

LAKESIDE

R e s t a u r a n t

FAVOURITES



From our kitchen to yours.

'Lakeside Favourites' will be an evolving compilation of some of our most well loved menu dishes, with a few tweaks to suit any store cupboard. Whether you're working from home, or needing to self isolate, we're here to help deliver campus comforts over the following weeks.

For advice on what to do with those chickpeas left in your cupboard from last year, to that burning question you've always had about how to make the perfect meringue, we're happy to help! We welcome you to reach out to us at Lakeside@surrey.ac.uk.

TEAM LAKESIDE



TANDOORI MONKFISH & SWEET POTATO

INGREDIENTS

- 2 x Sweet Potatoes
- 450g Monkfish fillets*
- 2 Tbsp Tandoori Paste or Spice
- 300g Natural Yoghurt
- 3 x Shallots
- 2 x Garlic Cloves
- 1 x Large Head of Broccoli

* Or try with cod, prawns, chicken or tofu 🌱

** If you don't have a steamer, lightly oil your wedges and bake in the oven at 180c for 20-30 minutes

SERVES: 4

PREP & COOK TIME: 1HR15

METHOD

1. Wash and cut your potatoes in half lengthwise, to achieve thick long wedges
2. Place in a steamer (or a saucepan with a lid and steamer basket) for 20 minutes until soft **
3. Meanwhile, peel and slice both garlic and shallots. Add to a bowl with chunks of monkfish*, spices and yoghurt
4. When your wedges are steamed soft, or baked through, place them in a ovenproof dish and surround with your marinated monkfish. Pour any excess marinade over the sweet potatoes
5. Place dish under the grill for 10 minutes, turn your monkfish over and grill for a further 5 or until nicely coloured
6. Serve with broccoli and enjoy!



VEGAN MUSHROOM BURGER

INGREDIENTS

- 250g Bulgur Wheat*
- 250g Field Mushrooms
- 50g Walnuts
- Veg Stock Cube or Powder
- 30g Hoi Sin Sauce
- 10g Soya Sauce
- 1 tsp Dijon Mustard
- 10g Tomato Puree
- 5g Garlic Powder
- 5g Onion Powder

*Could be replaced with cous
cous or rice

SERVES: 5/6

PREP & COOK TIME: 1HR

METHOD

1. Cook bulgur wheat* as per packet
2. Bake mushrooms and walnuts in oven for 8 mins at 180c
3. Puree 2/3rds of the wheat, mushrooms and walnuts together
4. Combine with remaining wheat, chopped mushrooms and walnuts
5. Dissolve stock with a little hot water, add all other ingredients to form a paste
6. Fold paste into wheat and mushroom mix
7. Adjust wetness and seasoning, before forming mix into 5-6 patties
8. Pan fry for 4 minutes on either side, or oven bake at 180c for 12-15 minutes
9. Serve in a burger bun, with fries or a salad



HALLOUMI & QUINOA SALAD



INGREDIENTS

- 200g Halloumi*
- 1 Tsp. Vegetable Oil
- 1 Garlic Clove, crushed
- 150g Quinoa
- 1 Vegetable Stock Cube
- Dry Chilli Flakes
- 1 Red Onion, finely diced
- 1 Lemon
- Various vegetables for grilling (Think courgettes, peppers, carrots, butternut squash, asparagus etc)

* Optional, rub with a marinade with flavourings/spices of your choice

SERVES: 4

PREP & COOK TIME: 30MINS-1HR

METHOD

1. Cut Halloumi into thick slices, then rip into pieces. Add your marinade if you wish and marinate for 1 hour
2. Meanwhile, rinse the quinoa and add to a pan with 1 cup of boiling water. Next add stock cube and chilli flakes to taste
3. Bring to boil and simmer for roughly 12 minutes. Sit for a few more moments to absorb liquid, then drain
4. In a bowl, mix your dressing by combining olive oil, lemon, garlic, red onion and herbs. Season to taste
5. Brush vegetables with oil and grill alongside halloumi until slightly browned on either side
6. Plate up your quinoa, veg and halloumi, drizzle your dressing and serve!



VENISON SPRING STEW

INGREDIENTS

- 750g Diced Venison*
- 70g Plain Flour
- 1 x Onion
- 2 x Carrot
- 2 x Celery Sticks
- 2/3 x Garlic Cloves
- 2 Bay Leaves
- 30g Tomato Puree
- 300ml Red Wine
- 500ml Beef/Chicken Stock
- 30/50g Dark Chocolate**

* Beef would also work well

** Optional, but delicious

SERVES: 4-6

PREP & COOK TIME: 2-3HRS

METHOD

1. Roll diced venison in flour and season well with salt and pepper
2. Cook with a little oil in a large pan until the meat begins to colour
3. Meanwhile, peel and roughly chop the onion, carrot and celery. Add to the pan and cook until onions soften
4. Add garlic, tomato puree and red wine. Stir well to avoid flavour becoming stuck to base of pan
5. Add the stock and cover pan. Cook on a low heat in a 160c oven for 1.5-2 hrs. Check and stir occasionally
6. Remove lid and stir in grated chocolate**
7. Season and serve with mashed potato or dumplings
8. Alternatively, chill mix and top with ready made pastry. Bake in the oven for 35-45mins at 180c