

**LOCALLY SOURCED**



**GLOBALY INSPIRED**



**STARTER - MUSHROOM & BEAN BALLS, WILD MUSHROOMS, SPECKLED LENTILS, PICKLED PEAR, GARLIC, PARSLEY.**

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

1. Mushroom & bean ball
2. Mixed mushrooms
3. Lentils
4. Pickled pear
5. Red wine & pear syrup
6. Garlic & parsley

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

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

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

1. Preheat oven to 180c.
2. Place the mushroom & bean balls (1) on the oven tray and pop them in the oven.
3. Put the frying pan over a high heat and tip in the mixed mushrooms (2) with the garlic butter.
4. Cook the mushrooms over the high heat until the butter is all melted and the mushrooms just cooked.
5. Once the mushrooms are nearly ready pour in the lentils (3), the pickle liquid from the pickled pears (4) and half the garlic & parsley (6). Turn the heat down and stir to heat the lentils through and reduce any liquid.
6. Time to plate...
7. Begin by mounding the mushroom and lentil mix in the centre of the plate.
8. Top this with your 2 mushroom balls.
9. Take the pickled pears and lean them up against the mound at differing angles.
10. Drizzle the red wine & pear syrup (5) all over and around the dish.
11. Sprinkle over the remaining garlic & parsley and dig in.

This weeks menu has a North American vibe! Admittedly I'm not sure which part of this starter has an American vibe but perhaps a bit of an Italian one so this one goes out to all the Goodfellas! 'Fuggedaboutit'

**Allergy advice: Milk (butter in mixed mushrooms, not in vegan), Sulphites (from vinegar in pickled pear).**



## MAIN - AMERICAN STYLE PORK & BEANS, TUDGES PORK BELLY, KALETTES, SOURDOUGH ROLL, CHIVE CREAM.

### What's in the Box?

1. Tudges pork belly (**vegan is spiced squash**)
2. Beans
3. Kalettes
4. Sourdough roll
5. Chive cream (**vegan is chive coconut yoghurt**)
6. Chives

### What do you need at home?

- 1 x Sauce pan
- 1 x Frying pan
- 1 x Oven tray
- Serving Bowls

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

1. Preheat the oven to 180c.
2. Begin to heat the frying pan over a medium heat.
3. Empty the beans (2) into the sauce pan and place on a low heat.
4. Once the frying pan is hot begin to fry the pork belly (1) or **spiced squash** with the aim of crisping up each side .
5. When each side is crispy toss the kalettes (3) into the pan with the pork or **squash** and place in the oven. Also, pop the sourdough roll (4) onto the oven tray and pop that in.
6. It should only take a few minutes to warm up the bread and the kalettes but keep an eye on them tossing the kalettes after a couple of minutes.
7. Once the kalettes and roll are hot throughout, the beans are bubbling and the pork sizzling it's time to plate or bowl.
8. Begin by spooning the beans on one side of the bowl.
9. Pile the kalettes on the other side.
10. Lean one piece of pork against the other in a criss cross on top of the stew.
11. Place the quenelle of chive cream (5) on top of the pork and sprinkle with the chopped chives (6).

Another winter warmer! A CSONS take on an American classic. Imagine yourself out in the wild west camping down for the night and eating a can of warming pork and beans as the desert night creeps in. Yeehaaaww.

**Allergy advice: Celery (pork/squash & beans), Gluten (sourdough roll), Mustard (chive cream & chive yoghurt), Soya (chive yoghurt vegan only), Milk (chive cream).**

# PUDDING - LABNEH CHEESECAKE, BLOOD ORANGE, GINGER CRUMB.

## What's in the Box?

1. Cheesecake (vegan option is tofu cheesecake)
2. Blood orange
3. Blood orange syrup
4. Ginger crumb

## What do you need at home?

Serving plates

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

1. Begin by cutting the cheesecake (1) out of its bag being careful not to damage it.
2. Lift the cheesecake using a pallet knife or alternative onto one side of the plate.
3. Place the slices of blood orange (2) wherever you want as long as it looks great.
4. Drizzle the blood orange syrup (3) all over and around the cheesecake and orange slices.
5. Finally sprinkle with the ginger crumb (4).

Classic baked American style cheesecake. Taken next level by the fact we made our own labneh and pimped with blood oranges, syrup and homemade ginger biscuit crumb. Enjoy!

Allergy advice: Contains **Milk** (cheesecake), **Gluten** (ginger crumb, cheesecake base), **Soya** (vegan cheesecake)



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## THIS WEEK'S AMAZING SUPPLIERS

Mushrooms from **Livesey brothers**, [liveseybrosmushrooms.co.uk](http://liveseybrosmushrooms.co.uk)

Beans & lentils from **Hodmedods**, [hodmedods.co.uk](http://hodmedods.co.uk)

Pears from **CDADs garden**, Munslow

Flour from **Shipton mill**, [shiptonmill.co.uk](http://shiptonmill.co.uk)

Pork belly from **Tudges**, [tudge-meat.co.uk](http://tudge-meat.co.uk)

Red wine from **Paso primero**, [paso-primero.com](http://paso-primero.com)

Cream from **Mawley milk**, [mawleytownfarm.co.uk](http://mawleytownfarm.co.uk)

Kalettes from **B & G nurseries**, Worcester

Labneh for cheesecake made from **Ludlow farm shop**, [yoghurtludlowfarmshop.co.uk](http://yoghurtludlowfarmshop.co.uk)

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

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.**

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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