

THE PERFECT  
PLANT-BASED AFTERNOON TEA

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Gary Parsons, *H&B Executive Chef*

**HARVEY & BROCKLESS**  
*the fine food c<sup>o</sup>*

Whatever we do, from sourcing amazing food  
to delivering it on time,  
we always stick to one simple rule...

*an absolute dedication to honest, authentic, remarkable food.*

## PLANT-BASED FINGER SANDWICHES

*Chef Gary Parsons*

### *Cucumber & Mint Sandwich Ingredients*

SERVES 5

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<b>DS067 Plant-based Philadelphia Cream Cheese</b>	<b>150g</b>
<b>IN016 Dorset Sea Salt 1kg</b>	<b>5g</b>
Cucumber	1 whole
Mint, finely chopped	10g
Black Pepper, cracked	3g
White Bread, thinly sliced	10 slices

#### *Method*

1. Mix the chopped mint with the philadelphia plant base cream cheese, season with the sea salt and pepper.

2. Thinly slice the cucumber into 5mm, lay on some kitchen paper to absorb some of the cucumber water. Spread the mixed mint and philadelphia over each slice of bread, making sure it covers each corner. Arrange the thinly sliced cucumber over the bread. Place both slices of bread together, then cut the crusts off and cut into three fingers.

### *Coronation Tofu Sandwich Ingredients*

SERVES 5

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<b>HS690 Harvey &amp; Brockless Kitchen</b>	
<b>Coconut &amp; Mango Curry Dip 1kg</b>	<b>230ml</b>
<b>DB227 Plant-based Salted Flora Butter</b>	<b>70g</b>
<b>IN016 Dorset Sea Salt 1kg</b>	<b>5g</b>
Tofu, drained, dried & chopped into 1cm pieces	300g

Black Pepper, cracked  
Rocket  
Dry Apricots, chopped  
Brown Bread

#### *Method*

1. Mix the chopped tofu with the coconut and mango curry sauce, add the the chopped dried apricots and season with salt and pepper. Spread the flora plant based butter onto the bread and spoon the tofu mix onto 5 of the buttered slices. Arrange the rocket on top and cut the crusts off and cut into three fingers.



## FINGER SANDWICHES

*Cucumber & Mint and Coronation Tofu*



SAVOURY PASTERIES & CROSTINI  
*Spinach Puff Pastry Swirls & Hummus Crostinis*

## SAVOURY PASTRIES & CROSTINI

*Chef Gary Parsons*

### *Spinach Puff Pastry Swirl Ingredients*

SERVES 5

<b>DM081 Haverstock White Vegan 1kg</b>	<b>150g</b>
<b>DA105 Dell'ami Arbequina Olive Oil</b>	<b>10ml</b>
<b>IN016 Dorset Sea Salt 1kg</b>	<b>3g</b>
Puff Pastry Sheet	250g
Onion, peeled & diced	1 onion
Garlic cloves, peeled & chopped	4 cloves
Baby Spinach, washed & drained	200g
Nutritional Yeast	15g
Black Pepper, cracked	1g
Garlic Powder	1 tbs
Oion Powder	1 tbs

### *Method*

1. Heat oil over a meduim heat, add the chopped onion and garlic, fry the onions until they are soft and brown, then add the rest of the ingredients (except haverstock white) in the pan.
2. Once the spinach has wilted, allow the mix to cool. Once cool, then place in a blender along with haverstock white and blend.
3. Roll out the puff pastry into a rectangle measuring approximately 25 cm x 35 cm. Spoon some the mix onto the puff pasrty, spread evenly so there is a thin coat all over the puff pastry, leaving an inch at the top.
4. Carefully roll the puff pasrty, keeping it tight. Once you have rolled it, carefully roll in cling film and put it into the freezer for 10 minutes or until frozen (this makes it easier to cut into swirls). Once it's frozen, cut the puff pasrty into 10mm disc's and place onto a lines baking tray. Pre heat the oven to 200c and bake for 20 minutes or until golden.

# SAVOURY PASTRIES & CROSTINI

*Chef Gary Parsons*

## *Beetroot & Rosemary Crostini Ingredients*

SERVES 5

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<b>HS482 Dell'ami Beetroot &amp; Rosemary Hummus</b>	<b>150g</b>
<b>HB006 Mellow Yellow Rapeseed Oil</b>	<b>30ml</b>
<b>IN016 Dorset Sea Salt 1kg</b>	<b>5g</b>

## *Method*

1. Pre heat the oven to 180c, Line a baking tray with grease proof paper.
2. Slice the ciabatta into 5mm thick pieces, lay out on the lined baking tray, brush each slice with the oil & then sprinkle with the dorset sea salt.
3. Bake in the oven for 8-10 minutes or until crisp & golden. Leave to cool.
4. Once cold, spoon on the HBK Beetroot & Rosemary Hummus.

# SAVOURY PASTERIES & CROSTINI

*Spinach Puff Pastry Swirls & Hummus Crostinis*



# PLANT-BASED SWEET TREATS

*Chef Gary Parsons*

*Chocolate Caramel Cupcakes with Vanilla Frosting Ingredients*      SERVES 5

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<b>VE011 Oatly Oat Milk</b>	<b>240ml</b>
<b>DB227 Plant-based Salted Flora Butter</b>	<b>120g</b>
<b>IN125 Vanilla Norohy Tadoka 250g</b>	<b>1 tsp</b>
<b>CH195 Valrhona Cocoa Powder</b>	<b>3 tbsp</b>
Caster sugar	100g
Self-raising flour	210g
Apple cider vinegar	1 tsp
Baking powder	5 tsp
Bicarbonate of soda	5 tsp
Coconut oil (melted)	60g
Vegan Salted Caramel Sauce	

## *Method*

1. Preheat your oven to 180c. In a small bowl, combine the Flora dairy-free milk with the apple cider vinegar & whisk until fully combined. Set aside for 10 minutes to curdle. This creates a vegan 'buttermilk'.

3. In a large mixing bowl, sift the flour, cocoa powder, sugar, baking powder & bicarbonate of soda. Add the melted coconut oil to the 'buttermilk' & whisk to combine. Add the wet ingredients into the dry & mix until a smooth batter.

5. Spoon the equally the batter between a non-stick muffin tray & bake for 18-20 minutes. Place the cupcakes on a cooling rack & allow to cool fully.

7. Method for the Frosting - Cream the flora plant based butter in a bowl, on high speed until creamy. When the flora plant based butter is creamy & light in colour, add in the icing sugar & norohy tadoka vanilla, Whizz together until fluffy & fully combined.

0. Spoon the frosting into a piping bag with a star nozzle & pipe around the cupcake. Drizzle with the vegan salted caramel sauce



PLANT-BASED SWEET TREATS

*Chocolate Caramel Cupcakes*



## PLANT-BASED SWEET TREATS

*Plant-based Cream Tea*

## PLANT-BASED SWEET TREATS

*Chef Gary Parsons*

*Plant-based Cream Tea Ingredients*

SERVES 5

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<b>DB227 Plant-based Salted Flora Butter</b>	<b>50g</b>
<b>IN239 Plant based cream, whipped</b>	<b>250ml</b>
<b>DY172 Coyos Coconut Dairy Free Yogurt</b>	<b>125g</b>
<b>Caster Sugar</b>	<b>25g</b>
<b>Self-raising Flour</b>	<b>250g</b>
<b>Almond Milk</b>	<b>65ml</b>
<b>Salt</b>	<b>1g</b>
<b>Strawberry Jam</b>	

### *Method*

1. Heat the oven to 200c.
2. Sieve the flour into a large bowl, add the flora dairy free butter and gently rub them together with your finger tips. Gently mix in the salt and sugar.
3. Whisk the yoghurt and almond milk together in a jug and then pour the liquid into the dry mix. Cut into the mixture with a knife until it starts to come together.
4. Finish bringing the dough together with your hands but be careful you don't want to over work the dough too much. Then roll out to 3-4 cm thick on a floured surface.
5. Cut into circles with a cookie cutter and place on a baking sheet. Brush with some left over almond milk and bake for 12-15 minutes until well risen and starting to turn golden.
7. Take the scones out of the oven and leave to cool on a cooling rack. Cut the scones in half and spoon on some jam and top with the whipped flora plant based cream.

# PLANT-BASED SWEET TREATS

*Chef Gary Parsons*

## *Cherry Possets Ingredients*

SERVES 5

<b>PU027 Ponthier Morello Cherry Pureé</b>	<b>40g</b>
<b>VE008 Julienne Bruno Crematta</b>	<b>115g</b>
<b>FP044 Fresh As Whole Cherry</b>	<b>5g</b>
<b>IN239 Plant based cream, whipped</b>	<b>210g</b>
Caster sugar	100g
Kirsch Cherries, cut in half	5 cherries

## *Method*

1. In a saucepan, add in the sugar, cream and morello cherry pureé. Heat on low until the sugar has melted. Remove from the heat and set aside to cool.
2. Add the morello cherry mixture into a high speed blender along with the crematta and blend until thick and creamy.
3. Equally divide the morello cherry mixture into shot glasses and tap them on the worktop to remove any air bubbles.
4. Place into the fridge for at least 4 to 6 hours or preferably overnight to set.
5. Pipe the whipped cream on top of the morello cherry posset, finish with some freeze dried cherries and a slice of the cherry in kirsch.



PLANT-BASED SWEET TREATS

*Plant-based Cherry Possets*

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*Plant-based Philadelphia Cream Cheese*

A firm bite with a delicate creamy interior. Naturally plant-based but tastes like the real thing. Best served cold and handled with care. Perfect for salads or simply enjoyed on its own.

*Harvey and Brockless Kitchen Coconut & Mango Curry Dip*

A combination of sweetness from the pomegranate and a warmth from the dijon mustard, creates a perfect tangy dressing for any salad.

*Dell'ami Arbequnia Olive Oil*

Sourced from the sunny valleys of Córdoba in Andalucía, early harvest Arbequina olives give this oil glorious flavours of green apple, artichoke and creamy avocado.

*Dorset Sea Salt Flakes*

A pebble's throw from the Atlantic Ocean, the salt house that produces Dorset Sea Salt uses pure sea water from a protected marine zone, which is high in trace elements. It's this purity that gives the salt its fresh flavour and makes it so popular with chefs. Add a sprinkle to chocolate brownies to elevate them to new levels.

*Nettlebed Foods Haverstock White*

Cashew and macadamia nuts form a soft base marinated in garlic, fresh thyme, black peppercorns and olive oil. Creamy, with a salty tang and a robust acidity akin to a persian feta. Perfect for those dairy free recipes.

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*Juilenne Bruno Crematta*

A firm bite with a delicate creamy interior. Naturally plant-based but tastes like the real thing. Best served cold and handled with care. Perfect for salads or simply enjoyed on its own.

*Harvey and Brockless Dell'ami Beetroot and Rosemary Hummus*

A combination of sweetness from the pomegranate and a warmth from the dijon mustard, creates a perfect tangy dressing for any salad.

*Valrhona Cocoa Powder*

Dutch Processed Cocoa Powder (processed with alkali) gives a pure and intense cocoa taste with a very warm red mahogany color.

*Flora Plant-based Butter*

The Flora professional range meets all the demands of a modern day kitchen. It's perfect for vegans or to lower the allergens on your menu. Works the same as a dairy butter and even tastes the same.

*Flora Plant-based Cream*

Proudly presenting a 100% plant-based recipe. Pour onto your favourite desserts, whip into cakes, or cook with your favourite recipes - without sacrificing on great taste.

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