

CATERCLOUD MONTHLY RECIPE BOOK

September 2022



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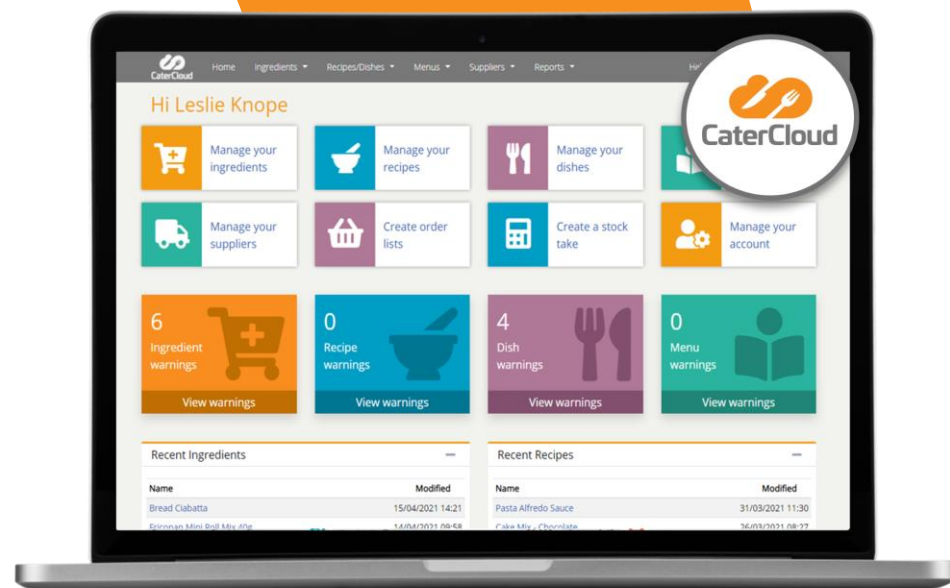
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About CaterCloud

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
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CaterCloud
video.**

STARTERS

(Adults need around 2,000 kcal a day)



French onion soup

- Portions: 4 Portion weight: 249.38g
- Prep time: 15mins Cook time: 45mins

Ingredients

Item	Qty	Unit
Salted butter	10	g
Olive oil	1	tsp
Onion	2	average
Caster sugar	1	tsp
Bay leaves	2	average
Thyme	5	g
White cooking wine	50	ml
Beef stock	300	ml
Baguette	1/2	average
Cheddar Cheese	60	g
Salt	1	tsp
Pepper	1	tsp

Method

1. Melt the butter and oil in a deep saucepan. Dice the 3 large onions and add to a hot pan. Lower the heat, cover, and simmer for up to 10 minutes to gently cook.
2. Next, remove the lid, add the sugar, salt, and pepper and re-cover to simmer for a further 15 minutes until the onions are caramelised and tender.
3. Add the white wine and allow to boil for a few minutes to burn off the alcohol, then on a low heat add the beef stock, thyme and bay leaves to infuse.
4. Slice the half baguette into quarters. Sprinkle with the cheese and toast under the grill.
5. Stir the soup before plating and serve with crusty cheese baguette on top.

Allergens

- SO2:** White cooking wine **May contain:** Barley (baguette)
Wheat: Baguette **Milk:** Salted butter, cheddar cheese
Soya: Baguette

Nutritional information

Nutrients	Portion	100g
Energy	392.80kcal	157.51kcal
Salt	22.55g	9.04g
Fat	11.02g	4.42g
Saturated fat	5.91g	2.37g
Carbohydrate	64.20g	25.74g
Sugar	14.16g	5.68g
Protein	9.90g	3.97g
Fibre	4.41g	1.77g



Mushrooms with garlic and herbs on toast

- Portions: 4 Portion weight: 153.55g
- Prep time: 15mins Cook time: 10mins

Ingredients

Item	Qty	Unit
White bread	4	slices
Brown Mushrooms	400	g
Thyme	20	g
Basil	20	g
Olive oil	1	tbsp
Salt	2	pinches (0.3g)
Ground pepper	2	pinches (0.3g)
Garlic	2	average cloves

Method

1. Start by dicing the mushrooms in half ready for pan frying, and dice the garlic cloves and herbs.
2. Grab a saucepan, add tbsp of oil and add the mushrooms and cook on a high heat, for 2-3 minutes.
3. Whilst frying, add most of the diced garlic cloves to the mushrooms and the diced thyme/basil. Lower the temperature of the saucepan to a low heat, gently stirring for a further 5-10 minutes.
4. Allow ingredients to slowly infuse together. Meanwhile, toast the bread with remaining diced garlic cloves for extra flavour.
5. Plate up with garlic toast in the middle of the plate with the mushroom mix on top.

Allergens

Wheat: White bread

Soya: White bread

May contain: Celery (white bread)

Nutritional information

Nutrients	Portion	100g
Energy	169.09kcal	110.12kcal
Salt	0.60g	0.39g
Fat	4.70g	3.06g
Saturated fat	0.76g	0.50g
Carbohydrate	23.86g	15.54g
Sugar	3.67g	2.39g
Protein	6.92g	4.51g
Fibre	5.52g	3.60g



MAIN COURSES

(Adults need around 2,000 kcal a day)



Beef tacos with avocado and pickled onion

- Portions: 4
- Prep time: 45mins

Portion weight: 644.10g
Cook time: 1hour

Ingredients

Item	Qty	Unit
Plain flour	284	g
Baking powder	1	tsp
Salted Butter	1	tbsp
Water	568	ml
Diced beef chuck	600	g
Red onion	2	average
Caster sugar	1	tsp
White wine vinegar	284	ml
Avocado	2	average
Ground cumin	2	tsp
Chilli powder	2	tsp
Olive oil	1	tbsp
Lime	2	average

Method

1. Whisk flour, salt and baking powder in a bowl, mix in the butter with your fingers. Add half the water and mix until a dough forms. Place on a floured surface, knead until smooth. Divide dough into 8 pieces and roll into balls.
2. Roll the dough into round tortilla shapes. Place onto a hot skillet and cook evenly both sides until crispy and golden brown.
3. Add sliced onions in a small bowl with white wine vinegar, remaining water, and sugar, and leave to pickle for 30 mins in the fridge.
4. Finely slice the beef, fry on a high heat with the oil and cook until brown. Add the cumin and chilli powder and toss until fully infused.
5. Assemble tacos with beef, avocado, and pickled onion -finish with lime.

Allergens

Barley: Ground cumin **Milk:** Baking powder and salted butter
Oats: Ground cumin **Rye:** Ground cumin
Wheat: Plain flour, ground cumin

Nutritional information

Nutrients	Portion	100g
Energy	901.66kcal	139.99kcal
Salt	0.94g	0.15g
Fat	26.52g	4.12g
Saturated fat	7.07g	1.10g
Carbohydrate	112.84g	17.52g
Sugar	9.54g	1.48g
Protein	51.86g	8.05g
Fibre	7.33g	1.14g



Chicken curry with fresh naan

- Portions: 4
 - Prep time: 1hour
- Portion weight: 449.62g
Cook time: 40mins

Ingredients

Item	Qty	Unit
Plain flour	250	g
Caster sugar	2	tsp
Salt	1	tsp
Baking powder	1/2	tsp
Whole milk	120	ml
Olive oil	3	tbsp
Diced Chicken	600	g
Tikka paste	120	g
Chicken stock	100	ml
Large onion	2	each
Fresh coriander	40	g
Ground cumin	12	g
Garlic	2	cloves

Method

1. For the Naan, sieve flour, sugar, salt and baking powder into a bowl, into another bowl mix milk and oil.
2. In the flour mix, make a well and pour in the milk/oil mixture. Slowly knead together for 10 mins to create a smooth soft dough.
3. Slightly oil another bowl, add the dough and leave for 10-15 minutes covered with a tea towel, then form the dough into 4 balls.
4. Oil a large saucepan and add the diced chicken on a high heat and fry with garlic cloves, diced onion and coriander. Once chicken has cooked, add the stock, tikka paste and cumin and leave on a medium heat for another 10-15 minutes, stirring frequently until thickened.
5. Flatten the dough balls into thin teardrop shapes, gently grill for 1-2 mins each side or until lightly browned.
6. After approx. 30 mins, curry should be ready. Serve with coriander.

Allergens

Barley: Ground cumin

Oats: Ground cumin

Rye: Ground cumin

Milk: Baking powder, whole milk

Wheat: Plain flour, ground cumin

May contain: Celery (Stock)

Nutritional information

Nutrients	Portion	100g
Energy	690.37kcal	153.54kcal
Salt	8.90g	1.98g
Fat	19.11g	4.25g
Saturated fat	4.49g	1g
Carbohydrate	83.79g	18.64g
Sugar	15.84g	3.52g
Protein	44.01g	9.79g
Fibre	7.21g	1.60g



Prawn spaghetti with garlic and chilli

- Portions: 4
- Prep time: 10mins

Portion weight: 286g
Cook time: 20mins

Allergens

Fish: Prawns

Wheat: Pasta

Milk: Salted butter

Ingredients

Item	Qty	Unit
Spaghetti	600	g
Prawns	400	g
Red chillies	60	g
Salted butter	30	g
Fresh Basil	40	g
Garlic	2	clove
Salt	2	pinches
Olive oil	1	tbsp

Nutritional information

Nutrients	Portion	100g
Energy	692.78kcal	242.23kcal
Salt	1.64g	0.57g
Fat	9.49g	3.32g
Saturated fat	4.49g	1.57g
Carbohydrate	113.79g	39.79g
Sugar	6.25g	2.19g
Protein	33.82g	11.82g
Fibre	8.55g	2.99g

Method

1. Fill a saucepan with water and bring to the boil on a high heat in preparation for dropping the spaghetti later.
2. Grab a non stick frying pan, add a tbsp of olive oil in the pan and add the prawns, diced garlic cloves and chilli's. Fry on a medium heat for up to 5 minutes, or until prawns are hot and caramelised.
3. Add some diced basil to the frying pan and turn the heat low gently stirring.
4. Drop the spaghetti into the boiling water for 5-7 minutes or until soft.
5. Drain the spaghetti into a sieve and then toss spaghetti into frying pan with remaining ingredients.
6. Finally add 30g of butter and stir. Serve with additional basil leaves on top.



DESSERTS

(Adults need around 2,000 kcal a day)



Pancakes with syrup and banana

- Portions: 4
- Prep time: 30mins

Portion weight: 206.50g
Cook time: 30mins

Ingredients

Item	Qty	Unit
Golden syrup	80	g
Self raising flour	350	g
Baking powder	1	tsp
Eggs	2	average
Vanilla essence	1	tsp
Whole milk	250	ml
Salted butter	10	g
Salt	1	tsp
Banana	1	average

Method

1. Grab a large bowl, sieve the baking powder, flour and salt into the bowl.
2. In a separate bowl, mix the 2 eggs, vanilla flavouring, milk and whisk.
3. Make a well in the middle of the flour and baking powder mix, tip in the wet ingredients from the separate bowl, whisk together until smooth consistency.
4. Heat a pan with a knob of butter over a medium heat, add 3 tbsp of batter to the pan and cook for several minutes, flipping when pancake firms up, making 3 pancakes per portion.
5. Serve with thinly sliced banana and a drizzle of maple syrup.

Allergens

Eggs: Eggs **Milk:** Baking powder, whole milk, salted butter
Wheat: Flour

Nutritional information

Nutrients	Portion	100g
Energy	490.56kcal	237.56kcal
Salt	2.95g	1.43g
Fat	8.23g	3.98g
Saturated fat	3.81g	1.85g
Carbohydrate	88.30g	42.76g
Sugar	18.93g	9.16g
Protein	13.68g	6.63g
Fibre	3.50g	1.69g



Chocolate mousse

- Portions: 4
 - Prep time: 2hr 30mins
- Portion weight: 155.25g
Cook time: 10mins

Ingredients

Item	Qty	Unit
Dark chocolate	170	g
Eggs	7	average
Salted butter	140	g
Caster sugar	40	g
Lemon juice	1	tsp

Method

1. Melt the chocolate in a heatproof bowl above a saucepan of boiling water. Ensure the bowl doesn't touch saucepan during process.
2. Whisk 5 egg whites and lemon juice in a large bowl, once soft, add the sugar and continue to whisk until firmer texture, do not over whisk or egg whites will split.
3. Move the hot melted chocolate to one side. Whisk 2 egg whites quickly into the chocolate until thick and combined together.
4. Gently fold the 5 egg white mixture into the firmer chocolate mixture, folding using a spatula ensuring all of the egg white is combined completely into the chocolate, ensuring again not to over mix.
5. Spoon the mixture into dishes of your choice, chill in the fridge for around 2 hours or until set.

Allergens

Eggs: Eggs **Milk:** Chocolate **S02:** Lemon juice
Soya: Dark chocolate

Nutritional information

Nutrients	Portion	100g
Energy	406.87kcal	262.07kcal
Salt	0.40g	0.26g
Fat	24.69g	15.90g
Saturated fat	11.87g	7.64g
Carbohydrate	29.37g	18.92g
Sugar	28.20g	18.17g
Protein	14.96g	9.64g
Fibre	3.44g	2.22g



DRINKS

(Adults need around 2,000 kcal a day)



Blueberry & raspberry smoothie

- Portions: 4
- Prep time: 20mins

Portion weight: 317.50g
 Cook time: 0mins

Allergens

Milk: Whole milk, natural yoghurt

Ingredients

Item	Qty	Unit
Vanilla essence	20	g
Frozen raspberries	250	g
Blueberries	200	g
Whole milk	600	ml
Natural yoghurt	150	g

Nutritional information

Nutrients	Portion	100g
Energy	166.95kcal	52.58kcal
Salt	0.26g	0.08g
Fat	6.12g	1.93g
Saturated fat	3.77g	1.19g
Carbohydrate	18.37g	5.79g
Sugar	18.33g	5.77g
Protein	8.49g	2.67g
Fibre	2.50g	0.79g

Method

1. In a blender, add the raspberries, blueberries, yoghurt, milk and vanilla flavouring and blend until smooth consistency.
2. Gently stir and leave to infuse for around 10 minutes.
3. To serve, pour into glasses of choice with 10g of each raspberry and blueberry on top to garnish.



Strawberry fizz

- Portions: 4
- Prep time: 15mins

Portion weight: 244.12g
Cook time: 0mins

Allergens

SO2: Bucks fizz

May contain: Eggs (bucks fizz)

Ingredients

Item	Qty	Unit
Strawberries	400	g
Fresh lemon	1/2	average
Bucks fizz	400	ml
Fresh mint	120	g

Nutritional information

Nutrients	Portion	100g
Energy	106.67kcal	43.70kcal
Salt	2.04g	0.83g
Fat	0.68g	0.28g
Saturated fat	0.05g	0.02g
Carbohydrate	12.66g	5.18g
Sugar	12.57g	5.15g
Protein	2.30g	0.94g
Fibre	4.64g	1.90g

Method

1. Chop the strawberries into quarters into a bowl with the juice of one lemon. Add the mint and blend until smooth.
2. Pour the bucks fizz into a pitcher and add the strawberry mix into it with ice.
3. Stir the mix and leave to infuse before consuming for approx. 30 minutes.
4. Serve in a cocktail glass of your choice with fresh strawberries and a sprig of mint.



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