

**LOCALLY SOURCED**



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## **STARTER— HAREHILL RUNNER BEANS, TOMATO, CAULIFLOWER, SWEETCORN, PIPIAN SAUCE, CHIPOTLE YOGHURT, CAPERS, SPRING ONION, LIME, CHILLI, CORIANDER, PEPITAS**

### **What's in the Box?**

1. Charred veg
2. Red pipian sauce
3. Chipotle yoghurt (**Vegan option is coconut yog**)
4. Sweetcorn & caper
5. Spring onion & coriander
6. Lime & chilli
7. Pepitas

### **What do you need at home?**

- 1 x Baking tray
- 1 x Sauce pan
- Serving plates

**Directions – Please also see the video at [www.csons-ludlow.co.uk/csonsathome/](http://www.csons-ludlow.co.uk/csonsathome/)**

1. Preheat oven to 200c.
2. Place charred veg (1) on baking tray and pop in the oven for 10 minutes until hot.
3. Empty the pipian sauce (2) into the saucepan and place over a very low heat to warm through.
4. Once the charred veg are ready and the sauce is hot its time to plate.
5. Start by alternating the cauliflower, runner beans & tomatoes in a ring shape around the centre of the plate.
6. Next spoon the sweetcorn & caper mix (4) over and around the ring of charred veg..
7. Try to quenelle the chipotle yoghurt (3) in three and space evenly at angles off centre on the ring.
8. Take your warm pipian sauce and drizzle all over the dish.
9. Next dot the spring onion & coriander (5) about the dish ensuring all the other ingredients can be seen.
10. Take the lime & chilli (6) from the bag and spread the chillies evenly across the dish. Place the lime wherever you fancy!
11. Finally sprinkle with the pepitas.

This dish is based around a Mexican vibe although some of the ingredients are not what one would normally associate with Mexican cuisine. In the Yucatan they are mad about pumpkin seeds and all around the beaches and markets people are selling pepitas as a savoury snack perfect with an ice cold michelada!

**Allergy advice: Contains Sesame & Celery (Pipian sauce), Milk (in yoghurt), Sulphites (in caper vinegar)**



## MAIN - STRAWBERRY FIELDS FARM PORK, HAREHILL POTATOES, BEETROOT, GREENS, CIDER & APPLE GRAVY, CHIMMICHURRI

### What's in the Box?

1. Pork (Vegan option is corn)
2. Potatoes & beets
3. Cider & apple gravy
4. Harehill greens
5. Chimmichurri
6. Garlic & cumin oil

### What do you need at home?

- 1 x Sauce pan
- 1 x Baking tray
- 1 x Frying pan
- 1 x Mixing bowl
- Serving plates/ bowls

Directions – Please also see the video at [www.csons-ludlow.co.uk/csonsathome/](http://www.csons-ludlow.co.uk/csonsathome/)

1. Preheat oven to 190c
2. Place the pork (1) or corn on the baking tray.
3. Toss the potatoes and beets (2) in the mixing bowl with two thirds of the chimichurri (5) and place on the baking tray as well.
4. Empty the gravy (3) into the sauce pan and place over a low heat.
5. When the gravy is hot and the potatoes & pork are sizzling heat up the frying pan on a high heat.
6. Once the frying pan is hot add the greens (4) (there should be enough water on the greens to help steam the greens but if a bit dry add a splash of water)
7. As soon as the greens begin to wilt pour in most of the garlic and cumin oil (6) (watch out as if there is lots of liquid in the pan it may spit) reserving some of the garlic and cumin as a final garnish.
8. To plate first pour on the gravy to fill the bottom of your plate. (here is where plate/ bowl choice will count)
9. Next arrange the potatoes and beets on the base of the plate like islands in a zen garden.
10. Lean the pork against one of the islands.
11. Pile the greens up next to it.
12. Drizzle the remaining chimichurri over the dish.
13. Finally finish with a few crunchy cumin and garlic bits.

I think of this as a South American style roast dinner. Here the pork has been cooked with newton court cider as an english alternative to chicha de jora (corn beer). Enjoy!

**Allergy advice: Contains Celery (in the gravy) Sulphite (vinegar in chimmichurri)**

# PUDDING - LABNEH CHEESECAKE, SHIRLEY'S SHROPSHIRE PRUNE DAMSONS, BILLY'S COBNUTS

## What's in the Box?

1. Labneh cheesecake (Vegan option is tofu cheesecake)
2. Shirley's damsons
3. Billy's cobnuts

## What do you need at home?

Serving plates

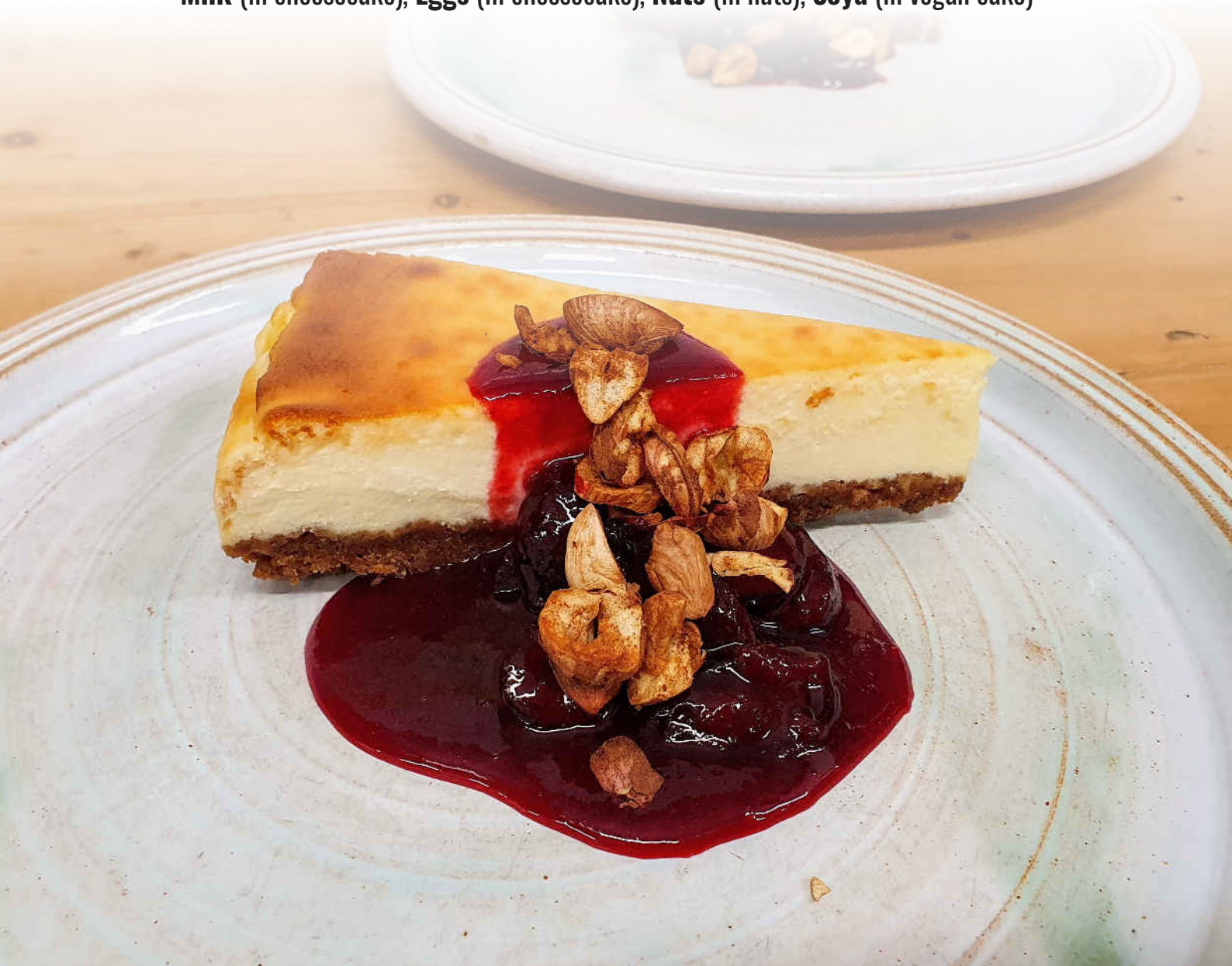
Directions – Please also see the video at [www.csons-ludlow.co.uk/csonsathome/](http://www.csons-ludlow.co.uk/csonsathome/)

1. Place the cheesecake (1) just off centre on the plate.
2. Spoon the damsons (2) so they are pouring off the cake .
3. Sprinkle over the cobnuts (3)

We love a baked cheesecake and this one is next level with our own ginger biscuit making the base and our own labneh the cheese in the cake. With some delicious Shropshire prunes (damsons) and fresh local cobnuts it doesn't get much better. Enjoy!

Allergy advice: Contains **Gluten** (In cheesecake base)

**Milk** (in cheesecake), **Eggs** (In cheesecake), **Nuts** (in nuts), **Soya** (in vegan cake)



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## THIS WEEK'S AMAZING SUPPLIERS

Pork from **Strawberry fields farm**, Dorrington.

Greens, onions, tomatoes, runner beans, potatoes, beetroot & herbs from **Harehill Farm**, [www.harehillfarm.co.uk](http://www.harehillfarm.co.uk)

Yoghurt from **Ludlow farm shop**, [ludlowfarmshop.co.uk](http://ludlowfarmshop.co.uk)

Cider from **Newton court cider**, [newtoncourtcider.com](http://newtoncourtcider.com)

Apples from **Cdads' garden**, Munslow

Damsons from **Shirley**, Onibury

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

Cobnuts from **Augerniks fruit farm**, Hopton wafers

Sweetcorn through **Rowlands**, from Ombersley

We make all our own spice mixes using fairly traded, quality ingredients from **Suma co-operative** [www.suma.coop](http://www.suma.coop)

Milk and cream from the very awesome **Mawley Town Farm**, [www.mawleytownfarm.co.uk](http://www.mawleytownfarm.co.uk)

Seeds from **The Ludlow nut company**, [ludlownut.co.uk](http://ludlownut.co.uk)

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**.

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

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