

# Roger Sawtell Happy 90th!

Roger is one of our Founders and our first Manager, whose birthday it was on 19th June 2017. Thank you.

## In Store Tastings

All 11am till 1pm

Weds 19 July	Quinoa Salad with Sharon
Thurs 3rd August	Falafel Scotch Eggs & Vegan Falafel Patties
Friday 11 August	Bakewell Tart Smoothie
Weds 23 August	Roasted Beetroot Hummus
Weds 30 August	Spiced Dhal

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## SUMMER RECIPE SPECIAL

Fantastic recipe ideas for Summer outdoor eating and picnics



**DAILY BREAD**  
C O - O P E R A T I V E

## Pumpkin Rice

### Take:

200g Brown Basmati  
800ml Boiling Water  
1 tsp Swiss Boullion Powder  
1 tsp Garam Masala  
1/2 tsp Cinnamon  
1 tsp Turmeric  
2 tbs Sun Dried Tomatoes,  
chopped (or sultanas)  
1 tbs toasted Pumpkin Seeds

### To Do:

Rinse the rice, add all the ingredients, except the pumpkin seeds to a lidded saucepan. Bring to a boil, cover with the lid and simmer for 20 minutes until the water is absorbed and the rice cooked. Fluff up with a fork and try not to stir until the end of the cooking time. Stir through the seeds and serve with whatever and however, you like!

This dish makes 4 good servings. The flavours are really warming and mellow and will go with lots of different things.

## Roasted Beetroot

## Hummus

### Take:

400g tin chickpeas  
1 diced & peeled beetroot  
2 tbs tahini  
2 cloves smoked garlic  
3 tbs lemon juice  
3 tbs olive oil  
2 tbs water  
1 tsp ground cumin  
1 tsp ground turmeric  
salt & pepper to taste

### To Do:

Dice, peel then roast the beetroot in a little olive oil till tender. Cool.

Rinse and drain chick peas. Combine all ingredients in a food processor and blitz until smooth and creamy.

Serve with crackers and/or cucumber and carrot sticks.

## Chocolate and Almond Blondies

### Take:

1x 240g tin chickpeas (save the water for other recipes!)  
1/2 cup of maple syrup  
1/2 cup almond butter  
2 tsp vanilla essence  
1 tbs ground almonds  
1/2 tsp baking powder  
1/2 tsp bicarbonate of soda  
1 tbs unsweetened almond milk  
2 tbs cocoa nibs  
2 tbs flaked almonds



### To Do:

Put all of the ingredients, apart from the cocoa nibs and flaked almonds in to a food processor and mix until the chickpeas have been well combined and broken down to a paste. Stir in the cocoa nibs and then press in to a small baking tray. Sprinkle over the flaked almonds and bake in a pre-heated oven at 200 degrees for 18-20 minutes until puffed up and golden. Cool in the tin. With no refined sugar and full of the great protein benefit from the chickpeas, this slice could actually be labelled "healthy". Prepare for this to be eaten warm from the oven, as it's truly delicious!

Nutritional Information  
Calories Per Serving - 130,  
Carbohydrate - 11.7g  
Protein 4.3g, Fat 7.3g

## Bakewell Tart Smoothie

All the taste and comfort of this sweet, traditional pudding yet healthy and refreshing, and in a drink. How can this be? The ground almonds and almond butter really add a great thickness and flavour that represents the usual pudding crust, whilst frozen raspberries transform everything in to a cooling, summer drink.

### Take:

100g frozen raspberries  
1 tsp maple syrup  
1 tsp almond butter  
1 tsp ground almonds (plus extra for sprinkling)  
200ml unsweetened almond milk  
½ tsp flaked almonds for sprinkling



### To Do:

Put all the ingredients, except for the flaked almonds in a high speed blender or food processor and whizz until well combined and slushy. Sprinkle on some almond flakes and extra ground almonds and serve immediately

Serves 1

### Nutritional Information

Calories Per Serving 180, Carbohydrate – 23.8g

Protein 4.7g

## Quinoa Salad

With Harris Dressing

### Take:

250g Quinoa  
2tbsp Lemon Juice  
2 spring onions, finely chopped  
1 Celery stick, finely chopped  
Half a Red Pepper, finely chopped  
6 Sun-dried tomatoes, chopped  
1 Handful of Mint, finely chopped  
2 Handfuls of flat-leaf parsley, finely chopped  
60g Pumpkin seeds  
50g Toasted Pine nuts (or sunflower seeds)  
Salt and pepper

### Dressing

1 heaped teaspoon Harissa paste  
2tbsp lemon juice  
1 tbs Cider vinegar  
1 tbs Olive oil  
1 tsp Maple syrup (or honey)

1. Rinse the Quinoa thoroughly, place in a saucepan and cover with hot water ( 1 part Quinoa to 1 and a half times water ),cover and simmer until all the liquid has been absorbed.
2. Once the Quinoa has cooled, put in a bowl, squeeze over the lemon juice and season to taste with salt and pepper.
3. Add the Spring Onions, Celery, Sun-dried tomatoes and the Red Pepper to the Quinoa and stir together.
4. In a separate bowl stir all of the dressing ingredients together. Pour over the Quinoa and combine well.
5. Add all the other ingredients, check for seasoning and serve at room temperature.

Can be kept in the fridge for 2/3 days, which makes it an easy lunch box addition



## Falafel Scotch Eggs

### Take:

9 Large Eggs  
2 large chopped onions  
2 cloves garlic - crushed  
1 tsp ground cumin  
1 tsp ground coriander  
400g tinned chick peas,  
drained  
Handful fresh coriander  
225g breadcrumbs (25g for  
coating)  
3 tbsls sesame seeds



### To Do:

Hard boil 8 of the eggs, then peel.  
Fry onions and garlic very gently until soft and golden. Add the spices and fry for a few mins more. Tip into a food processor and whizz to a paste, adding the chickpeas and coriander leaves, and pulse until finely chopped. Stir in the wholemeal breadcrumbs, flour and final egg, beaten first with a fork, with a good amount of seasoning.

Divide the mixture into 8. Take a portion at a time and flatten. Roll 1 of your peeled eggs in a little flour, shake to remove the excess, then wrap the falafel mixture around the entire egg and squishing it together at the joins to seal. Repeat to cover all the eggs. Mix breadcrumbs and sesame seeds. Roll each egg in it to coat.

Put 2 ins of oil in large pan. Heat till hot. Add a couple of eggs at a time and fry, turning, until really golden and crisp. about 2 mins. Drain and serve.

## Spiced Dhal

### Take:

2 cups red lentils  
5 cups water  
1 onion, sliced  
1 tsp sriracha (optional)  
1 1/2 tsp garam masala  
1 tsp turmeric  
2 tsp cumin seeds  
1 tsp mustard seeds  
100g spinach leaves  
20g fresh coriander  
1/2 tsp olive oil  
salt and pepper



### To Do:

Heat olive oil in a saucepan and add the sliced onion. Add the mustard seeds and cumin seeds to the mix and heat until the spices release their aroma. Add a splash of water and the onion and stir until the onion starts to soften but not colour. When the onion is soft, add the lentils, water, sriracha, turmeric and garam masala.

Simmer the saucepan with the lid on until the lentils are soft and beginning to lose their shape. Add more water if need be.

Season with salt and pepper and stir in the spinach.

When the spinach is wilted it's ready to eat.

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