

CATERCLOUD MONTHLY RECIPE BOOK

August 2022



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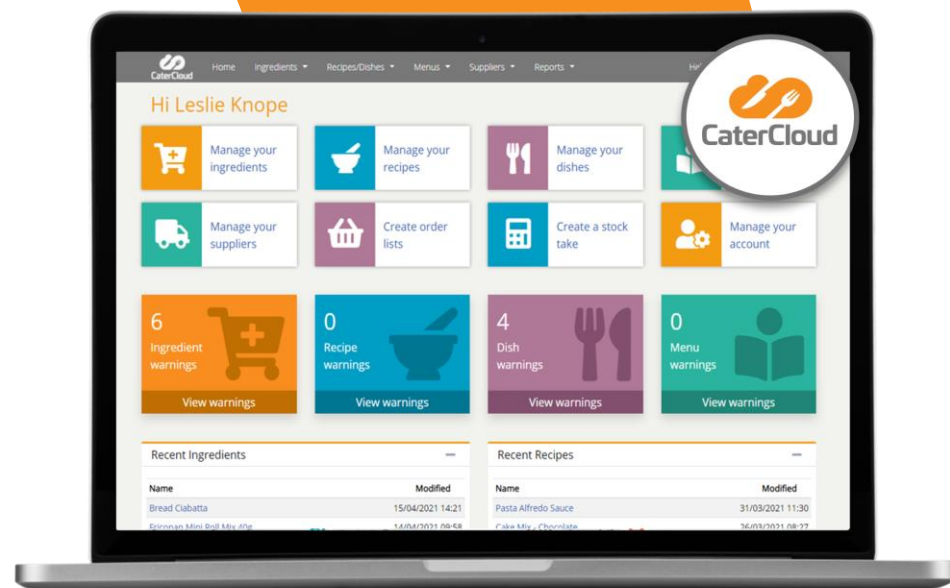
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About CaterCloud

Manage your menus with the industry's most flexible allergen, nutrition, menu planning and costings solution that is FREE to use.

CaterCloud is the only menu management tool you will ever need! From boardroom to kitchen, our simple yet powerful solution will manage your menus and food safety and costs, giving you full control and peace of mind.

CaterCloud will ensure you stay compliant with Natasha's Law and all current and upcoming food legislation by printing customisable labels.

Gain access to our live allergy and nutrition database, with recognised allergen and sub-allergen identification and tagging along with calorific values for thousands of ingredients.

Control your costs and food margins, reduce waste and produce nutritionally balanced meals using our advanced menu planning features.



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Code to
watch our
CaterCloud
video.**

STARTERS

(Adults need around 2,000 kcal a day)



Red pepper & tomato soup

- Portions: 4
- Prep time: 15

Portion weight: 461.90g
 Cook time: 30mins

Allergens

S02: red wine vinegar

Ingredients

Item	Qty	Unit
Basil	40	g
Fresh tomatoes	800	g
Red peppers	400	g
Red onion	2	average
Salt and black pepper	1	pinch each
Olive oil	1	tbsp (heaped)
Garlic	3	cloves
Red wine vinegar	1	tbsp (heaped)
Rubbed thyme	20	g
Still water	150	ml

Nutritional information

Nutrients	Portion	100g
Energy	188.78kcal	40.87kcal
Salt	0.12g	0.02g
Fat	8.29g	1.80g
Saturated fat	1.33g	0.29g
Carbohydrate	21.78g	4.72g
Sugar	16.12g	3.49g
Protein	5.02g	1.09g
Fibre	12.10g	2.62g

Method

1. Pre-heat the oven to 180c.
2. Put the ½ tomatoes, ¼ red onions, and ¼ peppers in a large oven tray, drizzle with olive oil and bake for 25-30.
3. Place the garlic cloves and thyme in with these ingredients in the oven and leave to caramelise together.
4. Carefully take the oven tray and add the red wine vinegar to all the ingredients and then transfer to a deep saucepan.
5. Blend all the mixture using a stick blender and add the 300ml of water to the mix.
6. Reheat the soup if needed, if not, just season with salt and pepper and serve with fresh basil leaves.



Tomato, feta & basil bruschetta

- Portions: 4
- Prep time: 15mins

Portion weight: 473.85g
 Cook time: 3mins (Toasting)

Allergens

Milk: feta cheese
Wheat: baguette

SO2: balsamic vinegar
May contain: barley (baguette)

Ingredients

Item	Qty	Unit
Olive oil	40	ml
Basil	40	g
Balsamic vinegar	40	ml
Baguette	1	average size
Feta cheese	200	g
Fresh tomatoes	4	average size
Red onion	4	average size
Salt	4	pinches (0.3g)
Ground pepper	4	pinches (0.3g)
Garlic	4	average cloves

Nutritional information

Nutrients	Portion	100g
Energy	429.07kcal	90.55kcal
Salt	1.99g	0.42g
Fat	21.72g	4.58g
Saturated fat	8.43g	1.78g
Carbohydrate	42.82g	9.04g
Sugar	19.88g	4.20g
Protein	15.75g	3.32g
Fibre	10.84g	2.29g

Method

1. Finely chop the tomatoes, red onion, garlic and the basil leaves into a mixing bowl.
2. Then gently crumble the feta cheese into the mixing bowl with the other ingredients.
3. Lightly pour in the olive oil and balsamic vinegar to dress the ingredients.
4. Add a pinch of salt and black pepper into the mixing bowl and mix all the ingredients until fully coated.
5. Slice the baguette into 4 equal size pieces and lightly toast until light brown on each side.
6. Once toasted, lightly place the ingredients onto the crunchy slices evenly and serve.



Deep fried brie

- Portions: 4
 - Prep time: 40mins
- Portion weight: 203.43g
Cook time: 5mins

Allergens

Eggs: free range eggs **Milk:** brie **Wheat:** breadcrumbs

Ingredients

Item	Qty	Unit
Natural breadcrumbs	284	g
Brie	400	g
Free range eggs	1	medium
Olive oil	284	g
Salt	1	pinch
Ground black pepper	1	pinch

Nutritional information

Nutrients	Portion	100g
Energy	1037.52kcal	510.01kcal
Salt	1.61g	0.79g
Fat	99.53g	48.92g
Saturated fat	32.78g	16.11g
Carbohydrate	13.12g	6.55g
Sugar	1.26g	0.62g
Protein	21.42g	10.53g
Fibre	1.86g	0.91g

Method

1. Put the egg, salt and pepper into a bowl and whisk.
2. Place the breadcrumbs into a different bowl ready for the brie to be dipped.
3. Chop the brie into four pieces and then dunk into the egg and then roll in the breadcrumbs until fully coated.
4. Place them onto a tray and refrigerate for 30 mins to firm the crumb mix, ready for frying.
5. Use a fryer or heavy saucepan and place the remaining oil in and heat to 180c, after 30 mins place the brie into the hot oil for 3-5 mins until golden brown.
6. Remove and drain onto paper towels.
7. Serve hot and accompany with a cranberry sauce, if to your taste.



MAIN COURSES

(Adults need around 2,000 kcal a day)



Chicken, bacon, lettuce & tomato salad

- Portions: 4
- Prep time: 15mins

Portion weight: 645.65g
Cook time: 15mins

Allergens

Celery: celery

Ingredients

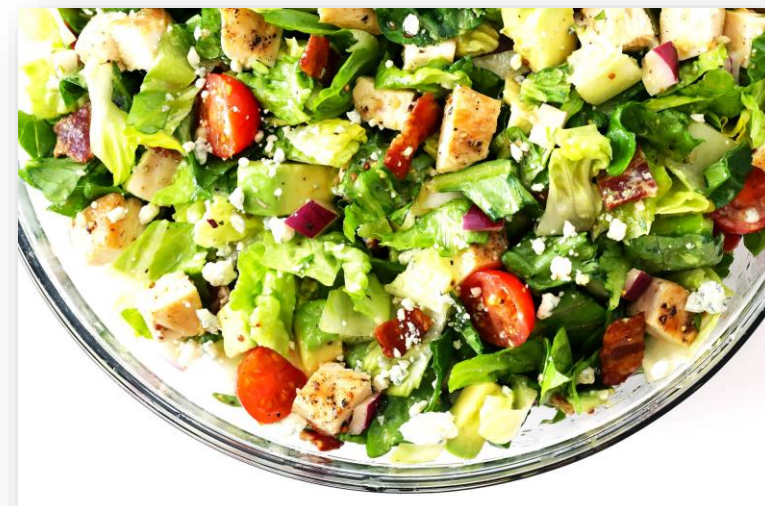
Item	Qty	Unit
Celery	1	average head
Chicken breast fillets	4	medium fillets
Little gem lettuce	4	each
Avocado	2	average size
Fresh tomatoes	4	average size
Bacon	8	rashers
Salt	1	pinch
Ground black pepper	1	pinch

Nutritional information

Nutrients	Portion	100g
Energy	451.28kcal	69.90kcal
Salt	2.79g	0.46g
Fat	22.48g	3.48g
Saturated fat	5.99g	0.93g
Carbohydrate	8.93g	1.38g
Sugar	8.13g	1.26g
Protein	53.64g	8.31g
Fibre	4.61g	0.71g

Method

1. Firstly cook the chicken breast fillets to a minimum of 75c either in a pre-heated oven of 185c or pan fry, approx. 12 mins
2. Then cook the bacon rashers in a non-stick pan until cooked/crispy approx. 3 mins
3. Chop the tomatoes in half, then finely chop the celery and avocado into thin strips ready to be mixed into the salad.
4. Slice the cooked chicken breasts either into cubes/strips and then dice the cooked bacon rashers and mix all the ingredients together in a mixing bowl.
5. Lastly add the little gem lettuce.
6. Place the salad into a fresh bowl or plate with a dressing of your choice, if required.



Cod, chips & mushy peas

- Portions: 4
- Prep time: 15mins

Portion weight: 636.70g
Cook time: 15mins

Ingredients

Item	Qty	Unit
Cod	4	pieces
Olive oil	284	g
Cornflour	75	g
Plain flour	300	g
White wine vinegar	2	tbsp
Fresh lemon	½	average
Tartare sauce	120	g
Salt and pepper	2	pinches each
Mushy peas	120	g
White washed potatoes	1000	g

Method

1. Mix the cornflour, 200g of flour, salt, Cup of water and white wine vinegar into a bowl and whisk until smooth, add water until smooth/necessary.
2. Peel and chop the potatoes into similar sized pieces ready to be fried for 5-6 mins.
3. Turn two fryers onto 180c ready for the cod/chips and place the remaining 100g of flour into a separate tub.
4. Gently drop the cod into the flour, then into the batter ensuring full coated, and then place into the fryer for 5-7mins.
5. Once cooked, drain off the excess oil on kitchen paper.
6. Place the mushy peas into a saucepan and put on a low heat.
7. Once all cooked, serve the chips, fish and peas on a plate with the lemon on top and the tartare sauce on the side.

Allergens

Eggs: tartare sauce **Fish:** cod **Mustard:** tartare sauce
Spelt and wheat: cod and plain flour

Nutritional information

Nutrients	Portion	100g
Energy	1577.31kcal	247.73kcal
Salt	1.77g	0.28g
Fat	94.29g	14.81g
Saturated fat	12g	1.89g
Carbohydrate	163.15g	25.62g
Sugar	7.60g	1.19g
Protein	23.81g	3.74g
Fibre	11.02g	1.73g



Courgette spaghetti

- Portions: 4
 - Prep time: 10mins
- Portion weight: 401.90g
Cook time: 15mins

Allergens

Eggs: parmesan **Milk:** parmesan **Wheat:** penne pasta

Ingredients

Item	Qty	Unit
Spaghetti	600	g
Courgette	600	g
Parmesan Grana Padano	120	g
Basil	40	g
Fresh flat leaf parsley	40	g
Fresh coriander	40	g
Garlic	1	clove
Salt	2	pinches

Nutritional information

Nutrients	Portion	100g
Energy	715.91kcal	197.82kcal
Salt	0.67g	0.19g
Fat	11.84g	3.27g
Saturated fat	5.95g	1.64g
Carbohydrate	116.57g	32.21g
Sugar	9.07g	2.51g
Protein	31.19g	8.62g
Fibre	9.58g	2.65g

Method

1. Boil water with a pinch of salt until it reaches boiling point.
2. Cook the spaghetti according to the pack instructions or until cooked, roughly 10-12 mins.
3. Meanwhile, slice the courgettes and add to a heated pan with the olive oil and garlic and gently heat until soft. Approx 3-5 mins.
4. Then, chop the herbs and leave to the side.
5. Take the spaghetti off the boil and drain and add the courgettes and finely chopped herbs.
6. Gently stir all the ingredients together and add the grated parmesan over the dish at the end.



DESSERTS

(Adults need around 2,000 kcal a day)



Apple & blueberry crumble

- Portions: 4
 - Prep time: 20mins
- Portion weight: 218.90g
Cook time: 25mins

Ingredients

Item	Qty	Unit
Apple juice	2	tbsp
Large golden delicious apple	4	each
Caster sugar	2	pinches
Plain flour	100	g
Salted butter	75	g
Oat flakes	50	g
Soft light brown sugar	100	g
Blueberries	120	g

Method

1. Pre-heat the oven to 200c/400c/Gas 6.
2. Slice the apples into small cubes and place into a non-stick pan and add a pinch or caster sugar accordingly.
3. Add a tablespoon of water or apple juice and cook over a medium heat for about 5 mins, until the apples start to soften.
4. Just before transferring to an oven dish, add the blueberries and mix together to caramelise them with the apples, then add to the oven dish.
5. Blend the flour and butter in a food processor for a few seconds, until the mixture looks like breadcrumbs and stir in the oats and brown sugar.
6. Sprinkle the breadcrumb mix over the apples and blueberries in the oven dish and over bake for 20 mins or until crisp and golden brown on top.

Allergens

Milk: salted butter **Oats:** oat flakes **Wheat:** plain flour

Nutritional information

Nutrients	Portion	100g
Energy	447.71kcal	204.53kcal
Salt	0.35g	0.16g
Fat	17.41g	7.95g
Saturated fat	10.16g	4.64g
Carbohydrate	67.66g	30.91g
Sugar	40.69g	18.59g
Protein	4.83g	2.21g
Fibre	3.83g	1.75g



Lemon meringue pie

- Portions: 4
- Prep time: 45mins

Portion weight: 436g
Cook time: 25–30mins

Allergens
Eggs: eggs

Milk: butter

Wheat: plain flour

Ingredients

Item	Qty	Unit
Fresh lemons	4	each
Plain flour	175	g
Free range eggs	9	medium
Salted butter	140	g
Caster sugar	375	g
Icing sugar	30	g
Cornflour	50	g

Nutritional information

Nutrients	Portion	100g
Energy	1044.65kcal	239.60kcal
Salt	1.12g	0.26g
Fat	41.37g	9.49g
Saturated fat	21.81g	5g
Carbohydrate	149.41g	34.27g
Sugar	103.06g	23.64g
Protein	21.24g	4.87g
Fibre	1.75g	0.40g

Method

1. Pre-heat the oven to 180c. Measure the flour and butter into a food processor and blend until the mixture becomes breadcrumbs.
2. Add the icing sugar, 1 egg and 1 tbsp of water and mix again until combined into a ball, then roll out to a 3mm thickness and line the pastry in a tin, cover and place in the refrigerator to chill for 30 mins.
3. Take the pastry out of the fridge and fill with baking beans and bake for 15 mins, then remove the beans/parchment and return to the oven for 5 mins. Remove from the oven and reduce the temperate to 170c.
4. Mix the lemon zest and juice with the cornflour and stir to form a paste. Measure 450ml of water into a pan and bring to the boil, then add the lemon cornflour mixture and stir over the heat until thickened.
5. In a bowl, mix together the sugar and egg yolks and whisk into the lemon mixture. Stir over a medium heat until thickened. Leave for 5 min then place in the pastry.
6. For the meringue, whisk the egg whites until soft peaks form, add the caster sugar, a little at a time, then add the cornflour and whisk again.
7. Spoon the filling into the pastry case and pipe the meringue to cover the top and bake in the oven for 10–15 mins, until the meringue is firm and golden.



DRINKS

(Adults need around 2,000 kcal a day)



Cucumber, apple & spinach juice

- Portions: 20
- Prep time: 5mins

Portion weight: 153.55g
 Cook time: 0mins

Allergens

Celery: celery

Ingredients

Item	Qty	Unit
Cucumber	1	whole
Celery	4	
Spinach leaf	200	g
Lime	4	each
Apple juice	600	ml

Nutritional information

Nutrients	Portion	100g
Energy	25.86kcal	16.84kcal
Salt	0.19g	0.12g
Fat	0.41g	0.27g
Saturated fat	0.04g	0.02g
Carbohydrate	4.81g	3.14g
Sugar	4.79g	3.12g
Protein	1.06g	0.69g
Fibre	1.71g	1.11g

Method

1. Place all the vegetables into a blender/food processor or bowl/
2. Pour in the apple juice and squeeze the limes and blitz until smooth.
3. Add a few ice cubes (or chill for an hour)
4. Then tip into glasses and serve.



Lemon & orange iced tea

- Portions: 4
- Prep time: 15mins

Portion weight: 117g
 Cook time: 0mins

Allergens

No allergens present.

Ingredients

Item	Qty	Unit
Golden syrup	2	tbsp
PG Tips one cup tea bags	6	tea bags
Caster sugar	2	tbsp
Fresh lemons	2	average size
Orange	1	medium size
Fresh mint	25	g

Nutritional information

Nutrients	Portion	100g
Energy	69.27kcal	59.21kcal
Salt	0.07g	0.06g
Fat	0.22g	0.19g
Saturated fat	0.07g	0.06g
Carbohydrate	16.28g	13.92g
Sugar	16.26g	13.90g
Protein	0.74g	0.64g
Fibre	0.61g	0.52g

Method

1. Put the tea bags, sugar and syrup into a large jug with 1.5 litres of cold water and leave to infuse for 10 mins.
2. Remove and discard the tea bags after 10 mins and chill until ready to serve.
3. Juice one lemon and slice one lemon and then remove the jug from the fridge and add the lemons.
4. Slice the orange and add to the jug along with the mint leaves and stir gently.
5. Fill the jug to the top with ice and then pour into 4 glasses.
6. Serve with extra syrup, if required, to your taste.



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