



Style guide

WORD COUNT

- Approx 300 words

TITLE & INTRO

- Title to appear as on your menu
- Provide a short introduction to the recipe (approx 50 words) explaining why you chose this recipe

SERVING SIZE

- Number of people

INGREDIENTS

- List ingredients in the order they appear in the method
- Put basic prep of ingredients in the ingredients list
- Use metric measurements, and tbsp and tsp
- Use °C oven temperatures (see guide)

METHOD

- Give as clear and detailed instruction as possible
- Please ensure all ingredients are mentioned and used in the method
- Give a serving suggestion if necessary

FOOD STANDARDS

Include provenance of ingredients where applicable. E.g. If using local, organic vegetables, please specify per ingredient. Specify animal welfare where applicable.

For example

- Eggs – free-range
- Products containing egg (noodles, mayo) – always ref. free-range
- Chicken – free-range
- Veal – British Rose Veal
- Seafood – eg: Trout, from sustainable sources
- Stock cubes –organic

IMAGE

Please provide a hi-res, landscape image of the final plated dish, preferably as it appears in the restaurant.

A few guidelines

- Avoid tight cropping
- Avoid artificial overhead lighting. Natural lighting is always best
- Images should be in colour with minimal photo-editing
- Shoot against a plain background
- Make sure your attachment doesn't compress (please send 'actual size' image)

OVEN TEMPERATURE GUIDE

150°C/300°F/gas 2
160°C/325°F/gas 3
170°C/325°F/gas 3
180°C/350°F/gas 4
190°C/375°F/gas 5
200°C/400°F/gas 6
220°C/425°F/gas 7
230°C/450°F/gas 8
240°C/475°F/gas 9

Sample Recipe

BRUNO LOUBET, GRAIN STORE



Beetroot burger, goat's curd & cassava chips

"Packed with beets, mushrooms, onions and quinoa, this is a burger well worth trying, and just goes to show how easy, tasty and satisfying it can be to celebrate more veg at the centre of our diet."



Shifting the focus towards more plant-based ingredients is healthier for both diners and the planet. Just reducing a dish's meat portion from 200g to 150g, per-plate carbon emissions can be cut by a third!

For the burger

100g red onions, peeled and finely chopped
1 tbsp garlic, peeled and finely chopped
olive oil
550g red beetroots, peeled and cooked
200g chestnut mushrooms, sliced
½ tsp smoked paprika
150g cooked quinoa
40g Panko breadcrumbs
1 free-range egg

For the chips

cassava, peeled and cut into wedges
½ tsp smoked paprika
salt and black pepper, to taste

SERVES 2-3

Boil the cassava with a bit of salt for 8 to 10 minutes, or until tender. Drain and steam dry.

For the burger, cook the onions and garlic in a large pan in olive oil for a few minutes, or until golden. Dice and add the beetroot along with the mushrooms and paprika. Lower the heat and stir occasionally until the moisture evaporates and the pan is dry. Transfer to a food processor. Add the quinoa, breadcrumbs and egg. Pulse until finely chopped – about the size of red lentils. Remove to a bowl.

Cut out six 25cm-pieces of clingfilm and lay them out on a work surface. Divide your mixture between each, fold up the clingfilm, then twist each into a ball before flattening into a burger shape.

Steam the patties for 10 minutes, then plunge into iced water to cool completely. Unwrap and lightly oil the burgers, then cook on a barbecue or under the grill. Meanwhile, fry the cassava chips in oil. Place the burgers into the toasted bun and top each with goat's curd. Serve with salad leaves and cassava chips with paprika, salt and pepper sprinkled on top.

