



THE CIDER ORCHARD HOSPITALITY CATERING STUDENTS PRESENT:

Valentines Day Menu



Starter

ITALIAN BRUSCHETTA WITH TOMATO CONCASSE
WITH PANCETTA **OR** GOAT CHEESE

Main

SIRLOIN STEAK AND VEGETABLE RAMEN STIR FRY WITH
MOLASSES SAUCE TOPPED WITH GREEN ONION

Veggie Main

LEEK AND PEA TART / PARSNIP PUREE
/ ROAST CAULIFLOWER

Dessert

CHOCOLATE AND STRAWBERRY CHEESECAKE WITH
RED HEART BISCUITS / RASPBERRY COULIS

Petit four

PINK CHOCOLATE FUDGE WITH STRAWBERRY
HEARTS WITH SUGAR TOPPING

Cocktail

FLAMING DRAGONS
WITH BRANDY

Mocktail

RASPBERRY MOJITO





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Starter

ITALIAN BRUSCHETTA WITH TOMATO CONCASSE WITH PANCETTA OR GOAT CHEESE

Ingredients:

- ¼ SMALL RED ONION,
FINELY CHOPPED
- 2 MEDIUM TOMATOES
- GARLIC CLOVES, CRUSHED
- 3 LEAVES OF FRESH BASIL,
FINELY CHOPPED
- 15ML BALSAMIC VINEGAR
- 30ML EXTRA VIRGIN OLIVE OIL
- ½ CRUSTY LOAF BREAD
OR ½ A FRENCH STICK
- 40G GOAT'S CHEESE
- 35G UNSMOKED PANCETTA

Method:

- **STEP 1:** FOR THE TOMATOES CONCASSE, BOIL A PAN OF HOT WATER. WITH THE TOMATOES CUT A CROSS IN THE BOTTOM OF THE TOMATOES BUT ONLY ENOUGH TO GO THROUGH THE SKIN. AFTER THE CROSS HAS BEEN MADE PLACE THE TOMATOES IN THE WATER FOR 40 SECONDS. REMOVE AND PLACE IN ICE COLD WATER. WHEN THE TOMATOES ARE COOLED PEEL THE SKIN OFF AND THEN TAKE OUT THE SEEDS. CUT INTO 5 MM SIZE CUBES AND PLACE TO THE SIDE.
- **STEP 2:** TAKE THE PANCETTA AND PAN FRY UNTIL NICE AND CRISP. PLACE ON TO KITCHEN ROLL.
- **STEP 3:** IN A LARGE BOWL, MIX THE ONIONS, TOMATOES, GARLIC, AND BASIL TAKING CARE NOT TO MASH OR BREAK UP THE TOMATOES TOO MUCH. ADD THE BALSAMIC VINEGAR AND EXTRA VIRGIN OLIVE OIL. ADD SALT AND PEPPER TO TASTE.
- **STEP 4:** PEEL AND BREAK UP THE GOAT'S CHEESE
- **STEP 5:** SLICE THE LOAF DIAGONALLY INTO 4 THICK SLICES AND LIGHTLY TOAST THEM UNTIL THEY ARE LIGHT BROWN ON BOTH SIDES.
- **STEP 6:** TOP THE BREAD WITH THE TOMATO MIX AND THEN SCATTER THE GOAT'S CHEESE AND THE PANCETTA OVER THE PLATE AND SERVE.



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Main

SIRLOIN STEAK AND VEGETABLE RAMEN STIR FRY WITH MOLASSES SAUCE TOPPED WITH GREEN ONION

Ingredients:

STIR FRY SAUCE

1/4 CUP OF HOT WATER WITH
2TBSP OF VEGETABLE STOCK
3TBSP OF SOY SAUCE
1 1/2TBSP OF MOLASSES
1TBSP OF SRIRACHA
1 1/2TSP OF CORN-STARCH

MAIN

1 X 12oz SIRLOIN STEAK
2 PACKS OF DRIED
RAMEN NOODLES
4TBSP VEGETABLE OIL
1TBSP OF FINELY
CHOPPED GINGER
2 CLOVES OF GARLIC
FINELY CHOPPED
2 GREEN ONIONS DICED WITH
WHITE SEPARATED
2 CARROTS PEELED AND SLICED
INTO ROUNDS
1/2 HEAD OF BROCCOLI CUT INTO
FLORETS
1/2 RED PEPPER CUBED WITH
WHITE REMOVED
1/2 ZUCCHINI CHOPPED

Method:

STIR FRY SAUCE

STEP 1: PLACE ALL INGREDIENTS INTO A BOWL AND MIX WELL UNTIL
THE CORN-STARCH IS FULLY DISSOLVED

MAIN (USE A GRIDDLE PAN AND HEAT)

STEP 1: SEASON THE STEAK WITH SALT AND PEPPER
STEP 2: SEAR THE STEAK ON BOTH SIDES TO YOUR PREFERENCE E.G.,
RARE, MEDIUM
STEP 3: ONCE COOKED TO YOUR LIKING, PLACE ON THE SIDE TO LET
THE MEAT REST AND COVER WITH A CLOTH
STEP 4: PUT A POT OF WATER ONTO BOIL FOR THE RAMEN NOODLES
STEP 5: WASH ALL THE VEGETABLES AND SET UP A BOARD
STEP 6: CHOP THE 2 GREEN ONIONS / 2 CARROTS / 1/2 HEAD OF
BROCCOLI / 1/2 RED PEPPER / 1/2 ZUCCHINI
STEP 7: WHEN THE WATER IS BOILING ADD THE NOODLES COOK FOR
AROUND A MINUTE. BE CAREFUL NOT TO OVERCOOK AS THEY WILL
BE COOKED LATER AS WELL
STEP 8: DRAIN AND COOL IN COLD WATER TO STOP FURTHER
COOKING AND LEAVE TO ONE SIDE
STEP 9: HEAT THE OIL IN A WOK OR A LARGE PAN ON MEDIUM HEAT
STEP 10: ADD THE GARLIC / GINGER AND BOTH WHITE AND GREEN
FROM THE GREEN ONIONS
STEP 11: FRY THEM UNTIL SOFT BUT NOT BROWN
STEP 12: ADD THE CARROT AND BROCCOLI COOK UNTIL SOFT
STEP 13: ADD THE PEPPER AND ZUCCHINI AND COOK UNTIL ALL
VEGETABLES HAVE BECOME TENDER BUT NOT BURNED
STEP 14: ADD THE NOODLES AND SAUCE MIX UNTIL THICKENED
STEP 15: ADD THE STEAK, MIX AND HEAT
STEP 16: SERVE WITH A LITTLE GREEN ONION ON TOP



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Veggie Main

LEEK AND PEA TART / PARSNIP PUREE
/ ROAST CAULIFLOWER PART 1

Ingredients:

LEEK AND PEA TART

125g PLAIN FLOUR

PINCH SALT

55g BUTTER, CUBED

1 LARGE LEEK

300g PEAS

250ml DOUBLE CREAM

2 EGGS AND 1 EGG YOLK

40g GRATED PARMESAN

*YOU CAN BUY SHORTCRUST PASTRY
TO ROLL OUT AND COOK OR EVEN BUY
A PRECOOKED PASTRY CASE IF NEEDED.

Method:

LEEK AND PEA TART

STEP 1: PUT THE FLOUR AND SALT IN A LARGE BOWL AND ADD THE CUBES OF BUTTER.

STEP 2: USE YOUR FINGERTIPS TO RUB THE BUTTER INTO THE FLOUR UNTIL YOU HAVE A MIXTURE THAT RESEMBLES COARSE BREADCRUMBS WITH NO LARGE LUMPS OF BUTTER REMAINING. TRY TO WORK QUICKLY SO THAT IT DOES NOT BECOME GREASY.

STEP 3: USING A KNIFE, STIR IN JUST ENOUGH OF THE COLD WATER TO BIND THE DOUGH TOGETHER.

STEP 4: WRAP THE DOUGH IN CLING FILM AND CHILL FOR 10-15 MINUTES BEFORE USING.

STEP 5: ALTERNATIVELY USING A FOOD PROCESSOR, PUT THE FLOUR, SALT, AND BUTTER IN THE FOOD PROCESSOR AND PULSE UNTIL THE FAT IS RUBBED INTO THE FLOUR.

STEP 6: WITH THE MOTOR RUNNING, GRADUALLY ADD THE WATER THROUGH THE FUNNEL UNTIL THE DOUGH COMES TOGETHER. ONLY ADD ENOUGH WATER TO BIND IT AND THEN STOP.

STEP 7: WRAP THE DOUGH IN CLING FILM AS BEFORE AND CHILL FOR 30 MINUTES BEFORE USING.

STEP 8: HEAT OVEN TO 190C/FAN 170C/GAS 5. ROLL OUT THE PASTRY ON A LIGHTLY FLOURED SURFACE AND USE TO LINE 2 SMALL TART TINS OR A BIG ONE. LINE WITH BAKING PAPER AND FILL WITH BAKING BEANS. CHILL IN THE FRIDGE FOR 30 MINUTES.

STEP 9: BAKE BLIND FOR 15 MINS.

STEP 10: SLICE THE LEEK UP AND SWEAT DOWN IN A LITTLE BUTTER AND WATER.

STEP 11: COOK THE PEAS IN BOILING WATER FOR 3 MINUTES.

STEP 12: MIX THE LEEK, PEAS, CREAM, EGGS, PARMESAN TOGETHER AND SEASON.

STEP 13: POUR INTO THE PASTRY CASE AND BAKE IN THE OVEN AT 180C FOR 20-25 MINUTES. TAKE OUT AND SERVE.



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Veggie Main

LEEK AND PEA TART / PARSNIP PUREE
/ ROAST CAULIFLOWER PART 2



Ingredients:

PARSNIP PUREE

3 PARSNIPS
50G BUTTER
500ML MILK

ROAST CAULIFLOWER

1 HEAD CAULIFLOWER,
OUTER GREEN LEAVES REMOVED,
BROKEN INTO FLORETS
SEA SALT
OLIVE OIL
1 KNOB BUTTER
2TSP CUMIN SEEDS
2TSP CORIANDER SEEDS
1-2 DRIED RED CHILLIES
1 HANDFUL BLANCHED
ALMONDS, OPTIONAL
1 LEMON, ZEST, AND JUICE

Method:

PARSNIP PUREE

STEP 1: PEEL AND ROUGHLY CHOP THE PARSNIP SO THEY ARE THE SAME SIZE.

STEP 2: IN A MEDIUM-SIZED SAUCEPAN, ADD THE PARSNIPS, MILK, AND BUTTER. ADD EXTRA WATER IF NEEDED TO JUST COVER THE PARSNIPS. BRING TO A SIMMER AND COOK UNTIL TENDER.

STEP 3: SEASON WELL AND BLITZ IN A FOOD PROCESSOR OR USE A HAND BLENDER AND PASS THROUGH A SIEVE THEN SERVE.

STEP 4: YOU CAN COOL IT DOWN AND KEEP IT IN THE FRIDGE FOR UP TO 3 DAYS IF NEEDED. REHEAT IN A SAUCEPAN UNTIL HOT.

ROAST CAULIFLOWER

STEP 1: PREHEAT YOUR OVEN TO 200°C/400°F/GAS 6. BLANCH THE CAULIFLOWER IN SALTED BOILING WATER FOR A COUPLE OF MINUTES THEN DRAIN IN A COLANDER, ALLOWING IT TO STEAM DRY (YOU DO NOT WANT ANY WATER LEFT IN YOUR CAULIFLOWER OR IT WILL NOT ROAST PROPERLY).

STEP 2: IN A PESTLE AND MORTAR, BASH YOUR SPICES AND CHILLIES WITH A PINCH OF SALT, THEN MIX THEM WITH YOUR ALMONDS AND PUT IN A HOT, DRY OVENPROOF PAN TO SLOWLY TOAST THEM.

STEP 3: AFTER A COUPLE OF MINUTES, ADD THE CAULIFLOWER AND BUTTER AS WELL AS 2 TABLESPOONS OF OLIVE OIL.

STEP 4: WHEN IT GETS A NICE BIT OF COLOUR ON IT, ADD THE LEMON ZEST AND JUICE, AND MIX AROUND WELL.

5) FRY FOR ABOUT A MINUTE LONGER THEN POP THE PAN INTO THE PREHEATED OVEN FOR ABOUT 15 MINUTES TO CRISP UP.



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Dessert

CHOCOLATE AND STRAWBERRY CHEESECAKE WITH RED HEART BISCUITS / RASPBERRY COULIS PART 1

Ingredients:

CHOCOLATE AND STRAWBERRY CHEESECAKE BISCUIT BASE

150G DIGESTIVE BISCUITS
(ABOUT 10)
1Tbsp CASTER SUGAR
45G BUTTER, MELTED, PLUS
EXTRA FOR THE TIN

CHEESECAKE FILLING

150G DARK CHOCOLATE
120ML DOUBLE CREAM
2TSP COCOA POWDER
200G FULL-FAT CREAM CHEESE
115G CASTER SUGAR
1 PUNNET OF STRAWBERRIES

RASPBERRY COULIS

450G RASPBERRIES
½ SMALL LEMON, JUICED
3Tbsp ICING SUGAR

Method:

CHOCOLATE AND STRAWBERRY CHEESECAKE

STEP 1: TO MAKE THE BISCUIT BASE, CRUSH THE DIGESTIVE BISCUITS WITH A ROLLING PIN OR BLITZ IN A FOOD PROCESSOR, THEN TIP INTO A BOWL WITH THE SUGAR AND BUTTER AND STIR TO COMBINE. BUTTER AND LINE AN 18CM SPRINGFORM TIN AND TIP IN THE BISCUIT MIXTURE, PUSHING IT DOWN WITH THE BACK OF A SPOON. CHILL IN THE FRIDGE FOR 30 MINS.

STEP 2: TO MAKE THE CHEESECAKE, MELT THE CHOCOLATE IN SHORT BURSTS IN THE MICROWAVE, THEN LEAVE TO COOL SLIGHTLY. WHIP THE CREAM IN A LARGE BOWL USING AN ELECTRIC WHISK UNTIL SOFT PEAKS FORM, THEN FOLD IN THE COCOA POWDER. BEAT THE CREAM CHEESE AND SUGAR TOGETHER, THEN FOLD IN THE CREAM MIXTURE AND THE COOLED CHOCOLATE.

STEP 3: CUT THE STRAWBERRIES IN HALF AND LAYER THEM OVER THE BISCUIT CASE LEAVING A FEW GAPS FOR THE CHOCOLATE FILLING.

STEP 4: SPOON THE CHEESECAKE MIXTURE OVER THE STRAWBERRIES, LEVELLING IT OUT WITH THE BACK OF A SPOON. TRANSFER TO THE FREEZER AND FREEZE FOR 2 HRS, OR UNTIL SET. REMOVE FROM THE TIN AND LEAVE AT ROOM TEMPERATURE TO SOFTEN FOR ABOUT 20 MINS BEFORE SERVING.

RASPBERRY COULIS

STEP 1: PUT ALL THE INGREDIENTS IN A SMALL FOOD PROCESSOR OR USE A STICK BLENDER TO BLITZ UNTIL EXCEPTIONALLY SMOOTH.

STEP 2: SET A SIEVE OVER A JUG. TIP THE MIXTURE INTO THE SIEVE AND PUSH THROUGH THE LIQUID USING A SPATULA. DISCARD THE SEEDS. THE COULIS IS READY TO USE, EITHER SERVE COLD OR HOT. WILL KEEP REFRIGERATED IN AN AIRTIGHT JAR FOR UP TO TWO DAYS.



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Dessert

CHOCOLATE AND STRAWBERRY CHEESECAKE WITH RED HEART BISCUITS / RASPBERRY COULIS PART 2

Ingredients:

RED HEART BISCUITS

170g CASTER SUGAR

170g SALTED BUTTER

170g GOLDEN SYRUP

1 LARGE EGG

1tsp VANILLA EXTRACT

1tsp RED FOOD COLOURING

480g PLAIN FLOUR

130g SELF-RISING FLOUR

Method:

RED HEART BISCUITS (PREHEAT OVEN TO 180°C / 160°C FAN / 350°F / GAS 4)

STEP 1: CREAM THE SUGAR, BUTTER, GOLDEN SYRUP, EGG AND VANILLA IN A LARGE BOWL. THIS CAN BE DONE IN AN ELECTRIC MIXER USING THE PADDLE ATTACHMENT OR BY HAND WITH A WOODEN SPOON.

STEP 2: SIFT TOGETHER THE PLAIN AND SELF-RISING FLOUR AND ADD IT INTO THE CREAMED MIXTURE AS WELL AS THE FOOD COLOURING. MIX THOROUGHLY UNTIL COMBINED THEN BRING THE DOUGH TOGETHER WITH YOUR HANDS.

STEP 3: KNEAD THE DOUGH A COUPLE OF TIMES TO FORM A SMOOTH BALL BUT DO NOT OVERWORK IT.

STEP 4: WRAP THE DOUGH IN CLINGFILM AND CHILL FOR AROUND 30 MINUTES.

STEP 5: ONCE THE DOUGH HAS CHILLED, ROLL IT OUT TO A THICKNESS OF 4-5MM.

STEP 6: CUT INTO HEARTS OR YOUR DESIRED BISCUIT SHAPES AND TRANSFER TO A BAKING SHEET LEAVING A 2CM SPACE BETWEEN EACH BISCUIT.

STEP 7: BAKE IN THE PREHEATED OVEN FOR 20 MINUTES. BEAR IN MIND THAT SMALLER BISCUITS WILL BAKE QUICKER THAN LARGER ONES. THE BISCUITS ARE COOKED WHEN THEY ARE BROWNING AT THE EDGES AND UNDERNEATH.

STEP 8: REMOVE FROM THE OVEN AND LEAVE TO COMPLETELY COOL AND FIRM UP BEFORE YOU ATTEMPT TO DECORATE.



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Petit Four

PINK CHOCOLATE FUDGE WITH STRAWBERRY HEARTS WITH SUGAR TOPPING



Ingredients:

PINK CHOCOLATE FUDGE

500g GOLDEN CASTER SUGAR

500ml DOUBLE CREAM

3TBSP LIQUID GLUCOSE

PINK FOOD COLOURING

140g WHITE CHOCOLATE,
CUT INTO CHUNKS
(NOT TOO SMALL OR THEY WILL
MELT COMPLETELY)

Method:

STEP 1: LINE A 22CM SQUARE NON-STICK TIN WITH BAKING PARCHMENT. PUT THE CASTER SUGAR, DOUBLE CREAM, AND LIQUID GLUCOSE IN A PAN. SLOWLY HEAT TOGETHER, STIRRING CONTINUALLY, UNTIL THE SUGAR MELTS AND STOPS FEELING GRAINY ON THE BOTTOM OF THE PAN. TURN UP THE HEAT AND FAST BOIL UNTIL A SMALL AMOUNT OF THE MIXTURE DROPPED INTO A GLASS OF COLD WATER SETS INTO A SOFT BALL THAT YOU CAN PICK UP ON A TEASPOON. BY THIS TIME, THE BUBBLES IN THE MIXTURE WILL LOOK SMALL AND EVEN.

STEP 2: TURN OFF THE HEAT AND KEEP STIRRING FOR 5 MINS OR UNTIL THE MIX STARTS TO THICKEN A LITTLE. SPRINKLE IN THE WHITE CHOCOLATE AND FOOD COLOURING AND SWIRL IT THROUGH THE MIXTURE ONCE USING A SPATULA OR THE HANDLE OF A WOODEN SPOON. POUR INTO A TIN AND LEAVE THE FUDGE OVERNIGHT TO SET, THEN TURN OUT AND CUT INTO SQUARES. WILL KEEP FOR UP TO 2 MONTHS IN AN AIRTIGHT CONTAINER - DO NOT STORE IN THE FRIDGE OR THE FUDGE WILL GO SOFT.



THE CIDER ORCHARD HOSPITALITY CATERING STUDENTS PRESENT:

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Cocktail

FLAMING DRAGONS WITH BRANDY

Ingredients:

SYRUP

12oz FROZEN RASPBERRIES
3 SPRIGS OF THYME
1/2 CUPS OF CASTER SUGAR
1/2 CUPS OF WATER
2 DROPS OF BROWN FOOD
COLOURING IF YOU WANT IT'S
NOT NEEDED

COCKTAIL

2FL OZ OF RUM
1.5FL OZ OF SYRUP
3/4FL OZ LEMON JUICE
2 ICE CUBES
2TSP RUM FOR THE TOP

Method:

SYRUP

STEP 1: PUT ALL INGREDIENTS INTO A PAN ON MEDIUM HEAT NOT
THE BROWN DIE
STEP 2: MIX TILL SUGAR HAS DISSOLVED BRING THE MIX TO A BOIL
STEP 3: KEEP MIXING TILL RASPBERRIES ARE SOFT THE TAKE OFF
AND LET COOL
STEP 4: WAIT TILL IT HAS FULLY COOLED AND INFUSED TOGETHER
STEP 5: PUT THROUGH A FINE SIEVE TO REMOVE LUMPS AND SEEDS
STEP 6: POOR INTO A BOTTLE THAT CAN BE STORED FOR A MONTH
IN THE FRIDGE.

COCKTAIL

STEP 1: PUT ALL INGREDIENTS INTO A COCKTAIL MIXER THEN SHAKE
TILL CHILLED ABOUT ONE MINUTE
STEP 2: STRAIN THE COCKTAIL INTO A MARTINI GLASS
STEP 3: PLACE A SPOON OVER THE SURFACE AND POOR THE RUM SO
MAKES A TOP LAYER, LIGHT THIS TO GET THE FIRE YOU NEED



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Petit Four

PINK CHOCOLATE FUDGE WITH STRAWBERRY HEARTS WITH SUGAR TOPPING



Ingredients:

10 RASPBERRIES
2TBSP SUGAR
2TBSP WATER
120ML RASPBERRY JUICE
10 MINT LEAVES
2TBSP FRESH LIME
JUICE CLUB SODA OR
SPARKLING WATER

Method:

STEP 1: BOIL THE WATER AND SUGAR UNTIL DISSOLVED AND LEAVE TO COOL.
STEP 2: ONCE COOLED ADD INTO A BLENDER WITH THE RASPBERRIES, RASPBERRY JUICE, MINT LEAVES, FRESH LIME, AND BLEND.
STEP 3: POUR INTO GLASSES AND TOP WITH CLUB SODA OR SPARKLING WATER TO TASTE. GARNISH WITH RASPBERRIES AND MINT LEAVES.





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Valentines Day Menu

Student Credits

CALLUM COLLINS / LUCIE CARTWRIGHT / CALLUM HARRIS

RESEARCH: CALLUM COLINS & LUCIE CARTWRIGHT

EDIT: LUCIE CARTWRIGHT

STARTERS: CALLUM HARRIS

ITALIAN BRUSCHETTA WITH TOMATO CONCASSE
WITH PANCETTA OR GOAT CHEESE

MAINS: LUCIE CARTWRIGHT

STEAK AND VEGETABLE RAMEN STIR FRY WITH
MOLASSES SAUCE TOPPED WITH GREEN ONION

VEGGIE: CALLUM COLINS

LEEK AND PEA TART / PARSNIP PUREE
/ ROAST CAULIFLOWER

DESSERTS: CALLUM COLINS

CHOCOLATE AND STRAWBERRY CHEESECAKE WITH
RED HEART BISCUITS / RASPBERRY COULIS

SWEETS: CALLUM COLINS

PINK CHOCOLATE FUDGE WITH STRAWBERRY
HARTS WITH SUGAR TOPPING

DRINKS: LUCIE CARTWRIGHT

FLAMING DRAGONS WITH BRANDY

MOCKTAIL: CALLUM COLINS

RASPBERRY MOJITO