



LEADING THE WAY FOR
A SUSTAINABLE FUTURE

SUSTAINABLE EATS COOKBOOK 2025

FESTIVE EDITION

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‘FESTIVE’ EDITION

SOME RECIPES, IDEAS, TIPS AND HINTS
TO CELEBRATE THIS FESTIVE SEASON

2025



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FESTIVE TIPS

COOKING DURING THE FESTIVE SEASON CAN BE BOTH EXCITING AND CHALLENGING. TO HELP YOU NAVIGATE THE KITCHEN DURING THE FESTIVE PERIOD, HERE ARE SOME USEFUL TIPS TO ENSURE YOUR HOLIDAY MEALS ARE DELICIOUS AND STRESS-FREE:

- **PLAN AHEAD:** CREATE A MENU AND A SHOPPING LIST IN ADVANCE TO AVOID LAST-MINUTE SCRAMBLING.
- **PREP INGREDIENTS EARLY:** CHOP VEGETABLES, MARINATE MEATS, AND PREPARE SAUCES A DAY OR TWO BEFORE TO SAVE TIME ON THE BIG DAY.
- **USE QUALITY INGREDIENTS:** OPT FOR FRESH, SEASONAL PRODUCE AND HIGH-QUALITY MEATS TO ENHANCE THE FLAVOURS OF YOUR DISHES.
- **DELEGATE TASKS:** DON'T HESITATE TO ASK FAMILY MEMBERS TO HELP WITH COOKING OR SETTING THE TABLE. IT MAKES THE PROCESS MORE ENJOYABLE AND LESS OVERWHELMING.
- **COOK IN BATCHES:** IF YOU'RE MAKING MULTIPLE DISHES, CONSIDER COOKING ITEMS THAT CAN BE PREPARED SIMULTANEOUSLY OR IN LARGER QUANTITIES.
- **KEEP IT SIMPLE:** CHOOSE RECIPES THAT ARE STRAIGHTFORWARD AND CAN BE MADE WITH MINIMAL INGREDIENTS, ALLOWING YOU TO FOCUS ON THE MAIN EVENT.
- **MAKE USE OF YOUR FREEZER:** PREPARE AND FREEZE DISHES LIKE SOUPS OR BAKED GOODS AHEAD OF TIME TO REDUCE THE WORKLOAD DURING THE HOLIDAYS.
- **CHECK YOUR OVEN:** ENSURE YOUR OVEN IS CALIBRATED CORRECTLY AND HAS ENOUGH SPACE FOR ALL YOUR DISHES TO COOK EVENLY.
- **SET THE TABLE EARLY:** ARRANGE YOUR DINING AREA THE NIGHT BEFORE TO MINIMIZE STRESS ON THE DAY OF THE CELEBRATION.
- **ENJOY THE PROCESS:** REMEMBER THAT COOKING IS MEANT TO BE FUN! PLAY SOME FESTIVE MUSIC AND ENJOY THE TIME SPENT IN THE KITCHEN.

WITH THESE TIPS, YOU CAN CREATE A FESTIVE FEAST THAT EVERYONE WILL REMEMBER!

10 TIPS FOR SUSTAINABLE FESTIVE PERIOD COOKING

1. PLAN YOUR MENU THOUGHTFULLY

CREATE A FESTIVE MENU THAT MINIMIZES WASTE BY USING INGREDIENTS ACROSS MULTIPLE DISHES. FOR INSTANCE, LEFTOVER ROASTED VEGETABLES CAN BE REPURPOSED INTO SOUPS, PIES, OR SALADS THE NEXT DAY.

2. SOURCE LOCALLY AND SEASONALLY

FOCUS ON LOCALLY-SOURCED, SEASONAL INGREDIENTS TO REDUCE THE CARBON FOOTPRINT OF YOUR MEALS. SEASONAL PRODUCE IS OFTEN FRESHER AND MORE FLAVOURFUL TOO.

3. CHOOSE QUALITY OVER QUANTITY

INSTEAD OF SERVING TOO MANY DISHES, FOCUS ON A SMALLER SELECTION OF HIGH-QUALITY, SUSTAINABLY-SOURCED OPTIONS. GUESTS OFTEN APPRECIATE WELL-PREPARED, THOUGHTFUL MEALS OVER AN OVERWHELMING VARIETY.

4. GET CREATIVE WITH LEFTOVERS

TRANSFORM LEFTOVERS INTO NEW DISHES. ROAST TURKEY CAN BECOME SANDWICHES, CURRIES, OR BROTHS, WHILE STALE BREAD CAN BE TURNED INTO STUFFING, CROUTONS, OR BREAD PUDDING.

5. REDUCE PACKAGING WASTE

PURCHASE ITEMS IN BULK AND AVOID SINGLE-USE PACKAGING. BRING REUSABLE BAGS AND CONTAINERS TO MARKETS AND SUPPORT BRANDS WITH MINIMAL OR COMPOSTABLE PACKAGING.



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SUSTAINABLE SUGGESTIONS



SUSTAINABLE SUGGESTIONS

10 TIPS FOR SUSTAINABLE FESTIVE PERIOD COOKING

6. EMBRACE PLANT-BASED DISHES

INCORPORATE MORE PLANT-BASED OPTIONS INTO YOUR MENU. LEGUMES, GRAINS, AND HEARTY VEGETABLES LIKE SQUASH AND MUSHROOMS CAN CREATE FESTIVE DISHES WITH A LOWER ENVIRONMENTAL IMPACT.

7. COMPOST FOOD SCRAPS

KEEP A COMPOST BIN HANDY FOR PEELS, TRIMMINGS, AND OTHER ORGANIC WASTE. NOT ONLY DOES IT REDUCE LANDFILL CONTRIBUTIONS, BUT IT ALSO CREATES NUTRIENT-RICH COMPOST FOR YOUR GARDEN.

8. OPT FOR SUSTAINABLE PROTEINS

IF YOU'RE SERVING MEAT OR FISH, CHOOSE SUSTAINABLE OPTIONS. FOR INSTANCE, LOOK FOR CERTIFIED FREE-RANGE POULTRY, SUSTAINABLY-FARMED FISH, OR GAME MEAT WITH LOWER ENVIRONMENTAL IMPACT.

9. MAKE USE OF YOUR FREEZER

FREEZE ANY SURPLUS FOOD IMMEDIATELY TO EXTEND ITS LIFE. THIS PREVENTS FOOD FROM GOING TO WASTE AND PROVIDES YOU WITH QUICK MEAL OPTIONS FOR POST-HOLIDAY DAYS.

10. INVOLVE GUESTS IN SUSTAINABILITY

ENCOURAGE GUESTS TO BRING REUSABLE CONTAINERS FOR LEFTOVERS, OR ORGANIZE A POTLUCK WHERE EVERYONE CONTRIBUTES A DISH, REDUCING THE BURDEN AND POTENTIAL WASTE FOR THE HOST.



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COOKING A TURKEY CAN BE A REWARDING EXPERIENCE, ESPECIALLY WHEN YOU FOLLOW A FEW KEY TIPS TO ENSURE IT TURNS OUT TENDER AND FLAVOURFUL.

FIRST, MAKE SURE TO PROPERLY THAW YOUR TURKEY IN THE FRIDGE, ALLOWING APPROXIMATELY 24 HOURS FOR EVERY 4-5 POUNDS.

BEFORE COOKING, SEASON THE TURKEY GENEROUSLY, BOTH INSIDE AND OUT, WITH SALT, PEPPER, AND YOUR CHOICE OF HERBS AND SPICES. CONSIDER BRINING THE BIRD FOR EXTRA JUICINESS AND FLAVOUR.

PREHEAT YOUR OVEN TO 325°F (165°C), AND USE A ROASTING PAN WITH A RACK TO ALLOW FOR EVEN COOKING. COVER THE TURKEY LOOSELY WITH FOIL TO PREVENT OVER-BROWNING,

REMOVING IT DURING THE LAST 30 MINUTES OF COOKING TO ACHIEVE A GOLDEN SKIN. BASTE THE TURKEY OCCASIONALLY WITH ITS JUICES OR MELTED BUTTER TO ENHANCE FLAVOUR AND MOISTURE.

USE A MEAT THERMOMETER TO ENSURE THE TURKEY REACHES AN INTERNAL TEMPERATURE OF 165°F (74°C) IN THE THICKEST PART OF THE BREAST AND THIGH.

FINALLY, LET THE TURKEY REST FOR AT LEAST 20 MINUTES BEFORE CARVING TO ALLOW THE JUICES TO REDISTRIBUTE, ENSURING EVERY SLICE IS JUICY AND DELICIOUS.



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TURKEY TIPS



ROAST GOOSE

COOKING A GOOSE CAN BE A REWARDING EXPERIENCE, YIELDING A FLAVORFUL AND JUICY CENTERPIECE FOR ANY SPECIAL OCCASION. HERE ARE SOME TIPS TO ENSURE YOUR GOOSE TURNS OUT PERFECTLY

REMOVE EXCESS FAT, GEESE ARE KNOWN FOR THEIR HIGH-FAT CONTENT, SO CAREFULLY REMOVE EXCESS FAT FROM THE CAVITY AND NECK AREA TO PREVENT GREASINESS.

SCORE THE SKIN, LIGHTLY SCORE THE SKIN IN A CRISSCROSS PATTERN WITHOUT PIERCING THE MEAT. THIS HELPS THE FAT RENDER OUT, RESULTING IN CRISPIER SKIN.

SEASON WELL: GENEROUSLY SEASON THE GOOSE INSIDE AND OUT WITH SALT, PEPPER, AND YOUR CHOICE OF HERBS AND SPICES. COMMON ADDITIONS INCLUDE THYME, SAGE, AND GARLIC.

STUFFING AND TRUSSING: IF YOU CHOOSE TO STUFF THE GOOSE, KEEP IT SIMPLE WITH AROMATIC INGREDIENTS LIKE APPLES, ONIONS, AND HERBS. TRUSS THE LEGS TO ENSURE EVEN COOKING.

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ROASTING TECHNIQUE: START BY ROASTING THE GOOSE AT A HIGH TEMPERATURE (AROUND 425°F) FOR THE FIRST 30 MINUTES TO CRISP THE SKIN, THEN LOWER THE HEAT TO 350°F. ROAST FOR ABOUT 20-25 MINUTES PER POUND.

BASTING AND DRAINING FAT: REGULARLY BASTE THE GOOSE WITH ITS OWN RENDERED FAT, AND PERIODICALLY DRAIN THE FAT FROM THE ROASTING PAN TO PREVENT SMOKING.

REST BEFORE CARVING: AFTER ROASTING, LET THE GOOSE REST FOR 20-30 MINUTES TO ALLOW THE JUICES TO REDISTRIBUTE, ENSURING MOIST MEAT.

USE GOOSE FAT: SAVE THE RENDERED GOOSE FAT FOR COOKING; IT'S EXCELLENT FOR ROASTING POTATOES OR ADDING FLAVOUR TO OTHER DISHES.

COOKING THE PERFECT ROAST GAMMON REQUIRES A BALANCE OF FLAVOURS AND CAREFUL ATTENTION TO COOKING TIMES.

BEGIN BY SELECTING A HIGH-QUALITY PIECE OF GAMMON, IDEALLY WITH THE BONE IN FOR ADDED FLAVOUR.

START BY SOAKING THE GAMMON IN COLD WATER FOR SEVERAL HOURS OR OVERNIGHT TO REMOVE EXCESS SALT.

ONCE SOAKED, DRAIN AND PAT THE MEAT DRY.

PREHEAT YOUR OVEN TO 160°C (320°F).

SCORE THE SKIN OF THE GAMMON IN A CRISSCROSS PATTERN AND STUD IT WITH CLOVES FOR ADDED AROMA.

PLACE THE GAMMON IN A ROASTING PAN, COVER IT LOOSELY WITH FOIL, AND ROAST IT IN THE OVEN.

THE GENERAL GUIDELINE IS TO COOK THE GAMMON FOR 20 MINUTES PER 450G (1 LB), PLUS AN ADDITIONAL 20 MINUTES.

ABOUT 30 MINUTES BEFORE THE COOKING TIME IS UP, REMOVE THE FOIL, BRUSH THE GAMMON WITH A GLAZE OF YOUR CHOICE —HONEY AND MUSTARD OR BROWN SUGAR AND MARMALADE WORK BEAUTIFULLY—AND RETURN IT TO THE OVEN TO FINISH ROASTING. THIS WILL GIVE THE GAMMON A DELICIOUSLY STICKY AND CARAMELIZED CRUST.

LET THE GAMMON REST FOR 10-15 MINUTES BEFORE CARVING TO ENSURE THE JUICES ARE REDISTRIBUTED, LEAVING YOU WITH A TENDER, FLAVOURFUL ROAST.



THE PERFECT GAMMON



SPICED PUMPKIN PIE

INGREDIENTS

1 UNBAKED PIE CRUST (STORE-BOUGHT OR HOMEMADE)
2 CUPS PUMPKIN PUREE (CANNED OR FRESH)
1 CUP HEAVY CREAM
1/2 CUP PACKED BROWN SUGAR
1/4 CUP GRANULATED SUGAR
3 LARGE EGGS
1 TEASPOON GROUND CINNAMON
1/2 TEASPOON GROUND GINGER
1/4 TEASPOON GROUND NUTMEG
1/4 TEASPOON GROUND CLOVES
1/4 TEASPOON SALT
1 TEASPOON VANILLA EXTRACT

METHOD

1. PREHEAT THE OVEN: PREHEAT YOUR OVEN TO 375°F (190°C).

2. PREPARE THE FILLING: IN A LARGE MIXING BOWL, WHISK TOGETHER THE PUMPKIN PUREE, HEAVY CREAM, BROWN SUGAR, GRANULATED SUGAR, AND EGGS UNTIL SMOOTH. ADD THE CINNAMON, GINGER, NUTMEG, CLOVES, SALT, AND VANILLA EXTRACT, AND MIX UNTIL ALL INGREDIENTS ARE WELL COMBINED.

3. ASSEMBLE THE PIE: ROLL OUT THE PIE CRUST AND FIT IT INTO A 9-INCH PIE PLATE, TRIMMING ANY EXCESS. POUR THE PUMPKIN FILLING INTO THE PREPARED CRUST, SMOOTHING THE TOP WITH A SPATULA.

4. BAKE THE PIE: PLACE THE PIE ON THE MIDDLE RACK OF THE OVEN AND BAKE FOR ABOUT 50-60 MINUTES, OR UNTIL THE FILLING IS SET AND A KNIFE INSERTED INTO THE CENTER COMES OUT CLEAN. IF THE CRUST BEGINS TO BROWN TOO QUICKLY, USE A PIE SHIELD OR FOIL TO COVER THE EDGES.

5. COOL AND SERVE: ALLOW THE PIE TO COOL ON A WIRE RACK FOR AT LEAST 2 HOURS. SERVE CHILLED OR AT ROOM TEMPERATURE WITH A DOLLOP OF WHIPPED CREAM OR A SCOOP OF VANILLA ICE CREAM, IF DESIRED.

THIS SPICED PUMPKIN PIE, WITH ITS WARM AND AROMATIC FLAVORS, IS PERFECT FOR ANY FESTIVE OCCASION, BRINGING A TOUCH OF HOLIDAY SPIRIT TO YOUR TABLE!



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INGREDIENTS

500G STEWING BEEF, CUBED
2 ONIONS, CHOPPED
3 CARROTS, PEELED AND SLICED
3 POTATOES, PEELED AND CUBED
2 PARSNIPS, PEELED AND SLICED
2 GARLIC CLOVES, MINCED
1L BEEF STOCK
1 TIN OF CHOPPED TOMATOES
2 TBSP TOMATO PURÉE
2 TBSP OLIVE OIL
2 TSP DRIED THYME
SALT AND PEPPER TO TASTE

METHOD

1. **BROWN THE BEEF:** IN A LARGE POT, HEAT THE OLIVE OIL OVER MEDIUM HEAT. ADD THE CUBED BEEF AND BROWN IT ON ALL SIDES. THIS SHOULD TAKE ABOUT 5-7 MINUTES. ONCE BROWNEED, REMOVE THE BEEF FROM THE POT AND SET IT ASIDE

2. **SAUTÉ THE VEGETABLES:** IN THE SAME POT, ADD THE CHOPPED ONIONS AND MINCED GARLIC. SAUTÉ FOR ABOUT 3-4 MINUTES UNTIL THE ONIONS ARE TRANSLUCENT. ADD THE SLICED CARROTS, PARSNIPS, AND CUBED POTATOES, STIRRING EVERYTHING TOGETHER

3. **COMBINE INGREDIENTS:** RETURN THE BROWNEED BEEF TO THE POT. ADD THE CHOPPED TOMATOES, TOMATO PURÉE, AND BEEF STOCK. STIR IN THE DRIED THYME, AND SEASON WITH SALT AND PEPPER TO TASTE

4. **SIMMER THE STEW:** BRING THE MIXTURE TO A BOIL, THEN REDUCE THE HEAT TO LOW. COVER THE POT AND LET IT SIMMER FOR ABOUT 1.5 TO 2 HOURS, OR UNTIL THE BEEF IS TENDER AND THE FLAVORS HAVE MELDED TOGETHER. STIR OCCASIONALLY TO PREVENT STICKING.

5. **ADJUST SEASONING:** TASTE THE STEW AND ADJUST THE SEASONING WITH MORE SALT, PEPPER, OR THYME IF NEEDED.

THIS FESTIVE BEEF STEW IS PERFECT FOR COZY GATHERINGS AND WILL FILL YOUR HOME WITH DELICIOUS AROMAS. ENJOY!



FESTIVE BEEF STEW



BACON, BRIE & CRANBERRY PARCELS

INGREDIENTS

8 SLICES OF STREAKY BACON
200G (ABOUT 7 OZ) OF BRIE CHEESE, SLICED
4 TABLESPOONS OF CRANBERRY SAUCE
1 SHEET OF READY-ROLLED PUFF PASTRY
1 EGG, BEATEN (FOR EGG WASH)
FRESH THYME LEAVES (OPTIONAL, FOR GARNISH)

METHOD

1. PREHEAT THE OVEN: PREHEAT YOUR OVEN TO 200°C (400°F) OR 180°C (350°F) FOR FAN OVENS.
 2. PREPARE THE BACON: COOK THE BACON IN A SKILLET OVER MEDIUM HEAT UNTIL IT'S JUST STARTING TO CRISP. REMOVE AND DRAIN ON PAPER TOWELS.
 3. ASSEMBLE THE PARCELS: UNROLL THE PUFF PASTRY SHEET ON A LIGHTLY FLOURED SURFACE. CUT THE PASTRY INTO 8 EQUAL SQUARES. PLACE A SLICE OF BRIE IN THE CENTER OF EACH SQUARE, TOP WITH A SPOONFUL OF CRANBERRY SAUCE, AND A PIECE OF BACON.
 4. SEAL THE PARCELS: FOLD THE CORNERS OF THE PASTRY OVER THE FILLING TO FORM A PARCEL, PINCHING THE EDGES TO SEAL THEM TIGHTLY. IF NECESSARY, USE A LITTLE WATER TO HELP SEAL THE EDGES.
 5. EGG WASH: PLACE THE PARCELS ON A BAKING SHEET LINED WITH PARCHMENT PAPER. BRUSH THE TOPS WITH BEATEN EGG TO GIVE THEM A GOLDEN FINISH.
 6. BAKE: BAKE IN THE PREHEATED OVEN FOR 15-20 MINUTES OR UNTIL THE PASTRY IS PUFFED AND GOLDEN BROWN.
 7. GARNISH AND SERVE: REMOVE FROM THE OVEN AND ALLOW TO COOL SLIGHTLY. GARNISH WITH FRESH THYME LEAVES IF DESIRED AND SERVE WARM.
- ENJOY THESE SAVORY-SWEET PARCELS AS A DELIGHTFUL TREAT FOR PARTIES OR AS A COMFORTING SNACK.





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INGREDIENTS

300G/10½OZ MIXED NUTS, SUCH AS ALMONDS, HAZELNUTS,
WALNUTS, PECANS OR BRAZIL NUTS
1 VEGAN-FRIENDLY VEGETABLE STOCK CUBE
2 TBSP EXTRA VIRGIN OLIVE OIL, PLUS EXTRA FOR GREASING
1 ONION, FINELY CHOPPED
2 CELERY STICKS, FINELY CHOPPED
1 LEEK, TRIMMED AND THINLY SLICED (ABOUT 100G/3½OZ
PREPARED WEIGHT)
2 CARROTS, COARSELY GRATED (AROUND 150G/5½OZ
PREPARED WEIGHT)
2 GARLIC CLOVES, CRUSHED
4 TBSP CASHEW BUTTER
180G/6OZ COOKED CHESTNUTS, BROKEN INTO SMALL PIECES
75G/2½OZ DRIED CRANBERRIES
20G/¾OZ BUNCH FRESH PARSLEY, FINELY CHOPPED
1 LEMON, FINELY GRATED ZEST ONLY
4 TBSP MILK ALTERNATIVE, SUCH AS SOYA OR ALMOND
1 TSP SEA SALT
FRESHLY GROUND BLACK PEPPER

METHOD

1. BLEND NUTS AND A STOCK CUBE IN A FOOD PROCESSOR UNTIL FINELY CHOPPED
2. PREHEAT OVEN TO 200C/180C FAN/GAS 6 AND PREPARE A LINED LOAF TIN
3. SAUTÉ ONION, CELERY, LEEK, AND CARROTS IN OIL FOR 5 MINUTES, THEN ADD GARLIC
4. MIX SAUTÉED VEGETABLES WITH CASHEW NUT BUTTER, CHOPPED NUTS, CHESTNUTS, CRANBERRIES, PARSLEY, LEMON ZEST, SOYA OR ALMOND MILK, SALT, AND PEPPER
5. PRESS THE MIXTURE INTO THE LOAF TIN, COVER WITH FOIL, AND BAKE FOR 30 MINUTES
6. REMOVE FOIL AND BAKE FOR ANOTHER 20 MINUTES UNTIL BROWNED
7. COOL FOR 5 MINUTES, LOOSEN EDGES, AND TURN OUT ONTO A PLATTER. SERVE HOT WITH VEGAN GRAVY



NUT ROAST WELLINGTON

INGREDIENTS:

1 POUND GROUND PORK
1 LARGE ONION, FINELY CHOPPED
2 CELERY STALKS, FINELY CHOPPED
1 APPLE, PEELED AND DICED
2 CLOVES GARLIC, MINCED
1 TABLESPOON FRESH SAGE, CHOPPED (OR 1 TEASPOON DRIED SAGE)
1 TABLESPOON FRESH THYME LEAVES (OR 1 TEASPOON DRIED THYME)
1 TEASPOON SALT
1/2 TEASPOON BLACK PEPPER
4 CUPS CUBED DAY-OLD BREAD
1 CUP CHICKEN OR VEGETABLE BROTH
2 TABLESPOONS UNSALTED BUTTER
OPTIONAL: 1/2 CUP CHOPPED WALNUTS OR PECANS

METHOD

PREHEAT YOUR OVEN TO 350°F (175°C).

IN A LARGE SKILLET, MELT THE BUTTER OVER MEDIUM HEAT. ADD THE GROUND PORK AND COOK UNTIL BROWNED, BREAKING IT UP WITH A SPOON AS IT COOKS. ADD THE CHOPPED ONION, CELERY, APPLE, AND GARLIC TO THE SKILLET. COOK UNTIL THE VEGETABLES ARE SOFTENED, ABOUT 5-7 MINUTES. STIR IN THE SAGE, THYME, SALT, AND PEPPER, AND COOK FOR ANOTHER 2 MINUTES TO LET THE FLAVORS MELD.

IN A LARGE MIXING BOWL, COMBINE THE PORK MIXTURE WITH THE CUBED BREAD. IF YOU'RE USING NUTS, ADD THEM IN NOW FOR EXTRA TEXTURE. GRADUALLY POUR IN THE CHICKEN OR VEGETABLE BROTH, STIRRING GENTLY UNTIL THE BREAD IS MOISTENED BUT NOT SOGGY.

TRANSFER THE MIXTURE TO A GREASED BAKING DISH AND COVER WITH FOIL. BAKE IN THE PREHEATED OVEN FOR 25-30 MINUTES. REMOVE THE FOIL AND BAKE FOR AN ADDITIONAL 10-15 MINUTES, OR UNTIL THE TOP IS GOLDEN AND CRISPY. THIS PORK STUFFING IS PERFECT AS A SIDE DISH FOR ROASTED MEATS OR AS A FLAVORFUL ADDITION TO YOUR HOLIDAY TABLE. ENJOY!



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PORK STUFFING



INGREDIENTS

FOR THE SPONGE CAKE:

4 LARGE EGGS, SEPARATED
2/3 CUP GRANULATED SUGAR
1 TEASPOON VANILLA EXTRACT
1/3 CUP ALL-PURPOSE FLOUR
1/3 CUP UNSWEETENED COCOA POWDER
1/4 TEASPOON SALT

FOR THE FILLING:

1 CUP HEAVY CREAM
2 TABLESPOONS POWDERED SUGAR
1 TEASPOON VANILLA EXTRACT

FOR THE CHOCOLATE GANACHE:

1 CUP HEAVY CREAM
8 OUNCES SEMI-SWEET CHOCOLATE, CHOPPED

FOR DECORATION:

POWDERED SUGAR FOR DUSTING
FRESH BERRIES OR HOLLY LEAVES (OPTIONAL)

YULE LOG

THE YULE LOG HAS DEEP ROOTS IN THE WINTER TRADITIONS OF NORTHERN EUROPE. ORIGINALLY, A SUBSTANTIAL LOG OR TREE WAS SET ABLAZE DURING THE YULE FESTIVAL TO SYMBOLIZE WARMTH AND LIGHT DURING THE COLD MONTHS AND TO DRIVE AWAY NEGATIVE ENERGIES. AS CUSTOMS EVOLVED, THIS PRACTICE BECAME PART OF WINTER CELEBRATIONS, TYPICALLY LIT ON CHRISTMAS EVE AND ALLOWED TO BURN FOR TWELVE DAYS. TODAY, IT IS OFTEN REPRESENTED BY THE FESTIVE DESSERT KNOWN AS Bûche de Noël, BLENDING TRADITIONAL AND MODERN HOLIDAY PRACTICES.



YULE LOG

METHOD

1. PREHEAT THE OVEN & PREPARE THE PAN: PREHEAT YOUR OVEN TO 350°F (175°C). LINE A 10X15-INCH JELLY ROLL PAN WITH PARCHMENT PAPER AND LIGHTLY GREASE IT.

2. MAKE THE SPONGE CAKE: IN A LARGE BOWL, BEAT THE EGG YOLKS AND SUGAR UNTIL THICK AND PALE. STIR IN THE VANILLA EXTRACT. IN ANOTHER BOWL, SIFT TOGETHER THE FLOUR, COCOA POWDER, AND SALT, THEN GENTLY FOLD INTO THE EGG YOLK MIXTURE. BEAT EGG WHITES IN A SEPARATE BOWL UNTIL STIFF PEAKS FORM, THEN CAREFULLY FOLD THEM INTO THE BATTER.

3. BAKE THE SPONGE CAKE: SPREAD THE BATTER EVENLY IN THE PREPARED PAN. BAKE FOR ABOUT 10-12 MINUTES, OR UNTIL THE CAKE SPRINGS BACK WHEN LIGHTLY TOUCHED.

4. ROLL THE CAKE: WHILE THE CAKE IS STILL WARM, TURN IT OUT ONTO A CLEAN, DAMP TEA TOWEL DUSTED WITH POWDERED SUGAR. PEEL OFF THE PARCHMENT PAPER, AND GENTLY ROLL THE CAKE WITH THE TOWEL FROM THE SHORT END. ALLOW IT TO COOL COMPLETELY.

5. PREPARE THE FILLING: WHIP THE HEAVY CREAM WITH POWDERED SUGAR AND VANILLA EXTRACT UNTIL STIFF PEAKS FORM.

6. ASSEMBLE THE YULE LOG: CAREFULLY UNROLL THE COOLED CAKE, SPREAD THE WHIPPED CREAM FILLING EVENLY OVER IT, THEN RE-ROLL THE CAKE WITHOUT THE TOWEL.

7. MAKE THE CHOCOLATE GANACHE: HEAT THE HEAVY CREAM UNTIL IT BEGINS TO SIMMER. POUR OVER CHOPPED CHOCOLATE AND LET IT SIT FOR A MINUTE, THEN STIR UNTIL SMOOTH. LET IT COOL SLIGHTLY BEFORE USING.

8. FROST THE YULE LOG: SPREAD THE CHOCOLATE GANACHE OVER THE ROLLED CAKE, USING A FORK TO CREATE A BARK-LIKE TEXTURE.

9. DECORATE: DUST WITH POWDERED SUGAR AND DECORATE WITH FRESH BERRIES OR HOLLY LEAVES IF DESIRED.

10. CHILL & SERVE: REFRIGERATE THE CAKE FOR AT LEAST AN HOUR BEFORE SERVING TO ALLOW THE GANACHE TO SET. ENJOY YOUR FESTIVE YULE LOG!



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INGREDIENTS

FOR THE PASTRY:

225G (8 OZ) PLAIN FLOUR

125G (4.5 OZ) UNSALTED BUTTER, CHILLED AND DICED

55G (2 OZ) CASTER SUGAR

1 EGG, BEATEN

FOR THE MINCEMEAT FILLING:

300G (10.5 OZ) MINCEMEAT (STORE-BOUGHT OR HOMEMADE)

1 SMALL APPLE, PEELED, CORED, AND FINELY CHOPPED

1 TABLESPOON BRANDY OR ORANGE JUICE (OPTIONAL)

ZEST OF 1 ORANGE

FOR TOPPING:

ICING SUGAR FOR DUSTING

METHOD

1. MAKE THE PASTRY: IN A LARGE BOWL, SIFT THE FLOUR AND ADD THE DICED BUTTER. RUB THE BUTTER INTO THE FLOUR USING YOUR FINGERTIPS UNTIL THE MIXTURE RESEMBLES BREADCRUMBS. STIR IN THE CASTER SUGAR, THEN ADD THE BEATEN EGG AND MIX UNTIL THE DOUGH COMES TOGETHER. WRAP THE DOUGH IN CLING FILM AND CHILL IN THE REFRIGERATOR FOR AT LEAST 30 MINUTES.

2. PREPARE THE FILLING: IN ANOTHER BOWL, COMBINE THE MINCEMEAT, CHOPPED APPLE, BRANDY OR ORANGE JUICE, AND ORANGE ZEST. MIX WELL AND SET ASIDE.

3. ASSEMBLE THE PIES: PREHEAT THE OVEN TO 200°C (400°F). ROLL OUT THE PASTRY ON A LIGHTLY FLOURED SURFACE TO ABOUT 3MM THICK. USE A ROUND CUTTER (ABOUT 7CM) TO CUT OUT CIRCLES FOR THE PIE BASES AND A SMALLER CUTTER FOR THE LIDS. GENTLY PRESS THE LARGER CIRCLES INTO A GREASED MUFFIN TIN.

4. FILL AND SEAL: SPOON A HEAPED TEASPOON OF THE MINCEMEAT MIXTURE INTO EACH PASTRY CASE. DAMPEN THE EDGES OF THE SMALLER PASTRY CIRCLES WITH A LITTLE WATER AND PRESS THEM GENTLY ON TOP OF THE FILLED BASES TO SEAL THE PIES.

5. BAKE: PRICK THE TOPS OF THE PIES WITH A FORK OR MAKE A SMALL SLIT FOR STEAM TO ESCAPE. BAKE IN THE PREHEATED OVEN FOR 15-20 MINUTES, OR UNTIL GOLDEN BROWN.

6. COOL AND SERVE: ALLOW THE PIES TO COOL SLIGHTLY IN THE TIN BEFORE TRANSFERRING THEM TO A WIRE RACK. DUST WITH ICING SUGAR BEFORE SERVING. ENJOY THESE DELIGHTFUL MINCE PIES WITH A CUP OF TEA OR AS A FESTIVE TREAT FOR YOUR HOLIDAY GATHERINGS!



MINCE PIES



GINGERBREAD

INGREDIENTS

3 CUPS ALL-PURPOSE FLOUR
1 TEASPOON BAKING SODA
1/2 TEASPOON BAKING POWDER
1 TABLESPOON GROUND GINGER
1 TABLESPOON GROUND CINNAMON
1/2 TEASPOON GROUND CLOVES
1/2 TEASPOON SALT
3/4 CUP (1 1/2 STICKS) UNSALTED BUTTER, SOFTENED
3/4 CUP PACKED DARK BROWN SUGAR
1 LARGE EGG
1/2 CUP MOLASSES
2 TEASPOONS VANILLA EXTRACT

METHOD

1. PREHEAT OVEN: PREHEAT YOUR OVEN TO 350°F (175°C). LINE BAKING SHEETS WITH PARCHMENT PAPER.

2. MIX DRY INGREDIENTS: IN A MEDIUM BOWL, WHISK TOGETHER FLOUR, BAKING SODA, BAKING POWDER, GINGER, CINNAMON, CLOVES, AND SALT. SET ASIDE.

3. CREAM BUTTER AND SUGAR: IN A LARGE BOWL, BEAT THE BUTTER AND BROWN SUGAR TOGETHER UNTIL LIGHT AND FLUFFY. ADD THE EGG, MOLASSES, AND VANILLA EXTRACT, MIXING UNTIL WELL COMBINED.

4. COMBINE MIXTURES: GRADUALLY ADD THE DRY INGREDIENTS TO THE WET INGREDIENTS, STIRRING UNTIL THE DOUGH IS SMOOTH. IF THE DOUGH IS TOO STICKY, YOU CAN REFRIGERATE IT FOR ABOUT 30 MINUTES.

5. ROLL AND CUT: ON A LIGHTLY FLOURED SURFACE, ROLL OUT THE DOUGH TO ABOUT 1/4-INCH THICKNESS. USE COOKIE CUTTERS TO CUT OUT GINGERBREAD SHAPES AND PLACE THEM ON THE PREPARED BAKING SHEETS, LEAVING SPACE BETWEEN EACH COOKIE.

6. BAKE: BAKE IN THE PREHEATED OVEN FOR 8-10 MINUTES OR UNTIL THE EDGES ARE FIRM. LET THE COOKIES COOL ON THE BAKING SHEETS FOR A FEW MINUTES BEFORE TRANSFERRING THEM TO A WIRE RACK TO COOL COMPLETELY.

7. DECORATE: ONCE COOLED, DECORATE WITH ICING OR ANY OTHER DESIRED TOPPINGS.



INGREDIENTS

4 LARGE EGGS, SEPARATED
1 CUP GRANULATED SUGAR
2 CUPS WHOLE MILK
1 CUP HEAVY CREAM
1 CUP BOURBON, RUM, OR BRANDY (OPTIONAL)
1 TEASPOON VANILLA EXTRACT
1/2 TEASPOON GROUND NUTMEG
1/4 TEASPOON GROUND CINNAMON
ADDITIONAL NUTMEG FOR GARNISH

METHOD

1. IN A LARGE BOWL, BEAT THE EGG YOLKS UNTIL THEY LIGHTEN IN COLOR. GRADUALLY ADD THE SUGAR AND CONTINUE TO BEAT UNTIL IT IS COMPLETELY DISSOLVED.
2. IN A MEDIUM SAUCEPAN, COMBINE THE MILK, HEAVY CREAM, AND NUTMEG.
3. HEAT ON MEDIUM UNTIL THE MIXTURE IS HOT BUT NOT BOILING. SLOWLY ADD THE HOT MILK MIXTURE TO THE EGG YOLKS, WHISKING CONSTANTLY TO PREVENT CURDLING.
4. IF USING ALCOHOL, STIR IN THE BOURBON, RUM, OR BRANDY, AND ADD THE VANILLA EXTRACT.
5. IN A SEPARATE BOWL, BEAT THE EGG WHITES UNTIL THEY FORM SOFT PEAKS. GENTLY FOLD THEM INTO THE EGGNOG MIXTURE FOR A LIGHT AND FROTHY TEXTURE.
6. CHILL THE EGGNOG IN THE REFRIGERATOR FOR AT LEAST ONE HOUR BEFORE SERVING.
7. SERVE COLD, GARNISHED WITH A SPRINKLE OF NUTMEG ON TOP. ENJOY THIS CREAMY AND FESTIVE DRINK WITH FRIENDS AND FAMILY!



LEADING THE WAY FOR
A SUSTAINABLE FUTURE



EGGNOG



SEASONAL PRODUCE

SEASONAL PRODUCE IN THE UK - DECEMBER

VEGETABLES

1. ROOT VEGETABLES:

- CARROTS
- PARSNIPS
- TURNIPS
- SWEDES
- BEETROOT

2. BRASSICAS:

- BRUSSELS SPROUTS
- CABBAGE (RED, WHITE, SAVOY)
- KALE
- CAULIFLOWER

3. ONIONS AND LEEKS:

- ONIONS (RED AND WHITE)
- SHALLOTS
- LEEKS

4. OTHERS:

- CELERY
- CELERiac
- POTATOES
- JERUSALEM ARTICHOKEs

FRUITS

1. APPLES:

- BRAMLEY (IDEAL FOR COOKING)
- RUSSET

2. PEARS:

- CONFERENCE
- COMICE

3. CITRUS (IMPORTED BUT WIDELY USED):

- ORANGES
- CLEMENTINES
- LEMONS

HERBS

- ROSEMARY
- THYME
- SAGE
- BAY LEAVES

OTHER PRODUCE

1. NUTS:

- CHESTNUTS
- WALNUTS

2. MUSHROOMS:

- WILD MUSHROOMS (FORAGED VARIETIES LIKE CHANTERELLES MAY STILL BE AVAILABLE)



LEADING THE WAY FOR
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DURING THE FESTIVE SEASON, A WELL-STOCKED KITCHEN CUPBOARD CAN MAKE HOLIDAY COOKING AND BAKING BOTH JOYFUL AND STRESS-FREE.

ESSENTIAL INGREDIENTS TO HAVE ON HAND INCLUDE A VARIETY OF SPICES SUCH AS CINNAMON, NUTMEG, AND CLOVES, WHICH INFUSE WARMTH AND AROMA INTO HOLIDAY DISHES AND BAKED GOODS. SUGAR, FLOUR, AND BAKING POWDER ARE STAPLES FOR MAKING COOKIES, CAKES, AND PASTRIES.

FOR SAVORY DISHES, HAVING CHICKEN OR VEGETABLE BROTH CAN ENHANCE FLAVORS IN SOUPS AND GRAVIES. DRIED FRUITS LIKE RAISINS, CRANBERRIES, AND APRICOTS ADD A SWEET AND TANGY TOUCH TO BOTH SWEET AND SAVORY RECIPES. NUTS SUCH AS WALNUTS AND PECANS ARE PERFECT FOR ADDING CRUNCH TO DESSERTS OR SALADS.

DON'T FORGET TO HAVE VANILLA EXTRACT AND COCOA POWDER FOR THOSE DELICIOUS HOLIDAY TREATS, AS WELL AS CANNED PUMPKIN OR CRANBERRY SAUCE FOR TRADITIONAL SIDES. WITH THESE BASICS, YOU'LL BE READY TO TACKLE A WIDE RANGE OF FESTIVE RECIPES.



LEADING THE WAY FOR
A SUSTAINABLE FUTURE



STORE CUPBOARD
STAPLES



LEADING THE WAY FOR
A SUSTAINABLE FUTURE

SUSTAINABLE EATS COOKBOOK 2025