



Brain Food

RECIPE BOOKLET

Why Brain Food?

The human brain is an active tissue containing billions of cells, called neurons, which need a constant supply of nutrients to function and grow properly. In fact, the brain is a very hungry organ and is the first of the body's organs to take nutrients from the food we eat, with the brain's preferred energy being glucose.

Certain foods and nutrients may help aid your brain's development, improve brain function, memory, and concentration.

Foods that are good for the brain are generally unprocessed foods and ensure a slow release of glucose rather than a quick fix provided by highly processed foods.

Slow-release carbohydrates such as porridge oats and wholegrains help with mood and concentration due to the slower release of sugar into the blood to provide energy over a longer period of time. Carbohydrates may help tryptophan enter the brain, which is a precursor of serotonin, a mood enhancing hormone.

Protein sources include meat, fish, eggs, dairy, pulses and lentils. These fuel the body with amino acids which are needed for the synthesis of neurotransmitters and neuromodulators.

Omega-3 fatty acids are found in oily fish, and some nuts, seeds and vegetable oils. They provide fantastic energy with research showing a diet rich in omega-3's can play a role in supporting cognitive processes and aspects of memory as we age.

Milk and dairy can help provide nutrients needed for healthy growth and development. With a large number of plant-base alternatives now available, be sure to check you use a fortified alternative to ensure you still gain some of those much-needed nutrients.

Finally, hydration. If you become dehydrated it can lead to a lack of concentration, headaches, tiredness, dizziness and confusion. It is important to listen to your body, and if you feel thirsty to have a drink. Studies have shown that mild dehydration (a loss of 1-3% of body weight), can start to affect cognitive function.

Join us, as we have put together this recipe pack with some fun and tasty recipes to feed your brain.

BRAIN FOOD



OVERNIGHT OATS



SERVES:
FOUR



ALLERGENS:
GLUTEN, MILK

INGREDIENTS

- 160G OATS (USE GLUTEN-FREE OATS TO MAKE GLUTEN-FREE)
- 400G MILK
- 200G YOGHURT
- 4 TEASPOONS HONEY
- 20G CHIA SEEDS
- 240G FRESH OR FROZEN BERRIES

METHOD

1. MIX THE OATS, MILK, YOGHURT, HONEY AND CHIA SEEDS TOGETHER.
2. DIVIDE INTO 4 CONTAINERS.
3. TOP WITH FRUIT AND LEAVE IN THE FRIDGE OVERNIGHT READY TO GRAB AND GO THE NEXT MORNING.

NUTRITIONIST'S TIP: Use jumbo rolled oats rather than cut or instant oats. These take longer to pass through the digestive system helping you feel fuller for longer. This also changes the speed in which glucose is released into the bloodstream, meaning you will have a slow and steady release of energy throughout the morning helping improve concentration.

BRAIN FOOD



BUBBLE AND SQUEAK WITH POACHED EGGS



SERVES:
SIX



ALLERGENS:
MILK, EGG

INGREDIENTS

- 900G MARIS PIPER POTATOES, DICED INTO 1" CUBES, SKIN ON
- 60G BUTTER
- 1 SAVOY CABBAGE, SLICED
- 40ML OLIVE OIL
- 6 SPRING ONIONS, SLICED
- 12 EGGS
- 12G SMOKED PAPRIKA

METHOD

1. BOIL THE POTATO CHUNKS IN ENOUGH WATER TO COVER THEM FOR APPROXIMATELY 25 MINUTES, UNTIL TENDER. DRAIN WELL, RESERVING THE COOKING WATER. PLACE THE DRAINED POTATOES BACK INTO THE PAN TO DRY OUT OVER A MEDIUM HEAT. ADD HALF THE BUTTER, SEASON TO TASTE WITH PEPPER AND THEN ROUGHLY CRUSH. SPOON INTO A MEDIUM BOWL AND SET ASIDE.
2. BRING THE COOKING WATER TO THE BOIL AGAIN, ADD THE CABBAGE AND COOK FOR 2 MINUTES. DRAIN WELL AND ADD TO THE POTATOES.
3. HEAT THE REST OF THE BUTTER AND THE OIL IN THE PAN AND ADD THE SPRING ONIONS. FRY GENTLY FOR A MINUTE AND THEN ADD THE MASH MIX, SMOOTH IT OUT IN THE PAN AND THEN COOK UNTIL THE BOTTOM STARTS TO COLOUR. TURN IT OVER LOOSELY IN CHUNKS AND COOK FOR A FEW MINUTES MORE UNTIL GOLDEN AND SQUEAKING.
4. BRING A PAN OF WATER TO THE BOIL AND THEN REDUCE THE HEAT UNTIL THE WATER IS JUST 'ROLLING'. WITH A SPOON, STIR THE WATER TO CREATE A WHIRL, THEN BREAK THE EGGS INTO THE WATER AND POACH FOR APPROXIMATELY 3 TO 4 MINUTES UNTIL COOKED.
5. SPOON THE BUBBLE AND SQUEAK INTO A SERVING DISH, TOP WITH THE POACHED EGGS AND SPRINKLE WITH THE PAPRIKA.

NUTRITIONIST'S TIP: Eggs, specifically their yolks, are a good source of choline which can help promote beneficial brain functions such as maintaining memory and improved cognitive function.

BRAIN FOOD



VEGAN CHOCOLATE AND PUMPKIN SEED COOKIES



SERVES:
TEN



ALLERGENS:
GLUTEN, WHEAT

INGREDIENTS

- 125G SELF RAISING FLOUR
- 70G CASTER SUGAR
- 65ML VEGETABLE OIL
- 50ML TAP WATER
- 50G COCOA POWDER
- 75G PUMPKIN SEEDS

METHOD

1. PREHEAT THE OVEN TO 180°C.
2. MIX TOGETHER THE FLOUR, CASTER SUGAR, COCOA POWDER, WATER AND VEGETABLE OIL UNTIL IT BEGINS TO COME TOGETHER AS A DOUGH. ADD A LITTLE BIT MORE FLOUR IF THE MIX SEEMS TOO WET.
3. ADD IN THE SEEDS.
4. SHAPE THE DOUGH OUT INTO A LONG SAUSAGE SHAPE ON A BOARD, AND CUT INTO ROUNDS ABOUT 1CM WIDE.
5. LINE A BAKING TRAY WITH PARCHMENT PAPER.
6. PLACE EACH ROUND ON THE TRAY AND GENTLY PRESS EACH DOWN WITH THE BACK OF A FORK.
7. BAKE FOR 15 MINUTES, OR UNTIL GOLDEN BROWN.
8. LEAVE TO COOL FOR AT LEAST TEN MINUTES BEFORE PUTTING ON A WIRE RACK.

NUTRITIONIST'S TIP: Using a combination of a rapeseed vegetable oil with the pumpkin seeds mean that you are getting a good range of both mono- and poly-unsaturated fats, including those all important omega-3's. If you wanted to further boost your Omega-3 intake (those commonly found in oily fish), at home, swap the pumpkin seeds for walnuts, chia seeds or linseeds.

**BRAIN
FOOD**



CARROT CAKE QUINOA PORRIDGE



SERVES:
FOUR



ALLERGENS:
MILK

INGREDIENTS

- 160G QUINOA
- 800ML SEMI-SKIMMED MILK
(OPTION TO USE A PLANT-BASED MILK TO MAKE IT DAIRY FREE)
- 200ML WATER
- 10G CINNAMON
- 1 LARGE CARROT, GRATED
- 80G RAISINS
- 1 APPLE, GRATED
- HONEY (OPTIONAL)

METHOD

1. IN A PAN ADD THE QUINOA, MILK, WATER, CINNAMON, CARROT AND RAISINS.
2. BRING THE BOIL, AND THEN SIMMER FOR 15 MINUTES TILL THE QUINOA IS COOKED THROUGH.
3. STIR THE APPLE IN, AND SWEETEN WITH HONEY IF DESIRED.

NUTRITIONIST'S TIP: Cow's milk is a good source of vitamin B12, and if you use a dairy-free milk alternative check that it is fortified with B12. This vitamin is needed for red blood cells and cognitive function. If you don't have quinoa you could swap for jumbo rolled oats.

BRAIN FOOD



ROASTED SALMON WITH ASIAN SPICES



SERVES:
SIX



ALLERGENS:
GLUTEN, FISH,
SOYA, WHEAT

INGREDIENTS

- 1KG SIDE OF SALMON
- 20G GINGER
- 4 GARLIC CLOVES
- 50ML SOY SAUCE
- 30G CASTER SUGAR
- 1 RED CHILLI, OR TO TASTE
- 1 TBSP RAPESEED OIL
- 3 PAK CHOI, WASHED AND CUT LENGTHWAYS IN HALF
- 3 SPRING ONIONS, FINELY SLICED
- 15G FRESH CORIANDER, CHOPPED
- 6 PORTIONS OF COOKED RICE

METHOD

1. DIVIDE THE SALMON INTO 6 PIECES.
2. BLEND THE GINGER, GARLIC, SOY SAUCE, SUGAR AND CHILLI TO A PASTE.
3. BRUSH A LARGE TRAY WITH THE OIL, PLACE THE SALMON SKIN SIDE DOWN AND POUR THE MARINADE OVER THE TOP. ALLOW TO SIT FOR 20 MINUTES
4. PREHEAT THE OVEN TO 200°C CONVECTION/ 180°C FAN.
5. BAKE THE SALMON FOR 15-18 MINUTES
6. SEAR THE PAK CHOI IN A DRY FRYING PAN FOR 2 MINUTES PER SIDE.
7. ONCE THE SALMON IS COOKED SPRINKLE WITH THE SPRING ONIONS AND CORIANDER AND SERVE OVER RICE WITH THE PAK CHOI.

NUTRITIONIST'S TIP: The UK government recommends eating 2 portions of fish per week, of which one should be oily. Oily fish such as salmon, trout, mackerel and sardines provide you with omega-3 fatty acids. You can also make this dish with white fish such as cod, tuna, haddock or pollock, although the omega-3 levels are much lower in these fish.

BRAIN FOOD



SEEDY SPICY CARROT SALAD



SERVES:
TEN



ALLERGENS:
SULPHUR DIOXIDE

INGREDIENTS

- 1KG CARROTS, SLICED AS THINLY AS POSSIBLE
- 100G GINGER, FINELY CHOPPED
- 40G CHILLI POWDER, OR TO TASTE
- 4 GARLIC CLOVES, FINELY CHOPPED
- 4 LEMONS, JUICED
- 80ML EXTRA VIRGIN OLIVE OIL
- 80G HONEY (OPTION IF NEEDED)
- 200G SUNFLOWER SEEDS, TOASTED
- 200G PUMPKIN SEEDS, TOASTED
- 1 BUNCH OF CORIANDER, CHOPPED

METHOD

1. MIX THE CARROTS, GINGER, CHILLI, GARLIC, LEMON JUICE AND OLIVE OIL.
2. ALLOW TO STAND FOR 15 MINUTES, OR COVER AND LEAVE IN THE FRIDGE OVERNIGHT
3. IF NEEDED, ADD THE HONEY TO SOFTEN THE HEAT.
4. FINISH WITH THE TOASTED SEEDS AND CORIANDER BEFORE SERVING.

NUTRITIONIST'S TIP: If you follow a fully plant-based diet try swapping the pumpkin seeds for walnuts. Walnuts are a good source of alpha-linolenic acid which can be used by the body to produce eicosapentaenoic and docosahexaenoic, the two types of omega-3 fatty acids commonly found in oily fish.

BRAIN FOOD



SMOKED SALMON AND CUCUMBER SALAD



SERVES:
TEN



ALLERGENS:
FISH, MILK, MUSTARD,
SULPHUR DIOXIDE,
GLUTEN

INGREDIENTS

- 150G SMOKED SALMON, THINLY SLICED
- 2 CUCUMBERS, THINLY SLICED INTO HALF ROUNDS
- 300G TOMATOES, DICED
- 125G RED ONIONS, DICED
- 15G CAPERS
- 1 BAG OF WATERCRESS
- 100ML CRÈME FRAICHE
- 30ML EXTRA VIRGIN OLIVE OIL
- 30ML WHITE WINE VINEGAR
- 7G DIJON MUSTARD
- GROUND BLACK PEPPER, TO TASTE

METHOD

1. WHISK TOGETHER THE OIL, VINEGAR, MUSTARD AND PEPPER TILL WELL COMBINED.
2. MIX THE CUCUMBER, TOMATOES, ONION, WATERCRESS AND SALMON WITH THE DRESSING.
3. ARRANGE IN A SERVING DISH AND TOP WITH THE CRÈME FRAICHE AND CAPERS.

NUTRITIONIST'S TIP: Fruits and vegetables such as cucumbers, tomatoes and salad leaves are important dietary contributors for staying hydrated. It is estimated that 20% of our water intakes comes from our food. Staying hydrated is important in maintaining focus as even mild dehydration can have effect on concentration.

**BRAIN
FOOD**



KALE PESTO PASTA SALAD



SERVES:
FOUR



ALLERGENS:
GLUTEN, WHEAT,
DAIRY

INGREDIENTS

- 400G PASTA OF CHOICE
- 300G KALE, WASHED AND ROUGHLY CHOPPED
- 2 CLOVES OF GARLIC
- 2 TBSP OLIVE OIL
- 100G FETA
- NUTMEG, TO TASTE
- 80G BLACK OLIVES

METHOD

1. BOIL THE PASTA ACCORDING TO PACKET INSTRUCTIONS, WHILST STEAMING THE KALE OVER THE TOP FOR 5 MINUTES.
2. ADD THE COOKED KALE, GARLIC, OIL, HALF THE FETA AND NUTMEG TO A FOOD PROCESSOR AND PULSE INTO A PESTO-LIKE SAUCE. SEASON WITH PEPPER.
3. DRAIN THE PASTA AND STIR THROUGH THE SAUCE, ADDING THE BLACK OLIVES AND REMAINING CHEESE.
4. OPTION TO EAT STRAIGHT AWAY HOT, OR ALLOW TO COOL FOR A PACKED LUNCH.

NUTRITIONIST'S TIP: If you let the pasta cool and have it the next day, the pasta will form something called resistant starch. This is a chemical process where some of the carbohydrates in the pasta undergo a change from cooking to cooling. Resistant starch feeds our gut microbiota, which is good for our gut-brain axis.

BRAIN FOOD



SPINACH SUPER SMOOTHIE



SERVES:
TEN



ALLERGENS:
NONE

INGREDIENTS

- 5 BANANAS
- 1.25KG SPINACH, WASHED AND DRAINED
- 1.25LTR APPLE JUICE
- 5 LIME, JUICED

METHOD

1. PLACE ALL OF THE INGREDIENTS INTO A BLENDER.
2. BLEND ON HIGH UNTIL SMOOTH AND SERVE.

NUTRITIONIST'S TIP: The vitamin C in the lime juice can help our body absorb the plant-based iron found in spinach. Iron is needed by the body to make red blood cells. Too little dietary iron can make us feel sleepy and prevent us from being able to concentrate.

BRAIN FOOD



BLUEBERRY AND BANANA WHOLEMEAL MUFFINS



SERVES:
TEN



ALLERGENS:
GLUTEN,
EGGS, WHEAT

INGREDIENTS

- 250G WHOLEMEAL FLOUR
- 225G BANANAS
- 150G FROZEN BLUEBERRIES
- 125ML VEGETABLE OIL
- 1 FREE RANGE EGG
- 1G BICARBONATE OF SODA
- 2.25G BAKING POWDER

METHOD

1. PREHEAT AN OVEN TO 180°C GREASE 10 MUFFIN CUPS, OR LINE WITH PAPER MUFFIN CASES.
2. MIX TOGETHER THE MASHED BANANAS, EGG AND OIL IN A LARGE BOWL. MIX IN FLOUR, BICARB AND BAKING POWDER UNTIL MOSTLY SMOOTH (LUMPS FROM THE BANANA, ARE OKAY!). FOLD THE BLUEBERRIES INTO THE MIXTURE.
3. BAKE IN THE PREHEATED OVEN UNTIL GOLDEN AND THE TOPS SPRING BACK WHEN LIGHTLY PRESSED, APPROX. 15 MINUTES.
4. REMOVE MUFFINS FROM TINS, AND SET ASIDE TO COOL ON A WIRE RACK.

NUTRITIONIST'S TIP: Blueberries have been shown to help improve cognition due to their high levels of antioxidants, vitamin C, vitamin E and flavonoids. When flavonoids are consumed, they activate an enzyme that helps stimulate oxygenated blood to the brain. This helps our memory as well as our ability to focus.

BRAIN FOOD



BERRY DELICIOUS PROBIOTIC SMOOTHIE



SERVES:
FOUR



ALLERGENS:
MILK

INGREDIENTS

- 2 RIPE BANANAS
- 200G FROZEN MIXED BERRIES
- 200G PROBIOTIC YOGHURT
- 200ML MILK

METHOD

1. ADD ALL THE INGREDIENTS TO A BLENDER AND WHIZ UNTIL SMOOTH.
2. DIVIDE BETWEEN 4 GLASSES AND ENJOY.

NUTRITIONIST'S TIP: Probiotics are live bacteria found in foods such as live yoghurt, kimchi and sauerkraut. Research is still new to this area, but there is some evidence to show that probiotics support a healthy gut and a healthy brain through the gut-brain axis link.

BRAIN FOOD



WENSLEYDALE, CAULIFLOWER AND BROCCOLI SOUP



SERVES:
TEN



ALLERGENS:
MILK, WHEAT,
GLUTEN, CELERY

INGREDIENTS

- 115G YORKSHIRE WENSLEYDALE CHEESE, CRUMBLLED
- 1TBSP. VEGETABLE OIL
- 200G ONION, FINELY CHOPPED
- 350G CAULIFLOWER FLORETS
- 350G BROCCOLI FLORETS
- 1.1LTR VEGETABLE STOCK
- 25G PLAIN FLOUR
- 2TBSP. MILK, SEMI SKIMMED
- ½TSP. GRATED NUTMEG
- 200G CREAM CHEESE
- LO-SALT, GROUND, PINCH
- GROUND BLACK PEPPER, PINCH

METHOD

1. HEAT THE OIL IN A LARGE PAN AND SOFTEN THE ONION.
2. ADD THE CAULIFLOWER, BROCCOLI AND STOCK. COOK FOR 5-10 MINUTES.
3. BLEND TOGETHER THE VEGETABLE STOCK, FLOUR AND MILK AND ADD TO THE CAULIFLOWER AND BROCCOLI MIXTURE.
4. ADD THE CREAM CHEESE AND THE WENSLEYDALE AND STIR THE SOUP OVER A GENTLE HEAT UNTIL THE CHEESE IS WELL BLENDED AND THE SOUP HAS THICKENED.
5. SEASON TO TASTE AND SERVE.

NUTRITIONIST'S TIP: Dark green leafy vegetables, including broccoli, are good sources of vitamin K, folate and lutein. A study looking at people who ate at least one portion of green leafy vegetables versus those who didn't suggested signs of slower brain aging. More research is needed in this area to confirm this finding, but you can't really go wrong by adding some extra green veggies to your diet.

BRAIN FOOD



WHOLEGRAIN BARLEY, BUTTERNUT & SAGE RISOTTO



SERVES:
TEN



ALLERGENS:
MILK, GLUTEN

INGREDIENTS

- 150G STORK OR BUTTER
- 500G ONION, FINELY CHOPPED
- 1KG BUTTERNUT SQUASH, PEELED, DESEEDED & DICED
- 4 GARLIC CLOVES, FINELY CHOPPED
- 2.5LTR TAP WATER
- 2G VEGETABLE BOUILLON
- 500G WHOLEGRAIN BARLEY
- 1 HANDFUL OF SAGE LEAVES, FINELY SLICED
- LO SALT, PINCH
- GROUND BLACK PEPPER, PINCH

METHOD

1. HEAT A LARGE SAUCEPAN OVER A MEDIUM HEAT. ADD THE STORK OR BUTTER AND, ONCE MELTED, ADD THE ONION AND SQUASH ALONG WITH A PINCH OF SALT.
2. GENTLY FRY FOR 10 MINUTES, UNTIL THE ONION IS TRANSLUCENT AND THE SQUASH IS SOFTENING. ADD THE GARLIC AND CONTINUE TO COOK FOR A FURTHER 2 MINUTES.
3. IN A SEPARATE PAN, WARM THE STOCK AND HALF OF THE SAGE LEAVES.
4. ADD THE PEARL BARLEY TO THE VEGETABLES AND INCREASE THE HEAT AND COOK FOR 2-3 MINUTES.
5. TURN DOWN THE HEAT TO MEDIUM AND ADD A LADLEFUL OF WARM STOCK. STIR WELL TO MIX AND ONCE ABSORBED, ADD ANOTHER LADLEFUL, STIRRING NOW AND AGAIN.
6. REPEAT THIS PROCESS UNTIL THE STOCK IS USED UP AND THE WHOLEGRAIN BARLEY IS TENDER, APPROXIMATELY 50 MINUTES.
7. ONCE THE BARLEY IS TENDER, SEASON TO TASTE AND SERVE THE RISOTTO GARNISHED WITH THE REMAINING SAGE.

NUTRITIONIST'S TIP: Wholegrains, including wholegrain barley, have a lower glycaemic index, meaning that they release glucose into the blood in a slower, more sustained fashion. This is beneficial to our brain as it means there is a slow and steady supply of glucose that could help with focus and concentration. Look for barley that is brown in colour, and not "pearl barley" which will have that all important outer husk removed.



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