LOCALLY SOURCED CSONS at Home GLOBALLY INSPIRED

THIS WEEK'S AMAZING SUPPLIERS

Dry aged Limousin beef from **Ludlow Farm Shop** www.ludlowfarmshop.co.uk

Nuts and seeds from **Ludlow Nut Co** www.ludlownut.co.uk.

The tastiest free range Shropshire pork from Sarah at **Strawberry Fields farm**

Cabbage from **B and G nurseries**, Pershore.

Noodles from **Myriad Organics**, Ludlow www.myriad-organics.co.uk/

Speciality Asian ingredients from **Setonaikai** in Shrewsbury. www.setonaikai.co.uk

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

Free range Shropshire hens eggs from **Little Sutton Farm**, Stanton Lacy, Ludlow

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

Chai tea from our friend Claire who is **Trumpers Tea.** www.trumperstea.co.uk

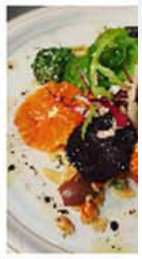
Charity Challenge Photo!

We're donating 5% of our CSONS at Home main course sales to charity and we want you to choose which one! To be in with a chance of nominating your chosen charity post a photo of your finished dish to Instagram with the hashtag #CsonsAtHome. Each month we'll choose a winner and donate to their charity. See our website for more details.

Whilst we list all **allergens** present in our CSONS at HOME dishes ingredients 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



LOCALLY SOURCED CSONS at Home GLOBALLY INSPIRED

STARTER - BEEF LAAB, GEM LETTUCE, SWEET CHILLI SAUCE, PICKLES, SOY NUTS AND SEEDS, CORIANDER

What's in the Box?

1 Beef laab (**VEG option** is Shropshire mushroom)
2 Little gem lettuce
3 Spring onion & coriander
4 Sweet chilli sauce
5 Soy nuts & seeds

What you need at home?

1 x medium saucepan
Serving plates

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

1. Empty the beef laab (1) into the pan and heat on a gentle heat until it is piping hot, if you neede to add a splash of water to stop it sticking then do.
2. While the laab is cooling arrange the little gem leaves (2) with the inside facing up on the plate so you can fill them with the laab.
3. Now divide the laab equally into the leaves to form open parcels a bit like a taco.
4. Sprinkle the spring onion and coriander (3) over the top.
5. Drizzle the CSONS sweet chilli sauce (4) into the parcels. If you want to decorate the plate a little with a circular drizzle too then that's cool, but please ensure you scoop it back up with the lettuce when you are eating it! We wouldn't want to think of sauce getting left on a plate!
6. To finish, just sprinkle the soy nuts and seeds over the top!
   Note that we always use tamari instead of soy sauce. It is generally less salty, doesn't have any nasty additives and is gluten free.

Allergy advice: Contains **fish** (meat only), **shellfish** (meat only), **sesame, soya** & **sulphites**.

MAIN - STRAWBERRY FIELDS PORK LEG, 5 SPICE GRAVY, NOODLES, AUBERGINE, CARROT, SPRING ONION CABBAGE, SESAME, LIME, CHILLI

What's in the Box?

1 5 spice gravy (**VEG option** is dengaku sauce)
2 Pork leg (**VEG option** is aubergine)
3 Noodles
4 Cabbage & aubergine
5 Pickles & carrot
6 Noodle dressing
7 Sesame seeds

What you need at home?

1 x medium saucepan
1 x mixing bowl
1 x baking tray (**VEG option** only)
Serving bowls

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

1. Pour the 5 spice gravy (1) into the pan and bring to the boil.
2. Once the gravy is boiling add the Strawberry Fields pork leg and simmer until piping hot throughout, around 5-10 minutes.
3. If you are doing the **VEG option** turn your grill on, place the aubergine flat on the baking tray (use a little parchment if it's not non-stick). Then spread 3/4 of the dengaku sauce over the top side of your aubergine (2). Place the tray under the grill and watch for the sauce to start bubbling all over. Remove from the grill and keep warm. Add a little water to the reserved dengaku and pour into the pan. Bring to the boil and simmer gently. This is your **VEG** gravy.
4. Empty the noodles (3) into the mixing bowl. They will be a little clumped together, but dont worry, they'll break up once you add the reast of the ingredients and start mixing. Which brings us nicely on to the next step;
5. Add the cabbage and aubergine (4) and the pickles and carrot (5) reservinf a few of the pickles for garnish later. Now add the dressing (6) and mix the salad well but gently, ensuring you seperate all the noodles and get everyting coated in the delicious dressing.
6. Now get everything together to plate or bowl even as you'll see if you watch the video!
7. First mound the noodle salad off centre. lean the pork or aubergine onto the centre side and pour the gravy over the top.
8. Place the reserved pickles ontop of the noodles and sprinkle with sesame seeds (7).
9. Sit back, relax and eat out whilst you're actually in!

Allergy advice: Contains **soya, celery, sesame** & **sulphites**.

PUDDING - CHOCOLATE & GINGER TORTE CHAI CUSTARD, SESAME BRITTLE

What's in the Box?

1 Chocolate and Ginger torte
2 Chai custard
3 Almond and sesame brittle

What you need at home?

1 x baking tray
1 x small saucepan
Serving bowls

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

1. Set the oven to 140c.
2. Place the chocolate & ginger torte (1) on the baking tray and pop in the oven to gently warm through for 5 minutes.
3. Empty the Trumpers chai custard (2) into the saucepan and gently heat. Take care not to boil it or it will curdle and go lumpy and we all know that lumpy custard is not good! Once hot remove from the heat.
4. Now it's time to plate.
5. Place the torte in the bottom of your chosen bowl and pour the custard around the side.
6. Now sprinkle the almond and sesame brittle over the torte.
7. That's it, now enjoy!

Allergy advice: Contains **milk, eggs, peanuts, nuts, sesame** & **sulphites**.