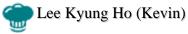


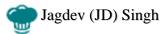
# **BROWN GARDEN POT**





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- Sub Category Name Food Main Courses
- Recipe Source Name Real High Tea 2014/15 Volume 2

# **Ingredients**

# **BROWN GARDEN POT Brown Bread Pot**

- 4 pcs brown bread
- Butter

# Couscous

- 100g couscous
- 120ml hot water

## **Beetroot Purée**

- 150g beetroot
- 20g onion



Water

#### **Baked Beetroot**

- 50g beetroot, diced
- 50g Persian feta cheese
- 30g roasted walnut
- 30g roasted shallot
- Baby rocket leaves

# **Methods and Directions**

# BROWN GARDEN POT Brown Bread Pot

- Flatten 4 pieces of brown bread with a rolling pin. And then roll it with foil.
- Bake at 175C for 8 minutes.
- Unfold foil and brush it with butter and bake again for 5 minutes.

#### Couscous

• Cook couscous in hot water until well cooked.

# **Beetroot Purée**

- Cook beetroot and onion in boiling water until soft.
- When cooked through blend it to a purée.

## **Baked Beetroot**

- Roast the diced beetroots at 165C for 15 minutes.
- Mix with Persian feta cheese, roasted walnut, roasted shallots and baby rocket.

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