

**LOCALLY SOURCED**



**GLOBALLY INSPIRED**



## **STARTER - MILLICHOPE PHEASANT PASTILLA, ROAST BEETROOT, YOGHURT DRESSING, HARISSA, SHROPSHIRE MICROS.**

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

1. Pastilla
2. Roast beetroot
3. Yoghurt dressing
4. Harissa
5. Shropshire micros

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

- 1 x Mixing bowl
- 1 x Oven tray
- Serving plates

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

1. Preheat the oven to 190c.
2. Place the pastilla (1) on the tray and pop it in the oven for 10 - 15 minutes or until the filo pastry is crisp and the contents piping hot.
3. Empty the beetroot (2) onto the oven tray five minutes before serving to heat them through.
4. Once the beetroot and the pastilla are nice and hot place the beetroot in the mixing bowl and toss with a bout a third of the yoghurt dressing (3).
5. Now its time to plate. Begin by making a line with the beetroot to one side of the centre of the plate.
6. Lean the pastilla up against the beetroot at the top end of the plate.
7. Pop the microgreens (5) into the mixing bowl which had the yoghurt and pour over a little of the oil from the harissa (4). Then toss through so the yoghurt and oil mix together and dress the micros.
8. Finaly drizzle the remaining yoghurt dressing followed by the harissa over the dish.

First had a pastilla in the souks of Marrakesh from a small window down some dodgy alley. On that day it was the classic pigeon one and very nice it was too. Since then we have recreated them in all sorts of different shapes and sizes with all sorts of fillings. As you can see we are heading down a middle eastern vibe again this week with a few twists and turns along the way! Enjoy!

**ALLERGY ADVICE:** Contains **CELERY** (pastilla), **EGGS** (pastilla- not in veg/vegan), **GLUTEN** (pastilla), **SOYA** (tofu), **NUTS** (pastilla), **MILK** (pastilla and yoghurt dressing - not in vegan), **SULPHITES** (trace from vinegar).



## MAIN - SPICED LUDLOW FARM BEEF, HODMEDOD LENTILS, WYE VALLEY ASPARAGUS, OLIVES, TAHINI, POMEGRANITE, WILD GARLIC.

### What's in the Box?

1. Lentils
2. Spiced beef (Veg/ vegan option is ta'amia)
3. Asparagus & olive salad
4. Tahini
5. Pomegranate
6. Wild garlic

### What do you need at home?

- 1 x sauce pan
- 1 x frying pan
- 1 x oven tray
- Serving plates

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

1. Preheat oven to 190c.
2. Place the lentils (1) in the saucepan with a splash of water and place over a low heat. Stir often.
3. If you have a good non stick oven proof frying pan then you're onto a winner. If not try a piece of parchment in the base of the pan.
4. Place the frying pan over a medium heat and pop the spiced beef (2) in the pan and allow some of the fat to come out of the disk and fry until golden on both sides. About 3 minutes a side.
5. Once golden and crisp on each side pop them in the oven for five or so minutes in order to ensure the beef is piping hot throughout.
6. If having the **ta'amia (2)**, just pop them straight on the oven tray and reheat them in the oven (around 10 to 15 mins).
7. So once the lentils are bubbling and the beef hot throughout it's time to plate.
8. Begin by piling the lentils to one side of the centre of the plate.
9. On the other side pile up the asparagus and olive salad (3).
10. Place the beef disks or ta'amia on top of the lentils, drizzle with tahini (4) and sprinkle with the pomegranate (5) and wild garlic (6).

If the beef has a good amount of caramelisation you may imagine you barbecued it. We very much enjoyed the eating of this dish after the video and hope you do too!

Allergy advice: **CELERY** (beef & lentils), **NUTS** (lentils), **SESAME** (tahini).

# PUDDING - ORANGE AND RHUBARB REVANI, NEALS YARD CRÈME FRAÎCHE, RHUBARB SYRUP.

## What's in the Box?

1. Revani
2. Crème fraîche (Vegan is coconut yoghurt)
3. Poached rhubarb
4. Rhubarb syrup

## 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. Place the revani (1) just off centre on the plate.
2. Spoon the quenelle of crème fraîche (2) beside the revani.
3. Pile the rhubarb (3) beside the crème fraîche .
4. Drizzle with rhubarb syrup (4)

Revani is a classic street food cake found in little pastry shops all over the middle east who serve all sorts of pastry and cake steeped in delicious syrups. Normally this would be presented in a diamond shape but cutting it like that would have meant us all getting a bit tubbier from the off cuts so went for a square so as not to have any waste!

**Allergy advice: Contains NUTS (revani), EGG (revani - not in vegan), GLUTEN (revani), MILK (revani & crème fraîche - not in vegan).**



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## THIS WEEK'S AMAZING SUPPLIERS

Pheasant from **Millichope Estate**, Munslow

Beetroot from **B & G Nurseries**, Pershore

Shropshire micros from **Shropshire microfarm**, SY1

Beef & yoghurt from **Ludlow farm shop**, [ludlowfarmshop.co.uk](http://ludlowfarmshop.co.uk)

Asparagus from **Wye valley produce**, Ross on Wye

Olives & olive oil from **The Olive Press**, Ludlow

Spices from **Suma**, [suma.coop](http://suma.coop)

Wild garlic **foraged** from Stanton Lacy

Crème fraiche from **Neals yard creamery**, [nealsyardcreamery.co.uk](http://nealsyardcreamery.co.uk)

Nuts & seeds from **Ludlow Nut Company**, [ludlownut.co.uk](http://ludlownut.co.uk)

Rhubarb from **Arnold Farms**, Ombersley, Worcestershire

Eggs from **Hollowdene Hens**, Shrewsbury

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