

Pea & Mint Soup

Ingredients

Ingredients	Grams	%
Darégal Mint	12	2.4%
Darégal White Onions	10	2.0%
Darégal Garlic Puree	4	0.8%
Peas	230	45.5%
Vegetable Stock	250	49.4%
Water		
	506	100.0%



Darégal Product Ingredient Codes:

IQF Garlic Puree 20-22g Tablet (5340: 1 x 10kg)

IQF Mint (5450: 8 x 250g)

IQF Diced White Onion (5390: 1 x 10kg)



Low Fat Turkey Casserole

Ingredients

Ingredients	Grams	%
Darégal White Onion	25	1.5%
Carrots	227	13.8%
Celery	128	7.8%
Darégal Garlic Puree	8	0.5%
Mushrooms	227	13.8%
Water	425	25.8%
Rice Uncooked	175	10.6%
Oil	5	0.3%
Darégal Parsley	14	0.9%
Darégal Sage	14	0.9%
Turkey	400	24.3%
	1648	100.0%

Darégal Product Ingredient Codes:

IQF Garlic Puree 20-22g Tablet (5340: 1 x 10kg)

IQF Parsley (5400: 5 x 1kg)

IQF Sage (5420: 5 x 1kg)

IQF Diced White Onion (5390: 1 x 10kg)



Cauliflower Cheese Flan

Ingredients

Ingredients	Grams	%
Plain Flour	225	16.7%
Unsalted Butter	140	10.4%
Egg	50	3.7%
Water	40	3.0%
Filling		
Cauliflower	265	19.7%
Eggs	150	11.1%
Double Cream	284	21.1%
Cheddar Cheese	175	13.0%
Darégal Chives	18	1.3%
	1347	100.0%



Darégal Product Ingredient Codes:
IQF Chives(5310: 5 x 1kg)



Italian Pasta Salad

Ingredients

Ingredients	Grams	%
Red Wine Vinegar	50	15.0%
Oil	25	7.5%
Cheese	50	15.0%
Darégal Garlic Puree	4	1.2%
Darégal Italian Herbs	15	4.5%
Pasta	24	7.2%
Cherry Tomatoes	50	15.0%
Black Olives	25	7.5%
Courgette	50	15.0%
Darégal White Onion	20	6.0%
Kale	20	6.0%
	333	100.0%



Darégal Product Ingredient Codes:

IQF Garlic Puree 20-22g Tablet (5340: 1 x 10kg)

IQF Italian Herbs (5360: 8 x 250g)

IQF Diced White Onion (5390: 1 x 10kg)



Rosemary & Polenta Cake

Ingredients

Ingredients	Grams	%
Sunflower oil	125	13.6%
Coarse Polenta	150	16.3%
Plain Flour	75	8.1%
Baking Powder	7.5	0.8%
Golden caster Sugar	150	16.3%
Eggs	150	16.3%
Soya Yoghurt	250	27.1%
Darégal Orange Zest Milled	15	1.6%
Glaze:		
Caster Sugar	125	
Orange Juice	180	
Darégal Rosemary	10	
Darégal Orange Zest Milled	10	
	1247.5	100.0%



Darégal Product Ingredient Codes:

IQF Orange Zest Milled

IQF Rosemary (5410: 5 x 1kg)



Cheese & Herb Scones

Ingredients

Ingredients	Grams	%
Darégal Mixed Herbs	4	0.7%
Self Raising Flour	250	40.7%
Sea Salt	0.5	0.1%
Butter	50	8.1%
Cheddar Cheese	150	24.4%
Milk	150	24.4%
Filling/Spread		
Cream Cheese	9	1.5%
Darégal Parsley	1	0.2%
	614.5	100.0%

Darégal Product Ingredient Codes:
IQF Mixed Herbs (5370: 8 x 250g)
IQF Parsley (5400: 5 x 1g)

