

The
COOK
Book

The Alternative
to Home Cooking

September 2009
to
April 2010

www.cookfood.net

“Our founding principle when we started cooking in 1997 was to cook using the same ingredients and techniques that you would use at home so everything looks and tastes homemade.

Today nothing’s changed but we are always trying to improve what we do. If you have any suggestions please contact us at edwardanddale@cookfood.net.”

Edward Dale

Edward and Dale, Founders



Dale and Edward, Founders

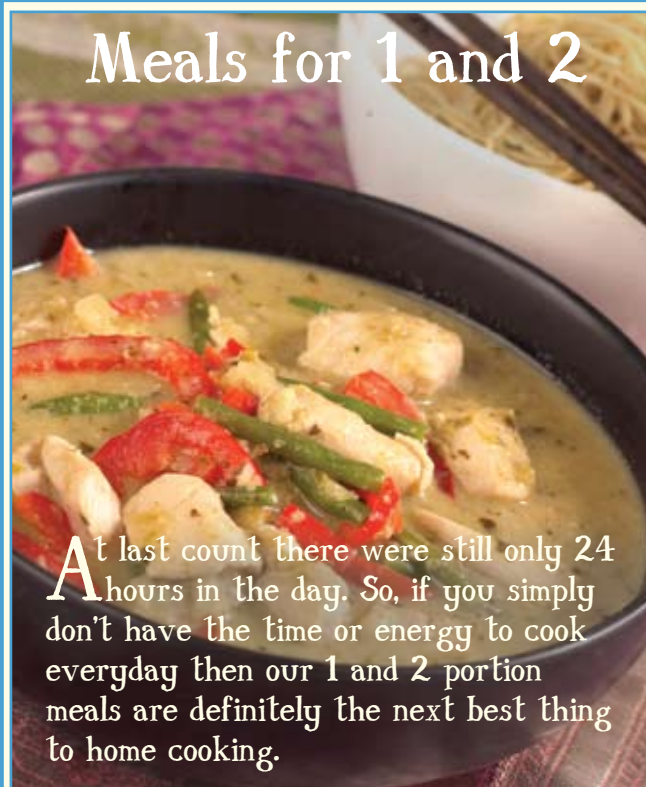
Menu Key

You will see these symbols next to our food. This is what they mean:

- Suitable for vegetarians
- All meals can be re-heated in a conventional oven, but those with this symbol can also be cooked in a microwave
- How spicy is this dish?
1 chilli = warm me up
2 chillies = nice and spicy
- Gluten free

The actual range detailed in this COOK Book may differ from what is stocked in store. Very occasionally we might have to change prices, ingredients or symbols before our next edition of The COOK Book for which we apologise. But all prices, ingredients and symbols were correct at time of going to print. Please refer to the packaging for the most up-to-date information.

Meals for 1 and 2



At last count there were still only 24 hours in the day. So, if you simply don't have the time or energy to cook everyday then our 1 and 2 portion meals are definitely the next best thing to home cooking.

Chicken

Serves
1 2

- Chicken Alexander** 3.75 6.75
Marinated chicken pieces with mushrooms and peppers in a rich white wine and sherry sauce.
- Chicken and Mushroom Lasagne** 3.75 6.75
Chicken breast pieces and mushrooms in an Italian style tomato sauce with spinach pasta, cheese sauce and Cheddar cheese topping.
- Chicken, Ham and Leek Pie** 3.85
Chicken breast pieces, ham and leeks in a creamy parsley sauce topped with all butter shortcrust pastry.
- Green Thai Chicken Curry** 3.75 6.75 **IMPROVED**
A green Thai curry with stir-fried red peppers and fine green beans.
- Chicken Tikka Masala** 3.75
Chicken breast pieces marinated with yoghurt, lemon and paprika in a coconut, cream and tomato sauce.


Beef

- Chilli con Carne** 3.25
Minced beef with tomato, oregano, red chillies and kidney beans.
- Cottage Pie** 3.50 6.75 **IMPROVED**
Minced beef with onions and carrots topped with mashed potato and Cheddar cheese.
- Lasagne Verde** 3.50 6.75
Layers of minced beef, lasagne verde, mature farmhouse Cheddar cheese sauce and topped with Cheddar cheese.
- Steak and Red Wine Pie** 3.99
Tender pieces of silverside beef and vegetables in red wine, topped with all butter pastry.



Serves
1 2

- | | | | |
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|  | Beef Bourguignon | 4.50 | 8.25 |
| | Tender pieces of silverside beef braised in red wine and port with dry cured bacon, onions and mushrooms. | | |
|  | Braised Beef in Brandy and Mushroom Sauce | 4.50 | |
| | Strips of beef are braised until tender and added to a brandy and mushroom veloute sauce. | | |

Lamb

- | | | | |
|---|--|------|--|
|  | Liver, Bacon and Onions | 2.85 | |
| | Tender pieces of lambs' liver in red wine sauce garnished with onions and smoked back bacon. | | |
| | Shepherd's Pie | 3.50 | |
| | Tender minced leg of lamb and diced carrots topped with mashed potato. | | |

Pork

- | | | | |
|---|---|------|------|
|  | Pork Stroganoff | 3.95 | 7.35 |
| | The pork strips are braised until tender then added to a sherry, brandy and paprika sauce. | | |
|  | Pork Dijon | 3.95 | |
| | Braised strips of pork with sliced mushrooms finished with a creamy white wine, sherry and mustard veloute. | | |

Fish

- | | | | |
|--|---|------|------|
| | Hearty Fisherman's Pie | 4.50 | 8.50 |
| | Salmon, coley and naturally smoked haddock in a white wine and tomato sauce, layered with spinach and topped with creamy parsley mashed potatoes. | | |
| | Smoked Haddock and Sweet Potato Gratin | 4.50 | |
| | Naturally smoked haddock, bacon, broccoli and sweetcorn in a creamy fish sauce topped with sweet potato. | | |
| | Salmon and Asparagus Gratin | 4.50 | 8.50 |
| | Salmon fillet pieces and asparagus in a white wine veloute sauce topped a regato cheese crumb. | | |

Vegetarian

- | | | | |
|---|---|------|--|
|  | Macaroni Cheese | 2.75 | |
|  | Macaroni in a creamy mature Cheddar cheese sauce topped with sliced tomatoes. | | |
|  | Roasted Vegetable Lasagne | 3.60 | |
| | Roasted Mediterranean vegetables in a rich tomato sauce layered with lasagne, Cheddar cheese sauce and topped with tomatoes and Cheddar cheese. | | |

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