilt in the sauce and then add in the parmesan. Allow sauce to simmer for a further minute until cheese melts through the sauce.

Add the cooked chicken back into the pan; sprinkle with chili pepper flakes (if using), and spoon the sauce over each chicken thigh.

Serve over pasta or rice or with potatoes and vegetables of your choice.

# COURGETTE & CARROT FRITTERS



Moderate



30 minutes



Lunch/Starter



08 Fritters

## INGREDIENTS

1 courgette  
2 carrots  
½ cup plain flour  
½ tsp baking powder  
¼ teaspoon garlic powder  
¼ teaspoon onion powder  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1 egg  
2 tbsp oil



## COOKING STEPS

Using a grater (ideally box), shred the courgettes and carrots. In paper towels or a tea towel, ring out the courgettes and carrots to release excess moisture.

In a large bowl, combine the flour, baking powder, garlic powder, onion powder, salt, and pepper with the courgettes and carrots. Toss to coat.

In a small bowl, whisk egg, then add to the courgette and carrot mixture. Stir to combine.

In a large pan, add the oil and heat over a high-medium heat. Drop about a ¼ cup scoop of the mixture into the pan. Slightly flatten to create a 2-inch patty. Cook until lightly browned and then flip and cook until both sides are evenly browned.

# POTATO & CELERIAC ROSTI WITH POACHED EGGS



Easy



15 minutes



Lunch



04 Servings

## INGREDIENTS

400g celeriac, peeled  
2-3 medium king edward  
potatoes, peeled  
2tbsp plain flour  
rapeseed, olive or vegetable oil  
4 eggs  
freshly ground black pepper



## COOKING STEPS

Coarsely grate the celeriac and potato into a large, clean tea towel and, holding over the sink, squeeze out as much moisture as possible from the mixture. Tip into a bowl and stir through the flour and plenty of seasoning.

Heat a large frying pan and add enough oil to your taste. Form the mix into 8 patties, each about 10cm wide and 1cm thick. Fry in batches, if necessary, for 2-3 minutes or until golden underneath. Flip and fry for another 2-3 minutes until again golden underneath and cooked through. Keep warm in a low oven while you poach the eggs.

Fill a deep frying pan with gently simmering water. Crack the eggs into a small cup, one at a time, then drop gently into the water. Poach for 2-3 minutes or until the whites have just set. Scoop out with a slotted spoon and drain briefly on kitchen paper.

Whisk together the olive oil, mustard and white wine vinegar in a bowl with some seasoning, then tip into the salad leaves and toss well.

Divide the rösti between 4 plates, top each with a poached egg and freshly ground black pepper.

Also goes well with hollandaise sauce.

# PAN FRIED BANANAS WITH CINNAMON & HONEY



Moderate



15 minutes



Dessert



04 Servings

## INGREDIENTS

2 bananas, cut  
into ½" pieces  
½ tsp cinnamon  
1 tbsp butter  
2 tbsp honey



## COOKING STEPS

Combine the cinnamon, butter and honey in a frying pan over medium-high heat until melted and combined.

Add the banana slices and cook for 4 minutes until the bottoms start to caramelize and turn golden brown. Adjust the temperature and cooking time as needed so that they don't burn.

Flip all the banana pieces and cook for another 4 minutes until the other side is golden brown.

Serve immediately over ice cream or yogurt.

# FRUITY CARAMEL BAKED COX APPLES



Moderate



30 minutes



Dessert



04 Servings

## INGREDIENTS

3-4 cox apples  
50g butter  
50g brown sugar  
2 handfuls dried fruit  
1 zest of orange  
2 tablespoons runny honey  
1 tablespoon icing sugar  
1 pinch mixed spice  
1 splash brandy or whisky (optional)



## COOKING STEPS

Preheat the oven to 180°C/350°F/gas 4. Carefully remove the core from the apples with a sharp knife or apple corer. Be careful not to split them in half. Place them on a baking tray.

Heat the butter and sugar in a small saucepan with the dried fruit, stem ginger and orange zest. Stir until the butter has melted and all the grains of sugar have disappeared. Pour the caramel mixture into the middle of the apples, drizzling any extra mixture over the top along with the honey. Bake the apples in the preheated oven for 20 minutes.

Meanwhile, whip the double cream with the icing sugar and mixed spice until you have soft peaks. Fold in the brandy or whisky for a bit of a kick if you like.

Serve each apple with a big spoonful of natural yoghurt, crème fraiche or cream and any leftover caramel juices from the tray



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