

*Bonnie's Kitchen can also do Sandwiches, Cakes,
Corporate Lunches, Dinner Parties, Birthdays,
Christenings, Engagement Parties, Weddings etc.*

*If you don't see anything you fancy at the Farmers
Market please feel free to give me a ring and I can
have anything requested waiting for you at the next
market or delivered to your door for a small fee.*

Bonnie's Kitchen

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www.bonnieskitchen.co.uk



Recipe Ideas

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Recipe Ideas

Curry Paste:

This is a great traditional Indian curry paste which goes well with lamb, chicken or fish

Curry for 2

Chicken Curry - 450g Chicken thighs, breasts or legs

Lamb Curry - 300g Stewing lamb

Fish Curry - 2 cod, haddock or salmon fillets

If using chicken or lamb, heat a bit of oil in a wok or casserole pan and brown the meat. At this point add your veg if desired and fry for another few minutes. Add in around 400ml vegetable stock and 1/3 of a jar of curry paste. Let this simmer until the meat is cooked and vegetables are tender. If making a vegetable curry add all ingredients together and simmer until veg is desired consistency. Serve with white rice or naan bread.

Pasta Sauce:

A rich tomato based sauce which can be used on pizza, pasta or to make a lasagna.

Roasted Vegetable Pasta

Serves 2

400g Vegetables such as aubergine, peppers, onions, courgettes etc.

Preheat oven to 180c. Chop veg to desired size. Place the veg into a roasting tin and coat generously with olive oil. Season with salt and pepper and roast for 30 minutes or until the veg is tender. Warm about 1/3 of the jar of pasta sauce. Mix the veg with the sauce and serve with your favourite pasta.

Pasta and Meatballs

Serves 4

500g Good quality beef mince

Put the raw mince into a bowl and add about 1 tsp Season All (can be found in the spice section of any grocery store). Shape into 1 inch size meatballs.

Heat a frying pan with a little oil and add the meatballs. Brown on all sides. Meanwhile heat about half the jar of pasta sauce and add the browned meatballs. Simmer on low until the meatballs are cooked through about 20 - 30 minutes. Serve with your favourite pasta.



BK Sauce:

Use BK Sauce as a marinade for chicken or pork. Can be used as an alternative to brown sauce. Lovely with sausages.

BK Chicken Breasts

Serves 4

400g of boneless chicken breasts.

Mix about 1/3 of a bottle of BK sauce with the chicken and marinate for at least 1 hour but the longer the better. Place the marinated chicken breasts in a casserole dish and place in a preheated oven set at 180c then cook until juices run clear about 20 - 30 minutes

BK Ribs:

Serves 4 as a starter

1 rack of ribs

Combine about 1/3 of a jar of BK Sauce with the ribs and marinate for at least an hour. Preheat your oven to 180c and place the ribs on a baking tray in a preheated oven at 180c. Cook for about 1 hour or until cooked through.

Harissa Paste:

A lovely North African curry paste which goes nice with lamb, mackerel, chicken or vegetables.

Moroccan Couscous

Serves 4

Cook about 250g of couscous according to packet instructions. Roast off some vegetable as done in the pasta sauce recipe. Add a can of chickpeas and stir. Add about 2 - 3 tsp of harissa paste and stir though. Serve with lamb.

Go to www.bonnieskitchen.co.uk to see me cook some other recipes.

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