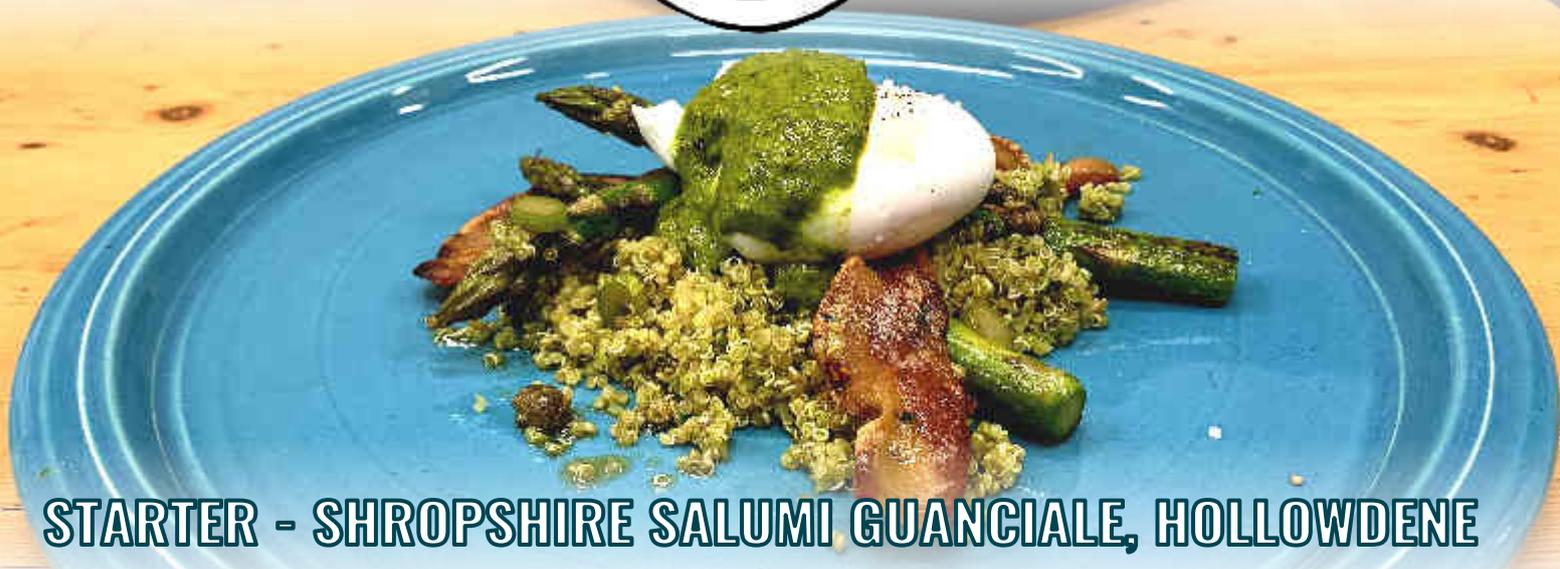


LOCALLY SOURCED



GLOBALLY INSPIRED



STARTER - SHROPSHIRE SALUMI GUANCIALE, HOLLOWDENE POACHED EGG, SHROPSHIRE QUINOA, WILD GARLIC.

What's in the Box?

1. Shropshire quinoa.
2. Poached egg (Vegan option with aquafaba mayo)
3. Guanciale (Veg/ vegan option with marinated smoked tofu)
4. Asparagus
5. Wild garlic puree

What do you need at home?

- 1 x mixing bowl
- 1 x frying pan
- 1 x sauce pan
- Serving plates

Directions— Please also see the video at www.csons.uk/csonsathome/

1. Begin by filling the sauce pan with some water, bring to the boil and turn down to a simmer.
2. Empty the quinoa (1) into the mixing bowl with half of the wild garlic puree (5) and place the bowl over the simmering water to warm the quinoa through.
3. Lay the guanciale (3) in the frying pan whilst it is still cold and place over a medium heat allowing the fat to come out of the guanciale. Once the fat has rendered out turn the temperature up to medium high in order to crisp up the guanciale. When one side is golden brown and crisp turn the guanciale over and crisp up the other side until golden brown. This may take up to around ten minutes or so to obtain crispy perfection.
4. **For the veg/vegan option** heat the frying pan first to almost smoking and lay the tofu (3) in the frying pan and empty in all the marinade oil. Fry the tofu until crispy on both sides then follow the remaining instructions for vegetarian and for the **vegan option** omit the parts with the poached egg but place the veganaisse where the egg goes during the plating part of the instructions.
5. Once perfectly crispy take the guanciale or tofu out of the pan and empty the asparagus (4) into the guanciale oil. Turn down the heat a little and keep moving allowing the butter to melt and become a sauce for the dish.
6. At the same time pop the poached eggs (2) in the simmering water and turn off the heat with the bowl still on top and allow 5 minutes for the heat to penetrate the egg and the pan flavours to coat the asparagus.
7. To plate up pile the quinoa in the centre of the plate. Lay the asparagus and guanciale at differing angles across the quinoa leaving a space in the middle for the egg.
8. Using a slotted spoon take the egg and place it in the gap you have left atop the quinoa. Drizzle the dish all the buttery and capery goodness from the frying pan and finally drizzle the wild garlic puree (5) all over the dish.

Bit of an Italian vibe this week with the arrival of asparagus and this dish is pretty much a CSONS classic! Three great things normally all from Shropshire; guanciale, quinoa & asparagus. Unfortunately Quatt farm asparagus has been slowed by the recent spell of cold weather so we have defaulted to Herefordshire and the Wye valley. Enjoy!

ALLERGY ADVICE: Contains **MILK** (butter—not in vegan), **EGGS** (poached egg), **MUSTARD** (mayo), **SULPHITES** (trace from vinegar) **SOYA** (tofu only).



MAIN - GLOUCESTER OLD SPOT PORK & FENNEL RAGU, GNOCCHI, BERKSWELL, LANE COTTAGE LEAVES, VINAIGRETTE.

What's in the Box?

1. Gnocchi
2. GOS pork ragu (Veg/vegan is mushroom, fennel & tomato)
3. Garlic parsley
4. Berkswell (vegan option vegan cheese)
5. Lane cottage leaves

What do you need at home?

- 2 x sauce pan
- 1 x mixing bowl
- Salad serving bowls
- Serving bowls

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

On the videos this week we had the lovely Luke from CSONS Shrewsbury explaining how to cook the dishes. Some of the methods may differ slightly from the film to these written instructions but will be nearly the same and just shows that cooking doesn't have to be done in a regimented manner and you can always throw a bit of your own flare into the mix!

1. Begin by bringing a pan of water to the boil.
2. Whilst the water is coming up to a boil empty the ragu (2) into the other sauce pan and place over a low to medium heat.
3. Once the water is boiling and the ragu bubbling empty the gnocchi (1) into the water and boil until they are all floating. Around 1 minute.
4. Remove the gnocchi using a slotted spoon, or drain with a sieve and add to the ragu.
5. Add the garlic parsley (3) to the ragu and stir it through until all the gnocchi are coated.
6. Empty the lane cottage leaves (5) into the mixing bowl and drizzle with the vinaigrette (6).
7. To bowl up spoon the gnocchi and ragu into the bowls piling up high rather than flat and sprinkle with the Berkswell (4).
8. Toss the salad together and place either to one side of the bowl or in the separate salad serving bowl. And that's it. Simple!

This dish is actually an old Green Café classic but I'm sure our predecessor Clive won't mind us borrowing it for a week! The sausage meat recipe from John at the Ludlow farm shop came about as a collaboration between the 2.

Allergy advice: CELERY (ragu), **GLUTEN** (gnocchi), **EGG** (gnocchi - not in vegan), **MILK** (Berkswell cheese),

MUSTARD (vinaigrette), **SULPHITES** (trace from vinegar).

PUDDING - CHOCOLATE & WALNUT TORTA CAPRESE, SABAYON CREAM, CANDIED WALNUTS.

What's in the Box?

1. Torta Caprese
2. Sabayon cream (vegan is whipped tofu)
3. Candied walnuts

What do you need at home?

- 1 x Oven tray
- Serving plates

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

1. Preheat the oven to 130c.
2. Place the Torta Caprese (1) on the oven tray and pop it in the oven to warm through for about 5 minutes.
3. Once warmed through place to one side of the plate.
4. Using a spoon dipped in hot water scoop out the sabayon cream (2) and place next to the torta.
5. Sprinkle with the candied walnuts and serve.

Another blinding pud from our head pastry chef Kelly. Torta Caprese is named so as it comes from the island of Capri but is much loved all over Italy! Enjoy.

Allergy advice: Contains NUTS (torta & candied walnuts), EGG (torta & sabayon—not in vegan), SOYA (whipped tofu), MILK (sabayon & torta - not in vegan).



LOCALLY SOURCED



GLOBALY INSPIRED

THIS WEEK'S AMAZING SUPPLIERS

Eggs from **Hollowdene Hens**, Shrewsbury

Guanciale from **Shropshire salumi**, shropshire-salumi.co.uk

Quinoa from **British quinoa**, britishquinoa.co.uk

Asparagus from **Wye valley produce**, wyevalleyproduce.co.uk

Spices from **Suma**, sumawholesale.co.uk

Cream & milk from **Mawley Milk**, mawleytownfarm.co.uk

Sausage meat from **Ludlow farm shop**, ludlowfarmshop.co.uk

Wild garlic **foraged** from Stanton Lacy

Flour from **Shipton Mill**, shiptonmill.co.uk

Nuts & seeds from **Ludlow Nut Company**, ludlownut.co.uk

Leaves from **Lane Cottage produce**, lanecottageproduce.co.uk

Berkswell from **Berkswell cheese**, berkswellcheese.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**.

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