

Cauldron



THE
BRITISH
STREET FOOD
AWARDS. 2014.

CELEBRATING STREET FOOD

SO... WHAT IS STREET FOOD?

Traditionally, street food recipes aren't written down. No point, really. Measurements – such as they are – are more likely to be “pinches” and “handfuls” than grams and kilograms. And ingredients change according to what's available at the market that morning and what's left over in the van that night. So with street food officially designated a “hot trend” in food publishing this year, there's a lot of anxious traders settling down to commit pen to paper.

Claire Kelsey, whose ice cream van, Ginger's Comfort Emporium won the British Street Food Awards in 2012, had only a few recipes written down, but lots of ideas for flavour combinations – cucumber, mint and honey – scribbled on Post-it® notes. “I had to flesh those out into fully formed instructions and specifics.” It took her a year to write down all the recipes for Melt, her brilliant ice cream book.

Jez Felwick, aka The Bowler, found it instructive to write down his recipes for The Bowler's Meatball Cookbook. “Although now, when I now make my Spicy Slaw on the road, I am slightly concerned that it might not be what's written in the book. And checking your own book to see what the exact recipe is feels properly alien to a street food trader.”

We've decided to stay AHEAD of the publishing trend by doing a book without paper. Or a cover. An downloadable recipe book, in fact.

We've asked some of our favourite traders from the British Street Food family, plus some well-respected food bloggers to share their favourite recipes, alongside some brand new Cauldron inspiration.

The result is a thing of joy. Read it here.

Richard Johnson

Food Critic & Author

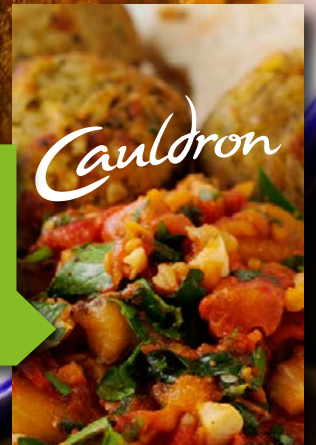




KOFTAS IN JALFREZI

In Bengal, 'Jhal' means spicy hot. Jhal led to Jal – giving us Jalfrezi. Founded during the time of the Raj, the British created this method of reheating left-overs. You may give credit to the Governor General for the state of Bengal, Lord Marcus Sandys who enjoyed spicy Indian foods.
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KOFTAS IN JALFREZI

SERVES: 4

PREP TIME: 5-10 MINUTES

COOKING TIME: 30-35MINS

CUISINE: INDIAN

EASE: ★★☆☆☆

INGREDIENTS

1 pack of Cauldron Indian Koftas, cooked to pack instructions
1 tbsp. vegetable oil
1 large onion, grated
1 red pepper, diced
1 tsp coriander, ground
1 tsp cumin, ground
1 tsp turmeric
2 tsp garam masala
2 cloves garlic, crushed
3cm piece of root ginger, grated
1 green chilli, finely diced
400g tomato passata
250ml vegetable stock
1 bunch of fresh coriander, finely chopped

METHOD

- 1.** Heat the oil in a large saucepan and lightly fry the onions over a low heat for 5 minutes or until softened. Add the red pepper and cook for a further 5 minutes. Stir in the ground spices and fry for 1-2 more minutes.
- 2.** Add the garlic, ginger and chilli then stir in the tomato passata and vegetable stock.
- 3.** Bring to the boil then simmer for 25-30 minutes. Season to taste, then garnish with coriander and fresh chillies. Serve the warmed koftas with the Jalfrezi sauce, boiled rice and naan breads.

TRUFFLED WILD MUSHROOM WITH PX SHERRY GLAZE



Donostia Social Club is a street food van; pop up restaurant; and tapas/pintxos bar, all in one. I have over 20 years experience in the catering trade, including many years working in Spain. This, combined with a love of the Basque country and a want to serve extraordinary Basque food in a unique setting, has inspired this business.

Paul Belcher, www.donostiasocialclub.co.uk



TRUFFLED WILD MUSHROOM WITH PX SHERRY GLAZE

SERVES: 4

PREP TIME: 10MINS

COOKING TIME: 10MINS

CUISINE: BASQUE

EASE: ★★☆☆☆

INGREDIENTS

100ml PX (Pedro Ximenez) sherry

1tsp olive oil

1 small onion/shallot finely chopped

1 tsp chopped garlic

500g mixed wild mushrooms, roughly chopped (we use Chestnut, Oyster, Portabello & Enoki)

50ml white wine (or veg stock if you prefer)

Rock salt and pepper to taste

4 quails eggs (raw)

4 thick slices of bread (we use Campagrain but Sourdough or similar will be just as good)

A drizzle of good white truffle oil

To garnish

Chopped chives or micro herbs

METHOD

For the PX sherry glaze

Put the sherry in a saucepan and place on a high heat, bring to the boil and reduce the liquid by half, let this cool down and it will give you a nice thick glaze.

For the mushrooms

- 1.** Gently heat olive oil in a saucepan, add onion/shallot & garlic and soften gently, after about 3 mins add the mushrooms and turn up the heat.
- 2.** Once the mushrooms are beginning to cook, add the wine/stock (be careful in case the wine makes the pan flame).
- 3.** Keep cooking over a high heat for about 2 minutes, stir occasionally so the mushrooms don't catch on the bottom of the pan. Add salt & pepper to taste.
- 4.** Once the mushrooms are cooked, take them off the heat and leave to one side while you fry 4 quails eggs.
- 5.** Using a slotted spoon/tongs (to drain off the cooking liquid) place the mushrooms on top of the bread, pop the fried quails egg on top and drizzle with truffle oil and your PX sherry glaze.
- 6.** Lastly sprinkle the egg yolk with rock salt and garnish with chopped chives or micro herbs.

BUREK



This tasty tofu recipe, inspired by the flavours of Balkan Street Food and deeply rooted in their Ottoman heritage, is a fusion of crispy, flaky pastry, herbs and cheeses. Many varieties of burek can be found around the Balkans and Turkey.

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BUREK

SERVES: 8

PREP TIME: 10MINS

COOKING TIME: 15-20MINS

CUISINE: BOSNIA/HERZEGOVINA

EASE: ★★★★★

INGREDIENTS

200g Cauldron Original Tofu, drained, pressed and cut into 1cm cubes

1 tbsp vegetable oil

1 small onion, finely sliced

200g vegetarian Feta or Greek Style Cheese, cubed

200g low fat cream cheese

100g fresh breadcrumbs

1 egg, beaten

2 tbsp fresh parsley, chopped

1 tbsp fresh dill, chopped

Salt and black pepper to taste

1 pack filo pastry

25g butter, melted

METHOD

1. Preheat the oven to 200°C/400°F/Gas Mark 6.
2. Heat the oil in a pan and gently fry the onions until softened, allow to cool for 15 minutes.
3. In a large bowl mix the Feta, cream cheese, breadcrumbs, egg, herbs, salt and pepper, cooked onions then carefully stir in the tofu.
4. Place a sheet of filo pastry flat on a clean work surface and spoon a 2cm wide line of filling along the edge of the sheet. Carefully roll the sheet to form a tube and then roll the tube to form a spiral. Brush with melted butter and place on a greased baking tray. Repeat until all of the filling has been used.
5. Bake in the centre of the oven for 15-20 minutes until golden brown.

HOT AND SPICY TOFU, ALFALEA SPROUT AND ASPARAGUS RICE PAPER ROLLS



I'm a food writer, tutor and cook that writes for magazines such as BBC Good Food, Delicious, Cook Vegetarian and Good Things magazine, whilst sharing my recipes via my blog, which is one of Top Santé magazine's top blogs. My recipes are all vegetarian, all my own creations and they're inspired by flavours and spices from throughout the world. I also teach modern and fusion cooking regularly in London.

Deena Kakaya, www.deenakakaya.com



HOT AND SPICY TOFU, ALFALFA SPROUT AND ASPARAGUS RICE PAPER ROLLS

MAKES: 15 ROLLS

COOKING AND PREP TIME: 15-20MINS

CUISINE: VIETNAMESE

EASE: ★★☆☆☆

INGREDIENTS

400g Cauldron Original Tofu, drained, pressed and cut into small cubes.

1 tbsp sesame oil

1 medium onion, finely diced

2 cloves garlic, crushed

¼ can chopped tomatoes

1 tbsp soy sauce

1 tbsp Siracha sauce

15 rice paper rolls

125g fine asparagus tips

125g alfalfa sprouts

100g thinly sliced cucumber

Dipping sauce of your choice – chilli sauce, coriander chutney or peanut chutney.

Cook's note: wrap the tofu in kitchen paper to drain off any excess moisture. When you stir fry it, it will crisp up better.

METHOD

- 1.** To make the hot and spicy tofu, heat the sesame oil in a pan. Add the diced onion, allowing it to brown before adding the garlic. Sauté for another 30 seconds.
- 2.** Stir in the tofu and allow it to brown lightly, then add the tomatoes, soy sauce and Siracha sauce. Simmer for roughly 5-7 minutes until much of the moisture has reduced. Turn off the heat.
- 3.** Submerge the rice paper roll into water for 30 seconds and then place it on a chopping board. About 3-4 cm from the bottom, place a line of stuffing; roughly 2-3 asparagus tips, a pinch of alfalfa sprouts, a pinch of cucumber strips and 3-4 cubes of tofu.
- 4.** Fold the sides inwards and roll into a spring roll shape. Leave to dry on a large dish.
- 5.** Serve with dipping sauces.

TOFU AND CHIPS



This modern take on the National much loved Street Food Fish & Chips. Our Tofu & Chips recipe combines the crispy batter with light soft tofu brought together with capers & gherkins. Amazing!!

www.cauldronfoods.co.uk

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TOFU AND CHIPS

SERVES: 4

PREP TIME: 20MINS

COOKING TIME: 20-25MINS

CUISINE: BRITISH

EASE: ★★★★★

INGREDIENTS

Ingredients

400g Cauldron Original Tofu, drained and pressed, cut into strips approx. 4 cm thick, 10cm long

Vegetable oil to fry the tofu

Batter Ingredients

100g plain flour

½ tsp salt

1 tsp baking powder

150ml sparkling water

Pinch of turmeric

Caper & Gherkin Layer

2 tbsp capers, finely chopped

2 tbsp mini gherkins, finely chopped

2 tsp Dijon mustard

½ tsp salt

½ tsp black pepper

4 tbsp flour

Ingredients for Crushed, Minted Peas

1 tbsp olive oil

2 shallots, finely sliced

200g fresh peas, blanched in hot water (thawed, frozen peas can be used)

Juice of **½** lemon

½ tsp sugar

1 tsp fresh mint, finely chopped

Salt and freshly ground black pepper

Ingredients for Tartare Sauce

1 tbsp capers, finely chopped

1 tbsp mini gherkins, finely chopped

200g mayonnaise

1 tsp Dijon mustard

1 tbsp fresh parsley, finely chopped

1 tsp lemon juice

METHOD

1. Prepare the batter by beating the water into the dry ingredients little by little. Cover and refrigerate.

2. To make the caper and gherkin layer, combine all of the ingredients, blend in a food processor and set to one side.

3. For the crushed, minted peas gently fry the shallots in the oil until softened. Pulse the peas, sugar and lemon juice in a food processor keeping the texture rough and not pureed. Stir in the mint and season to taste. This dish can be served hot or cold.

4. Combine the ingredients for the tartare sauce, mix well and refrigerate until use.

5. Heat the oil to fry the tofu to 180°C/350°F/Gas mark 4 in a heavy based pan or deep fat fryer.

6. Coat the tofu pieces with the caper and gherkin layer then dip into the batter and carefully drop into the hot oil. Cook for 5-7 minutes until the batter is golden and crispy. Drain well on kitchen roll. Serve the tofu with the crushed minted peas and chips.

TOFU DONUT



From fresh griddled flatbreads filled with griddled halloumi cheese and spinach to our famous breakfast burritos, the Loving Food truck is where you can get fresh quality food, served with friendly and affectionate banter.

Loving Food, www.loving-food.com



TOFU DONUT

MAKES: 6

PREP TIME: 25MINS

COOKING TIME: 1-2MINS

CUISINE: MEXICAN

EASE: ★★★★★

INGREDIENTS

For the donut

130g tofu, pressed and cut into a small dice

120g self-raising flour

1tsp baking powder

1tsp salt

1 egg

1 tbsp molasses

1 tbsp coriander

For the sauce

3 dried large guajillo chillies

1 onion, finely diced

5 cloves of garlic, finely chopped

1 tbsp ground cumin

1 tbsp dried oregano

5 tbsp caster sugar

100 mls red wine vinegar

200 mls pineapple juice

1 tbsp tomato paste

Salt and freshly ground pepper

METHOD

1. Mix flour, baking powder & salt.
2. Add the egg and molasses, then tofu and coriander and stir well.
3. Heat oil in a pan or fryer to 180°C/350°F/Gas mark 4.
4. Test oil with a drop of the mixture. If it floats to the top then it's good to go.
5. Add the mixture in round spoonfuls.
6. When golden brown, take out with a slotted spoon and place on kitchen roll to drain.

Sauce

1. Put the chillies in a bowl with boiling water. Let it sit for 20 minutes to hydrate.
2. Put all the ingredients into a liquidiser and pulse (if you like it chunky then only pulse a few times, otherwise pulse until smooth).
3. Taste and season as necessary. Then, serve the tofu donuts dipped in the sauce.

CYPRIOT TOFU KEFTEDES



This recipe for vegetarian keftedes, inspired by the flavours of the Mediterranean where the crossroads of 3 continents merge, will take you back to long summer evenings in Cyprus. Keftedes are perfect for sharing and great dipped in tzatziki.

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CYPRIOT TOFU KEFTEDES

SERVES: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20-25MINS

CUISINE: CYPRIOT

EASE: ★★☆☆☆

INGREDIENTS

For the Keftedes

200g Cauldron Original Tofu, drained and pressed cut into 1cm cubes

400g carrots, (roasted for 20 minutes), cooled and grated

1 medium size onion, grated

150g feta, cubed

100g fresh breadcrumb

1 tsp cinnamon

2 tsp dried mint

50g vegetarian medium fat hard cheese, finely grated

1 tbsp fresh parsley, finely chopped

50ml vegetable stock

1 egg, beaten

Salt and black pepper, to taste

2 tbsp olive oil for frying

METHOD

1. To make the Keftedes, combine all ingredients except the oil and chill for 30 minutes. Form into balls the size of a small lime then squash slightly to make a cake shape.

2. Heat the olive oil in a medium sized sauté pan and fry the cakes for a few minutes on each side until golden brown. Place on a baking tray and cook in the middle of the oven for 8-10 minutes at 200°C/400°F/Gas mark 6, alternatively just bake the cakes for 15 minutes at 200°C/400°F/Gas mark 6 in the middle of the oven.

Enjoy the Keftedes warm or cold with Tzatziki.

BAKED TOFU SAMOSAS



I love to cook, eat and inspire! I'm interested in all veggie food from around the world and enjoy sharing my interests on my blog. My recipes usually have an Indo-Lankan strand running through them and I'm lucky to have grown up with a plethora of traditional dishes from both these countries. My Asian roots are evident in my cooking, but having grown up in the U.K., my recipes today have been influenced by so many other cultures too. It's also very important to me that I share my kitchen adventures with family and friends – it's much more fun!

Suji Ramakrishnan, www.mykitchenadventures.co



BAKED TOFU SAMOSAS

MAKES: 10 SAMOSAS

PREP TIME: 15-20MINS

COOKING TIME: 15MINS

CUISINE: INDIAN

EASE: ★★★★★

INGREDIENTS

200g Cauldron Original Tofu drained, lightly pressed, made into a scramble with your fingers/mash with a fork.

1 tbsp oil

1 tsp cumin seeds

1 small onion, finely chopped

1 inch piece of ginger, finely chopped

1 green chilli, finely chopped

200g crushed broad beans/lima beans (You can use fresh or frozen, but they must be cooked/defrosted)

1 tsp garam masala (Vary this according to your spice tolerance)

1-2 tsp salt

2 tbsp fresh mint leaves, finely chopped

1 tsp lemon juice

1 pack ready-made Filo pastry sheets

30g of melted margarine (or you can use a flavourless oil)

METHOD

You first need to make the filling.

1. Add the 1 tablespoon of oil into a non-stick pan and then when hot add the cumin seeds. After they fizzle in the oil for about 30 seconds, add the chopped onions, ginger and chilli. Mix well and sauté for about 2 minutes in the pan on a low heat.

2. Add the crushed broad beans, mix well and sauté together again for 2 mins.

3. Then add the tofu, garam masala, salt and chopped mint. Mix well and sauté for about 5 mins or until most of the moisture has evaporated and the mixture is quite dry.

4. Cool the mixture completely or until you can handle it with your hands. Sprinkle the lemon juice over the cooled mixture and mix well.

Now for the pastry:

5. Take one pastry sheet and place on a board, brushing the melted margarine around the edges. Fold in half (lengthways) and brush the sides again. Add 3 teaspoons of the tofu filling on the top left corner of your pastry. Then fold the pastry with the filling as shown below in the step by step pictures, brushing with melted margarine as you go. Ensure you fold the pastry as tightly with the filling as you can, to ensure the filling will be secure when baking.

6. Do this until you finish all the filling and then brush each samosa with the margarine/oil on the outsides and place on a greaseproof baking tray.

7. Place in an oven at 200°C/400°F/Gas mark 6 for 15mins, and turn the tray half way through so the samosas are cooked evenly.

8. Serve with your favourite chutney or eat just as they are!

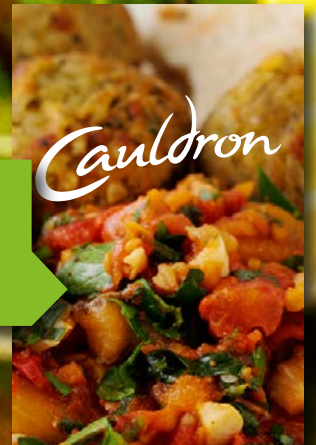
JAPANESE TOFU SALAD



By combining the flavours of sesame, soy, rice wine vinegar and mirin this Japanese delight is perfect for lunch on the go!

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JAPANESE TOFU SALAD

SERVES: 2

PREP TIME: 10MINS

COOKING TIME: 30MINS

CUISINE: JAPANESE

EASE: ★★☆☆☆

INGREDIENTS

250g Cauldron Original Tofu, drained and pressed, cut into 2-3cm triangles

1 small butternut squash, cut into 1cm cubes

1 tbsp sunflower oil

1 tsp sesame oil

2 tbsp light soy sauce

1 tbsp rice vinegar

1 tbsp honey

1 tbsp Mirin

Salt and black pepper, to taste

2 spring onions, finely sliced

2 handfuls of wild rocket

1 bunch of fresh coriander, finely chopped

METHOD

- 1.** Preheat the oven to 200°C/400°F/Gas mark 6. Coat the butternut squash in half of the sunflower oil, place on a baking tray and cook for 20-25 minutes until softened.
- 2.** Heat the remaining oil and sesame oil in a sauté pan and gently fry the tofu for 5-6 minutes, remove from the pan and put to one side.
- 3.** Combine the soy sauce, rice vinegar, honey and Mirin. Toss the tofu and butternut squash into this and coat well. Season to taste.
- 4.** Arrange the tofu, squash and spring onions onto a bed of rocket and drizzle over the remaining soy mix and coriander leaves.

TOFU LAKSA



Wholefood Heaven bring lovingly made and high quality, vegetarian, vegan, wheat and gluten free mobile catering to events and markets around the country. Our debut recipe book 'The Fresh Vegan Kitchen' will be published in early 2015.
David and Charlotte Bailey, www.wholefoodheaven.co.uk



TOFU LAKSA

SERVES: 4

PREP TIME: 20MINS

COOKING TIME: 45MINS

CUISINE: MALAYSIAN

EASE: ★★★★★

INGREDIENTS

For the stock:

1 onion, very roughly chopped

1 carrot, very roughly chopped

30g ginger, sliced

½ bunch spring onions,
roughly chopped

2-3 dried Shitake mushrooms

½ bunch parsley

½ bunch coriander

2 cloves garlic, sliced in half

1.5 litres of water

A pinch of salt and pepper

For the paste:

100g shallots, roughly chopped

2 cloves garlic roughly chopped

25g ginger, roughly chopped

2 sticks lemongrass,
finely chopped

1 tbsp coriander seeds,
lightly toasted and ground

4 dried red chillies,
roughly chopped

50g coriander,
roughly chopped

1 tbsp medium curry powder

2 tbsp palm sugar

1 can coconut milk

4 tbsp coconut oil or
cooking oil of your choice
tamari, to season

Pinch of salt

For the rest:

200g dried rice vermicelli
noodles, cook according to
pack instructions

1 punnet mange tout, cut
diagonally in half

1 punnet cherry tomatoes

1 pack baby corn, cut in half

1 pack Cauldron marinated
tofu pieces

1 pack Enoki mushrooms

2 red chillies, thinly sliced

30g coriander, picked, plus
a little extra for garnish

30g Thai basil if available,
picked

1 handful crispy shallots,
to garnish

2 limes, cut into 2

METHOD

1. To make the stock, place all the ingredients in a pan, bring to the boil, simmer for 30 minutes and strain off. Place to one side.

2. Next make the paste by placing all the ingredients except the oil, coconut milk and palm sugar in a food processor until you have a smooth paste.

3. In a large pot, heat the coconut oil and then add the paste and palm sugar and continue to sauté until it starts to caramelize and has taken on a good colour. Add the coconut milk and vegetable stock and bring to the boil before simmering for a further 15 minutes or so. Season to taste with tamari and then strain.

4. Bring the remaining soup back up to heat with the addition of the mange tout, baby corn, the Enoki mushrooms, the red chillies and tofu. Meanwhile, take 4 large bowls and share the rice noodles, herbs and cherry tomatoes between them.

5. As the soup comes up to the boil, reduce to a simmer, check the seasoning and add more tamari if needed. Pour the soup over the noodles, herbs and tomatoes in the bowls and garnish with extra coriander and crispy shallots. Serve with a wedge of lime.

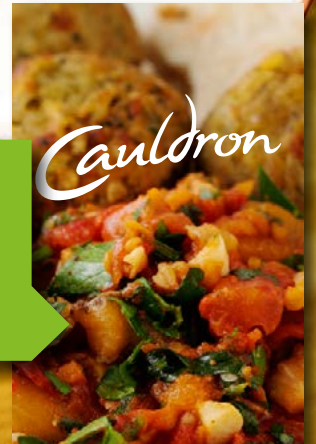
GHANAIAN RED RED STEW



This Street Food recipe is inspired by the West African dish Red Red, popular with foreigners. The appropriately named red stew is traditionally served with fried plantain. The "red" also refers to the (red) palm oil originally used to prepare the stew.

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GHANAIAN RED RED STEW

SERVES: 4

PREP TIME: 12MINS

COOKING TIME: 40-45MINS

CUISINE: GHANAIAN

EASE: ★★☆☆☆

INGREDIENTS

1 pack of Cauldron Smoked Tofu in 1cm cubes
1 tbsp vegetable oil
1 plantain or green banana, thinly sliced
1 red onion, chopped
2 cloves garlic, crushed
2cm piece of root ginger, grated
1 red hot chilli, diced
400ml tomato passata
200ml vegetable stock
1 tsp brown sugar
400g tin black eyed beans
Salt and pepper to taste
Chopped fresh parsley to garnish

METHOD

1. Heat half of the oil in a pan and fry the plantain until golden brown then put to one side.
2. Heat the remaining oil in a large pan on a medium heat and fry the onions for 5-10 minutes or until softened. Add the garlic, ginger, chilli, tomato passata, vegetable stock and sugar and beans. Bring to the boil then reduce the heat and simmer for 25-30 minutes.
3. Stir in the tofu and continue to cook for 5 minutes, season to taste, then top with the fried plantain and parsley. Serve with fluffy, boiled rice.

FRAGRANT TOFU GYOZIE



Emily, a 25 year old food blogger and food lover from the Midlands. When I'm not eating out or cooking at home, I'm probably talking about food, taking pictures of food or thinking up my next meal. I love to create Japanese and Chinese inspired dishes, make homemade pasta and have recently started trying out the art of macaron making.
Emily, www.recipesandreviews.co.uk



FRAGRANT TOFU GUOTIE

MAKES: 20 POTSTICKERS

PREP TIME: 10MINS

COOKING TIME: 10-15MINS

CUISINE: CHINESE

EASE: ★★★★★

INGREDIENTS

1 pack of Cauldron Original Tofu, drained and pressed

20 round dumpling wrappers

3 spring onions, chopped

1 pak choi, leaves ripped

A thumb size of ginger, finely chopped

1 garlic clove, finely chopped

A handful of fresh coriander

1 tbsp toasted sesame oil

1 tbsp sesame seeds

Soy or sweet chilli sauce to dip

Plain flour to prevent sticking

METHOD

1. Allow the dumpling wrappers to defrost. I usually find them in the frozen aisle of the Oriental supermarket, but you might be able to get them in the fridge section too.
2. Whilst the dumpling wrappers are defrosting, whizz up the ingredients in a blender.
3. When you're ready to assemble, lay a dumpling wrapper on a floured surface.
4. Place a teaspoon of the tofu mix in the middle of the wrapper and dab the edges with a little water.
5. Pinch together the edges of the pastry to form parcel shapes.
6. Pinch the two nearest corners of the pastry, leaving the top two gaps open.
7. Push down the two gaps to create a pleat effect.
8. Heat up a wok with a dash of oil. When smoking, add 8-10 Guotie and fry for two minutes until the bottoms are golden brown. Have the wok lid and 20ml of water at the ready.
9. Pour in the water and immediately place the lid on the wok. Steam for a further five minutes.

LEBANESE FALAFEL WRAP WITH PICKLED VEGETABLES



A unique cultural history has helped to make Lebanese food the most popular of all Middle Eastern cuisines. For most of its past, Lebanon has been ruled by foreign powers that have influenced the types of food the Lebanese ate.

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LEBANESE FALAFEL WRAP WITH PICKLED VEGETABLES

SERVES: 4

PREP TIME: 20MINS

COOKING TIME: 15MINS

CUISINE: MIDDLE EASTERN

EASE: ★★☆☆☆

INGREDIENTS

Ingredients for the Wrap

1 pack of Cauldron Falafels, cooked according to pack instructions and halved

250g mixed rocket and watercress salad

1/3 cucumber, cut into fine dice

2 sweet, long red peppers, roasted and cut into long strips

1 tbsp tahini

Ingredients for Mint Yogurt

150ml Greek yoghurt

Small handful of fresh mint, finely chopped

Juice of 1/2 lemon

1 pack of soft, wholemeal flour or white wraps

Ingredients for Pickled Vegetables

250ml cider vinegar

80g sugar

1 tsp fennel seeds

1 star anise

1/2 tsp salt

1/2 green cabbage, finely shredded

2 carrots, cut into small matchsticks

1 red onion, finely sliced

1 jalapeno pepper, finely sliced

METHOD

1. To prepare the pickled vegetables, heat the vinegar in a heavy based pan, add the sugar and stir until dissolved. Add the fennel seeds, star anise and salt and bring to the boil. Cool then discard the fennel seeds and star anise. Add the vegetables, bring to the boil then cool, cover and refrigerate for 30 minutes or overnight if possible. For the mint dressing combine the yoghurt, mint and lemon in a small bowl.

2. Place a wrap on a clean work surface, spread lightly with tahini then sprinkle with salad leaves, cucumber and peppers and 4 halves of falafel. Drizzle with the yoghurt mix and a generous spoonful of the pickled vegetables. Roll the wrap to form a tube, cut in half and enjoy!

TOFU PAD THAI



From the back of our converted tuk tuk we're bringing the buzz, the freshness and the flavour of Bangkok's street scene to London and beyond.

Dong Chuaibamrung, www.twitter.com/BangWokThai



TOFU PAD THAI

SERVES: 4

PREP TIME: 5MINS + NOODLE PREP

COOKING TIME: 5MINS

CUISINE: THAI

EASE: ★★☆☆☆

INGREDIENTS

1 pack of tofu, drained, pressed and cut into cubes.
150g dried Rice stick noodles (or if short of time, pre-prepared Straight to Wok Noodles)

For Pad Thai sauce

40g dissolved palm sugar
100g tamarind paste
30ml/1tbsp light soy sauce
5ml/1tp dark soy sauce
A pinch of salt

3 tbsp vegetable oil
2 eggs
2 cloves garlic, crushed
4 diced shallots

2 tbsp sweetened, chopped, preserved radish (search in Oriental stores)
2 handfuls of beansprouts
20g garlic chives (can substitute for chives or spring onion if you can't find them, chopped into inch long lengths)

To garnish

Dried chilli flakes
Wedges of lime
Fresh Kow Choi (garlic chive stalks)
Crushed peanuts

METHOD

- 1.** Soak rice stick noodles in cold water for 2 hours until softened. (Miss out this step if you are using straight to wok noodles).
- 2.** Prepare the sauce - dissolve palm sugar in hot water - you can place in the microwave to speed up process. Mix in the tamarind paste, soy sauces and salt.
- 3.** In a wok or flat bottomed pan, add a little oil and fry the two eggs lightly, break into pieces with a spatula and set aside.
- 4.** In the same wok, add 2 tbs of oil, fry the garlic, shallot and tofu, stir gently, until browned then set aside.
- 5.** Add the sauce to the wok, when bubbling add the noodles and stir rapidly - when they are becoming visibly softer - after about 2 mins add all the remaining ingredients and keep stirring and tossing until everything is mixed well and cooked.
- 6.** Garnish with chilli flakes, wedges of lime and Kow Choi and scatter over some crushed peanuts.

TAZE FASULYE WITH ROASTED TOFU



I blog about all things chocolate as well as the joys of developing and cooking nourishing and delicious recipes using good quality ingredients - preferably local and organic.
Choclette, www.chocolatelogblog.com



TAZE FASULYE WITH ROASTED TOFU

SERVES: 6

PREP TIME: 10MINS

COOKING TIME: 20MINS

CUISINE: TURKISH

EASE: ★★★★★

INGREDIENTS

1 pack Cauldron Original Tofu, drained, pressed and cut into small triangles.

4 - 5 cloves garlic

3 tsp soy sauce, (I use Tamari)

1 heaped tbsp. dukkah

6 tbsp olive oil

400g fresh tomatoes
(or 1 tin chopped tomatoes)

1 fresh red chilli – deseeded if less heat desired and finely chopped

1 kg French beans (or other green beans) topped and tailed

1 tsp honey

Basil leaves - torn

METHOD

1. Stir 1 clove of chopped garlic, the soya sauce and dukkah into the tofu and leave to marinade for 30 minutes.
2. Place 2 tbsp of olive oil in a roasting tray and warm in the oven. Add the tofu and turn the pieces so they are all covered in oil. Roast at 200°C/400°F/Gas mark 6 for about 20 minutes until golden.
3. Meanwhile roughly chop the tomatoes.
4. In a large pan, fry the remaining garlic and chilli in the oil over moderate heat for a minute. Add the tomatoes and leave to cook for five minutes or so.
5. Meanwhile, cut the beans into pieces about 4 cm long, then boil in some salted water until nearly tender (about 3 minutes). Drain the beans, but reserve the water.
6. Add the beans with a little of the water to the tomatoes along with the honey (do not add water if using tinned tomatoes). Cover and leave to simmer for 5 minutes. The sauce shouldn't be too wet.
7. Serve with the tofu scattered over the top of the fasulya, then scatter with torn basil.

INDIAN KOFTAS WITH GOAN CURRY SAUCE



The cuisine of Goa is influenced by its Hindu origins and four hundred years of Portuguese colonialism. Located along India's west coast along the Arabian Sea, coconut milk, rice, and local spices are main ingredients of Goan cuisine. The area is located in a tropical climate, which means that spices and flavors are intense.

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INDIAN KOFTAS WITH GOAN CURRY SAUCE

SERVES: 4

PREP TIME: 5-10MINS

COOKING TIME: 25-30MINS

CUISINE: INDIAN

EASE: ★★☆☆☆

INGREDIENTS

1 pack of Cauldron Indian Koftas
1 tbsp. vegetable oil
1 tsp yellow mustard seeds
1 large onion, finely sliced
3 cloves garlic, crushed
1 tsp paprika, ground
1 1/2 tsp coriander, ground
1 tsp cumin, ground
1 tsp Cayenne pepper
1/2 tsp turmeric
400ml coconut milk
1 tbsp. lemon juice
1 bunch of fresh coriander, finely chopped
Salt and black pepper to taste

Ingredients for the chapattis

150g wholemeal flour
1/2 tsp salt
1 tbsp. vegetable oil
Water

METHOD

1. Heat the oil in a large saucepan and cook the mustard seeds for 2-3 minutes. Carefully strain to remove the seeds retaining the oil. Cook the onions in the oil over a low heat for 5 minutes or until softened. Add the garlic and dried spices and cook for a further 3-4 minutes.
2. Add the coconut milk, bring to the boil then simmer gently for 15-20 minutes to taste, then add the Cauldron Indian Koftas and lemon juice and cook for 3-4 minutes until warmed through.
3. To make the chapattis mix the flour and salt, add enough cold water to form a dough. Knead for 5 minutes then divide into 6 balls and roll out to a thickness of 2mm then fry in the oil a hot pan for 1-2 minutes on each side.
4. Stir in the fresh coriander and serve with chapattis.

SUPER STREET FOOD SKEWERS



Lauren Geisler combines her training in comedy writing with a degree in traditional photography and a love of feeding friends and family to produce easy-to-follow anecdotal recipes on her personal website www.laurengeisler.co.uk. Writing on the web throughout most of her adult life, Lauren won a Cosmopolitan Blog Award in 2012, and is about to embark on a career in food writing, focusing on local, seasonal produce.

Lauren Geisler, www.laurengeisler.wordpress.com



SUPER STREET FOOD SKEWERS

SERVES: 4

PREP TIME: 30MINS

COOKING TIME: 30-40MINS

CUISINE: MEXICAN

EASE: ★★☆☆☆

INGREDIENTS

1 pack of Cauldron Original Tofu, drained and pressed

1 teaspoon dried chilli flakes

1 teaspoon black onion seeds

1 teaspoon paprika

Juice of **1** lemon

Juice of **1** lime

Plain flour for coating

1 egg, beaten

Approx **30-50g** Panko (Japanese breadcrumbs – these light airy flakes are ideal to add great texture to this dish, but regular breadcrumbs would be a fine substitute)

METHOD

- 1.** Begin by pressing your tofu for at least 15 minutes. You want to remove as much water as possible.
- 2.** Heat the oven to 180°C/350°F/Gas mark 4.
- 3.** Cut the tofu into pieces of varying shapes, ensuring they are big enough to survive being skewered once cooked – approximately 30g pieces works well.
- 4.** Mix together the spices and citrus juices to make a marinade, and pour over the tofu. Leave to marinate for as long as possible in the fridge in an air-tight container (I recommend overnight to maximise the flavours of the marinade).
- 5.** In a sieve, dust the tofu pieces with a handful of flour and shake to roughen the edges and ensure an even coat. Think about how you roughen up par-boiled potatoes ready for roasting – use the same technique.
- 6.** Prepare 2 shallow bowls for coating the tofu – one with the beaten egg, the other with Panko/breadcrumbs. Dip pieces of flour-coated tofu in to the egg wash, then the Panko. Using separate hands for the different coatings will stop too much cross-contamination and keep your hands less gloopy.
- 7.** Lightly oil a lined baking tray and place on the Panko-coated tofu pieces. Make sure each piece is spaced out on the tray with no overlapping. Bake for 30-40 minutes, checking and turning after 15 minutes.
- 8.** Once golden and crunchy to the touch, allow your tofu nugget-style dippers to cool a little, and carefully push on to skewers, 2 or 3 at a time.
- 9.** Serve with dips of your choice! Eat as dippers, using the skewers for dolloping in to your dips, or serve wrapped in fresh crunchy lettuce leaves.

MARINATED TOFU BRAZILIAN COCONUT CURRY

This recipe is commonly found in coastal areas of Northern Brazil and is a sublime combo of creamy coconut, curry and zesty lime notes.

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MARINATED TOFU BRAZILIAN COCONUT CURRY

SERVES: 2-3

PREP TIME: 10MINS

COOKING TIME: 15MINS

CUISINE: BRAZILIAN

EASE: ★★☆☆☆

INGREDIENTS

1 pack Cauldron Marinated Tofu Pieces
2 **tbps** olive oil
1 large onion, diced
2 cloves of garlic, crushed
1 **tsp** ground cumin
1 **tsp** Cayenne Pepper
1 **tsp** ground turmeric
1 **tsp** ground coriander
1-2 small, green chillies, deseeded and finely chopped
1 **tblsp** finely chopped fresh ginger
400ml coconut milk
1 vegetable stock cube, dissolved in 100ml hot water
6-8 cherry tomatoes, halved
Zest and juice of 1 lime
Salt and black pepper to taste
Bunch of fresh coriander, finely chopped

METHOD

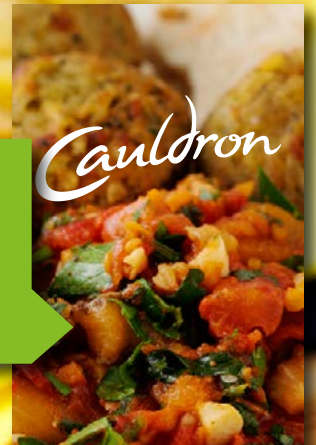
1. Heat the oil in a large saucepan and gently fry the onions for 4-5 minutes until softened. Add the garlic, ground spices, chilli and ginger and fry for a further 2 minutes.
2. Stir in the coconut milk and vegetable stock, bring to the boil then simmer for 5 minutes. Stir in the tofu and tomatoes and continue to simmer for 5-10 minutes. Add the lime zest and juice and season to taste. Garnish with coriander leaves.
3. Enjoy with boiled white rice.

CURRYWURST

The NPD team at Cauldron embrace the creativity and inventiveness of the Cauldron brand on a daily basis. Their passion lies in creating new and exciting recipes that foodies can enjoy all year round, no matter the occasion.

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CURRYWURST

SERVES: 4

PREP TIME: 10MINS

COOKING TIME: 15-20MINS

CUISINE: GERMAN

EASE: ★★☆☆☆

INGREDIENTS

1 pack Cauldron Lincolnshire Sausages, cooked according to pack instructions
1 pack of hotdog bread buns
1 portion of curry sauce (see recipe below)

Ingredients for Curry Sauce

1 tbsp vegetable oil
1 large onion, diced
1 large cooking apple, peeled and diced
1 tbsp mild curry powder
4 cardamon seeds
200ml vegetable stock
2 tbsp cider vinegar
1 tbsp brown sugar

METHOD

- 1.** Heat the oil in a pan and fry the onion gently until softened, add the remaining ingredients and bring to the boil then simmer for approximately 20 minutes until softened.
- 2.** Remove the cardamon seeds
- 3.** Cool for a few minutes then place in a food processor and blend until smooth. Add more stock if necessary.
- 4.** Slice the bread buns lengthways and place a sausage inside then top with the warm curry sauce.

TORTILLA FALAFEL SALAD

Salad Days is about delivering all year round gloriousness. Oh and creating some epic feel-good food that tastes fantastic! We sell Salads, Hot Wraps, Soups and Fresh Juices. For the last five years we've been trying to create a genuine alternative to junk food, injecting great healthy food into places you wouldn't expect to find it.

Salad Days, www.saladdaysonline.com



TORTILLA FALAFEL SALAD

SERVES: 4

PREP TIME: 20-25MINS

CUISINE: MEXICAN

EASE: ★★☆☆☆

INGREDIENTS

12 good quality falafels

For the tortilla basket

1 wholemeal tortilla, baked over an oven proof jug or bowl

For the bulgur wheat

2 green peppers

2 red onions

Olive oil

4 tomatoes cut into 1\8

1 cube organic vegetable stock

1 **cup** good quality coarse bulgur wheat

For the Lemon & Garlic Yoghurt Dressing

200ml low fat natural yoghurt

1 lime & zest

2 garlic cloves

100g washed mixed leafs

1\4 red cabbage finely shredded

4 tomatoes cut into 1\8

2 grated carrot grated

METHOD

1. Heat the oven to around the 180c mark. Once it's nice and hot, put a Pyrex jug or bowl upside down on a baking sheet and allow to warm up a bit.
2. Take a wholemeal tortilla and place it over the hot jug. Push the sides of the tortilla down so it takes the dome shape of the jug. Leave it in the oven for around 5 to 10 minutes or until it begins to firm up. The basket needs to be able to stand up on its own accord so be sure not to under cook it! Repeat with remaining tortillas.
3. Ok so let's get the veg roasting, simply dice up the green pepper and onion to around 1cm pieces. Season them, add a little olive oil and pop on to a baking tray. They shouldn't take too long. We're just looking for a bit of colour and some sweetness.
4. Slice the tomatoes into 1\8 wedges, season, and place skin side down on another lightly oiled oven sheet. These guys will need a little longer in the oven to allow the water to come out. Take them out when they're nicely coloured.
5. Now get the bulgur wheat cooking. The best way we find to cook bulgur is to use two parts boiling water to one part wheat. Put the stock cube, the bulgur and the boiling water into a heavy bowl and stir. Once the stock has dissolved put a lid over the bugler wheat and allow to cook, stirring every now and again.
6. Smash up the garlic and blend in to the yoghurt with the zest and juice of the lime and leave to one side. Pop the falafels into the oven to heat through.
7. Take out the roasted veg and allow to cool. Mix the red onion and the green pepper with the bulgur wheat. If you want to throw some fresh chopped herbs such as parsley or dill in now is the time. Keep the tomatoes to one side and again allow to cool.
8. Assemble the four salads evenly with a good handful of mixed leaf mixed with some of the shredded cabbage in the bottom of the bowl. Build up with the bulgur mix, roasted tomatoes, falafels and grated carrot on top. Dress the salad with a couple of spoons of the dressing, with a bit of lime zest for a garnish! Boom, lunch!

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