

# COLE & MASON

ENGLAND

R E L E A S E   T H E   F L A V O U R





# Experience a flavour revelation

Our Cole & Mason salt and pepper mills are renowned all over the world. That's because they're expertly designed to release the true flavour in your food, thanks to our unique Precision System. This innovative new mechanism offers an unrivalled grinding performance that will truly enhance your flavour experience.



# Uniquely releasing the flavour..



At Cole & Mason, we've been making salt and pepper mills since 1919, so it's no surprise that we've perfected the way to release the full flavour of your food.



## MECHANISM LIFETIME GUARANTEE

We're so confident about the quality of our salt and pepper mills that our Precision System mechanisms come with a lifetime guarantee. Made from machine-cut, hardened carbon steel for our pepper mills and diamond-sharp ceramic for salt, our mills ensure a perfect performance year after year.



## MORE TASTE, LESS TURNS

Our Precision mechanism delivers an excellent amount of seasoning per turn. This ensures the release of optimum flavour to fully enhance your food's true flavour.



## GRIND PRECISION – FINE OR COARSE

Thanks to the integral spring-loaded mechanism our mills can be easily adjusted to meet your individual needs. So whether your dish requires fine or coarse grinds, Cole & Mason mills ensure you can season like a professional.



# A world of choice

Our new and unique Precision mechanism is now available across the majority of the mills in our range. From crystal-clear acrylic or natural beech, to mills incorporating the beauty of stainless steel, we have a mill to suit every taste. So whether buying for yourself or as a gift, Cole & Mason mills are the number one choice.



# Top Tips for a Flavour Revelation



1. Seasoning can dramatically enhance the flavour of a dish. Enjoy perfectly seasoned dishes time after time with Cole & Mason mills for lasting results and a lifetime mechanism guarantee.
2. When grinding salt and pepper, turning in a clockwise direction maximises the efficiency of the mill.
3. Some dishes will require fine grounds, others demand coarse grounds. The spring-loaded Precision mechanisms are fully adjustable so you can easily change from fine to coarse grounds to suit your dish.
4. For the more delicate savoury dishes, select a fine grind; but to add a more intense flavour to steaks, fish or pasta, a coarser grind is essential. Cole & Mason mills slice through peppercorns to ensure the slow release of the flavour and warmth.
5. When adjusting the mechanism, always turn the mill upside down and shake to remove previous grounds.
6. Just before serving, add the finishing touch with a twist of ground peppercorns, guaranteed to fully enhance your flavour experience.
7. Over-seasoning can lead to culinary disasters. Always season in small quantities and taste as you go along, you can always add more but you can't take it away!
8. After use, shake the mill to remove excess grounds, that way the seasoning will always be fresh from the mill.
9. Store salt and pepper in a cool dry place and avoid using the mill over steam.
10. For the more discerning palate, experiment with different flavours of salt and pepper – try Cole & Mason's salt and pepper blends to add a wonderful zing to your meals.

Season perfectly with our four recipes prepared by culinary expert Jo Pratt. See over page for these delicious recipes.

# ROAST SQUASH AND SAGE SOUP

## Serves 4

- 1 butternut squash
- 1 large carrot
- 1 onion, peeled and cut into wedges
- 2 cloves of garlic, peeled
- 2 tbsp olive oil
- Freshly ground salt and black pepper
- 125ml dry white wine
- 750ml of chicken or vegetable stock
- 1 tbsp finely chopped sage
- 150ml crème fraîche
- Shavings of parmesan to serve
- Fried sage leaves, to garnish
- Drizzle of extra virgin olive oil

Preheat the oven to 200C/400F/Gas 6.

To make the soup, cut the squash into wedges, about 2-3cm thick, and remove any seeds. Peel and chop the carrot into 2-3cm pieces. Place in a roasting tray with the squash, onion wedges and garlic. Toss in the olive oil, season with salt and coarse ground black pepper, and roast in the oven for about 35-40 minutes, turning a few times throughout. By now the squash should be soft and golden.

Remove from the oven and as soon as the squash is cool enough to handle, scoop or squeeze the flesh out of the skin into a bowl. Add the onions, carrot and garlic to the squash.

Place the roasting tray over a high heat and pour in the wine. If you are using two trays, roughly divide the wine between the two. Bring to the boil and scrape any roasted squash and onion from the base of the tray. Pour in the stock and add the sage leaves. Bring to the boil before turning off the heat.

Blitz the squash, onions, carrot and liquid in a blender or food processor until smooth. Pour into a saucepan and season with a little salt and finely ground black pepper; if needed. Stir in the crème fraîche and heat through.

Serve in bowls, and garnish each one with shavings of parmesan cheese, a few crispy fried sage leaves, a swirl of olive oil and a twist of coarse ground black pepper.





# BAKED SEA BASS WITH CRISPY POTATOES AND VINE TOMATOES

## Serves 4

- 500g Charlotte potatoes
- 1 red pepper, deseeded and thinly sliced
- 1 large red onion, sliced
- Olive oil
- Freshly ground salt and freshly ground black pepper
- 375ml white wine
- 4 sea bass fillets, skin on
- 4 sprigs of rosemary
- 4 branches of cherry vine tomatoes (with about 6 tomatoes per vine)

Preheat the oven to 200C/400F/Gas 6.

Cut the potatoes into 5mm thick slices. Place in a roasting tray with the red pepper and red onion, toss in 2 tablespoons olive oil and add a good twist of salt and medium ground black pepper. Roast for 20 minutes, turning a couple of times throughout.

Turn the potatoes in the tray again, add the white wine and return to the oven for 10 minutes. Check the potatoes are almost cooked through. If not, return to the oven for 5 more minutes or so.

Place the sea bass on top of the potatoes with a sprig of rosemary under each one. Season with salt and finely ground black pepper; and sit the tomatoes on top of the fish. Drizzle with a little olive oil and return to the oven for 10-12 minutes until the fish looks cooked through and the tomatoes are beginning to split.

Remove the tray from the oven and divide the fish and vegetables among warmed plates.

**TIP:** If you fancy an accompanying salad, you could serve the dish with a peppery rocket and watercress salad.

# SPICED SAUSAGE & FENNEL RIGATONI

## Serves 4

- 2 tbsp olive oil
- 1 medium fennel, core removed and finely sliced
- 1 red chilli, seeded and finely chopped (keep the seeds in for a hotter flavour)
- 450g thick pork sausages (nothing too flavoured, garlic and herb are great)
- 2 cloves garlic, crushed (optional)
- 200ml medium white wine
- 1 tbsp tomato puree
- 400g can chopped tomatoes
- 1 tsp caster sugar
- Freshly ground salt and black pepper
- 400g rigatoni (penne or large pasta shapes also be used)
- Bunch of basil leaves, torn
- Parmesan cheese to serve

Heat the olive oil in a non-stick frying pan and gently fry the fennel for a few minutes until it starts to soften.

Meanwhile, remove the sausages from their skins and break the meat into small pieces.

Add the sausage, chilli and garlic to the frying pan and fry for about 8 minutes until the sausage starts to become golden and sticky. Pour in the white wine and boil until it has reduced in quantity by half. Stir in the tomato puree, tinned tomatoes, sugar and season with salt and pepper. Simmer for 15 minutes until the sauce is rich and thick.

While the sauce is cooking, cook the pasta in boiling salted water until 'al dente' and drain. Stir the basil and cooked pasta into the sauce and serve in bowls with grated or shavings of parmesan cheese over the top.

**TIP:** The key to this recipe is to buy good quality simple pork sausages or some flavoured with garlic and herbs, rather than ones flavoured with leek, apple or mustard for example.



# PARMESAN, LEMON AND PEPPER CRUSTED CHICKEN WITH AVOCADO SALAD

## Serves 2

### For the chicken:

- 2 chicken breasts
- 50g dried breadcrumbs
- 50g Parmesan cheese, finely grated
- Finely grated zest of ½ lemon
- Freshly ground black pepper
- 1 egg
- 2 tbsp plain flour
- 1 tbsp olive oil
- Lemon wedges, to serve

### For the salad

- 1 ripe avocado, sliced
- 1/2 red onion, thinly sliced
- 2 ripe, juicy tomatoes, cut into thin wedges, or a small punnet of cherry or baby plum tomatoes, halved
- 1 tsp balsamic vinegar
- 1 tbsp extra virgin olive oil
- A small handful of shredded basil leaves
- Freshly ground salt and black pepper

Place the chicken breasts between two pieces of baking paper and bash with a rolling pin to flatten slightly.

Mix the breadcrumbs, Parmesan, lemon zest and ½ teaspoon medium-coarse ground black pepper in a shallow dish. Crack the egg into a separate shallow dish and lightly whisk and place the flour onto a plate.

Dust the chicken in the flour; then dip into the egg and finally press into the flavoured crumbs thoroughly coating the pieces on both sides. Heat the olive oil in a frying pan over a medium heat. Cook the chicken for 3-4 minutes each side until golden and crisp, and cooked through.

While the chicken is cooking, prepare the salad by just lightly mixing everything together; seasoning with salt and a good twist of medium ground black pepper.

Rest the cooked chicken for a minute or so before serving with a lemon wedge to squeeze over and the avocado salad on the side.



See all these recipes demonstrated by Jo Pratt at [www.coleandmason.co.uk](http://www.coleandmason.co.uk)



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