

LOCALLY SOURCED



GLOBALY INSPIRED



STARTER - PERRYWOOD FARM LAMB DUMPLING, HAREHILL SAVOY CABBAGE, MAWLEY CREAM, PICKLED PLUM

What's in the Box?

1. Lamb Dumpling (**Vegan option is mushroom**)
2. Creamed cabbage (**Vegan is oat milk cabbage**)
3. Pickled plum
4. Dill

What do you need at home?

- 2x Sauce pan
- 1 x Frying pan
- Serving plates or bowls.

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

1. Bring a large saucepan of water to the boil.
2. Empty the creamed cabbage (2) into the other saucepan and place over a low heat.
3. Once the water is boiling add the dumplings (1) into the water and set a timer for 8 minutes (**KEEP BUTTER TO ONE SIDE TO USE LATER**).
4. As soon as the cabbage is bubbling you can take it off the heat and leave in a warm place.
5. A couple of minutes before the dumplings are ready, begin heating the frying pan over a medium high heat.
6. Just before the dumplings are ready put the butter that was in the bag with the dumplings into the frying pan and allow it to fully melt before taking the dumplings from the water and placing in the hot butter.
7. Fry the dumplings in the butter until they are golden brown all over.
8. To plate begin by spooning the cabbage into the centre of the plate.
9. Place the dumplings on top of the cabbage.
10. Dot the pickled plum (3) pieces on top of the cabbage & dumplings then drizzle some of the plum juice around the plate.
11. Finally garnish with the dill. Enjoy!

This is very much a Scandinavian inspired dish. “Kalstuing” (creamed cabbage) & “kroppkakor” (dumplings) are made a bit lighter by the pickled plum and dill. I guess you wouldn't normally see these two things together on the same plate but at CSONS we think they go very well together, especially with a warm fire and a nice big glass of Iron & Roses' matched wine.

**Allergy advice: Contains Gluten (dumpling & vegan cabbage), Milk (cabbage)
Eggs (dumpling), Sulphites (trace in vinegar)**



MAIN - SPRINGFIELD CHICKEN LEG, HAREHILL FENNEL, PEARL BARLEY, GREENS, CRÈME FRAICHE, TARRAGON

What's in the Box?

1. Chicken (Vegan option is squash)
2. Fennel
3. Pearl barley
4. Harehill greens
5. Garlic parsley
6. Crème fraiche & tarragon (Vegan is fennel puree)

What do you need at home?

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

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

1. Preheat the oven to 190c—200c.
2. Place the chicken (1) or squash & the fennel (2) on the baking tray and pop it in the oven for a good 15 minutes or until piping hot throughout.
3. Whilst the chicken and fennel are in the oven empty the pearl barley (3) with the stock into the sauce pan and place over a medium high heat.
4. Once bubbling, add the greens (4) to the barley and stir in order to wilt them down.
5. Check the chicken to ensure its good & hot & crisp!
6. Place the pearl barley, greens & stock into the bowl.
7. Pile high the fennel and the chicken.
8. Top with the crème fraiche and tarragon (6) and sprinkle with the garlic parsley (5). Job done!

I guess this dish has some of the French about it. Peasant style food full of flavour made a little more decadent with a good spoon of the finest crème fraiche. Enjoy!

Allergy advice: Contains Celery (pearl barley), Gluten (pearl barley), Milk (crème fraiche)

PUDDING - CDAD'S PEAR, CIDER ZABAGLIONE, WALNUT TORTA, CANDIED WALNUTS

What's in the Box?

1. Poached pear
2. Zabaglione (Vegan option is Walnut cream)
3. Walnut cake
4. Walnut

What do you need at home?

Serving plates

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

1. Begin by spooning the zabaglione (2) or walnut cream into the centre of the plate and making a well with the back of the spoon in the middle of the zabaglione.
2. Place the walnut cake (3) to one side of the well but on top of the zabaglione.
3. Lean the pear (1) against the cake so the pears bottom is in the middle of the zabaglione and drizzle the dish with some of the pear syrup.
4. Finally sprinkle with the sweet walnuts (4)

Finally we have made it to Italy with this desert, or at least a part of it. It's the first time we've made zabaglione at CSONS and as usual we added our own twist by using cider instead of wine. We love the boozy, creamy, goodness. Cdad's pears are now ready so enjoy these Shropshire beauties!

Allergy advice: Contains Eggs (zabaglione, walnut cake), Nuts (cake, walnuts & in veg cream)



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THIS WEEK'S AMAZING SUPPLIERS

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

Plums from **Dingle farm**, Little Witley

Chicken from **Springfield poultry**, springfieldpoultry.co.uk

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

Pears from **Cdad**, Munslow

Cider from **Newton Court**, Leominster, newtoncourtcider.com

Pearl barley from **Hodmedods**, hodmedods.co.uk

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

Milk and cream from the very awesome **Mawley Town Farm**,
www.mawleytownfarm.co.uk

Crème fraiche from **Neals yard creamery**,
nealsyardcreamery.co.uk

Carrots, fennel, onions, herbs & greens from **Harehill Farm**,
www.harehillfarm.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