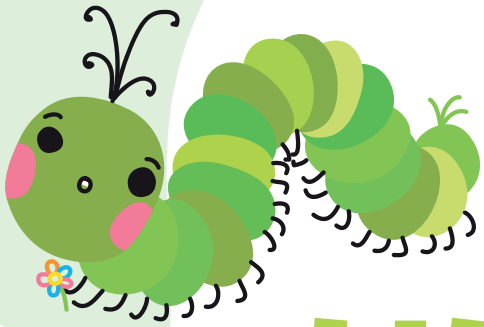




SPECIAL MENU DAY!

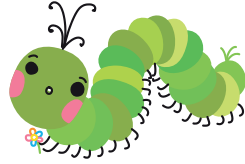


HUNGRY CATERPILLAR DAY

20th January



RECIPE BOOKLET



HUNGRY CATERPILLAR DAY

The very hungry caterpillar is a story about a small caterpillar who emerges from an egg and begins eating everything in sight. After six days of eating fruits, sweets and 'junk' food he gets a stomach ache. On the seventh day, the caterpillar eats a nice leaf and feels much better. The now big, fat and not hungry caterpillar builds a cocoon around himself and finally emerges a beautiful butterfly.

One of the greatest children's books of all time is now 50 years old. Having sold over 50 million copies worldwide since its release in 1969 — the equivalent to one copy sold per minute — The Very Hungry Caterpillar continues to eat into the hearts of many young and nostalgic readers.

Whilst the book has been enjoyed the world over with its engaging storyline and colourful illustrations, the book has also been used to help promote healthy eating habits in children. With this in mind and to celebrate the success of the very hungry Caterpillar, we have put together this fabulous selection of recipes.

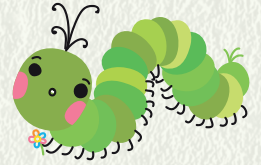
Be sure to send in lots of photos of the fun you, your teams and your customers have enjoying these recipes.

HUNGRY FOR MORE?

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SPECIAL
MENU DAY!

HUNGRY CATERPILLAR DAY



GREEN LEAF PESTO WITH PEAR & PUMPKIN SEED SALAD

SERVES  Ten

ALLERGENS  Sulphur Dioxide

INGREDIENTS

- 2 radicchio
- 4 heads of chicory
- 250g mung / sprouted beans
- 200g baby spinach
- 2 pears

For the dressing:

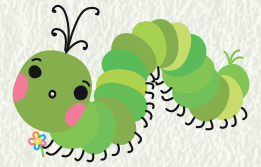
- 200ml pomace olive oil
- 100g pumpkin seeds
- Flat-leaf parsley, small handful, chopped
- 60g honey
- 30ml. balsamic vinegar
- Lo salt, pinch

METHOD

1. Make the dressing first. Use olive oil if you like the taste – sunflower oil will be more neutral in taste. Toast the pumpkin seeds in a dry frying pan over a medium heat for a few minutes, until they start to release their aromas and change colour slightly. Put the seeds into a food processor or blender with all the other dressing ingredients and whizz until smooth.
2. Cut the radicchio in half, cut out the end and slice into thin strips. Do the same with the chicory and cut into small pieces. Rinse the sprouted beans and spinach. Core the pear and cut into slices. Put all these ingredients into a large bowl and toss with the salad dressing. Only dress what you use, as it doesn't store well – or eat it all in one go.

SPECIAL
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HUNGRY CATERPILLAR DAY



PLUM BREAD IN A HURRY

SERVES  Ten

ALLERGENS  Wheat, Egg, Gluten

INGREDIENTS

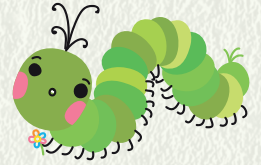
- 250g prunes, roughly chopped
- 160ml apple juice
- 1 egg, free range
- 225g self-raising flour
- 1 tsp. mixed spice
- Lo salt, pinch
- 1tbsp. demerara sugar, for sprinkling

METHOD

1. Preheat the oven to 180°C and line a 2-lb loaf tin with non-stick baking paper or use a loaf tin liner.
2. Put the pitted prunes in a large pan and pour over the apple juice. Heat for a minute over a medium heat.
3. Remove the pan from the heat and add all the remaining ingredients, except the demerara sugar, and stir well to combine.
4. Scrape the mixture into the prepared tin, sprinkle over the Demerara sugar and bake in the preheated oven for approx. 35 minutes, until a skewer inserted into the centre comes out clean. Leave to cool in the tin.

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HUNGRY CATERPILLAR DAY



PEAR & VANILLA TOPSY TURVY CAKE

SERVES  Ten

ALLERGENS  Wheat, Milk,
Egg, Gluten

INGREDIENTS

- 250g stork
- 250g caster sugar
- 4 eggs, free range
- 75g Greek-style yoghurt
- 1tsp vanilla extract
- 260g self-raising flour
- 1tsp. baking powder

For the top:

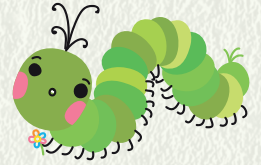
- 4 pears, peeled and thinly sliced
- 100g butter
- 200g caster sugar
- ½ lemon, juiced

METHOD

1. First, line the bottom of a 9-inch spring form tin with baking paper, and then grease it well. Preheat your oven to 170°C, and place a tray or piece of foil on the bottom to catch any caramel drips.
2. Prepare the upside-down bit. Make the caramel by heating your butter, caster sugar and lemon juice together in a pan, stirring all the time until melted. Pour this onto the base of your tin and arrange the pears on top.
3. Into a large bowl, weigh the stork and sugar. Using an electric whisk or a wooden spoon, beat them together until smooth, light and creamy – this will take at least 5 minutes.
4. Add the eggs, one at a time, beating well after each addition. Then add the yoghurt and scrape in the vanilla seeds and beat them in as you did the eggs. Smooth would be nice, but this is likely to curdle and don't worry if it does.
5. Gently fold in the flour and baking powder using a large metal spoon, just enough to combine. If it isn't at a dropping consistency, stir in a touch more yoghurt.
6. Carefully pour your mix onto your fruit and bake in the oven for approx. 40 minutes, until golden brown and springy and a skewer comes out clean.
7. Leave to cool for at least 15 minutes before removing the sides of the tin (running a knife around the edge if necessary) then placing a plate or cake stand on top of it. Turn the whole thing upside down before carefully peeling away the base paper. Serve hot or cold.

SPECIAL
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HUNGRY CATERPILLAR DAY



MONDAY'S APPLE & CARROT MUFFINS

SERVES  Ten

ALLERGENS  Wheat, Soya,
Milk, Egg, Gluten

INGREDIENTS

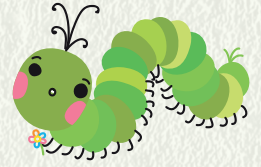
- 150g plain wholemeal flour
- 50g granulated sugar
- 1½tsp. baking powder
- ½tsp. ground cinnamon
- ¼tsp. lo salt
- ¼tsp. ground ginger
- 125ml vegetable oil
- 120g honey
- 2 eggs, free range, lightly beaten
- ½tsp. vanilla extract
- 1 apple, peeled, cored and grated
- 75g carrots, peeled and grated
- 65g raisins

METHOD

1. Preheat the oven to 180°C. Line a 12-hole muffin tray with paper cups.
2. Combine the flour, sugar, baking powder, cinnamon, salt and ginger in a mixing bowl.
3. In a separate bowl, combine the oil, honey, eggs and vanilla. Beat lightly with a wire whisk until blended. Add the grated apple, carrots and raisins to the liquid mixture and stir well.
4. Fold in the dry ingredients until just combined but don't overmix or the muffins will become heavy.
5. Fill the muffin cups with the batter until two-thirds full. Bake in the oven for approx. 22 minutes. Leave the muffins to cool in the tin for 5 minutes before turning out onto a wire rack to cool completely.

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HUNGRY CATERPILLAR DAY



CRISPY MUNCHING ORANGE BISCUITS

SERVES  Ten

ALLERGENS  Wheat, Milk, Gluten

INGREDIENTS

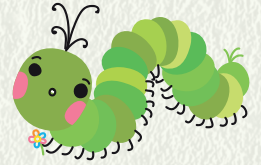
- 125g self-raising flour
- 100g stork
- 50g caster sugar
- 1 orange

METHOD

1. Put all the ingredients into a mixing bowl and rub together.
2. Roll the dough into a sausage shape.
3. Cut the sausage shape into 10 equal pieces and roll into balls
4. Put the balls on to a greased baking tray and press gently with a fork.
5. Bake at 180°C for 10 minutes or until lightly golden.
6. Sprinkle with caster sugar and allow them to cool slightly before lifting on to a cooling rack.

SPECIAL
MENU DAY!

HUNGRY CATERPILLAR DAY



SEEDED STRAWBERRY FLAPJACK FINGERS

SERVES  Ten

ALLERGENS  Wheat, Oats, Sulphur Dioxide, Milk, Gluten

INGREDIENTS

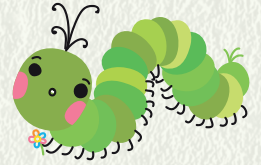
- 200g strawberries
- 15ml agave syrup
- 20ml lemon juice
- 200g stork
- 120ml agave syrup
- 150g porridge oats
- 200g plain flour
- 50g sunflower seeds
- 50g pumpkin seeds

METHOD

1. Preheat the oven to 180°C. Slice the strawberries and mix with the agave syrup and lemon juice. Set aside.
2. Put the stork in a saucepan and heat gently stirring until the stork is melted. Remove from the heat and stir in oats, agave, seed mix and flour.
3. Spread half the oat mixture across an 8" square oiled oven dish. Spoon the strawberries evenly over this.
4. Spread the remaining oat mixture over the strawberries. Press everything into the bottom and edges of the dish.
5. Bake in a pre-heated oven for approx. 60 minutes. Remove from the oven and, while still warm, cut into fingers.
6. When cold slice again and remove from the dish.

SPECIAL
MENU DAY!

HUNGRY CATERPILLAR DAY



BUTTERFLY CUPCAKES

SERVES  Ten

ALLERGENS  Wheat, Milk,
Egg, Gluten

INGREDIENTS

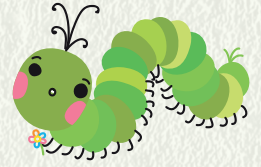
- 110g stork
- 110g caster sugar
- 2 eggs, free range
- 1tsp vanilla extract
- 110g self-raising flour
- ½tsp. baking powder
- 15ml semi-skimmed milk
- 45g strawberry jam
- 300g icing sugar
- 150g stork
- 2tsp. vanilla extract
- 50g strawberry jam

METHOD

1. Heat the oven to 160°C. Line a cupcake tin with 10 cases.
2. Tip the stork, sugar, eggs, vanilla, flour, baking powder and milk into a large mixing bowl and beat with either a hand whisk or electric mixer until smooth, pale and combined. Divide the batter between the cases and bake for approx. 15 minutes until golden brown and a skewer inserted in the middle of a cake comes out clean. Leave on a wire rack to cool.
3. Make the buttercream by beating together the icing sugar, stork and vanilla until pale and fluffy.
4. Once the cakes are cool, use a sharp knife to slice off the tops, then cut the tops in half. Pipe or spread the buttercream on top of the cakes, then gently push two semi-circular halves into the buttercream on each cake, doing this at an angle to look like butterfly wings.
5. You can serve the cupcakes decorated with a little blob of jam in the centre.

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BUTTERFLY'S BLACKBERRY & APPLE CRUMBLE SMOOTHIE

SERVES



Ten

ALLERGENS



Oats, Soya,
Milk, Gluten

INGREDIENTS



- 500g fruits of the forest
- 2 red apples
- 750ml semi skimmed milk
- 750ml yoghurt
- 125g oats
- 50g pumpkin seeds

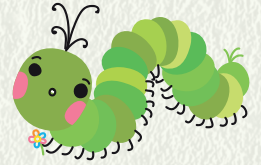
METHOD



1. Place the berries, apple, milk, yoghurt, oats and seeds in a blender and blend until smooth.
2. Add 75-100ml cold water, a little at a time, to achieve a smooth consistency and blend again.
3. Pour into cups and serve.

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HUNGRY CATERPILLAR DAY



TUESDAY'S PEAR & PARSNIP SOUP

SERVES  Ten

ALLERGENS  Milk, Gluten,
Celery

INGREDIENTS

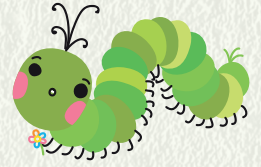
- 50ml vegetable oil
- 800g parsnips
- 3 pears
- 40ml olive oil
- 100g celery
- 300g onions
- 1 garlic, clove
- 1tsp. mild madras curry powder
- ½tsp. ground cumin
- 5g vegetable bouillon
- 30g stork
- Flat parsley, small handful, chopped
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Heat oil in a pan and add the onion, celery and garlic. Cover and cook gently for approx. 10min until softened. Stir in spices; cook for 1min.
2. Add parsnips and stock; cover and simmer for approx. 10min. Peel, core and chop two pears. Add to pan; simmer, covered, for 5min. Cool a little. Blend in food processor until smooth.
3. Return soup to rinsed out pan and reheat. Season. Ladle into bowls and garnish with parsley.

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HUNGRY CATERPILLAR DAY



THURSDAY'S STRAWBERRY & WATERMELON LEMONADE

SERVES



Ten

ALLERGENS



Sulphur Dioxide

INGREDIENTS



- 1.2kg watermelon
- 150g strawberries
- 120ml lemon juice
- 200g caster sugar
- 600ml tap water

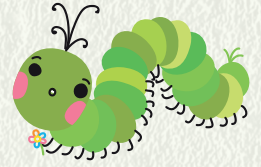
METHOD



1. Combine the watermelon, strawberries, lemon juice, sugar and water in a blender. Blend until smooth.
2. Refrigerate until ready to serve.

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HUNGRY CATERPILLAR DAY



MONDAY'S BRAMLEY APPLE LOAF

SERVES  Ten

ALLERGENS  Wheat, Milk,
Egg, Gluten

INGREDIENTS

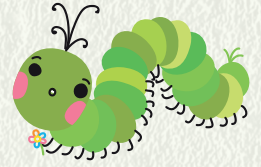
- 1kg Bramley apples
- 900g strong wholemeal flour
- 900g strong white flour
- 200g stork
- 100g caster sugar
- 2tsp. yeast
- 2 eggs, free range

METHOD

1. Peel and dice the apple and in a medium frying pan. Fry with 50g of the stork and fry over a high heat for approx. 3 minutes until the apples are golden brown.
2. In a large bowl mix the brown and white flour with the salt. In a small pan, melt the remaining 75g of stork, then set aside to cool slightly.
3. Place the yeast, sugar and melted stork in with the flour mixture. Add 175ml tepid water, a little at a time, and using your hands bring the flour mixture together to make a dough. Now add the cooled apple cubes.
4. On a lightly floured work surface, knead the dough for approx. 10 minutes until smooth and elastic. Put it back into the bowl, cover with cling film and place in a warm area until doubled in size, approx. 45 minutes.
5. On a floured surface, knead the apple dough for a minute. Divide into 4 pieces, shape into round loaves and place on a lightly oiled baking tray. Allow to prove for approx. 30 minutes. Then, using a pastry brush, glaze the loaves with the lightly whisked egg yolk.
6. In a small bowl whisk up the egg yolk and using a pastry brush glaze the loaves. Bake in the oven at 180°C for 35 minutes. Remove the loaves and tap on the bottom to make sure they sound hollow. If not, bake for a few more minutes.
7. Transfer the apple loaves to a wire rack and leave to cool.

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MENU DAY!

HUNGRY CATERPILLAR DAY



CATERPILLAR'S APPLE CRUNCH SALAD

SERVES  Ten

ALLERGENS  Sulphur Dioxide,
Sesame

INGREDIENTS

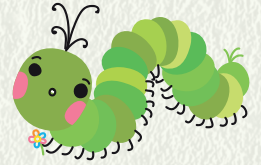
- 600g carrots
- 400g radish
- 4 granny smith apples
- 150g sultanas
- Flat parsley, small handful, chopped
- Mint, small handful, chopped
- 40ml red wine vinegar
- 80ml olive oil
- 20g sesame seeds
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Peel and finely slice your carrots into matchstick-sized batons. Finely slice your radishes. Quarter your apples, remove the cores and finely slice.
2. Add all these to a bowl with the rest of the ingredients, toss together, season and serve.

SPECIAL
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HUNGRY CATERPILLAR DAY



WEDNESDAY'S PLUM JAM

SERVES  Ten

ALLERGENS  Sulphur Dioxide, Milk

INGREDIENTS

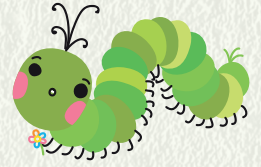
- 1kg plums
- 1kg granulated sugar
- 1tsp ground cinnamon
- 1tsp lemon juice
- 1 cinnamon stick
- 10g butter

METHOD

1. Sterilise the jars and any other equipment before you start (see tip). Put a couple of saucers in the freezer, as you'll need these for testing whether the jam is ready later. Put the plums in a preserving pan and add 140ml water. Bring to a simmer, and cook for about 10 mins until the plums are tender but not falling apart. Add the sugar, ground cinnamon and lemon juice, then let the sugar dissolve slowly, without boiling, approx. 10 minutes.
2. Increase the heat and bring the jam to a full rolling boil. After about 5 mins, spoon a little jam onto a cold saucer. Wait a few seconds, then push the jam with your fingertip. If it wrinkles, the jam is ready. If not, cook for a few mins more and test again, with another cold saucer. If you have a sugar thermometer, it will read 105°C when ready.
3. Take the jam off the heat and add the cinnamon sticks and the knob of butter. The cinnamon will look pretty in the jars and the butter will disperse any scum. Let the jam cool for 15 minutes, which will prevent the lumps of fruit sinking to the bottom of the jars. Ladle into hot jars, seal and leave to cool.

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HUNGRY CATERPILLAR DAY



HUNGRY CATERPILLARS SATURDAY CHOCOLATE CAKE

SERVES  Ten

ALLERGENS  Wheat, Rye,
Milk, Egg

INGREDIENTS

- 175g self-raising wholemeal flour
- 175g caster sugar
- 175g stork
- 3 eggs, free range
- 15g cocoa powder
- 1tsp baking powder

For the sauce:

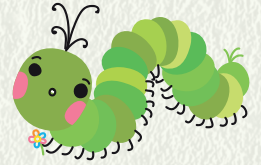
- 60g cocoa powder
- 110g caster sugar
- 200ml tap water
- 20g butter

METHOD

1. Sift the flour, cocoa powder and baking powder into a mixing bowl.
2. Add the sugar, stork and eggs. Beat this together until you end up with a soft mixture that falls off a spoon when you hit it against the bowl. Add a drop or two of water if you think your mixture is too stiff.
3. Place the mixture into a suitable lined baking tin and bake at 170°C for approx. 30 minutes, until springy in the centre and a knife inserted into the sponge comes out clear. Allow to cool for one hour after cooking.
4. For the chocolate sauce - Place the cocoa powder, sugar and water in a pan. Bring to the boil and reduce by a third. Add the butter to the chocolate sauce and stir in until melted. Pour the sauce into a container and set aside to cool fully.
5. To serve, cut the cake into squares and pour over the chocolate sauce.

SPECIAL
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HUNGRY CATERPILLAR DAY



FRIDAY'S ORANGE & POLENTA CAKE

SERVES  Ten

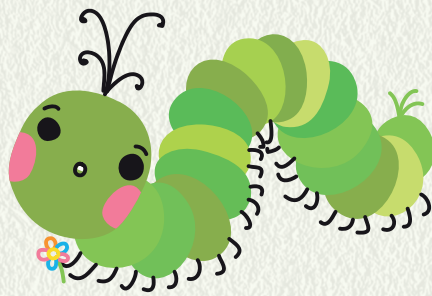
ALLERGENS  Wheat, Milk, Egg, Gluten

INGREDIENTS

- 250g stork
- 250g caster sugar
- 4 eggs, free range
- 140g polenta
- 200g plain flour
- 1½tsp baking powder
- 2 oranges
- 100ml orange juice
- 100g caster sugar

METHOD

1. Heat oven to 140. Line the base and sides of a suitable baking tin with baking parchment. Cream the stork and sugar together until light and fluffy. Add the eggs one at a time and mix thoroughly. Once the mixture is combined, add all the dry ingredients and the zest and juice after you have measured off 100ml for the glaze.
2. Transfer the mixture to the tin, spread evenly, then cook for approx. 45 minutes, until a skewer inserted into the centre of the cake comes out clean. Remove from the oven and turn out onto a wire rack to cool.
3. To make the glaze, put the juice and sugar in a medium saucepan and bring to the boil. Let it simmer for 5 mins, then remove from the heat and allow to cool. Drizzle the orange glaze over the top of the cooled cake.
4. Cut into fingers and serve.



HUNGRY CATERPILLAR DAY

RECIPE BOOKLET