

FLEXING BAKED BEANS



RECIPE:

Andalusian bean
chorizo red pepper
with smoky aioli
yoghurt

SERVES: 10

INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
03334	Ambient	Everyday Favourites Baked Beans	1kg	6x3.12kg
14756	Chilled	Leon Cooking Chorizo	400g	1x700g
01623	Frozen	Everyday Favourites Diced Onions	200g	10x1kg*
37540	Ambient	Chopped Garlic in Oil	50g	6x1kg*
04505	Frozen	Everyday Favourites Sliced Mixed Peppers	200g	10x1kg*
70659	Ambient	Casa De Mare Pitted Green Olives	200g	2x2.26kg*
		Parsley	30g	
04046	Ambient	Smoked Paprika	35g	6x1kg
36696	Ambient	Cannellini Beans in Water	800g	6x800g
10231	Frozen	Délicrance Batard Rustique	10 thick slices	15x500g
00068	Ambient	Extra Virgin Olive Oil P.E.T.	200ml	3x5ltr*
16900	Chilled	Garlic	3 cloves	1x450g
27083	Chilled	Greek Style Yoghurt	150g	3x2kg*
04135	Ambient	Everyday Favourites Mayonnaise	150g	1x2.5ltr

Prep time: 15 mins

Time to cook: 25 mins

Method:

- Chop the chorizo into chunks and pan fry them in a dry pan until cooked, leaving the oil behind.
- Sweat off the onions until tender in the chorizo oil. Then add the garlic for a further minute. Then add the peppers to cook for 5 minutes on medium heat
- Add 10g of smoked paprika and chorizo to the pepper mix. Stir, then add both the beans and olives to then warm through
- Chop the parsley and add to the hot beans. Keep it warm
- Brush the slices of bread with olive oil and bake them in the oven for 10-12 minutes until crunchy and golden
- Crush the garlic. If you have a blender, put the yoghurt, mayo, garlic, and 10g paprika in the jug and blend. If not, you can mix with a whisk

For plating:

- Put the crostini slice on the plate and top with the beans. Finish with the yoghurt and chopped coriander

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RECIPE:

Backyard beans, maple bacon, and sausage with guacamole, sour cream and salsa

SERVES: 10

INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
03334	Ambient	Everyday Favourites Baked Beans	1.5kg	6x3.12kg
01623	Frozen	Everyday Favourites Diced Onions	100g	10x1kg*
37540	Ambient	Chopped Garlic in Oil	40g	6x1kg*
50745	Ambient	Lea & Perrins Worcestershire Sauce (Glass)	30g	12x290ml*
96891	Ambient	Tate & Lyle Dark Soft Brown Sugar	70g	4x3kg
06614	Ambient	French's American Mustard	40g	4x3.1ltr*
04046	Ambient	Smoked Paprika	20g	6x1kg
95198	Chilled	Short-life Farmstead Unsmoked Streaky Bacon	20 rashers	6x1.36kg
03509	Frozen	Farmstead Frozen British Olde English Sausages	10 ind	25x90g
04389	Ambient	Everyday Favourites Pure Canadian Maple Syrup	100g	6x620g*
09337	Chilled	Light Set Soured Cream	200g	3x2kg*
14408	Ambient	Santa Maria Squeezy Guacamole	200g	6x940g
80002	Chilled	Ramona's Kitchen Salsa	200g	6x1kg*

Prep time: 15 mins

Time to cook: 20 mins

Method:

For the beans:

- Sweat off the onions in a little oil, do not colour. When soft, add the garlic and sweat for another minute. Then add the Worcestershire sauce, sugar, mustard, and paprika. Stir and mix in the beans

For the sausages and bacon:

- Cook the sausages, then slice the bacon rashers in half width ways and grill
- Slice the sausage into 3s, then toss in the maple syrup to glaze under the grill or in a pan

For plating:

- Spoon the beans into a bowl, then top with bacon, sausage, guacamole, sour cream and salsa

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RECIPE:

Moroccan bean and sweet potato cottage pie

SERVES: 10

INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
03334	Ambient	Everyday Favourites Baked Beans	750g	6x3.12kg
		Carrots, Sweet Potatoes, Potatoes, coriander	200g, 1kg, 2.5kg, 50g	
37540	Ambient	Chopped Garlic in Oil	50g	6x1kg*
50237	Ambient	Everyday Favourites Butter Beans	250g	6x2.55kg
01623	Frozen	Everyday Favourites Diced Onions	200g	10x1kg*
70379	Ambient	Everyday Favourites Ground Cumin	20g	6x450g*
70378	Ambient	Everyday Favourites Ground Coriander	20g	6x450g*
04505	Frozen	Everyday Favourites Sliced Mixed Peppers	200g	10x1kg*
05634	Ambient	Tomato Purée	50g	12x800g
44816	Ambient	Harissa Paste	75g	6x180g
06032	Ambient	Essential Cuisine Vegetable Stock Mix	300ml	2x800g*
04016	Ambient	Chick Peas in Water	250g	6x800g
60221	Ambient	Alpro Organic Unsweetened Soya Milk	400ml	8x1ltr
11653	Frozen	Fletchers Thick Sliced White Bread	150g	8x800g
00137	Ambient	Pomace Olive Oil P.E.T.	25g	3x5ltr*

Prep time: 30 mins

Time to cook: 1 hour 30 mins

Method:

For the base:

- Peel and dice the onions and carrots. Slowly sweat them off in oil until soft and the onions are golden, then add the garlic and cook for 1 minute. Add the cumin and coriander then cook out the spices, add the peppers, the tomato paste and the harissa
- Pour in the veg stock and bring to a simmer. Add all the beans and warm through, season if necessary. If it needs thickening or thinning, add a little stock or cornflower. Pour into a bacon dish and chill until set

For the sweet potato mash:

- Peel and dice the sweet potato and steam till tender, then mash. Do the same with the potatoes. Warm the soya milk and mash gradually into the mash, omitting or adding more until you get the correct consistency. Season with black pepper and salt

For the coriander crunch:

- In a food processor, whizz the bread to breadcrumbs, then add the fresh coriander and olive oil. Blitz again until it is green – it must be loose, so don't over blend it. Add a little salt and stir

For cooking:

- Pipe/spoon the mash onto the bean base, then sprinkle over the coriander breadcrumb
- Bake in the oven on 160c until golden and hot – it will take around 40 minutes