

LOCALLY SOURCED



GLOBALLY INSPIRED



STARTER - AUBERGINE, PEANUT, CUMIN YOGHURT, TARKA DAHL, TARKA OIL, PURI, CORIANDER, CHILLI

What's in the Box?

1. Aubergine & peanut
2. Tarka dahl
3. Puri
4. Cumin yoghurt
5. Tarka oil
6. Fresh chilli
7. Coriander

What do you need at home?

- 1 x Roasting tray
- 1 x Sauce pan
- Serving bowls

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

1. Preheat your oven to about 200c.
2. Empty the aubergine and peanut (1) into the roasting tray and place in the oven.
3. Pour the tarka dahl (2) into the saucepan and heat on a medium heat.
4. Take the puri (3) and place them on the roasting tray next to the aubergine (not near the sauce, you don't want soggy puri!) 5 minutes before the aubergine is ready (about 5 minutes after you started).
5. Once everything is hot it is time to bowl!
6. Start by spooning the tarka dahl into the base of your bowl.
7. Lay the aubergine upon the dahl folding in two to gain height on the dish.
8. Pour over the remaining peanut sauce.
9. Next try and get a nice shaped dollop of the cumin yoghurt (4) to sit atop the aubergine.
10. Drizzle with the tarka oil (5) ensuring you get the crunchy garlic & spices from the bottom of the pot.
11. Dot the fresh chilli (6) about the dish and sprinkle over the coriander (7).
12. Finally lean your puri up against your tower and get stuck in!

As it has most definitely got very much colder over the last week take this dish as a big warm hug from all of us at CSONS!

Allergy advice: Contains Peanut (peanut sauce), Milk (yoghurt (not in vegan)), Gluten (Puri)



MAIN - PERRYWOOD FARM MINCED LAMB KEBAB, COCONUT CURRY, KARAKARI POTATOES, PLUM CHUTNEY, HAREHILL KACHUMBER

What's in the Box?

1. Lamb kebab (Veg option is paneer. Vegan is tofu)
2. Karakari potatoes
3. Coconut curry
4. Harehill kachumber
5. Plum chutney

What do you need at home?

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

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

1. Preheat oven to 190c
2. Place the lamb kebab (1) or paneer or tofu on the baking tray with the potatoes (2) and pop them in the oven.
3. Empty the coconut curry (3) into the sauce pan and place over a low heat.
4. After about 15 to 20 minutes (less for the tofu or paneer) the lamb should be piping hot throughout and the potatoes sizzling.
5. The curry sauce should also be good and hot so its time to plate!
6. Start with the karakari potatoes piled up in the middle of your serving dish.
7. Lean the kebabs up against and on top of the potatoes.
8. Pour over the curry sauce.
9. Spoon the kachumber (4) all over the dish allowing it fall down the sides and around the dish. (be generous you have plenty and this is the veg for the dish)
10. Finally a big spoon of the plum chutney (5) over the top of the dish. (watch out for the whole spices and that the chutney is quite hot!!)

This dish might one day lose the potatoes and end up inside a CSONS flatbread. Enjoy!

Allergy advice: Contains Dairy (lamb kebab & paneer), Soya (curry & tofu), Celery (curry), Mustard (potatoes), Sulphites (vinegar in the chutney)

PUDDING - CHOCOLATE TART, CDADS' CARAMELISED APPLE, CARDAMOM CREAM

What's in the Box?

1. Chocolate tart
2. Cardamom cream
3. Caramelised apple

What do you need at home?

Saucepan (possibly)
Serving plates


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

1. Get the tart (1) and apples (3) out of the fridge as early as possible to allow them to come up to room temperature.
2. If, when you come to serve, the caramelised apples are still firm then you will need to heat it them make it runny! Place the contents of 3 into the saucepan and heat gently until the caramel sauce is runny enough to pour.
3. Place the chocolate tart (1) just off centre on the plate.
4. With a hot spoon lift out the quenelle of cardamom cream (2) and place it next to the tart.
5. Pile the apples (3) on top of the tart and cream and drizzle the caramel all over.

What a great pud! Continuing the spiced Indian theme of the menu with a nicely spiced cardamom cream that takes this from chocolate tart with apples and cream to something all together much more exciting. Enjoy!

**Allergy advice: Contains Gluten, Nuts & eggs (in tart pastry. Only gluten in vegan pastry)
Milk (in chocolate tart pastry & filling and cream - Not in VEGAN option)**





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THIS WEEK'S AMAZING SUPPLIERS

Lamb from **Perrywood farm**, perrywood.farm.

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

Plums from **Dingle farm**, Little Witley

Apples from **CDads' garden**, Munslow

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

Sweetcorn through **Rowlands**, from Ombersley

Nuts from **The Ludlow nut company**, ludlownut.co.uk

Tomatoes, potatoes & herbs from **Harehill Farm**,
www.harehillfarm.co.uk

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**,
www.mawleytownfarm.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**.

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