

SOLID STASH FESTIVE MENU

1. TIPS TO SAVE EVEN MORE TIME:


12 hours before	Put the following dishes in the fridge to defrost: 1. Pumpkin Caponata 2. Tomato Cream Soup (place in a microwave-safe bowl with a lid) 3. Seitan Red Wine Ragout, apples and chicory
3 hours before	1. Defrost the oven buns for 15 minutes, bake completely & store at room temperature 2. Toast the nuts and make the dressing for your salad with the starter (optional)
2 hours before	1. Remove the Toffee Cake Pudding from the freezer
1 hour before	2. Take pesto jar out of the freezer

3. SERVING SUGGESTION

Check out the beautiful Festive Menu photos on www.solid-stash.com/festive-menu for serving suggestions.


4. PREPARATION INSTRUCTIONS PER DISH

ON THE TABLE: MINI BREAD ROLLS

	Preparation time	Defrost for 15 min + bake for 5-6 min
H · O H	Supplies	Oven (180-190 degrees)

Remove the buns from the freezer 15 minutes in advance. Bake in preheated oven at 180-190 degrees for 5-6 min. Place in a basket/bowl on the table with the appetizer and soup dish.

STARTER: PUMPKIN CAPONATA

	Preparation time	2-12 min (longer if cooked on a stove instead of in microwave)
·O H	Supplies	1. Microwave (but if necessary: cooking fire can also be done with a splash of water, takes longer) 2. Optional: serving ring/bowl, arugula, pine nuts, dressing

Heat the frozen Caponata (stirring regularly) completely in the microwave (+/- 7-12 min on medium setting, or: only 1-2 min if already thawed in the fridge). If necessary, heat up in 30 sec intervals until lukewarm.

Optional: While the Caponata is heating up (or: a few hours in advance): make a simple dressing of good olive oil, lemon juice, a pinch of salt and possibly some sugar (taste!). Gently toast a small handful of pine nuts (or other nuts) in the pan/oven until golden brown and fragrant. Using a serving ring/bowl, make a neat slice of Caponata on a nice plate, and arrange a handful of arugula per person on top of it. Garnish with the dressing and nuts. But the Caponata is just as delicious in a bowl, without salad, with the mini oven buns for dipping!

SOEP: TOMATO CREAM SOUP & BASIL PESTO

🕒	Preparation time	4-15 min
🔥 ⦿ H	Supplies	Microwave or cooking fire

Take the (transparent) jar of pesto out of the freezer an hour in advance and let it thaw on the counter.

Place the soup (frozen or already thawed) in a microwave-safe bowl and heat up in the microwave. Stir regularly. You can also heat it up in a cooking pot on a stove (add a small splash of water and stir often). The soup should be hot, but should not boil through.

Serve in pretty bowls with a spoonful of the pesto as decoration, for a festive colour and flavour contrast.

MAIN COURSE: SEITAN RED WINE RAGOUT, APPLES, CHICORY & CROQUETTES

🕒	Preparation time	Ragout: 3-18 min. Apples & chicory: 3-25 min. Croquettes: 3-20 min.
🔥 ⦿ H	Supplies	Ragout: stove or microwave. Apples & chicory: oven (160 degrees) & parchment paper, or microwave. Croquettes: oven (200 degrees) or deep fryer.

CELERIC SEITAN & RED WINE RAGOUT

Remove packaging & place contents in a cooking pot/microwave-safe dish. Add 2-3 tbsp water & heat gently on the stove with the lid on (medium temp, 12-18 min when frozen; 5-7 min when thawed) or in the microwave (6-12 min for frozen; 3-4 min for thawed), stirring gently often, until contents are boiling hot throughout. Add an extra splash of water and reduce the heat if the sauce becomes too dry.

APPLES & MEALYBUG

Preheat oven to 160 degrees & place chicory and apples on a baking rack lined with baking paper (make sure the pieces are not too close together). Heat in the warm oven for 12-15 min if already thawed; and for 25-30 min if still frozen. Cover and keep warm if you are going to prepare the croquettes in the oven afterwards (= at a much higher temperature, so the side dishes cannot all be put in the oven at the same time!).

If your apples and chicory have already been thawed in advance, you can also heat them up in the microwave instead of in the oven (= handy if you prepare the croquettes in the oven). Heat at medium temperature in 90-second intervals until hot through.

CROQUETTES

Deep fryer: Heat the oil to 175°C. Fill the frying basket 1/2 full with the product and fry for 3 minutes. Oven: Preheat the oven to 200°C. Bake the product for 18-22 min. Flip regularly. For optimal results, use frozen product and stick to the recommended cooking time and temperature. Reduce baking time for small amounts.

DESSERT: DECADENT TOFFEE CAKE & SALTED CARAMEL PECAN IJS

🕒	Preparation time	90 sec – 8 min
🔥 ⦿ H	Supplies	Microwave or oven (160 degrees)
💡	Timing tip	Remove the Decadent Toffee Cake from the freezer +/- 2 hours in advance and warm neither trigger (or: eat 'm cold!)

Place frozen toffee cake on a microwave-safe plate(s) and heat in the microwave for 90 sec (medium temperature). Check that the cake is completely thawed, and if necessary: reheat in 10-20 sec intervals. Alternative: defrost in preheated oven at 160°C for 10-15 min, or: let thaw in the refrigerator for several hours / overnight.

Serve lukewarm or at room temperature with a scoop of ice cream.

festive menu

On the Table

Selection of mini bread rolls

Starter

Pumpkin Caponata

Soup

Tomato Cream Soup
with Basil Pesto

Sharing Main

Mama's Celeriac Seitan and Red Wine Ragout with
Mushrooms and Carrots

&

Roasted Apple with Cranberry Compote
Caramelised Endives
Croquettes

Dessert

Decadent Toffee Cake with Salted
Caramel Pecan Ice Cream

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