

Richland pure foods / Brewhurst Health Food Supplies.

Contributors

Brewhurst Health Food Supplies.

Publication/Creation

Byfleet : Brewhurst Health Food Supplies, [1993?]

Persistent URL

<https://wellcomecollection.org/works/g5sr297m>

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PURE FOODS



The Richland range of products offers over one hundred top quality foods for creative cooks. There are everyday essential storecupboard basics as well as more exotic items in the huge range of dried fruits, nuts, grains, pulses, seeds, sugars and snacks, with several organically produced foods too. So what are you waiting for? Try some today and start experimenting with the recipes in this leaflet.

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NUTTY BURGERS

Quick to make, these burgers taste best served with a crisp side salad either in a bap or accompanied by a baked potato. Makes 4.

3oz/75g wholemeal breadcrumbs
3oz/75g Richland walnuts, brazil nuts or hazelnuts
small onion, chopped finely
1 stick celery, chopped finely
tablespoonful olive oil
 $\frac{3}{4}$ teaspoonful mixed dried herbs
3oz/75g carrots, finely grated
tablespoonful tomato puree
1 free range egg, beaten
tablespoonful Richland sesame seeds
sunflower oil for cooking



1. Place the breadcrumbs in a mixing bowl. Place the nuts in a food processor or liquidizer and grind finely. Mix in to the breadcrumbs thoroughly.
2. Saute the chopped onion and celery in the oil for 2 minutes without browning.
3. Mix the onion mixture in to the nuts, adding the grated carrot, herbs, tomato puree and beaten egg. Mix in thoroughly and season lightly.
4. Divide the mixture into four equal portions and shape each into a burger. Sprinkle a few sesame seeds on each burger. Leave to firm up in the fridge for 10 minutes.
5. Heat a small amount of sunflower oil in a frying pan and gently cook the burgers for 2-3 minutes on each side until nicely browned. Remove from the pan and drain any excess oil. Serve at once.

CASHEW NUT BIRIANI

Basmati rice adds an authentic touch to this spicy Indian dish. Serves 2-3.

1 tablespoonful sunflower oil
3oz/75g Richland whole cashew nuts
1oz/25g Richland sultanas
1 clove garlic, chopped
1 small onion, finely chopped
3oz/75g carrot, chopped
4oz/100g cauliflower florets
1 medium sized potato, chopped
 $\frac{1}{4}$ teaspoonful turmeric
6oz/175g brown Richland basmati rice
approx 16 fl oz/480ml vegetable stock or water
 $\frac{1}{4}$ teaspoonful garam masala

1. Place the oil in a large saucepan and heat gently. Toss the nuts into the oil and saute until just turning golden brown. Remove with a slotted spoon. Return the pan to the heat and add the sultanas. Cook 1 minute, then remove and set aside with the nuts.
2. Return the pan to the heat and stir in the garlic and onion. Cook for 2 minutes over a gentle heat. Stir in the remaining vegetables and cook gently together.

3. Stir in the turmeric and rice and mix in thoroughly. Add the water or stock, cover and bring to the boil. When the pan is boiling, reduce the heat and simmer gently for around 35-40 minutes, checking from time to time to ensure the pan does not boil dry. Add a little extra water or stock if required. Cook until the rice is soft and the liquid absorbed. Turn off the heat and stir in the garam masala. Cover and leave to stand for a few minutes. Stir in the nuts and sultanas and serve.



A selection of Richland products – the Organic range

WINTER BEANPOT

Ready mixed bean mix is ideal for this recipe. Alternatively any combination of dried beans and lentils would work well. Serve with baked potatoes for a healthy, hearty meal. Serves 4.

1 onion, chopped
2 sticks celery, chopped
1 tablespoonful olive oil
3 large carrots, sliced
2 leeks, trimmed and sliced
8oz/225g parsnip or swede, chopped
8oz/225g Richland bean mix, soaked overnight
1oz/25g pot barley
1 red or green pepper, sliced
6oz/175g button mushrooms, sliced
15oz/425g tin tomatoes, chopped
2 pints/1200ml vegetable stock
1 teaspoonful dried basil

1. Heat the oven to 180°/350F/ gas mark 4.
2. Saute the onion and celery together in the oil in the base of a flameproof casserole, or in a large saucepan. After 2 minutes stir in the carrots, leeks, parsnip or swede and mix in thoroughly.
3. Add the drained, soaked beans, pot barley, pepper and mushroom. Finally add the tomatoes, stock and herbs. Bring to the boil, then place in the oven (if using a saucepan, transfer to an ovenproof casserole at this point) and bake for 2-2½ hours until the beans are quite tender. Season to taste and serve.

BEAN AND PASTA SALAD

A colourful salad that makes a light lunch or starter in itself.
Serves 4.

4oz/100g Richland red kidney beans, soaked overnight
4oz/100g wholewheat pasta shapes
8oz/225g French beans, cut into 1 inch lengths
8-10oz/250-275g tomatoes, quartered
2 free range eggs, hard boiled
few black olives (optional)
2½ tablespoons olive oil
1 tablespoonful lemon juice
⅓ teaspoonful french mustard

1. Drain the kidney beans. Place in a large pan of fresh water, bring to the boil and boil for 10 minutes. Reduce heat and simmer for a further 2 hours or until tender. Alternatively cook in a pressure cooker for 15 minutes at full pressure. Drain the cooked beans thoroughly and stir at once into the dressing to let the flavours mingle – so while the beans are cooking prepare the remaining ingredients.
2. Plunge the pasta into a pan of boiling water and cook for 10-12 minutes or until just tender. While the pasta is cooking, cook the French beans by plunging into a separate pan of boiling water and cooking for 8-10 minutes or until just soft.
3. Have ready the dressing. Place the oil, lemon juice, mustard and a little freshly ground black pepper in a screwtop jar and shake together vigorously.
4. Toss the kidney beans, pasta and French beans in the dressing as soon as they are cooked and drained. Leave to cool. Toss in the tomatoes and turn out onto a serving dish. Garnish with the hard boiled eggs, cut into quarters, and the olives, if using.

TROPICAL TEABREAD

Serve this moist teabread, sliced and buttered, the day it is made for the best result. Makes one small loaf.

3½oz/88g Richland soft light sugar
2oz/50g soft vegetable margarine
1 free range egg
1 ripe banana, mashed
4oz/100g wholemeal flour
½ teaspoonful baking powder
2oz/50g Richland raisins
2 tablespoonfuls Richland sunflower seeds or 1oz/25g walnuts, finely chopped
1 tablespoonful skimmed milk

1. Heat the oven to 160°C/325F/gas mark 3. Grease and line a 1lb loaf tin.
2. Cream the margarine and sugar together until light and fluffy. Beat in the egg. Beat in the mashed banana.
3. Sieve the flour and baking powder into the bowl and fold in gently with the raisins and sunflower seeds or walnuts. Stir in the milk.
4. Spoon the mixture into the prepared tin and level the top. Bake in the centre of the oven for 50-55 minutes until well risen and just firm to the touch. Cool in the tin, then remove and serve sliced and buttered.

SPICY LENTIL SOUP

Smooth and satisfying, serve this soup with crusty bread for a nutritious lunch. Serves 4.

1 medium sized onion, chopped
1 clove garlic, chopped
1 stick celery, chopped
1 tablespoonful sunflower oil
 $\frac{1}{4}$ teaspoonful turmeric
pinch ground cumin
5oz/150g Richland red lentils, soaked for 1 hour
8oz/250g carrots, finely chopped
 $2\frac{1}{4}$ pints/1350ml vegetable stock



1. Saute the onion, garlic and celery in the oil for 2 minutes over a low heat.
2. Stir in the turmeric and cumin and cook for 1 minute more. Add the drained lentils, carrots and stock. Bring to the boil, then reduce heat and simmer for 50 minutes until the lentils and carrots are quite soft.
3. Remove from the heat and liquidise to a smooth puree. Season to taste and reheat. Serve at once.

FLAPJACK

Crunchy and full of good things, this flapjack won't last long! Cuts into 10 pieces.

$4\frac{1}{2}$ oz/112g soft vegetable margarine
3 tablespoonfuls clear honey
3oz/75g Richland demerara sugar
6oz/175g Richland porridge oats
 $1\frac{1}{2}$ oz/38g Richland desiccated coconut
2 tablespoonfuls Richland sesame seeds
2 tablespoonfuls Richland pumpkin seeds
 $1\frac{1}{2}$ oz/38g Richland glace cherries

1. Heat the oven to 180°C/350F/gas mark 4. Grease an eight inch square tin.
2. Place the margarine, honey and sugar in a large saucepan and heat gently.
3. Mix together the remaining ingredients and when the margarine has melted, stir the dry ingredients into the pan. Mix in thoroughly.
4. Smooth into the prepared tin, levelling the top. Bake for around 20 minutes, until golden brown. Place on a cooling tray and mark into ten fingers. Leave to cool in the tin, before removing and storing in an airtight tin.

FAMILY FRUIT SLICES

These slices are soft textured and full of fruit – a lovely teatime treat. Makes 10.

4oz/100g Richland soft light sugar
4oz/100g soft vegetable margarine
2 free range eggs
2oz/50g Richland ground almonds
3oz/75g wholemeal flour
1½ teaspoonfuls baking powder
3oz/75g Richland dried apricots, chopped finely
3oz/75g Richland sultanas
1oz dried Richland papaya or glace cherries
1 tablespoonful skimmed milk
1oz/25g Richland flaked almonds

1. Heat the oven to 180°C/350F/gas mark 4. Grease and line an eight inch square tin.
2. Place the sugar and margarine in a bowl and cream together until light and fluffy. Beat in the eggs, one at a time.
3. Sieve together the almonds, flour and baking powder and fold gently into the mixture with the apricots, sultanas and papaya or cherries. Add the milk.
4. Smooth the mixture into the prepared tin. Scatter the nuts over the top and bake in the centre of the oven for 30 minutes until just firm to the touch. Leave to cool in the tin. Cut into fingers and store in an airtight tin.

These are just some of the delicious and healthy meals you can make for you and your family, and we hope that we have also given you some ideas to create new recipes of your own.

Richland Pure Foods use only the best ingredients from all around the world, and includes a selection of organic products endorsed by the British Soil Association. All Richland products represent excellent quality and value for money, and are available in all good health food stores.

This leaflet has been produced by Richland, c/o Brewhurst Health Food Supplies, Abbot Close, Byfleet, Surrey KT14 7JP.

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