

LOCALLY SOURCED



GLOBALLY INSPIRED

A close-up photograph of a roasted squash, cut in half, served on a blue plate. The squash is filled with a mixture of tamarind sauce, peanuts, and a fresh herb salad. The background is slightly blurred, showing another similar dish on a blue plate.

STARTER - EVESHAM SQUASH, TAMARIND SAUCE, PEANUT, WESTLANDS HERB SALAD

What's in the Box?

1. Roast squash
2. Squash puree
3. Tamarind sauce
4. Peanut
5. Herb salad
6. Sesame oil

What do you need at home?

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

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

1. Preheat the oven to 190c.
2. Place the roast squash (1) on the oven tray and pop it in the oven..
3. As the roast squash is warming up empty the squash puree (2) into the sauce pan and place over a medium heat.
4. Add a little water to the puree to let it down. Keep an eye on it and stir often ensuring it doesn't stick.
5. Once the roast squash is sizzling in the oven and the puree is good and hot it's time to plate.
6. Start by spooning the puree into the middle of the plate and creating a well in the middle of the puree.
7. Take the roast squash and place in the well you have made in the puree.
8. Spoon over the tamarind sauce (3).
9. Sprinkle over the peanuts (4).
10. Pile on the herb salad (5).
11. Finally drizzle the plate with the sesame oil (6).

One of the best things in autumn is the arrival of the squashes. One which we often use is what we have roasted in this dish; the Crown prince and it is delicious. It always makes us feel like making something Asian when we have some squash in front of us and this time we have drawn some inspiration from Vietnam. Enjoy!

Allergy advice: Contains Peanuts (peanuts), Sesame (sesame oil), Soya (tamarind sauce)



MAIN - MILLICHOPE PHEASANT, BLACK RICE, HODMEDOD UMAMI & COCONUT SAUCE, HAREHILL GREENS, LEMONGRASS, GINGER, SESAME, PICKLES

What's in the Box?

1. Pheasant (Vegan option is tofu)
2. Black rice
3. Umami & coconut sauce
4. Harehill greens
5. Stir fry dressing
6. Pickles & herbs

What do you need at home?

- 1 x Fry pan
- 1 x Sauce pan
- Serving bowls

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

1. Begin by cooking the rice (2). Empty the rice into the sauce pan. Cover with plenty of water and place over a high heat. Bring it up to the boil and then turn it down to a simmer and simmer until slightly chewy but cooked through; around twenty to twenty five minutes.
2. In the meantime bring the saucepan up to a high temperature and empty in the stir fry dressing (5); once it's sizzling follow with the greens (4) and toss through the dressing allowing the cabbage to wilt slightly but remain a little crunchy. (this week we have savoy cabbage from harehill)
3. As soon as the cabbage is ready take it out of the pan and leave it somewhere to keep warm.
4. Now empty the umami & coconut sauce (3) into the frying pan and place over a medium heat.
5. Once it is bubbling drop in the seared pheasant or tofu (1) and simmer until the pheasant is piping hot throughout!
6. Now that everything is good & hot & the rice is cooked is cooked its time to plate!
7. Begin with the rice piled high in the centre of the plate.
8. Next place the cabbage/greens on top but to one side of the rice.
9. Place the pheasant next to the cabbage and generously pour over the sauce.
10. Lay the pickles and herb atop and tuck in.

Allergy advice: Contains **Celery** (umami & coconut sauce), **Milk** (umami & coconut sauce, pheasant), **Sesame** (umami & coconut sauce, stir fry dressing), **Peanuts** (umami & coconut sauce), **Soya** (stir fry dressing, tofu)

PUDDING - SPICED BREAD, CUSTARD, CDAD'S APPLE, SHEILA'S MEDLARS

What's in the Box?

1. Spiced bread (vegan option is vegan sponge)
2. Custard (vegan option is oatmilk custard)
3. Cdad's apple
4. Medlar sauce

What do you need at home?

- 1 x frying pan
- 1 x oven tray
- Serving bowls

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

1. First things first. Around twenty minutes before it's time to eat pudding soak your spiced bread or vegan sponge (1) in the custard (2) turning half way through to ensure an even soak. **BE SURE TO KEEP THE KNOB OF BUTTER/VEGAN SPREAD ASIDE FOR LATER.**
2. Preheat the oven to 150c
3. Once the bread has been soaked heat the frying pan over a low medium heat.
4. Pop your apples (3) on the oven tray and place in the oven.
5. Melt the butter/spread in the frying pan and carefully place the bread in the butter to fry it on all sides until golden.
6. Once the bread is ready remove from the pan and place on the same tray as the apples keeping somewhere warm.
7. Pour the remaining custard into the frying pan and heat till it is nearly bubbling. (this will be very quick!)
8. Now it is time to plate. Start with the custard in the base of the bowl, followed by bread in the middle of the custard, top with the apples and finally drizzle over the medlar sauce (4)

Probably the hardest desert for you guys at home yet! French toast with some class. Enjoy!

Allergy advice: Contains Eggs (bread, custard), Gluten (bread, sponge, oatmilk), Milk (bread, custard)



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THIS WEEK'S AMAZING SUPPLIERS

Pheasant from **Millichope estate**, Munslow

Squash from **B & G nurseries**, Evesham

Herb salads from **Westlands nursery**, Evesham

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

Apples from **Cdad**, Munslow

Medlars from **Uncle Will & Auntie Sheila**, Chislehurst

Fava bean umami paste 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

Carrots, cabbage & herbs 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**.

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