



STUART'S FOODS

FAST FRESH FOODSERVICE



Stuart's Foods December Newsletter

Research shows that the average person in the UK consumes **6,000** calories on Christmas day, so how do we fit all those calories in?

The majority of calories consumed on Christmas day do not come from the main meal but all the little added extras (and why not on Christmas Day?). From popping open the alcohol and chocolates before lunch to the obligatory mince pies/yule log in the afternoon and a nice cheese board to round it all off; the calories soon add up.

Everyone has a tradition when it comes Christmas dinner, but here are a few recipe ideas if you want to try something new.

Sticky Carrots with thyme and honey.

Ingredients

1kg Chantenay carrots, unpeeled, larger ones halved
25g butter
few thyme sprigs
1 tbsp honey

Method

1. Tip the carrots into a deep frying pan with the butter, thyme and honey. Cook for 5 mins until starting to brown. Pour in 250ml water, bring to the boil and cook until the water has evaporated and the carrots are tender. Turn down the heat and cook the carrots slowly, stirring, until glazed.

Cauliflower Cheese.

Ingredients

1 medium head cauliflower, broken into large florets
40g/1½oz butter
40g/1½oz plain flour
400ml/14fl oz milk
1 tsp English mustard
100g/3½oz mature cheddar cheese, grated
salt and freshly ground black pepper

Method

1. Preheat the oven to 190C/375F/Gas 5.
2. Wash the cauliflower thoroughly and place in a large saucepan of salted water. Bring to the boil and cook for 3-5 minutes, until the cauliflower is almost tender, but still fairly firm. Tip into a colander and leave to drain.
3. To make the sauce, melt the butter in a medium, heavy-based pan and stir in the flour. Cook over a gentle heat for one minute. Remove the pan from the heat and gradually add the milk, a little at a time, stirring well between each addition. Return the pan to a medium heat and bring the mixture to the boil, stirring constantly. Simmer for two minutes, then remove from the heat.
4. Stir in the mustard and two thirds of the cheese and set aside. Arrange the cauliflower in an ovenproof baking dish. Carefully pour over the sauce, ensuring the cauliflower is completely covered. Scatter over the remaining cheese and bake for 25-30 minutes, until the top is golden-brown and bubbling.



Red Cabbage.

Ingredients

1 large red cabbage (about 1kg/2lb 4oz)
25g butter
2 red onions, finely chopped
finely grated zest and juice 1 orange
1 cinnamon stick
150ml port
1 tbsp red wine vinegar

Method

1. Peel off the outer leaves of the cabbage, then cut into quarters and slice out the core. Use a sharp knife or the slicing attachment of a food processor to thinly slice the cabbage.
2. Heat the butter in a large saucepan, then tip in the onions and gently fry until softened, about 5 mins. Add the orange zest to the pan along with the cinnamon stick, then cook for 1 min more. Add the shredded cabbage, then pour over the port, red wine vinegar, orange juice and 150ml water. Bring up to the boil, then reduce the heat to a simmer, cover the pan and cook for 45 mins-1 hr until the cabbage is softened.

You either LOVE them or HATE them, but don't forget to ask about your PREPARED BRUSSEL SPROUTS!



Did you know...?

50g of Roast Potatoes in Goose Fat is 150kcal.

1 Mince Pie can contain over 200kcal



87g (4) Pigs in Blankets are 280kcal - 70kcal per Piggy.

Turkey is a very lean meat and is low in fat and a great protein source.



1 Glass of Champagne contains 95kcal.

It would take 8 hours of running or walking 21.5 hours to burn off the calories we consume on Christmas Day.



1 bowl/serving of Christmas Pudding with whipped cream and brandy butter comes in at 587kcal.

1 can of Beer or Lager can equate to 150-220kcal.



...But who is counting and if you can not treat yourself at Christmas when can you? And you will loose count after the 1st few drinks! ;)



From Everyone at
Stuart's Foods

We wish you a
Very Merry Christmas
& Happy New Year

