



Recipes

WELCOME TO CATER PLUS

Big enough to deliver, small enough to care

Check our Facebook page every Friday from 1st May '15 for a fantastic new recipe to try out at home!

These delicious recipes are provided courtesy of our Product Development Manager, Ian Braund.

Ian Braund has gained extensive experience in the hospitality industry over a career spanning two decades.



Before joining Cater Plus in September 2014, Ian spent eight years as Kitchen Manager for Cirque du Soleil, who are recognised around the world for high-quality, artistic entertainment.

Miso Soup

Ingredients

- 2 ltrs Water
- 300 gms White miso
- 50 mls Light soy
- 50 gms Hon Dashi powder (Hon Dashi powder is available from most Chinese and all Japanese food shops)
- 100 gms Firm silken tofu, small dice (shredded or left over roast chicken is also perfect)
- 2 Spring onions, sliced
- 1 sheet Nori, sliced thinly

Method

1. Bring water to simmer in a thick bottomed pot. Whisk in miso then Hon Dashi powder.
2. Bring to just under boil again and season with the soy sauce. *Do not* let the miso get into a rolling boil.
3. In a soup bowl add hot soup, tofu or microwaved shredded chicken, spring onions and nori strips.



Split Pea with Smoked Pork Hock Soup



Ingredients

- 350 gms Whole tomatoes
- 80 mls Olive oil
- 300 gms Finely diced brown onion
- 140 gms Diced leeks
- 100 gms Finely diced celery stalks
- 10 gms Finely chopped fresh garlic cloves
- 3 Fresh bay leaves
- 7 gms Sea salt
- 750 gms Smoked ham hock
- 240 gms Finely diced carrots
- 350 gms Green split peas, well rinsed
- 2.4 ltrs Chicken stock
- 2 gms Finely chopped mint
- 2 gms Finely chopped fresh flat leaf parsley

Method

1. Blanch tomatoes, peel, halve, remove seeds and roughly chop flesh
2. Heat oil in a heavy based pan, add onion, leeks, celery, garlic, bay leaves and salt, cook stirring over a low heat until the onion is very soft
3. Trim all the skin off the ham hock and add with tomatoes, and remaining ingredients except the herbs to the pot
4. Simmer very gently, stirring occasionally, covered for about two hours or until the ham comes away from the bone
5. Remove the hock from the pot, pull off the meat, shred it and return the meat to the pot. Discard the bone and bay leaves.
6. Stir in the fresh herbs
7. Check the soup consistency, you may need to add a little more stock if it is too thick
8. Re-season and serve

Ingredients - Serves 2

2	Lamb shanks	1 Bunch	Chopped coriander
50 gms	Flour	200 gms	Couscous
50 mls	Vegetable oil	1 tbs	Olive oil
1	Can chopped tomatoes	200 ml	Hot vegetable stock
2 tsp	Ground cumin	1 pinch	Saffron if available
1 tsp	Ground coriander	½	Red onion diced
2 tsp	Paprika		Salt
1 tsp	Fennel seeds		Cracked black pepper
5 cm	Knob ginger, chopped	1 tbs	Raisins
2	Chilli, chopped	1	Lemon, zest and juice
1	Cinnamon stick	2 tbs	Toasted pumpkin seeds
1 tbs	Olive oil		
500 ml	Chicken stock		
50 gms	Whole green olives		
50 gms	Dried apricots, chopped		
50 gms	Dried dates, chopped		
1 tbs	Sliced almonds		
2 tbs	Sugar		

Directions

1. Turn oven up to 200°C. Rub oil, salt & pepper over shanks and coat with flour. Roast in oven for 40 minutes until golden brown turning once.
2. Mix ground cumin, coriander, paprika and fennel seeds in a bowl. In a big sauce pan cook the spices for 1-2 minutes until you can smell the fragrance coming out. Add ginger and chilli, fry for a further 1 minute.
3. Add lamb shanks in the pan, tomatoes and chicken stock and make sure the shanks are largely covered, and bring it to boil. Add cinnamon stick to the pot, put on lid and bake in 175°C oven for 1 ½ to 2 hours. At this stage add the olives, chopped apricots, dates and almonds to the lamb, and continue to cook until meat is coming away from bone. If shanks are ready transfer to a dish and set aside. Reduce cooking liquor until you have a light sauce consistency, check seasoning and adjust with salt & sugar. Put shanks back in to keep warm.
4. Add couscous, lemon juice, zest, saffron and oil to hot stock. Cover and set aside for five minutes. Fluff with fork. When about to serve toss in coriander, onion, raisins and pumpkin seeds.
5. Divide the couscous up into 2 bowls, place the lamb on top and nap sauce over shanks.

Middle Eastern Style Lamb Shanks



Tom Yum Soup

Ingredients

200	gms	Tom Yum shrimp paste
50	ml	Oil for frying
3	each	Onions
1	each	Red chili sliced
1000	mls	Water
1000	mls	Coconut cream
100	mls	Fish sauce
5	each	Kaffir lime leaves (or 100ml lime juice)
2	each	Stalks of lemongrass
1x400	gms	Can of straw mushrooms
100	gms	Fresh coriander
50	gms	Mint leaves
50	gms	Fresh basil leaves
20	gms	Freshly chopped garlic
50	gms	Freshly peeled and sliced ginger
30	gms	Chicken stock powder
750	gms	Raw peeled shrimp
100	gms	Crispy shallots.

Method

1. Peel and slice finely the onions, garlic and ginger.
2. In a saucepan fry the onions. Add roughly chopped lemongrass, tom yum paste and stir for a few minutes. Add chicken powder and fish sauce.
3. Add water, lime leaves and bring to simmer for fifteen minutes.
4. Add coconut cream and reboil. Add shrimp and bring back to simmer for 3 minutes.
5. Add chilli, and all the roughly chopped herbs. Check seasoning. May need more fish sauce/Tom Yum depending on desired flavour.
6. Serve immediately.
7. Garnish with crispy shallots.

Larb

Ingredients

1 kg	Pork or chicken mince	½ cup	Mint leaves
2 each	Stalks lemongrass	2 each	Iceberg lettuce
3 each	Kaffir lime leaves	2 each	Red onions
5 each	Cloves garlic	1 cup	Sliced coriander
2 each	Red chillies	2 each	Spring onions
½ cup	Lime juice	5 tbs	Fish sauce
2 cups	Basmati or Jasmine rice		
1 cup	Long grain rice (toasted & ground)		
	Oil for cooking		

Method

1. Put one cup of long grain rice dry into an oven tray and roast at 180°C until golden brown for approximately 1 hour. Cool and grind to a fine powder with a pestle and mortar or in a coffee bean grinder.
2. Slice finely the chilli, lemongrass, lime leaves, spring onions, red onions, mint and coriander leaves.
3. Cook 2 cups rice using absorption method on stove or in a rice cooker.
4. Carefully pull apart the iceberg lettuce so you have medium sized leaves that you can place the cooked mince into and wrap.
5. In a large frypan or wok on a high heat cook half the mince until golden brown and set aside. Clean pan and repeat with the remaining meat and garlic.
6. Return all meat to wok, add ground rice (this gives the dish a nutty flavour), fish sauce, lime juice, chilli and chilli sauce, red and spring onions. Check seasoning adding more fish sauce or lime juice as desired. Add coriander and mint, serve in a bowl and put in the centre of table for people to help themselves.
7. Serve cooked rice likewise.
8. Put lettuce cups in a bowl in the centre of table as well.
9. To eat, spoon a heaped tablespoon of meat into the lettuce leaf, wrap and eat like a fresh roll.



Thai Yellow Chicken Curry

Ingredients

1.5 kg	Boneless, skin off chicken breast	100 gms	Lemongrass
50 gms	Palm sugar	4 only	Kaffir lime leaves
1 ltrs	Coconut cream	50 gms	Fresh garlic
1 ltr	Chicken stock	2 only	Thai eggplant
75 mls	Nam Pla fish sauce	100 gms	Fresh coriander
120 gms	Yellow Thai curry paste	60 gms	Canola oil
10 gms	Salt	50 gms	Fresh ginger
50 mls	Lime juice	50 gms	Cornflour
600 gms	White onions		Water
500 gms	Peeled and cubed potatoes		

Method

1. Cut onions in large dice. Peel garlic and slice. Peel ginger and cut in 2mm strips. Cut lemongrass into 3cm lengths.
2. Quarter Thai eggplant. Toss in oil and roast in oven at 200C until golden and set aside.
3. Grate or chop the palm sugar.
4. In a thick bottomed pot heat oil. Brown onions. Add garlic, ginger, lemongrass, palm sugar and curry paste. Cook stirring for two minutes.
5. Add coconut cream, chicken stock, fish sauce, salt and simmer.
6. Slice chicken breasts in half lengthways then slice across breast on an angle to get thin slices about 3mm thick. Add chicken and bring back to simmer. Add potatoes, lime leaves and lime juice. Stir well.
7. Simmer for 20 minutes until potatoes are just cooked.
8. If you would like a thicker consistency mix cornflour and a little water together in a bowl and whisk into curry for desired consistency.
9. Correct seasoning with fish sauce, lime juice and palm sugar to taste and serve.
10. Finish with coriander and add warmed eggplant. Serve with basmati rice.

Chinese Sweet 'n' Sour Chicken

Ingredients - serves 6

1 kg	Boneless chicken thighs	200 gms	Cornflour
5 only	Cloves of garlic, minced	3 only	Medium onions
5 cm	Ginger, minced	2 tbls	Toasted sesame seeds
1 tbls	Sesame oil	2 only	Spring onions, thinly sliced
1 tbls	Soy sauce	½ only	Pineapple
3 only	Red peppers		Oil for cooking
3 only	Green peppers		

Directions

1. Slice the chicken into 1cm strips. Mix together with minced ginger, garlic, sesame and soy and leave in fridge to marinate for one hour.
2. Deseed the peppers, cut into 3cm squares. Peel onions and chop.
3. Peel and cut pineapple into small wedges.
4. Make sauce below and set aside.
5. Saute the vegetables in a wok or frying pan and keep warm.
6. Drain off excess marinade from the chicken and dust the meat well with cornflour. It's easiest to do this in a plastic bag. Shallow fry the chicken in a saucepan of oil or deep fryer for 2 to 3 minutes until just cooked. Drain well.
7. In a bowl toss the chicken, cooked vegetables, and enough sauce until well coated.
8. Serve with steamed rice and garnish with some pineapple, sesame seeds and spring onions.

Sauce Ingredients

560 mls	Ketchup	75 gms	Corn starch
25 mls	Regular soy sauce	100 ml	Water
400 mls	White vinegar	400 gms	Brown sugar
1 litres	Pineapple juice		

Directions

1. In a saucepan combine all of the ingredients except for the corn starch and water.
2. Bring to boil and simmer for 15 minutes.
3. Make a slurry out of corn starch and water, whisk into boiling sauce to desired consistency.



White Chocolate & Passionfruit Cheesecake

Ingredients

Yields 1 x 24cm tin

750 gms	Cream cheese	120 gms	Melted butter
1 tsp	Vanilla essence	300 gms	Malt biscuits (crushed)
5 only	Eggs	1 Cup	Brown sugar
1 Cup	Castor sugar		
1.5 Cups	Passionfruit pulp		
150 gms	White chocolate		
100 mls	Cream		

Method

1. Cut a circular piece of greaseproof paper (Cartouche. See Notes 1) and place into and up the sides of a baking tin. Place biscuit base into the bottom of the tin and press firmly
2. In a bowl beat eggs until thick. Beat in sugar gradually, then add cream cheese, vanilla & mix until smooth
3. In a saucepan boil cream. Take off heat, add chocolate and whisk until melted
4. Fold this mix into cheesecake mix then fold in passionfruit pulp. Pour mixture into cake tin & bake in a 150°C oven until mix just sets, Notes 2 (approx. 1 - 1.5 hrs)
5. Let set overnight in fridge and cut with a hot dry knife

Biscuit Base Method

1. Combine butter, crushed biscuit and brown sugar then press into bottom and sides of a 24cm tin. Refrigerate until hard

Notes

1. A cartouche is made from greaseproof paper and used to line baking tins when blind baking pastry. Watch video through link below: https://www.youtube.com/results?search_query=making+a+cartouche
2. To check that the cheesecake is cooked tap the outside of the tin and if there is no ripple across the top then it is done. For best results for setting turn off oven and let it cool for an hour before taking out and refrigerating



Dark Chocolate Tart

Ingredients

Yields 1 x 25cm Tart

400 gms	Sugar pastry
740 mls	Cream
260 mls	Milk
840 gms	Dark chocolate
5	Eggs

Method

1. Roll out pastry, place into tart case & blind bake (See notes) in 200°C oven until golden brown. Approximately 15 minutes
2. Boil cream & milk and pour onto chopped chocolate, keep mixing until chocolate is melted, then leave to cool.
3. Mix in eggs, pour into flan case & bake at 140°C oven until mixture just sets (See notes). Leave in fridge for at least 8 hours before cutting. Cut with a hot dry knife.



Notes

- To blind bake pastry place a circle of baking paper on the pastry and pour in rice or chickpeas. Take out after about 15 minutes and brown pastry in oven until golden.
- This will take about an hour to cook. To ensure it is cooked you tap the outside of the flan ring. If there is no ripple effect like a stone being dropped into a pond then it is cooked.

Serving Suggestion

- Cut into wedges, dust with icing sugar & serve with maple walnut ice cream and vanilla custard.



Sticky Date Pudding

Ingredients – Yield one 26cm x 30cm cake tin

3.5 cups	Pitted dates	1 tsp	Ground ginger
2 cups	Water	1 tsp	Salt
2 cups	Orange juice	300 gms	Butter
3 tsp	Baking soda	2 cups	Sugar
4 cups	Flour	6 only	Eggs
1 tsp	Baking powder		

Method

1. Preheat oven to 170°C. Butter and flour oven tray
2. Roughly chop dates and add to a saucepan with the water and orange juice. Bring to the boil and simmer for 5 minutes
3. Take off heat, stir in baking soda and let stand for 10 minutes
4. Beat together butter and sugar until light and fluffy
5. Beat in the eggs one at a time mixing well after each addition
6. Add in the sifted dry ingredients then add the date mixture and mix until well combined
7. Pour batter into oven tray. Place pudding in oven and bake until a tester comes out clean (45 - 60mins)
8. Serve warm with lashings of toffee sauce

Toffee Sauce

1.5 cups	Butter
3 cups	Brown sugar
2 cups	Cream
1 tsp	Vanilla essence

Method

1. Melt butter and add the brown sugar then bring to the boil.
2. Add cream and vanilla and simmer until lightly thickened (about 10 minutes)

Cookies

Cookie Dough

450 gms	Soft butter
750 gms	Light brown sugar
100 gms	Castor sugar
2 tsp	Vanilla
4	Large eggs
800 gms	Flour
4 tsp	Baking soda

Method

1. Cream together butter and sugar
2. Gradually add eggs and vanilla
3. Fold in all flour and baking powder
4. Fold in desired filling (1 cup of choice)
5. Mould into 6cm diameter logs, wrap in baking paper and freeze
6. When you want to bake them remove log from freezer, let defrost for 15 minutes and cut into 1.5cm thick circles (refreeze what you don't need). Arrange on a greased baking trays and bake in a 160°C oven for 12 minutes.

Desired Filling

- White chocolate & dried cranberry.
- Peanut & raisin.
- Dark chocolate chip & dried blueberry
- Walnut & white chocolate.
- Cherry & pistachio
- Macadamia & white chocolate
- M & M's
- Muesli
- Apricot & date





GET IN TOUCH

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