

BIO

Chris Pritchard started work as a chef in 1994 gaining a qualification in 97. Chris worked in a private members club the Oxford & Cambridge Club from 2000 to 2016, serving Queens from Denmark and Holland, the Duke of Edinburgh, former Prime Minister's and political leaders from around the world. The Oxford & Cambridge Club has half yearly awards for the top employees, and Chris achieved a record 19 awards the 16 years he was there.



He worked his way up to Sous Chef before moving on to a new challenge in 2016.

Chris's went on to Private Health Care Sector as a Head Chef in a care home for the elderly and people living with dementia where he has learnt new skills.

He is currently over-seeing a new commission where they have opened a new care home in Horsham Sussex which is growing at a very fast pace and he is enjoying teaching his skills to the next generation of care home chefs.

In Chris's own words – "I thank God for leading me on this path to work with vulnerable people. It humbles me to know we can make a difference to someone's lives."

Lowestoft Seventh-Day Adventist Church

PRESENTING

HEALTHY CHRISTMAS

COOKERY

DEMONSTRATION & TASTING



By Chef Chris Pritchard

Sunday 8th December at 1pm

Off-London Road, Saxon Road, Pakefield, Lowestoft, NR33 7BT.

For more information please contact:

Mark—07729997699 | Errol & Beth—07877408835

<http://lowestoft.adventistchurch.org.uk>

HALLOUMI CARROT AND ORANGE SALAD

INGREDIENTS

- 2 LARGE ORANGES
- 1 1/2 TBSP WHOLEGRAIN MUSTARD
- 1 1/2 TSP HONEY
- 1 TBSP VINEGAR
- 3 TBSP OLIVE OIL
- 2 LARGE CARROTS
- 225G HALLOUMI SLICED
- 100 G BAG WATERCRESS

METHOD

1. CUT THE PEEL AND PITH AWAY FROM THE ORANGES SEGMENT THE ORANGES SQUEEZE THE JUICE AND KEEP BACK FOR LATER.
2. ADD THE HONEY AND MUSTARD VINEGAR OIL AND SOME SEASONING INTO A BOWL AND MIX WELL.
3. PEEL THE CARROTS INTO RIBBONS AND TOSS IN THE DRESSING. HEAT OIL IN A PAN AND SEAL THE HALLOUMI UNTIL GOLDEN BROWN TOSS THE WATERCRESS THROUGH THE DRESSING AND CARROTS ARRANGE ON A PLATE WITH THE HALLOUMI AND ORANGES.

VEGAN WELLINGTON

INGREDIENTS

- 1 SHEET PUFF PASTRY
- 2 TABLESPOON OIL
- 1/2 ONION
- 2 SMALL CARROT
- 2 STICKS OF CELERY
- 4 CLOVES OF GARLIC
- 1 TEASPOON DRIED THYME
- 1 TEASPOON MIXED HERBS
- 8 OUNCES OF MUSHROOM FINE DICED
- 1.5 TABLESPOONS OF SOY SAUCE
- 1 CAN CHICK PEAS 3/4 CUP WALNUTS
- 1/2 CUP BREADCRUMBS
- 2 TABLESPOONS TOMATO PUREE
- SALT AND PEPPER
- 1 TABLESPOON OF BUTTER (VEGAN)

METHOD

1. PREHEAT OVEN TO 200.C
2. HEAT OIL IN A PAN ADD ONION CELERY CARROTS SAUTE UNTIL SOFT
3. ADD GARLIC AND HERBS THEN MUSHROOMS SAUTE UNTIL THEY SOFTEN UP THEN ADD SOY SAUCE
4. ADD CHICK PEAS TO A BOWL AND LIGHTLY MASH ADD THE BREADCRUMBS WALNUT TOMATO PUREE SALT AND PEPPER AND COMBINE USING SPOON OR FOR BETTER COMBINATION USE HANDS
5. MOULD IN LOG SHAPE
6. PLACE INTO MIDDLE OF PASTRY AND WRAP

VEGAN WELLINGTON cont.

7. BRUSH THE PASTRY WITH THE VEGAN BUTTER SCORE GENTLY WITH A KNIFE

8. PLACE IN OVEN AND BAKE FOR 20—MINUTES UNTIL PASTRY IS COOKED

APPLE PIE

INGREDIENTS

- 310G PLAIN FLOUR
- 1 TABLESPOON SUGAR
- 225G VEGAN BUTTER
- 6 TABLESPOON COLD WATER
- 4 BRAMLEY APPLE PEELED AND CUT INTO SEGMENTS
- 400G SUGAR
- 1 LEMON ZESTED 5 TABLESPOON CORNFLOUR
- 1/2 LEMON JUICED
- 1/2 TEASPOON SALT OPTIONAL
- 4 TEASPOON CINNAMON
- 200G SULTANAS
- COCONUT

METHOD

1. COMBINE FLOUR SUGAR THEN ADD BUTTER AND MIX UNTIL IT RESEMBLES BREADCRUMBS
2. ADD WATER UNTIL YOU GET A DOUGH LIKE MIXTURE
3. MOLD IN PIE DISH AND CHILL
4. PEEL CORE AND CUT APPLE INTO SEGMENTS
5. ADD SUGAR LEMON ZEST CORNFLOUR LEMON JUICE AND CINNAMON AND MIX TO COAT THE APPLE
6. PLACE THE MIXTURE INTO PASTRY CASES AND COVER
7. BRUSH THE TOP OF THE PIE WITH COCONUT OIL SPRINKLE A LITTLE SUGAR ON THE TOP AND BAKE AT 180.C FOR 45 MINUTES OR UNTIL THE PASTRY IS COOKED
8. SERVE HOT ON IT'S OWN OR WITH YOUR CHOICE OF CUSTARD, CREAM etc.