



**Castell
Howell**



Veganuary 2022



MOROCCO

PERSIAN FALAFEL WRAPS WITH HUMUS

PRODUCTS:

72970 Sweet Potato Falafels, 18400 6" Tortilla Wraps, 8885 Humus.

METHOD:

The falafels can be baked for 10-12 minutes or deep fried for 5-6 minutes. Spread the humus onto the wrap, add the falafels and fold firmly. Add freshly chopped mint or coriander and a squeeze of lemon juice for extra freshness.

Note: We also have beetroot falafels, whereby you could add pickled or fresh beetroot for vibrancy. A great dish for spring and summer street food.





MOROCCO

MOROCCAN TAGINE WITH POMEGRANATE AND SWEET PEPPER COUSCOUS

PRODUCTS:

97391 Chickpea and Pumpkin Seed Tagine, 52260 Pomegranate, 57233 Sweet Pepper Pearl, 22795 Couscous.

METHOD:

Warm the tagine in a microwave or pan. Cover the couscous in boiling water and leave to absorb and garnish as shown in the photo.

Idea: Couscous can be made in advance and you could add 981 Ras el Hanout spice for a truly middle eastern vibe. Alternatively you could try our 85417 Squash, Cranberry and Red Onion Tagine which is great for the festive period.





British

POSH PASTY WITH MASH & ONION GRAVY

PRODUCTS:

71405 Cornish Pasty, 22005 Truffle Mayonnaise, 73574 Polenta, 45166 Gravy, 82420 Red Onion Marmalade.

METHOD:

Bake the pasty for 35-40 minutes. Add four times the amount of boiling water to the quantity of polenta and cook for 3 minutes - add the truffle mayonnaise and fold through. Make the gravy and add the red onion marmalade for sweetness.

Idea: Potato Mash can be used as an alternative and add 14559 Flora Vegan Spread for added flavour. Great product for festivals, sporting venues and cafes.





British

BREAKFAST BURRITO

PRODUCTS:

17310 Sausages, 41950 Hash Brown Puffs, 70227 Avocado Halves, 23605 Vegan Cheese, 33480 Sourdough Wraps.

METHOD:

Deep fry or grill the sausages and slice the frozen avocados. Deep fry the hash browns and add grilled cheese. Firmly assemble in the sourdough wraps.

Idea: Can be made the day before and wrapped in foil or parchment paper and regenerated through the oven. Great for schools, canteens and buffet style breakfast outlets. Customers could also build their own Burrito.



British

FISHLESS FILLET SANDWICH

PRODUCTS:

91119 Fishless Fillet, 12049 Salsa, 23605 Vegan Cheese, 21585 Sliced Bread.

METHOD:

Bake the fishless fillets, add all components and assemble as seen.

Organic

Idea: Can be used in a wrap or burger bun as an alternative to sliced sandwich bread. Great street food option and ideal for schools and universities. Can also be served with chips and mushy peas for a traditional lunchtime dish.



British

SHEPHERD'S PIE WITH PEA FRITTERS AND BRAISED RED CABBAGE

PRODUCTS:

76997 Shepherd's Pie, 68340 Pea
and Mint Fritters, 33971 Red Cabbage
& Apple.

METHOD:

Heat the shepherd's pie in the
microwave, bake or fry the pea fritters
and heat the cabbage. Serve as shown
in the image.

*Note: Fritters can be used as a starter
served with a humus dip. The red
cabbage with apple is a great addition
to Sunday lunches.*



The orient

SWEET POTATO KATSU CURRY WITH SPRING ROLLS AND SWEET CHILLI DIP

PRODUCTS:

4748 Stir Fried Oriental Vegetables,
88503 Sweet Potato, 77151 Katsu Curry
Sauce, 72131 Spring Rolls, 6254 Sweet
Chilli Dip, 83031 Satay Broad Beans.

METHOD:

Warm the sweet potato in the katsu
sauce and bake or fry the spring rolls.
Quick fry the vegetables and present
as shown.

100%
natural

*Idea: Any vegetable will work well
with Katsu Sauce. It can be made
in advance in larger quantities for
buffet style service. 83031 Satay
Broad Beans are a great addition
for added crunch and they
can be used as bar nibbles.*



The orient

CRISPY PEKING PANCAKES WITH HOI SIN SAUCE

PRODUCTS:

89643 Chinese Pancakes, 18034 Oomph Salty and Smoky, 37918 Hoisin Sauce, Shredded Spring Onion and Cucumber.

METHOD:

Microwave or bake the Oomph and steam or microwave the pancakes. Present as desired for the customer to assemble.

Note: Can be used as a starter or sharing platter with added components such as spring rolls and prawn crackers.





India

SPICY WINTER WARMING VEGETABLE SOUP WITH CORIANDER NAAN BREAD DIPPING FINGERS

PRODUCTS:

56368 Sri Lankan Vegetable Soup,
17776 Mini Garlic and Coriander
Naan Breads.

METHOD:

Warm the soup in a microwave or pan
and cut the naan into fingers
for dipping.



Vegetarian

*Idea: Add a drizzle of 82390 Chilli Oil
for extra kick and shiny colour.*



India

SHARING INDIAN THALI FOR TWO

PRODUCTS:

78946 Tarka Lentil Dhal, 64607 Sweet Potato, Spinach and Chickpea Curry, 53038 Mini Combo of Samosas, Bhajis, Pakora and Aloo Tikka, 73722 Naan Bread.

METHOD:

Microwave the dhal and chickpea curry, bake the mini combo selection and warm the naan. Add dips of your choice and serve.

Idea: The Sweet Potato Curry can be served as a dish on its own with rice. The Mini Combo would be a great addition to buffets or starter menus.







Mediterranean

WOOD SMOKED VEGETABLE PIZZA

PRODUCTS:

27168 21" Stone Baked Pizza (ready sauced), 34361 Chargrilled Aubergines, 99224 Chargrilled Courgettes, 55160 Chargrilled Peppers, 23605 Vegan Cheese.

METHOD:

Top the pizza with the vegetables (cut veg as desired), grate the cheese and sprinkle on top. Bake in the oven, ideally a pizza oven or on the hottest setting of a conventional oven.

Note: The chargrilled vegetables can be used in any hot or cold applications. Perfect for pasta dishes, salad buffets and antipasti platters. They have a good shelf life when kept in the fridge.





Mediterranean

CREAMY SPRING GREEN RISOTTO CAPRESSE SALAD WITH GARLIC DOUGHBALLS

PRODUCTS:

86485 Spring Green Risotto, 88418
Garlic and Herb Dipping Balls, 45732
Cheese, 9708 Sunblush Tomatoes,
Fresh Basil Leaves.

METHOD:

Microwave or pan cook the risotto,
bake the doughballs for 4-5 minutes,
add the tomato and sprinkle grated
cheese before serving. Add fresh basil
to finish the dish.

*Hint: dough balls can be used as a
side dish or starter.*



Greek

ORZO PASTA AND STICKY MINTED KEBAB STRIPS

PRODUCTS:

66228 Oomph Kebab, 30100 Mint Jelly, 52181 Orzo Pasta with Mediterranean Vegetables, 73722 Naan Bread.

METHOD:

Coat the Oomph with mint jelly and bake. Heat the pasta in the microwave and warm the naan. Serve as shown.

Hint: orzo pasta can be served hot or cold or as a base for any other dish.



Mexican

SUNNY VIBES RICE AND CAULIFLOWER TACOS

PRODUCTS:

51911 10" Tomato Wheat Flour Tortilla,
43275 Sunny Vibes Salad, 66404
Cauliflower Rice, 55710
Sliced Jalapenos.

METHOD:

Bake the wraps, half folded into a taco shape for 2-3 minutes - take out and leave to dry. Defrost the salad in a

microwave and pour boiling water over the cauliflower rice. Leave for a few minutes, keeping it 'al dente'.

Fill the tacos with the salad, top with cauliflower rice, cheese and jalapenos.

Hint: Can also be done as a wrap. The Sunny Vibes Salad would be an ideal addition to a salad counter or buffet.



Mexican

HOT AND CRISPY SWEET CHURROS

PRODUCTS:

49001 Churros, 22678 Dark Chocolate Sauce, 87278 Mario's Salted Caramel Ice Cream.

METHOD:

Deep fry the churros for 2 minutes, serve with ice cream and drizzle with chocolate sauce.



Mexican

NACHOS GRANDE

PRODUCTS:

95050 Three Bean Smoky Chilli,
80772 Wraps, 68950 Chilli Oil, 33331
Guacamole, 12049 Salsa, 60000 Cream,
Lemon Juice.

METHOD:

Cut the wraps into triangles, lightly brush with oil and bake until crisp. Warm the chilli and add the lemon juice to the cream to make sour cream. Present with all other dips.

Tip: chilli can be also served with rice or as a jacket potato topping glazed with vegan smoked applewood cheese.



America

CALIFORNIA PEACH & BACON BAGEL

PRODUCTS:

85990 Cinnamon and Raisin Bagel,
92425 Bacon Jam, 81601 Peaches,
77671 Maple Syrup.

METHOD:

Slice the bagel in half and lightly toast.
Spread on the bacon jam, top with
peaches and drizzle with maple syrup.
Place back under the grill.

*Hints: Can be served on your brunch
menu or also add dairy free ice cream
and serve as a dessert.*

HEALTHY FOOD



America

NEW YORK DELI QUARTER POUNDER WITH ROASTED CORN AND CUCUMBER RELISH

PRODUCTS:

39573 Pretzel Burger Buns, 79768
Quarter Pounder Burger, 87991 BBQ
Pulled Oomph, 60325 Corn Cobs,
47066 Cucumber Relish,
86647 Sauerkraut.

METHOD:

Bake or grill the burgers for 10-12
minutes, microwave the Oomph and
corn cobs. Assemble as desired.



Caribbean

REGGAE PINEAPPLE PROTEIN SKEWERS WITH RICE AND PEAS

PRODUCTS:

10525 Caribbean Rice & Peas, 58548 Reggae Jerk Sauce, 32037 Oomph Pineapple Protein Chunks.

METHOD:

Coat the Oomph chunks and pineapple pieces with reggae jerk sauce. Thread onto skewers or rosemary branches and bake or grill. Microwave the rice and serve as shown.

Ideas: Any marinade can be used to coat the kebabs. Lightly scorch the rosemary so that it permeates the restaurant with a fragrant smell when served. Also works well on chargrills to give a smoky taste.

Storecupboard

GRAVY

61041	Bisto Gluten Free Fine Gravy Granules	1.9kg
60718	Chefs' Selection Gluten Free Gravy Granules	2kg
91074	Knorr Gluten Free Gravy Granules	25lt
32520	Knorr Gluten Free Poultry Gravy Granules	25lt

READY TO USE SAUCES

25861	Alfee's Sriracha Sauce	2.5kg
68084	Alfee's Chipotle BBQ Sauce	2.5kg
37918	Lee Kum Kee Hoisin Sauce	2.45kg
9591	Lee Kum Kee Dark Soy Sauce	1.9lt
18207	Lee Kum Kee Plum Sauce	2.6kg
35749	Lee Kum Ki Teriyaki Sauce	2.2kg
814	Marmite Plastic Tub	600g
6595	Knorr Ready to Use Chunky Sweet & Sour Sauce	2.2lt
6599	Knorr Ready to Use Barbecue Sauce	2.2lt
2494	Dolmio Ready to Use Bolognese Sauce	2.28kg
4312	Knorr Ready to Use Spicy Arrabbiata Sauce	2.2lt
689	Knorr Ready to Use Napoli Tomato Basil Sauce	2.2lt

SAUCE MIXES

50587	Dinaclass Irish Curry Sauce Mix	2kg
68897	Knorr Patak's Concentrate Jalfrezi Sauce	1.1lt

CONDIMENTS

15403	Lion Dijon Mustard	2.27lt
64635	Lion French Mustard	2.27lt
12049	Lion Cool Salsa Sauce	2.27lt

BATTER MIXES & FLOUR

5978	Henry Jones Golden Batter Mix	16kg
69443	Middleton Tempura Batter Mix	3.5kg

HOT BEVERAGES

53821	Fresher's Reduced Fat Cocoa Powder	500g
31521	Lyon's Rich Roast Coffee Granules	750g
48721	Centaur High Fat Cocoa Powder	1kg

COFFEE FLAVOURINGS

83553	Monin Dark Chocolate Sauce	1.89lt
93646	Monin Blue Curacao Syrup	70cl
58501	Sweetbird Mint Syrup	1lt
37402	Sweetbird Strawberry Syrup	1lt

TOPPINGS

832	Lyles Maple Flavour Syrup	454g
75112	Lyles Golden Syrup Squeezy	325g
95521	Lion Blueberry Coulis	500g
17469	Lion Raspberry Coulis	450ml
36670	Lotus Biscoff Spread	1.6kg
23512	Lotus Biscoff Crumb	750g

SNACKS

56870	Jones Salted Popcorn	28 x 20g
98890	Jones Sweet & Salty Popcorn	28 x 27g
99560	Wild Trail Carrot Cake	18 x 46g
11228	Wild Trail Cacao Bars	18 x 46g
18395	Wild Trail Seed & Nut Bars	18 x 46g
98794	Wild Trail Sweet & Salty Bar	18 x 46g

COOKING WINE & LIQUEUR

17171	Cuisinewine Fortified Ruby Port Style Cooking Wine	3lt
75741	Cuisinewine Fortified Sweet Madeira Style Cooking Wine	3lt
31639	Cuisinewine Red Cooking Wine	3lt
31122	Cuisinewine White Cooking Wine	3lt

GOURMET FINE FOODS

85166	Belcolade 55% Easymelt Dark Chocolate	5kg
5235	Callebaut Dark Chocolate Pencils	900g
9494	Callebaut Dark Chocolate Block Couverture	5kg
96218	Pidy Mini Sable Assortment	1 x 152
20338	Sosa Caramelised Pecans	600g
45184	Sosa Citric Acid	1kg
47621	Sosa Free Airbag	400g
70475	Truffle Hunter Tartufata Black Truffle Sauce	480g
26994	Truffle Hunter Truffle Shavings	80g

SOFT DRINKS

25902	Fentiman's Dandelion & Burdock Bottles	12 x 275ml
54817	Fentiman's Victorian Lemonade Bottles	12 x 275ml
69263	Luscombe Organic Hot Ginger Beer Bottle	24 x 27cl
76531	Luscombe Organic St Clements Bottles	24 x 27cl

ALCOHOL

68552	Thatcher's Gold Bottles	6 x 500ml
43352	Thatcher's Rose Cider Bottles	6 x 500ml
89705	Woolloomooloo Chardonnay	6 x 75cl
20126	Woolloomooloo Shiraz	6 x 75cl
14831	Vistamar Brisa Rose	6 x 75cl
3079	WKD Blue Bottles	24 x 275ml
10397	Il Caggio Prosecco	75cl

Veganuary 2022

100%
Vegan



CASTELL HOWELL FOODS

Cross Hands Food Park,
Cross Hands, Caerfyrddin/
Carmarthen SA14 6SX

Tel/Ffôn: 01269 846080

Fax/Ffacs: 01269 845137

CASH & CARRY

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Caerfyrddin/Carmarthen
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