

YOUR #SUPPERCLUB RECIPE PACK

SOME OF OUR FAVOURITE RECIPES
FROM OUR FAVOURITE PEOPLE



trekstock
YOUNG ADULT CANCER SUPPORT



TREKSTOCK SUPPER CLUB

Hello

Thank you for downloading your Supper Club pack. Here you'll be able to find everything you need for a food-fabulous get together including fantastic recipes for any time of the day and some top tips for hosting your event.

Supper Club is super simple: invite everyone to yours, catch up over some delicious food and donate the money you would have spent going out directly to Trekstock.

Whether you choose an early morning, a late night or something in between, you'll be having a great time with family and friends and raising vital funds to help Trekstock empower young adults to thrive through and beyond the challenges of cancer.

We hope you have a wonderful event and can't wait to hear all about it!

Don't forget
to shout about it!

Facebook is a quick and easy way to let your guests know about the event. Once you've set up your event here don't forget to let us know @trekstock using #TrekstockSupperClub

BEETROOT, GOATS CHEESE & HARISSA FRIED EGGS



FROM ANNA BARNETT

This one dish wonder is perfect if you've got guests and are in need of a wintery, hearty but wholesome and healthy (ish) dish. I love the combinations of textures, and contrasts of flavours, the Harissa really give this dish some kick while the goats cheese offers a great calm alternative. In my books you can never eat enough beetroot and I love that this dish doesn't let the leaves go to waste.

Preparation Time - 5 minutes

Cooking Time - 25-30 minutes

Feeds - 4-6

Ingredients -

3 Beetroots - Washed and ends chopped off then cut into quarters
Glug of rapeseed oil
Beetroot leaves - Washed and roughly chopped
90g Goats cheese - Roughly chopped
Organic Eggs - Allow 1 per serving
3 Teaspoons of Harissa
Handful of greek black olives - pips removed
Handful of mixed seeds
Handful of parsley - Roughly chopped
Freshly ground black pepper
Loaf of bread of your choice to dunk

Method -

1. Start by pre heating your oven to 190 degrees Celsius, prepare the beetroot and place in your ovenproof/hob dish along with a generous glug of rapeseed oil and seasoning, roast for 20-25 minutes.
2. Once roasted add in the beetroot leaves and cook for a few minutes until the leaves have wilted and softened, sprinkle over the olives, goats cheese and a few dollops of Harissa.
3. Make room to add in your eggs then crack them into the dish (ensure you add extra oil if you're not using a non stick dish) cook on a medium to high heat until the egg white is no longer snotty but the yolk is still runny.
4. Finish the dish off with a sprinkle of parsley, black pepper and a handful of mixed seeds.
5. Place in the middle of the table and let everyone get stuck in.

HOMEMADE CHICKEN NOODLE SOUP



FROM OXFORD NIELSEN

Courtesy of Oxford Neilsen from the fabulous Shoreditch Catering Company. He assures us it's lip-smackingly delicious, comforting and full of great health benefits to boot - what's not to like!

Preparation Time - 2 hrs (stock from scratch)

Cooking Time - 20 minutes

Ingredients - Chicken Stock

Chicken carcass, 2 carrots, 1 onion
2 garlic cloves, Bay leaves, 2 tsp. of whole
peppercorns, 2 tsp. salt, 1.5 litres water

Ingredients - Soup

4 chicken thigh fillets (boneless), 2 tsp. coriander
seeds, 2 tsp. ground ginger, 2 spring onions,
400g fresh noodles, 500ml fresh chicken stock
(see above), 1 red chilli, olive oil

Method - Chicken Stock

1. Throw the chicken carcass let over from Sunday lunch into a large stockpot with your carrots, onion, garlic cloves, bay leaves, peppercorns and salt and fill the pot with 1.5 litres of water
2. Place on the hob on a low flame and simmer for 2 hours to boil down
3. Taste and season as required then strain it through a large colander followed by a fine-hole

sieve so you have a completely smooth golden liquid stock. Pst...of course you can use shop bought stock, especially if you're tight on time, but Oxford recommends making it yourself.

Method - Soup

1. Heat the stock on a medium flame
2. Whilst stock is heating crush the coriander seeds, salt and ginger - a pestle and mortar is great for this
3. Brush the chicken thighs lightly with olive oil and rub in the ground spices
4. Using a large griddle pan fry the chicken on a high heat until cooked and then place on a chopping board to rest
5. Once the stock has come to the boil add in your fresh noodles and allow to cook for a couple of minutes
6. Slice chicken and add to bowls of chicken stock and noodles before garnishing with spring onion and a little red chilli. Devour and feel revitalised and renewed.

BEAUTIFUL BEETROOT BROWNIES



FROM THE DETOX KITCHEN

That's right, beetroot! For a healthier alternative, indulge in some beetroot brownies, packed full of antioxidants and other health benefits, courtesy of The Detox Kitchen.

Preparation Time - 20 minutes

Cooking Time - 20 minutes

Ingredients -

400g Topped and tailed, peeled raw beetroot cut into 2cm dice. 100g hazelnuts plus extra for sprinkling
3 medium free range eggs
220g runny honey
1/4 tsp. salt
30g cocoa nibs
50g min 70% dark choc
2 tbs. gluten and wheat free flour
50g pure cocoa powder

Method -

1. Pre-heat oven to 160 degrees, line baking tin.
2. Put beetroot in a microwave-proof bowl with a splash of water and cover with cling film, cook for 10 mins and puree.
3. Whizz the hazelnuts to a rough powder.
4. Whisk the honey, eggs and salt for 5 mins. until mixture doubles in volume.
5. Add cocoa nibs and dark chocolate to beetroot puree whilst it's still hot, if not quite hot, re-heat in microwave. It should be hot enough to melt the chocolate.
6. Beat the hazelnuts, flour, cocoa powder, baking powder into the fluffy egg mixture until well combined, add the beetroot and choc mixture, pour mixture into lined tray and sprinkle some chopped hazelnuts on top.
7. Bake in middle of oven for 35mins.
8. Allow to cool and cut.

COURGETTE, WALNUT & CINNAMON CAKE



FROM THE DETOX KITCHEN

Here's another fantastic desert recipe from our friends at The Detox Kitchen, involving another unusual yet delicious ingredient!

Preparation Time - 20 minutes

Cooking Time - 40 minutes

Ingredients -

3 large eggs 300ml sunflower oil 300g
caster sugar
1/2 tsp. vanilla essence 300g gluten free and
wheat free flour
1 tsp. bicarbonate of soda
1 tsp. baking powder 2 tsp. ground cinnamon 1/2
tsp. ground ginger 1.2 tsp. ground nutmeg 300g
grated courgette 100g walnuts roughly chopped

For the frosting:

125g icing sugar sifted 500g Greek yoghurt
1 tsp. vanilla essence
1 1/2 tsp. ground cinnamon

Method -

1. Pre-heat oven to 170 degrees, line 3 cake tins.
2. Using an electric mixer, whisk eggs, oil, sugar and vanilla until well combined.
3. In a separate bowl, sift together flour, baking powder, bicarbonate of soda and spices with the electric mixer running on low power. Add these dry ingredients to egg mixture in 2 batches, beating well after each addition. Continue until all is well incorporated.
4. Lastly, add the courgette and walnuts and mix well.
5. Divide the mixture between 3 tins and bake for 35-40 mins. Cool and turn out.
6. For the frosting, whisk all ingredients together.

CHILLI & LEMON ZEST MUSSELS



FROM ANNA BARNETT

This is the perfect, super quick, diet dinner. It's filling, tasty and carb-free, plus you can eat as many portions as you want without having the guilts. It's a crowd pleaser and satisfying even for those not on a diet.

Everyone will appreciate this dish.

Preparation Time - 5-10 minutes

Cooking Time - 5 minutes

Feeds - 4-6

Ingredients -

Glug of olive oil

1 White Onion - Diced

2 Large cloves of garlic - Crushed and finely sliced

1/2 Cup white wine (spare a glug of what you're drinking)

500g Mussels - De-bearded/Cleaned

3 Large handful of sapphire

3 Courgettes - Spiralized to create a non carb version of pasta / Or finely sliced into long thin lengths

1 Medium red chilli - Finely sliced

Zest of 2 lemons

Generous sprinkle of freshly ground/cracked black pepper

Method -

1. Add a glug of olive oil to a large pan and add the onions and garlic, cook for a minute or so then add the white wine followed by the mussels.

2. Cover with a lid and cook on a medium to high heat for 2 minutes.

3. Next add in the sapphire, courgette and half the chilli and half the lemon zest, stir then cook with the lid on for a further 2 minutes.

4. Serve once all mussels have opened (those that haven't opened don't eat).

5. Sprinkle over the remaining lemon zest, chilli and add more black pepper.

TASTY CITRUS POTS



FROM JACKSON & LEVINE

Laura and Alice, serious foodies and founders of The Supper Club make this super simple dessert up to 48 hours in advance of guests arriving and like to serve them with their homemade blackberry compote but you can accompany them with whatever you fancy.

Preparation Time - 4.5 hours

Feeds - 6

Ingredients -

600ml double cream

150g caster sugar

2 large unwaxed lemons

Method -

1. In a large pan over a low heat, put the double cream and sugar and slowly bring to the boil
2. Boil for 4 minutes then remove from the heat and place aside to cool
3. Zest and juice your lemons and add to the cooled cream mixture, whisking together
4. Pour the mixture into six ramekins or glass yoghurt jars and chill in the fridge for a minimum of 4 hours
5. The perfect way to finish a dinner date with this zesty dessert and the great thing about a posset is you can jazz it up as you wish, blackberries, shortbread or fruit you have in the fridge.

AUTUMN FAVOURITE SMOOTHIE



FROM NUTRIBULLET

Adding seasonal root veggies like beetroots and carrots to your smoothie ensures you are well on the way to getting your five a day.

Feeds - 1

Ingredients -

A handful of kale
1 x apple
1 x carrot
1/4 small beetroot
250ml water
A handful of pistachios

Method -

Just add all the ingredients together and whizz up in a smoothie maker.

SWEET CHERRY BLAST SMOOTHIE



FROM NUTRIBULLET

A delicious smoothie, perfect as a post dinner treat - cherries are great for a good nights sleep.

Feeds - 1

Ingredients -

1/2 banana
1 x cup of pitted cherries
1 x tbsp honey
1/4 tsp nutmeg
250ml almond milk - you can always add some more if you'd like a longer drink

Method -

Just add all the ingredients together and whizz up in a smoothie maker.

ENJOY IT

Once the food is done enjoy a great get together knowing that every pound you raise will make a huge difference to the thousands of young adults affected by cancer every year in the UK.

And to make sure your event is a complete success, remember pop something on the table to collect those last few donations - every penny really does count.

HOW TO PAY YOUR MONEY IN

BY POST

Send us a cheque made payable to 'Trekstock Limited' to: Trekstock, 23 Carnaby St, London W1F 7DD

VIA BACS

Simply call us on +44 (0)207 439 8607 and we'll confirm all the details you need.

ONLINE

Visit us at Virgin Money Giving to pay your money online using your credit or debit card.



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