

THINK VEG BOX • THINK AUSTEN'S PREMIUM



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VEG BOX CONTENTS & RECIPES FOR WEEK COMMENCING 28TH OCTOBER 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 SPARTAN APPLES	√	√	√	COXHEATH	ROOM TEMPERATURE
LOCAL PEARS	√	√	√	COXHEATH	ROOM TEMPERATURE
NADORCOTTS	√	√	√	SPAIN	ROOM TEMPERATURE
LOCAL MARIS PIPER POTATOES	√	√	√	BIRCHINGTON	COOL, DRY PLACE
LOCAL CAULIFLOWER	√	√	√	CANTERBURY	REFRIGERATE
ENGLISH BRUSSELS SPROUTS	√	√	√	LINCS	REFRIGERATE
LOCAL BUNCHED BEETROOT	√	√	√	BOUGHTON MONCHELSEA	REFRIGERATE
ENGLISH LEEKS	√	√	√	LANCS	REFRIGERATE
ENGLISH LOOSE CARROTS	X	√	√	VARIOUS UK	REFRIGERATE
SWEET POTATOES	X	√	√	SPAIN	ROOM TEMPERATURE
ENGLISH CUP MUSHROOMS	X	X	√	DEVON	REFRIGERATE IN A PAPER BAG
ENGLISH RED ONIONS	X	X	√	LINCS	COOL, DARK PLACE

BALSAMIC & HONEY ROASTED BRUSSELS SPROUTS



Easy



30 minutes



Side



04 Servings

INGREDIENTS

500g brussels sprouts
3 tbsp olive oil separated
 $\frac{3}{4}$ tsp sea salt
 $\frac{1}{2}$ tsp ground black pepper
2 tbsp balsamic vinegar or glaze
2 tsp honey



COOKING STEPS

Preheat oven to 425°F/210 Celsius

Line a baking sheet or tray with aluminium foil.

Trim off the outer dry leaves and cut the bottom off and slice sprouts lengthwise.

In a large bowl, toss brussels sprouts with 2 tablespoons of olive oil, salt and freshly cracked black pepper to coat thoroughly.

Transfer the brussels sprouts to your baking sheet/tray and roast until tender and caramelized, about 20 minutes.

Place brussels sprouts back in a bowl. Add the remaining tablespoon of olive oil, balsamic vinegar and honey and toss to coat evenly. Taste and season with kosher salt if necessary and serve.

LOADED HASSELBACK POTATOES



Moderate



75 minutes



Starter/Side



04 Servings

INGREDIENTS

8 small or 4 large potatoes
2 tbsp Olive Oil
1 tsp Paprika
1 tsp Garlic Powder
Salt and Pepper to taste
120g cheddar cheese, sliced
100g bacon strips +
extra for garnish
4 tbsp Sour Cream
Fresh parsley for garnish,
finely chopped (optional)



COOKING STEPS

Wash the potatoes thoroughly. Use a food brush to remove any dirt.

Place 2 chopsticks on a chopping board, alongside a potato. Make several cuts into the potato – almost to the bottom (the chopsticks will prevent you from cutting all the way through).

Transfer them (the cut side up) onto a baking tray lined with baking paper. In a small bowl, combine olive oil, paprika and garlic powder. Brush each potato with this mixture and season with salt and pepper.

Bake in a preheated oven at 400°F/200°C for 55 minutes. The potatoes should be almost cooked at this stage. Take the tray out and fill the gaps with cheese and bacon slices. Bake for a further 10-15 minutes or until the bacon is done.

When ready, take them out and top with more cheese, fried bacon, sour cream and parsley (optional).

CHEDDARY CAULIFLOWER GRATIN



Moderate



40 minutes



Lunch/Side



04 Servings

INGREDIENTS

1 cauliflower
2 tbsp butter
2 cloves garlic, minced
2 tbsp plain flour
1½ cups milk
2 cups grated cheddar
½ cup parmesan
salt
ground black pepper
Freshly chopped parsley
(optional)



COOKING STEPS

Preheat oven to 375°/180C fan and butter a medium casserole dish. In a large pot of boiling salted water, cook the cauliflower for 3 minutes. Use a slotted spoon to transfer to a bowl of ice water to cool. Drain, then lay cauliflower out on a baking sheet lined with paper towels to let dry completely.

In a large pan over medium heat, melt the butter. Add the garlic and cook until fragrant, about 1 minute. Whisk in the flour and cook until flour is golden and starts to bubble, about 1 minute more. Add milk slowly and stir until mixture comes to a simmer. Boil until slightly thickened, about 1 minute.

Turn off the heat and add 1 cup cheddar and parmesan. Stir until the cheese has melted, then season with salt and pepper.

Add about half the cauliflower to a prepared pan, then pour in half of the creamy mixture. Repeat with the remaining cauliflower and creamy mixture, then top with the 1 cup of cheddar.

Bake until bubbling and golden on top, about 25 minutes.

Garnish with parsley (optional) and serve.

TENDER CARAMELISED SWEET POTATOES



Moderate



35 minutes



Side



04 Servings

INGREDIENTS

500g sweet potatoes,
roughly equally sized
3 tablespoons melted butter
3 tablespoons rapeseed or
olive oil
1¼ teaspoons salt
1 teaspoon ground black
pepper
3 garlic cloves, peeled and
thinly sliced or chopped
1¼ cup vegetable stock



COOKING STEPS

Preheat the oven to 500°F, 260C.

Peel the sweet potatoes and cut into 1 inch thick rounds. Arrange on a half sheet pan with space between the slices to allow for air to circulate. Drizzle the potatoes with the butter and the rapeseed/olive oil. Sprinkle the salt and pepper over the top. Use your hands to flip the sweet potatoes and slide them around in the oils, making sure they're completely coated.

Roast the sweet potatoes for 15 minutes, or until the undersides of the slices have caramelized to a beautiful deep brown. Carefully flip the sweet potato slices and return the pan to the oven for another 15 minutes.

Flip the sweet potato slices once again and scatter the chopped or sliced garlic over the sweet potato slices and then pour the vegetable broth over. Return the pan to the oven for another 15 minutes, or until the potatoes are completely tender and the stock has reduced to a thicker consistency. Use a spatula to transfer the melting sweet potatoes to a serving plate and drizzle the sauce from the pan over them.

PEAR & APPLE BAKED PUDDING WITH BUTTERSCOTCH



Moderate



80 minutes



Dessert



06 Servings

INGREDIENTS

10 slices wholemeal bread
1 cup brown sugar,
plus extra ½ cup
finely grated zest and juice of 2
lemons
375ml can dry cider
2½ tbsp cornflour, dissolved in
2½ tbsp water
4 firm pears, diced
2 spartan apples, diced
1 tsp ground cinnamon
½ tsp ground ginger
100g butter, melted,
plus extra 2 tbsp
300ml cream
1 tbsp honey
large pinch sea-salt flakes
thick cream or ice-cream, to serve



COOKING STEPS

Preheat oven to 140°C fan-forced (160°C conventional). Put bread on a wire rack over an oven tray and bake until dried, about 10 minutes. Allow to cool slightly, then crush bread with your hands into a large bowl. Mix with ¼ cup of the brown sugar.

Increase oven to 170°C fan-forced (190°C conventional). Combine zest, juice, cider and cornflour mixture in a medium saucepan. Bring to a simmer on medium heat and cook until slightly thickened. Add pears and apples and bring back to a simmer. Stir in remaining brown sugar and spices. Remove from heat.

Grease a 2 litre baking dish. Put half of the apple mixture in the base, then sprinkle over half of the breadcrumb mixture. Drizzle with half of the butter. Repeat layers. Cover with foil and bake for 25 minutes. Remove foil and bake for another 20-25 minutes, or until fruit softens.

Meanwhile, combine extra sugar and extra butter in a medium saucepan and bring to the boil. Add cream and bring it back to the boil for 30 seconds. Stir in honey and salt. Serve drizzled over and your favourite ice-cream or cream.

STICKY NADORCOTT STEAMED PUDDINGS



Moderate



90 minutes



Dessert



06 Servings

INGREDIENTS

Butter for greasing
Soft light brown sugar to sprinkle
2 clementines, 1 sliced into rounds
and 1 squeezed
125g self-raising flour
90g golden caster sugar
65g fresh white breadcrumbs
1 heaped tsp baking powder
90g shredded suet
4 tbsp orange and ginger marmalade
2½ tsp ground ginger
1 tsp ground cinnamon
1 large free-range egg
4 tbsp golden syrup
3-4 tbsp whole milk
Cream or custard to serve

For the syrup

Juice of 2 clementines, strained
through a sieve
75g golden caster sugar
2 tbsp golden syrup



COOKING STEPS

Butter 6 x 175ml plastic moulds or pudding basins. Sprinkle the bottom of each with a little soft brown sugar, then put a nadorcott round in the bottom of each dariole mould or pudding basin.

Mix together the flour and golden caster sugar with a small pinch of salt, the breadcrumbs, baking powder and suet. In a small bowl or jug, whisk the marmalade with the nadorcott juice, the spices, egg and golden syrup, then stir the wet mixture into the flour mixture. Add just enough of the milk to bring it together into a soft dropping consistency.

Divide the mixture evenly among the moulds/basins, filling each one about two-thirds full. Cover each mould/basin with a circle of baking paper, then tie with string under the rim of the moulds, using a longer piece of string to make a handle.

Put the puddings in a large pan and pour in boiling water until it reaches halfway up the sides of the moulds. Bring to the boil, then cover and steam for 1 hour 10 minutes to 1 hour 15 minutes.

Meanwhile make the syrup. Put the nadorcott juice, sugar and syrup in a pan over a medium heat and allow the sugar to melt. Increase the heat and boil until you have a thick syrup.

Remove the puddings from the pan, allow to cool for 5 minutes, then turn them out onto a wire rack. Drizzle with the syrup, then set aside for a few minutes to let it soak in. Serve with cream or custard.

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