

FISH

Hearty Fisherman's Pie

Smoked haddock, cod and salmon served in a white wine and tomato sauce and topped with mashed potato. **Serves 1 £4.50 Serves 2 £8.50**

Salmon and Asparagus Gratin

Salmon fillet and asparagus in a white wine and herb sauce, with potatoes and cheese crumb topping. **Serves 1 £4.75 Serves 2 £8.99**

Smoked Haddock and Sweet Potato Gratin

Salmon fillet and asparagus in a white wine and herb sauce, with potatoes and cheese crumb topping. **Serves 1 £4.50**

VEGETARIAN

Macaroni Cheese

Macaroni in a creamy sauce of mature farmhouse cheddar cheese. **Serves 1 £2.75**

Roasted Vegetable Lasagne

Layers of Mediterranean vegetables and spinach lasagne. **Serves 1 £3.65**

Wild Mushroom, Spinach and Butternut Lasagne

Porcini and cup mushrooms with baby spinach, layered between white pasta, topped with feta and butternut squash. **Serves 1 £3.75**

Cheese Soufflé with Red Onion Marmalade

Gorgeous, melt-in-the-mouth cheese soufflés. 2 soufflés **£4.99**

THE INDIAN RANGE

Garlic Chicken Curry

An unfamiliar name, but a fantastic curry... **Serves one £3.85**

Chicken Tikka Masala

The nation's favourite dish. **Serves 1 £3.85 Serves 2 £6.99**

Chicken Korma

A mild coconut and almond curry. **Serves 1 £3.85 Serves 2 £6.99**

Chicken Jalfrezi

A spicy dish with garlic, paprika and spicy tomato sauce. **Serves 1 £3.85**

Prawn Karahi

A fragrant curry with spices, coriander and spinach. **Serves 1 £4.75**

Lamb Dupiaza

Diced leg of lamb, marinated in a mix of spices and yoghurt, cooked with tomatoes and plenty of onions. Fairly hot. **Serves 1 £4.99**

RECIPES FROM THE FAR EAST

Green Thai Chicken Curry

A mild, green Thai curry with marinated chicken, coconut milk, red peppers and green beans. **Serves 1 £3.85 Serves 2 £6.99**

Red Thai Chicken Curry

A hot Thai curry with stir-fried red peppers and fine green beans. **Serves 1 £3.85**

Sweet Chilli Chicken and Noodles

Strips of chicken with noodles, water chestnuts and stir fried vegetables served in a sweet, chilli sauce. **Serves 1 £3.85**

Very occasionally we might have to change prices, ingredients or symbols before our next edition of The COOK price list for which we apologise. But all prices, ingredients and symbols were correct at time of going to print. Please refer to the packaging for the most up-to-date information.

The COOK Kitchen • Sittingbourne, Kent ME10 3HH
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The COOK price list



Remarkable Food
for Your Freezer

COOK
www.cookfood.net

CHICKEN



Moroccan Harissa Chicken

Sweet and delicately spiced, a classic north African dish of chicken breast pieces with cumin, cinnamon and honey, finished with dates, chick peas and toasted almonds. Perfect with minted couscous.

Serves 1 £3.85 Serves 2 £6.99



Chicken Alexander

Marinated chicken pieces in a white wine sauce with mushrooms and peppers.

Serves 1 £3.85 Serves 2 £6.99

Chicken and Mushroom Lasagne

Layers of chicken and mushroom between pasta with a sauce packed with Italian flavours - sun-dried tomatoes, basil and garlic.

Serves 2 £6.99



Chicken Dijon

Leg of chicken marinated in thyme, olive oil and wholegrain mustard, in a white wine sauce with caramelised red onions and chives.

Serves 1 £3.85 Serves 2 £6.99

Chicken, Ham and Leek Pie

Chicken pieces, marinated overnight in white wine and olive oil, mixed with ham and soft, sweet leeks, and a dash of white wine in the sauce.

Serves one £3.85 Serves two £6.99



Coq au Vin

Chicken in a rich red wine sauce garnished with dry cured back bacon and mushrooms. Serves 1 £3.99



Pot Roast Chicken

A comforting meal of chicken leg, thigh and breast with root vegetables in gravy. Serves 1 £3.99

BEEF



Chilli con Carne

Our favourite winter warmer. A rich, meaty Chilli with two types of beans. Spicy enough to make your mouth tingle rather than your eyes water. Serves 1 £3.25



Spaghetti Bolognese

Braised beef with healthy helpings of sun-dried tomatoes, basil and garlic that give our Bolognese an intensity of flavour it's hard to match. With al dente spaghetti. Serves 1 £3.50

Cottage Pie

We've improved our recipe, with minced beef pan-fried to seal in the flavour, then braised in milk to make it fluffy and tender (a trick we picked up from Italy). A dash of red wine adds richness to the sauce (the alcohol is cooked off) and we've added parsley to the topping of mashed potato.

Serves 1 £3.50 Serves 2 £6.75

Classic Lasagne Verde

As warm-hearted and tasty as a little Italian restaurant down a back street in Rome. Serves 1 £3.75 Serves 2 £6.99

Key to symbols on our packaging

You will see these symbols on our products in the freezer

Suitable for vegetarians.

All meals can be reheated in a conventional oven, but those with this symbol can also be cooked in the microwave.

Gluten Free

How spicy is this dish?

1 chilli - warm me up

2 chillies - nice and spicy

3 chillies - fiery

Steak and Red Wine Pie

Top rump steak, aged for at least 10 days, is pan-fried to seal in flavour and then braised with red wine and vegetables. All-butter, shortcrust pastry is glazed with egg yolk to create a golden finish when removed from the oven. Serves 1 £4.50 Serves 2 £7.99



Beef Stroganoff

Pieces of silverside beef, in a brandy and paprika sauce with chopped gherkins and roasted mushrooms.

Serves 1 £4.50 Serves 2 £8.35



Braised Beef in Brandy and Mushroom Sauce

Strips of silverside beef are pan-fried then slow cooked for three hours in beef stock and white wine, before thyme, mushrooms and a good slug of brandy are added. Serves 1 £4.50 Serves 2 £8.35



Beef Bourguignon

A taste of rural France made in the heart of Kent. Pieces of silverside beef are slow-cooked for three hours in red wine and port before adding dry-cured bacon and mushrooms.

Serves 1 £4.50 Serves 2 £8.35

LAMB



Liver, Bacon and Onions

Moist, tender lambs' liver pieces in a red wine sauce, garnished with onions and smoked bacon. Serves 1 £2.85

Shepherd's Pie

Improved recipe with lamb pan-fired to seal in the flavour.

Serves 1 £3.50

Lamb Moussaka

Whole legs of lamb are minced at the Kitchen and the meat braised with onions, garlic, rosemary, chopped tomatoes and mint, then layered with sliced potatoes, roasted aubergines and a bechamel sauce. Serves 1 £3.99



Lamb Casserole with Minted New Potatoes

Chunks of tender lamb braised in stock with root vegetables and served with minted new potatoes. A meal in itself that's very low in calories and fat. Serves 1 £4.99



Moroccan Spiced Lamb Tagine (below)

A slow-cooked, aromatic north African stew with pieces of lamb marinated in a spice mix including cinnamon, cumin, paprika and ginger, before being braised in stock for three hours and finished with chickpeas, apricots and dates. Serves 1 £4.99 Serves 2 £8.99

PORK



Pork Stroganoff

Braised pork strips added to a sherry, brandy and paprika sauce with mushrooms. Serves 1 £3.99



Pork Dijon

Braised pork strips added to a sherry, brandy and paprika sauce with mushrooms. Serves 1 £3.99 Serves 2 £7.35