

Fresh



FEBRUARY 2022



The temperature may be chilly outside, but indoors it's hotting up thanks to February's love of romance! Your Valentine's Day menu may be prepped and ready to sizzle, but why not take advantage of the abundance of UK seasonal veg and spice up your sides?

Try sautéed tenderstem broccoli cooked in garlic and lemon butter sprinkled with toasted almonds. Or honey-roasted carrots (or Chantenay) for a sweeter option.

Class One's best buys for the month are dark leafy greens. Curly kale, spring green cabbage and cavolo nero are bursting with flavour and goodness to give your customers a much-needed vitamin boost. Confit leeks and carrots, parsnips and purple sprouting broccoli add a vibrant dash of colour.

Make use of the remaining beetroot in season by adding a pickled beetroot salad to starters such as baked gruyere soufflé. It's the last month for UK Brussel sprouts so serve them while you can.

What's in season this January?

Beginning

- Turnips UK

Mid

- Blood Oranges Imported – short but sweet season
- Seville Oranges Imported – brief winter season
- Jerusalem Artichoke UK
- Beetroot UK – bunched, baby and loose
- Carrots UK – local
- Cauliflower UK – good supply
- Cavolo Nero UK – great availability
- Celeriac UK – sweet when roasted
- Chantenay Carrot UK – cost effective and easy to prep
- Curly Kale UK – Lancashire
- Leeks UK – good supply
- Onions UK and France
- Parsnips UK – great flavour
- Potatoes UK
- Purple Sprouting Broccoli UK – good availability
- Rhubarb Yorkshire – forced
- Savoy Cabbage Lancashire – great value
- Spring Green Cabbage Lancashire – great value
- Tenderstem Broccoli UK grown

Ending

- Brussel Sprouts UK

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Fresh off the pass

Winter flavours and ideas from Class One Chefs

RECIPE



Duck Legs Braised with Seville Oranges

Make the most of this glorious bitter fruit while you can with a twist on a classic.

Prep: 20 mins

Cooking: 2 hrs & 20 mins

INGREDIENTS

Duck legs
Seville oranges, sliced
Olive oil
Shallots
Shallots, chopped
Celery stick, finely chopped
Carrot, chopped
Dry white wine
Thyme sprig
Rosemary sprig
Bay leaves
Garlic clove, finely sliced
Chicken stock
Butter
Pinch of caster sugar

METHOD

- 1 Preheat oven to 180°C.
- 2 Season the duck legs and brown in oil. Remove legs and pour away some of the oil.
- 3 Slice unpeeled oranges and put in a ceramic baking dish. Top with duck legs.
- 4 Return the pan to the heat. Add chopped shallots, celery and carrot and brown a little. Add wine and simmer for 2-3 minutes. Add herbs, garlic and stock. Pour over the duck and cook in the oven for 1 hour.
- 5 Fry whole shallots in half of the butter, brown and add to the duck. Continue to cook duck until tender.
- 6 Remove duck from oven and transfer legs to a baking tray. Remove whole shallots and set aside. Strain cooking liquid into a jug.
- 7 Roast duck legs at 200°C for 10 minutes to crisp up.
- 8 Boil cooking liquid and reduce to 300ml. Season and add the remaining butter and reserved shallots.
- 9 Serve duck with sauce and with buttered kale and roasted parsnips.



Plan ahead for pancake day on March 1 – and make sticky batches of **orange syrup** and **marmalade** to serve with your favourite crepe recipes. The season for blood and Seville oranges is short so order now.

Jerusalem artichokes can be roasted, sauteed, fried or pureed into a soup so make the most of this seasonal, versatile vegetable. Paired with potatoes they make a delicious gratin – perfect to serve as an indulgent side on your Sunday roast and Valentine's menus.

Replace the spuds with haddock for a main course option. No need to peel them – just scrub – then grate half and slice the rest.



Homemade soup is always popular in winter so why not make up a batch of cauliflower soup – even better with **cheese** – or **broccoli** and **stilton** soup, curried **parsnip**, **carrot** topped with carrot crisps or old fashioned **leek** and **potato**. All in great supply and great value. Make ahead and freeze to save service time and control food waste.



Make the most of the winter greens with a sumptuous side dish. Grill six rashers of smoked streaky bacon, chop and mix with 70g butter, and season. Boil or steam kale, spring green cabbage, savoy cabbage or cavolo nero and add your buttery bacon mix and toss to finish.



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