

LOCALLY SOURCED



GLOBALLY INSPIRED

STARTER — CHIRK TROUT CEVICHE, HAREHILL BEETROOT, PICKLES, WASABI, MICROGREENS, SESAME

What's in the Box?

1. Ceviche juice
2. Chirk trout (**Vegan option is mushroom**)
3. Beetroot
4. Cucumber
5. Wasabi mayo (**Vegan option is veganaisse**)
6. Microgreens
7. Sesame

What do you need at home?

- 1 x Mixing bowl
- 1 x Baking tray
- Kitchen paper
- Serving plates.

Directions – Please also see the video at www.csons-ludlow.co.uk/csonsathome/

1. A couple of hours before you plan to eat pour the ceviche juice (1) over the trout (2). Mix well cover and refrigerate. Mix a couple more times during the first couple of hours to ensure an even cure.
2. Line a baking tray with either a clean jay cloth or kitchen towel.. Remove the trout from the cure and place in a pile with all the onions, chillies and coriander from the cure leaving the remaining juice.
3. Empty the beetroot (3) & cucumber (4) onto the paper aswell to drain the pickle juice away.
4. Time to plate.
5. Start by dotting the beetroot around the plate followed by the cucumber.
6. Lay the trout all all around at different angles and spread the onions, chilli and coriander all around ensuring you can still see all the aspects of the dish underneath.
7. Blob the wasabi mayo (5) around the dish, or flick it about in a crazy fun & funky fashion!
8. Mound the microgreens (6) on top and sprinkle with the sesame seeds (7).

Enjoy like you are stuck in the pacific ocean somewhere between Japan and Peru with a sack of Shropshire produce!

N.B. Depending on how you like your fish you can cure it for longer or shorter. Our personal preference would be about an hour so its still a little pink on the inside.

Allergy advice: Contains Fish (ceviche), Eggs (in mayo), Sulphites (from vinegar), Sesame



MAIN - LFS SECO DE CARNE, SHROPSHIRE QUINOA WORCESTER TOMATOES, EVESHAM PEAS HAREHILL PICO DE GALLO, AJI VERDE

What's in the Box?

1. LFS Beef brisket (Vegan option is aubergine)
2. Peas & tomato
3. Quinoa
4. Pico de gallo
5. Aji verde (Vegan option is spiced green sauce)

What do you need at home?

- 1 x Frying pan
- Serving bowls

Directions – Please also see the video at www.csons-ludlow.co.uk/csonsathome/

1. Empty the beef (1) into the pan with all the surrounding stock.
2. Turn the heat to high and bring to a hard boil for about 3 minutes in order to reduce the stock and heat the meat thoroughly.
3. Turn the heat to a gentle simmer and add the peas & tomato (2). Mix well and simmer for a few minutes.
4. Place the quinoa (3) in the centre of the serving bowl.
5. Pile the beef, peas & tomato mixture on top.
6. Sprinkle on the pico de gallo (4)
7. Finally dot the aji verde (5) on top and around the dish.

This dish is loosely based on a famous Peruvian stir fry 'lomo saltado'. Enjoy!

Allergy advice: Contains Celery (beef cooked in stock), Eggs & Milk (in the aji verde)

PUDDING - DINGLE FARM CHERRIES, CHOCOLATE MOUSSE, ALMONDS, CINNAMON

What's in the Box?

1. Chocolate mousse (VEGAN option is almond milk & chocolate)
2. Dingle farm cherries
3. Cinnamon Almonds

What do you need at home?

Serving glasses

Directions – Please also see the video at www.csons-ludlow.co.uk/csonsathome/

1. First find your most retro vessel to plate the desert. A cocktail glass or similar is great.
2. Snip a corner from the bottom of your chocolate mousse (1) bag in order to pipe the filling into your serving glass.
3. Gently squeeze the mousse into the glass starting close to the base and slowly coming up centrally until all the mousse is gone.
4. Spoon the cherries (2) atop the mousse and pour over the remaining juice.
5. Finally sprinkle over the cinnamon almonds (3)

Cinnamon, chocolate & cherry should be served in a glass and drank! This time you will have to use a spoon and eat it. Enjoy!

Allergy advice: Contains Milk & Eggs (Chocolate mousse, eggs in nut coating), Nuts



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THIS WEEK'S AMAZING SUPPLIERS

Trout from **Chirk trout farm**, chirktroutfarm.co.uk

Beef from **Ludlow farm shop**, ludlowfarmshop.co.uk

Beetroot, carrots, radish from **Harehill Farm**,
www.harehillfarm.co.uk

Worcestershire Tomatoes from **Haven Nurseries**, Little Witley.

Free range eggs from **Hollowdene Hens**, Withington

Microherbs from the **Shropshire Microfarm**, SY1

Cherries from **Dingle Farm**, Little Witley.

We make all our own spice mixes using fairly traded, quality ingredients from **Suma co-operative** www.suma.coop

Milk and cream from the very awesome **Mawley Town Farm**,

Whilst we list all **allergens** present in our CSONS at HOME dishes, we do **use multiple allergens** in our kitchen and as such **cannot guarantee** any dish is 100% **allergen free**.

Please keep your meal kit **refrigerated & use within 3 days**.

Mill on the Green - **Ludlow** - Shropshire - SY8 1EG - 01584 879872

8 Milk Street - **Shrewsbury** - Shropshire - SY1 1SZ - 01743 272709

If there is no reply at the restaurants please try 01584 841328