

**LOVE
BRITISH
FOOD**



FOOD TO GO



**A SELECTION OF RECIPES FULL OF CLASSIC BRITISH
INGREDIENTS, DEVELOPED BY OUR BRAKES CHEFS**



CELEBRATING A NATION OF FOOD LOVERS

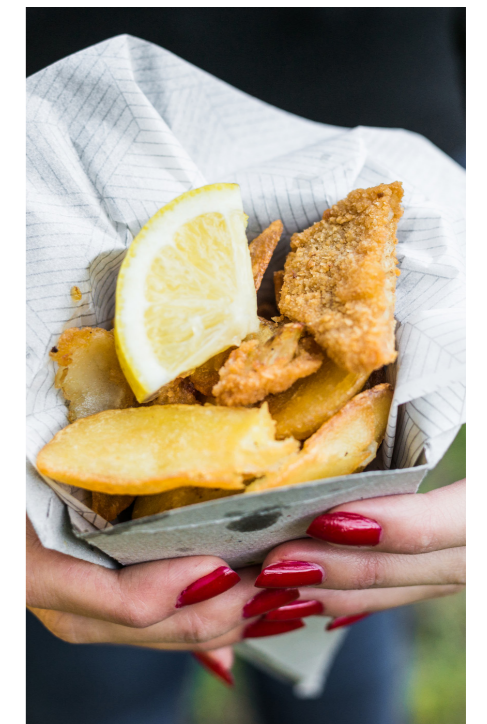
WITH A SELECTION OF GREAT BRITISH INGREDIENTS

WELCOME TO OUR RECIPE BOOK

Brakes have been ambassadors of Love British food for many years and sit on the National committee who help provide ideas and initiatives to support our great British suppliers and producers. We are proud to support the British food industry and help our customers access our great range of British food throughout the year.

To support you, we've produced a range of food-to-go recipes, developed by our own Brakes chefs. You can also use our newly designed menu templates to display your menu and tell your customers the provenance of the ingredients.

We have supplier stories for you to share along with a monthly produce calendar which can be printed and used by the kitchen team to help plan fantastic dishes using British ingredients.



BREAKFAST

4-7

From on-the-go egg muffins to creamy overnight oats. We've got everything you need for a bright and early start.

HOT POTS

8-18

Stews, fish & chips, bangers and mash - just about everything we could fit in a grab & go pot!

DESSERT

19-21

Not forgetting those with a sweet tooth! Classic British crumbles are a firm favourite.



APPLE, CINNAMON & HONEY OVERNIGHT OATS

TOPPED WITH BERRIES, COCONUT & SEEDS

INGREDIENTS

C 450531	Red apples	0.5each
A 33581	Brakes ground cinnamon	0.2g
A 114970	Scott's original porridge oats	20g
C 115794	Brakes organic natural yogurt	100g
A 350157	Brakes squeezey clear blossom honey	20g
A 130608	Brakes berries, coconut & seed topper	10g



SERVES:
1



CONTAINS:
MILK, SULPHATES, OAT,
GLUTEN, NUTS, PEANUT,
WHEAT, BARLEY



PREP TIME:
OVERNIGHT



SUITABLE FOR:
VEGETARIANS



**CONTAINS UK
BASED PRODUCTS**

PREP

- Grate the red apples

METHOD

1. Mix the natural yoghurt, oats, cinnamon and half the honey together in a bowl and leave to set overnight
2. In the morning, check the oats and thin down the consistency if required using water or apple juice
3. Spoon the mixture into a suitable food-to-go container
4. Top with the remaining honey and seed mix
5. Keep in the fridge until required

**BRAKES ORGANIC
NATURAL YOGHURT
IS PRODUCED IN
SOMERSET**



**BRAKES GROUND
CINNAMON IS PACKAGED
IN LINCOLNSHIRE**

BREAKFAST

SWEET POTATO & BUTTERNUT HASH POT

TOPPED WITH BAKED BEANS, CHILLI & FENNEL SEEDS

INGREDIENTS

C 10449	Sweet potatoes	50g
C 12083	Butternut squash	100g
A 85286	Brakes whole fennel seeds	1g
A 85288	Brakes crushed chilli	0.5g
A 100262	Veraneo extra virgin olive oil	3ml
A 10844	Brakes pumpkin seeds	5g
A 15136	Brakes baked beans in tomato sauce	130g



SERVES:
1



CONTAINS:
N/A



COOKING TIME:
5 MINUTES



SUITABLE FOR:
VEGETARIANS



**CONTAINS UK
BASED PRODUCTS**

PREP

- Peel and dice the sweet potatoes to 1 inch
- Peel the butternut squash, remove the seeds and dice to 1 inch

METHOD

1. Heat the oven to 180°C
2. Mix together the sweet potato, butternut squash, fennel seeds, crushed chillies and oil, and put in the oven for 10 minutes
3. Remove from the oven and allow to cool
4. Spoon the baked beans into a suitable food-to-go pot
5. Top the baked beans with the sweet potato, squash and fennel mix, and sprinkle with pumpkin seeds
6. Chill until required
7. To eat, microwave until the core temperature is achieved



**BRAKES WHOLE
FENNEL SEEDS ARE
PACKAGED IN SLEAFORD,
LINCOLNSHIRE**

GOATS CHEESE FRITTATA MUFFINS

WITH SWEET POTATO AND GRATED BEETROOT

INGREDIENTS

C 10449	Sweet potatoes	100g
C 13120	Peeled garlic	5g
C 113883	Bunched sage	2g
A 350094	Brakes sunflower oil	5ml
C 105129	Cooked beetroots	100g
A 16392	British free range fresh medium eggs	6 each
C 23198	Cricket St.Thomas goats cheese	100g
C 10428	Baby leaf spinach	25g



SERVES:
6



CONTAINS:
EGG, MILK



COOKING TIME:
45 MINUTES



SUITABLE FOR:
VEGETARIANS



**CONTAINS UK
BASED PRODUCTS**

PREP

- Dice the sweet potato into 1cm cubes
- Crush the garlic
- Pick and chop the sage
- Grate the beetroot
- Pick and shred the spinach

METHOD

1. Heat the oven to 180°C
2. Toss the sweet potato, sage, garlic and oil together and roast for approx. 20 minutes
3. Beat the eggs and add spinach, beetroot, 3/4 cheese, add this to the roasted sweet potato mixture
4. Pour into muffin case and crumble over the remaining cheese
5. Bake for approx. 15 -20 minutes until cooked through
6. Allow to cool slightly before serving



**BRAKES SUNFLOWER
OIL IS PRODUCED IN
MOORCROFT PARK**

MEXICAN ROASTED CORN WITH PORK BELLY BITES

SERVED WITH CRISS CUT SWEET POTATO BITES

INGREDIENTS

F 129517	Ardo roasted mexicana corn	100g
F 33083	Brakes slow cooked belly of pork	80g
A 100395	Brakes barbecue sauce	50ml
F 121691	Lamb Weston sweet potato criss cuts	200g



SERVES:
1



CONTAINS:
CELERY, SOYA, WHEAT,
BARLEY, GLUTEN



COOKING TIME:
15 MINUTES



**CONTAINS UK
BASED PRODUCTS**

PREP

- Defrost and cut the Brakes slow cooked belly of pork into 1cm cubes

METHOD

1. Toss the pork belly in the BBQ sauce and roast at 200°C for 15 minutes
2. Cook the roasted corn and the sweet potato criss cuts as per the pack instructions, until the core temperature has been achieved
3. Assemble in a suitable food-to-go container



BRAKES COOKED
CUMBERLAND PORK SAUSAGE
RINGS ARE PRODUCED IN
SOUTH AYRSHIRE

BRAKES BARBECUE
SAUCE IS PRODUCED
IN LITTLEBOROUGH,
LANCASHIRE

HOT POTS

VEGETABLE MULLIGATAWNY SOUP

TOPPED WITH CORIANDER

INGREDIENTS

F 3235	Brakes mixed vegetables	50g
F 31304	Brakes rice and vegetable mix	100g
A 84941	Knorr curry sauce mix	25g
C 113885	Bunched coriander	3g
A 100445	Brakes vegetable flavour bouillon paste	2g



SERVES:
1



CONTAINS:
CELERY, EGG, MILK,
MUSTARD, SOYA



COOKING TIME:
5 MINUTES



SUITABLE FOR:
VEGETARIANS



**CONTAINS UK
BASED PRODUCTS**

PREP

- Blanch the vegetables in boiling water and refresh
- Defrost the rice mix
- Pick the coriander

METHOD

1. Mix the rice, vegetables and coriander together and put into a suitable food-to-go container
2. Sprinkle with the curry powder and bouillon mix
3. To serve, add 250ml of boiling water to the mix, then microwave for approx. 1 minute until the soup thickens
4. Stir then serve

**BRAKES MIXED
VEGETABLES ARE
PRODUCED IN NORFOLK**



VENISON CASSEROLE WITH BLACKBERRIES

SERVED WITH BLACK PEPPER MASH & BRAISED RED CABBAGE

INGREDIENTS

F 127423	Highland game diced venison	1kg
F 33386	Greens fresh frozen blackberries	200g
A 350094	Brakes sunflower oil	5ml
C 10291	Large onions	200g
C 450693	Carrots	200g
C 113874	Bunched thyme	10g
A 25690	Brakes dry red cooking wine	200ml
A 29707	Essential Cuisine no. 1 beef gravy	75g
F 31559	Brakes mashed potato with black pepper	1.5kg
A 470655	Callebaut dark chocolate callets 70%	100g
C 74844	Brakes braised red cabbage	1kg



SERVES:
10



CONTAINS:
MILK, SULPHATES,
SOYA



COOKING TIME:
4 HOURS



SUITABLE FOR:
VEGETARIANS



**CONTAINS UK
BASED PRODUCTS**

PREP

- Defrost the venison and blackberries
- Peel and dice the onions and carrots
- Mix the gravy with 1L of warm water
- Defrost the mashed potato as per the pack instructions

METHOD

1. Preheat the oven to 150°C
2. In batches, fry off the venison in a little olive oil until golden brown. Remove from the pan and set aside
3. In the same pan, add the rest of the oil and fry the onion, carrot & thyme, add the red wine and reduce by two thirds.
4. Add the gravy and venison, bring to the boil, cover and put in the oven for 1.5 hours until the venison is tender
5. Once cooked, stir in the blackberries, chocolate and allow to cool in a controlled environment
6. Portion the venison with the mash and cabbage into a suitable food-to-go container
7. Heat the complete dish in a microwave until the core temperature is achieved across all components

**BRAKES BRAISED RED
CABBAGE IS PRODUCED
IN ST. LEONARDS-ON-
SEA**



FISH GOUJONS WITH SWEET & SOUR ONIONS

SERVED WITH CHIPS & TARTARE SAUCE

INGREDIENTS

F 130465	M&J Seafood real ale battered MSC cod goujons	90g
F 129384	McCain surecrisp traditional thick chips	200g
C 123174	Sweet & sour onion pickles	20g
C 114218	Lemons	0.25
A 103691	Heinz SqueezeMe! tartare sauce	1 each



SERVES:
1



CONTAINS:
EGG, FISH, MUSTARD, WHEAT,
BARLEY, GLUTEN



COOKING TIME:
15 MINUTES



**CONTAINS UK
BASED PRODUCTS**

PREP

- Drain the pickles
- Cut the lemons into wedges

METHOD

1. Cook the cod goujons and chips as per the manufacturers instructions, until the core temperature is achieved
2. Arrange the goujons and chips in a suitable food-to-go container
3. Garnish with onions and lemon
4. Serve with tartar sauce

BRAKES MSC COD GOUJONS ARE PRODUCED IN CAISTOR, LINCOLNSHIRE



HONEY ROAST FIG, KALE & BLUE CHEESE SALAD

SERVED WITH QUINOA & TOASTED SEEDS

INGREDIENTS

C 10386	Figs	1 each
A 350157	Brakes squeezey clear blossom honey	5g
C 113874	Bunched thyme	0.2g
C 455914	Curly kale	10g
F 119260	Ardo Express quick frozen & precooked quinoa	80g
C 71507	Brakes blue stilton wedges	25g
C 10224	Red onions	8g
A 89714	Brakes blue cheese dressing	30ml
A 130609	Brakes toasted seeds & grains topper	10g
C 10214	Red cabbage	10g
C 105129	Cooked beetroots	30g



SERVES:
1



CONTAINS:
EGG, MILK, MUSTARD,
NUTS & PEANUTS



COOKING TIME:
5 MINUTES



SUITABLE FOR:
VEGETARIANS



**CONTAINS UK
BASED PRODUCTS**

PREP

- Cut the figs into six, drizzle with honey and thyme
- Pick, wash and shred the curly kale
- Defrost the Ardo frozen & precooked quinoa
- Peel and slice the red onions
- Slide the red cabbage
- Cut the beetroots into wedges

METHOD

1. Roast the figs at 200°C for approx. 2-3 minutes and allow to cool
2. Mix the quinoa and kale together and place into a suitable food-to-go container
3. Top with the figs, beetroot, red onion and red cabbage
4. Crumble over the blue cheese
5. Drizzle with dressing and top with the seeds and grains

BRAKES SQUEEZY CLEAR BLOSSOM HONEY IS PRODUCED IN OXFORD



SPICY CARIBBEAN PEPPERPOT BEEF STEW

SERVED WITH SWEET POTATO, OKRA & BUTTER BEANS

INGREDIENTS

C 10291	Large onions	250g
C 13120	Peeled garlic	25g
C 10380	Ginger	80g
F 111785	Brakes British cooked diced beef	1.2kg
A 114655	Brakes Jerk BBQ glaze	200g
C 10245	Mixed peppers	1 each
C 10449	Sweet potatoes	500g
A 89965	Major beef stock base powder	25g
F 119851	Ardo sliced okra	100g
A 15785	Brakes butter beans in water	100g
C 455914	Curly kale	100g
A 127121	Brakes coconut milk	400ml
A 350094	Brakes sunflower oil	25ml

PREP

- Defrost the diced beef
- Peel and slice the onions
- Peel and crush the garlic
- Peel and grate the ginger
- De-seed and roughly chop the peppers
- Peel and dice the sweet potatoes into 2cm cubes
- Make up the beef stock with 500ml of water
- Pick, wash and roughly chop the curly kale

METHOD

1. Heat oil in a saucepan over a medium heat
2. Add garlic, ginger and onion and fry for 2-3 minutes
3. Add the sweet potato and jerk paste and stir to coat, cooking for 1-2 minutes
4. Add the beef stock and coconut water, stir well and cook for approx. 20 minutes until the sweet potatoes are just cooked
5. Add the cooked diced beef, red peppers, okra, butter beans and kale. Stir through and heat to temp about 2-3 minutes
6. Add all ingredients to a food-to-go pot, ready to serve



SERVES:
10



CONTAINS:
MUSTARD, SULPHITES



COOKING TIME:
10 MINUTES



**CONTAINS UK
BASED PRODUCTS**



**BRAKES BRITISH
COOKED DICED BEEF
IS PRODUCED IN EAST
LOTHIAN**

JERK SWEET POTATO STEW

SERVED WITH BLACK BEANS

INGREDIENTS

C 10291	Large onions	250g
C 13120	Peeled garlic	25g
C 114212	Red chillies	25g
A 114655	Brakes Jerk BBQ glaze	200g
A 6437	Brakes chopped tomatoes in tomato juice	500g
A 86955	Knorr gluten free rich vegetable paste	12.5g
C 10449	Sweet potatoes	500g
C 10245	Mixed peppers	2 each
A 100171	Brakes black eyed beans	800g
C 113885	Bunched coriander	10g
C 10473	Spring onions	0.5 each
A 350094	Brakes sunflower oil	25ml

PREP

- Peel and thinly slice the onions
- Peel and finely chop the garlic and chillies
- Make up the vegetable paste with 500ml water
- Peel and dice the sweet potatoes
- De-seed the peppers and roughly chop
- Roughly chop the coriander
- Wash and slice the spring onions

METHOD

1. Heat oil in saucepan over medium heat
2. Add onion, chilli and garlic and fry for 2-3 min whilst stirring
3. Add sweet potato and jerk paste, stirring to coat the sweet potato in the paste
4. Add the chopped tomatoes and vegetable stock and simmer for 30-40 minutes until it thickens
5. Add in the black beans, red peppers and cook for a further 2-3 minutes
6. Add spring onion and coriander, stir through and serve



SERVES:
10



CONTAINS:
CELERY, MUSTARD,
SULPHITES



COOKING TIME:
50 MINUTES



SUITABLE FOR:
VEGETARIANS



**CONTAINS UK
BASED PRODUCTS**



**BRAKES JERK BBQ
GLAZE IS PRODUCED IN
ST. LEONARDS-ON-SEA,
EAST SUSSEX**

CUMBERLAND SAUSAGE & MASH

SERVED WITH BRAISED RED CABBAGE & RED WINE GRAVY

INGREDIENTS

F 31849	Brakes cooked cumberland pork sausage	2 each
F 31559	Brakes mashed potato with cracked black pepper	120g
F 31560	Brakes potato, swede & carrot mash	80g
C 74844	Brakes braised red cabbage	30g
A 35607	Knorr Garde d'Or red wine sauce	50g



SERVES:
1



CONTAINS:
CELERY, EGG, MILK, MUSTARD,
SOYA, SULPHATES, WHEAT,
GLUTEN



COOKING TIME:
5 MINUTES



**CONTAINS UK
BASED PRODUCTS**

PREP

- Defrost the sausages, mash and sweet potato mash
- Pour the red wine sauce into a 6oz pot with a secure lid

METHOD

1. Portion the cracked pepper mash, and the carrot and swede mash into a suitable food to go container
2. Add the sausage and top with the cabbage
3. To serve, microwave the dish ensuring the core temperature has been achieved for all components
4. Heat the gravy as per the manufacturers instructions
5. Pour the gravy over the sausage and mash, and serve

**BRAKES CUMBERLAND
PORK SAUSAGES
ARE PRODUCED IN
STAFFORDSHIRE**



PANEER & PARSNIP INDIAN STYLE BURRITO

WITH A GREEN CHILLI, CORIANDER, LIME & MINT DRESSING

INGREDIENTS

C 110930	Everest paneer traditional Indian cooking cheese	35g
F 123350	La Bo 12" fully baked turmeric spiced tortillas	1 each
F 124560	Ardo honey glazed roasting parsnips	100g
C 74157	Brakes biryani rice salad	50g
A 116334	Green chilli, coriander, lime & mint dressing	5g
C 10428	Baby leaf spinach	10g



SERVES:
1



CONTAINS:
CELERY, EGG, MILK, MUSTARD,
SESAME, SOYA, WHEAT,
BARLEY, GLUTEN



COOKING TIME:
5 MINUTES



SUITABLE FOR:
VEGETARIANS



**CONTAINS UK
BASED PRODUCTS**

PREP

- Dice the paneer into 1/2cm pieces
- Defrost the turmeric spiced wrap
- Cook the parsnips as per the pack instructions
- Pick and wash the baby leaf spinach

METHOD

1. Lay the turmeric wrap on a flat surface and place the spinach down the centre
2. Top with the rice mix and paneer, followed by the dressing
3. Add the roasted parsnips and fold the wrap
4. To serve, either microwave or place in a panini press until the core temperature is achieved

**BRAKES TURMERIC
SPICED TORTILLAS
ARE PRODUCED IN
COVENTRY**



FLAKED HAM & CREAMY LEEK PASTA

TOPPED WITH CHEDDAR CHEESE

INGREDIENTS

F 110768	Brakes pulled ham hock	60g
F 129516	Ardo creamed leeks	100g
F 34415	Cooked frozen penne pasta	200g
C 10428	Baby leaf spinach	15g
C 71268	Brakes grated mature white cheddar	20g



SERVES:
1



CONTAINS:
CELERY, MILK, MUSTARD,
WHEAT, GLUTEN



COOKING TIME:
5 MINUTES



CONTAINS UK
BASED PRODUCTS

PREP

- Pick and wash the baby leaf spinach
- Defrost the ham

METHOD

1. In a suitable food-to-go container lay the spinach at the bottom and top with pasta
2. Add the creamed leek around the dish, top with the ham and then sprinkle with cheese
3. Chill until required
4. Prior to serving, heat in a microwave until the core temperature is achieved. Stir, then serve

BRAKES PULLED HAM
HOCK IS PRODUCED
IN KIRKCONNEL,
DUMFRIESSHIRE



WHITWORTHS TOFFEE
& PECAN SHOTS
ARE PACKAGED IN
NORTHAMPTONSHIRE

DESSERT

RHUBARB CRUMBLE POT WITH TOFFEE & PECANS

SERVED WITH CUSTARD

INGREDIENTS

A 4429	Brakes crumble mix	60g
A 112853	Whitworths toffee & pecan shots	0.5 each
A 6307	Brakes rhubarb	80g
A 130994	Macphie salted caramel dessert topping	20g
A 15126	Brakes ready to serve custard	60g



SERVES:
1



CONTAINS:
EGG, MILK, NUTS, PEANUTS,
SESAME, SOYA, WHEAT,
GLUTEN



COOKING TIME:
20 MINUTES



SUITABLE FOR:
VEGETARIANS



CONTAINS UK
BASED PRODUCTS

PREP

- Drain and chop the rhubarb into 1cm pieces

METHOD

1. Bake the crumble mix at 180°C for approx. 10 - 15 minutes until crunchy and then allow to cool
2. Add the rhubarb to a suitable food-to-go container and lace with the salted caramel sauce
3. Top with the baked crumble mix and pour the cold custard around the edge
4. Top with the pecans and toffee pieces
5. To eat, microwave until the core temperature is achieved



BRAKES READY TO
SERVE CUSTARD IS
PRODUCED IN COUNTY
TYRONE





LOVE
BRITISH
FOOD

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