As a direct result of COVID-19, Cancer Research UK now expects to see its fundraising income decline by £160m this financial year alone.

We’ve had to make difficult decisions to cut research funding that will make our ambition of improving cancer survival to 3 in 4 by 2034 more difficult. But you can help us PRESS PLAY for Cancer Research.

Watch our appeal video

#CRUKDinnerDate
HOST YOUR DINNER YOUR WAY

Test your culinary skills
Try one of our delicious menus hand-picked by some professional chefs, these can be found at the end of this pack.

Order in
Not in the mood to cook? Check out the delivery menus from our partner restaurants and order your dining experience straight to your home.

Get dressed up
Even though there's no where to go, you can still get dressed up and have a fine dining date at home.

Connect with friends
Connect with friends and come together virtually in aid of Cancer Research UK.

SHARE ON SOCIAL
We would love to see you dressed up and enjoying your Dinner Date meals.

Share your photos on social media using: #CRUKDinnerDate and @CR_UK

See attached your shareable #CRUKDinnerDate images.

GIVE WHAT YOU CAN
Once you've all wined and dined, please donate the cost of a meal out, or whatever you can give, to help us press play on our life-saving research.

DONATE ONLINE HERE
THANK YOU

Our wonderful ambassador Deborah James is a broadcaster, writer and cancer campaigner known for hosting "You, Me and the Big C" podcast on BBC. She has recorded a short video to thank you and your guests for your support. Please feel free to share.

STAY SAFE

We want to ensure that all of our supporters stay safe while fundraising.

When planning your dinner, please review the latest Government guidance on social distancing and be sure to follow the current COVID-19 restrictions in your area.
STASTER
CELERIAC SOUP WITH
SAGE & HAZELNUTS

Serves 6

**Ingredients:**
50g salted butter
1 celeriac, peeled and chopped
1 stalk of celery, chopped
1 onion, peeled and chopped
75g hazelnuts
1 litre vegetable stock
100ml crème fraîche
sea salt
freshly ground black pepper

**For the sage and hazelnut topping**
75g hazelnuts, crushed
2 tables spoons fresh sage
2 tablespoons extra virgin olive oil

**METHOD**
- Melt the butter in a saucepan over a medium heat. Stir in the chopped celeriac, celery, onion, and 75g of hazelnuts. Season with sea salt and freshly ground black pepper. Stir well, lower the heat, cover with the foil of your butter wrapper, then pop the lid back on and let it simmer for 15 minutes.
- Next make the hazelnut and sage pesto by toasting the hazelnuts for three minutes in a dry pan on a high heat, this will release all the oils and the flavour. Then finely chop the fresh sage and add to the olive oil. To crush the hazelnuts place them on one side of a tea towel and then cover with the other side of the tea towel and bash with a rolling pin. Once crushed, add them to the olive oil and sage. Mix well and set aside.
- Then add the stock to the vegetables that have sweated down and cook together for another 15 minutes.
- Pour the cooked vegetables, stock and hazelnuts into a food processor and blend until smooth. Then put the liquid back onto a low heat, stir in the crème fraîche and heat it through for two minutes.
- To serve, drizzle the sage and hazelnut pesto on top.
Serves 4

INGREDIENTS:
1 tbsp coconut oil
1 onion, finely diced
2 cloves garlic, crushed
1 stalk lemongrass, peeled and finely sliced
1-inch piece of fresh ginger, peeled and finely grated
1 tsp coriander seeds, freshly ground
1 tsp mustard seeds, freshly ground
1 tsp cumin seeds, freshly ground
400g tinned cherry tomatoes
200ml full-fat coconut milk
1 tsp dried chili flakes
200g frozen green peas
24 French green beans
600g white fish (hake, code, haddock), cut into 2-inch pieces
Fresh Thai basil, thinly sliced

METHOD
• Place a large saucepan or casserole dish over a medium heat, and add the coconut oil. Stir in the onion, garlic, lemongrass, ginger, coriander seeds, cumin seeds and mustard seeds. Cook for five minutes. Add the tinned tomatoes and coconut milk, stir and season with sea salt and freshly ground black pepper. Simmer for three minutes.

• Stir the fresh fish into the curry, followed by the green vegetables and cook for five minutes.

• Scatter the fresh Thai basil leaves on top and serve with rice and lime halves.

To Serve
2 limes, cut in half
jasmine or basmati rice
MAIN (VE/VG)
COCONUT, CAULIFLOWER & CHICKPEA CURRY

Serves 4

INGREDIENTS:
2 tbsp olive oil
1 large onion, finely chopped
3 cloves of garlic, crushed
2 inch piece of ginger, grated
1 tsp dried chili flakes
2 tsp ground cumin
2 tsp ground coriander
2 tsp ground turmeric
1 cauliflower, broken into florets, about 500g prepared weight
1 x 400g tin chickpeas, drained and rinsed
1 x 400g tin coconut milk
juice of ½ lemon
1 tbsp fresh coriander or flat leaf parsley
sea salt and freshly ground black pepper

METHOD

- Place a large saucepan or casserole dish over a medium heat and allow to warm for 30 seconds, then pour in 2 tablespoons of olive oil. Stir in the onions, garlic, ginger and chili flakes and cook for 5 minutes.

- Stir in the spices and cook for a further one minute. Add the cauliflower and chickpeas stir into the spices and onion mix. Pour in the coconut milk and add a splash of water (about 50ml). Season with sea salt and freshly ground black pepper. Stir, cover the pan and reduce the heat - simmer for 20 minutes until the cauliflower is tender.

- Add the lemon juice and fresh coriander or flat leaf parsley. Serve with basmati rice.

CLODAGH MCKENNA'S MENU
DESSERT
TARTE TATIN WITH THYME

Serves 8

INGREDIENTS:
165g caster sugar
100ml water
65g unsalted butter
1 dessertspoon fresh thyme leaves, chopped
5 apples (cox variety), peeled, cored & quartered
4 sheets ready-made puff pastry

For Serving:
8 sprigs fresh thyme
Crème fraîche

METHOD

• Pre-heat the oven to 180°C, 350°F or gas mark 5
• Place a cast iron pan or an oven proof frying pan over a low heat and add the castor sugar and water. Stir until the sugar has dissolved. Once the sugar has dissolved, turn the heat up high and simmer for 12-14 minutes or until the syrup is a light golden-brown colour. Then stir in the butter and thyme and cook for a further 2-3 minutes or until you reach a caramel consistency.

• Arrange the apples with the cut side facing up around the pan and slightly overlapping to make sure that the caramel is completely covered with apples.

• Place the puff pastry sheets on top of each other and roll out so that they combine and are big enough to cover the apples in the pan.

• Place the pastry on top of the apples and fold the edges under so that you’re tucking in the apples and use a sharp knife to make three small slits in the centre of the pastry.

• Put the pan in the preheated oven for 45 minutes.
• When it’s cooked, carefully turn out the tart onto your serving dish and serve with a dollop of crème fraîche and a sprig of fresh thyme on top to decorate.
METHOD

- First of all, make the dip by mixing together the yoghurt and coriander. Season with salt and set aside. Put the chickpeas, spring onions, chilli, egg, flour, dried spices and sea salt in a blender or food processor and blend together until you have a thick batter.
- Fill a wok or deep frying pan with about 5cm/2 inches sunflower oil and place over a medium-high heat. When the oil is shimmering, carefully drop spoonfuls of the fritter mixture into the hot oil and fry for 3-4 minutes until puffed up and lightly golden, turning with a slotted spoon halfway for even cooking. Remove with a slotted spoon and drain on kitchen paper while you continue using the remaining batter.
- Serve the fritters hot with lime wedges and the dip on the side.

STARTER
SPICED CHICKPEA FRITTERS WITH CORIANDER YOGHURT DIP

Prep time: 30 minutes
Serves 6

Ingredients:
1 x 400g/14 oz tin chickpeas, drained
4 spring onions (scallions), roughly chopped
1 green chilli, roughly chopped (keep in the seeds for a little more spice)
1 egg
4 tbsp chickpea (gram) flour
¼ tsp ground turmeric
1 tsp garam masala or mild curry powder
1 tsp flaked sea salt
sunflower oil, for frying
lime wedges, to serve

For the sage and hazelnut topping
200ml/7 fl oz coconut or Greek yoghurt
1 small bunch coriander (cilantro), finely chopped
pinch of flaked sea salt
MAIN
MISO COD & FRIED RICE

Prep time: 30 minutes (+ extra 30 minutes for marinating)
Serves 4

Ingredients:
4 cod fillets, skin on or off
3 tbsp white miso paste
3 tbsp soy sauce
3 tbsp honey
1 tbsp rice wine vinegar
1 tsp toasted sesame seeds
1 red chilli, finely sliced (optional)

For the rice
1 tbsp sunflower oil
2-3 large handfuls finely shredded green cabbage
400-500g/14 oz-1 lb 2 oz cooked rice
2 tbsp mayonnaise
1 bunch spring onions (scallions), finely chopped
1 tsp grated ginger
2 eggs, beaten
soy sauce

METHOD

• To prepare the cod, pat the fillets dry with kitchen paper and put in a shallow bowl with the miso, soy sauce, honey and rice wine vinegar. Mix well to coat the fish all over and leave in the fridge to marinate for 30 minutes, or longer of you have the time (up to 8 hours will be just fine).

• When ready to cook, heat your grill on a medium-high setting. Transfer the cod and any marinade to a foil-lined baking tray or suitable ovenproof serving dish. Put under the grill for 10 minutes until the fish is just cooked through and nicely golden on top. Meanwhile, for the fried rice, mix the mayonnaise into the rice to lightly coat the grains.

• Heat the oil in a wok or frying pan. Stir-fry the cabbage for about 2-3 minutes until it’s starting to soften. Add the spring onions and ginger, stir-frying for a further minute.

• Add the rice and toss around for a few minutes until the rice is completely heated through. Make a well in the middle and pour in the eggs. Allow them to partially scramble, then stir and toss into the rice. Season with soy sauce.

• Serve the cod sprinkled with sesame seeds and scattered with and chilli, if using, alongside the fried rice.
DESSERT
CHOCOLATE MERINGUE MOUSSE CAKE

Prep time: 1 hour
Serves 10-12

Ingredients:
150g/5½ oz dark chocolate (about 70% cocoa solids), broken into pieces
150g/5½ butter
pinch of flaked sea salt
4 eggs, separated
150g/5½ oz caster (superfine) sugar
2 tsp vanilla bean paste
To serve
1 tbsp cocoa powder, to dust
fresh seasonal berries
crème fraîche or whipped cream

METHOD

- Pour the chocolate and butter mixture into the whisked egg yolks and gently mix together with a spatula.
- Gradually fold in the egg whites using a metal spoon, taking care not to knock out all of the air. Once all of the egg white has completely mixed in, spoon the mixture into your prepared cake tin.
- Bake for 35 minutes until lightly crisp on top but slightly wobbly when you give the pan a little tap. Leave the cake to cool completely in the tin before carefully removing and transferring to a plate.
- Dust with cocoa powder and serve cut into slices with fresh berries and some crème fraîche or whipped cream (that's been generously flavoured with orange liqueur is my personal favourite).

- Preheat the oven to 160°C/140°C fan/325°F/gas 3. Grease and line a 20cm/8 inch springform or loose-bottom cake tin.
- Melt the chocolate, butter and salt together in a bowl set over a pan of gently simmering water, or gently melt in the microwave in 10-second bursts. Set aside to cool slightly.
- Whisk the egg yolks with two-thirds of the sugar and the vanilla paste until thick, pale and fluffy.
- In a separate bowl, whisk the egg whites to stiff peaks, then add the remaining sugar a tablespoon at a time, whisking thoroughly between each addition, until you have a thick and glossy mixture that holds itself in stiff peaks.
STARTER (VE/VG)
CORONATION
CHICKPEA SALAD

Preparation time: 10 minutes
Serves 4

Ingredients:
1 x 400g/14oz can of chickpeas, drained and rinsed
4 tbsp Vegan Mayonnaise or plain yoghurt
2 tbsp mango chutney
1 tsp mild curry powder
½ tsp white (distilled) vinegar
½ tsp garlic granules
a pinch of sea salt
25g/1oz (scant ¼ cup) raisins
25g/1oz (¼ cup) flaked (sliced) almonds
a small handful of coriander leaves, roughly torn
2 heads of little gem lettuce, leaves separated and washed, to serve

METHOD

• Put the chickpeas, mayonnaise or yoghurt, chutney, curry powder, vinegar, garlic granules and salt into a large mixing bowl and, using a potato masher, roughly mash and mix together until half the chickpeas are crushed and the rest are left whole, for a chunky texture. Stir in the raisins, almonds and coriander leaves.

• Spoon the salad into lettuce leaves to serve them in little 'cups'. Alternatively, shred the lettuce and mix it into the salad and serve in a bowl.
MAIN (VE/VG)  
BEEFY MUSHROOM STEW

Serves 4-6  
Prep time: 15 minutes  
Cooking time: 40 minutes

**Ingredients:**
- 2 tbsp vegetable oil  
- 1 red onion, thinly sliced  
- 1 carrot, peeled and sliced  
- 3 garlic cloves, crushed  
- 1 tbsp balsamic vinegar  
- 1 tsp yeast extract or miso paste  
- 1 tbsp tomato purée (paste)  
- 300g/10½oz portobello mushrooms, roughly chopped  
- 200g/7oz mixed mushrooms, such as shiitake or chestnut, sliced  
- 2 tbsp plain (all-purpose) flour  
- 350ml/12fl oz (1½ cups) vegetable stock  
- 1 x 390g/13¾oz can of green lentils, drained and rinsed  
- a large handful of baby spinach, washed  

**For the cauliflower mash**
- 1 large head cauliflower, broken into florets  
- 2 tbsp dairy-free butter  
- 2 garlic cloves, finely chopped  
- a small pinch of ground turmeric (optional)  
- 4 tbsp unsweetened dairy-free milk  
- a small handful of chives, chopped  
- sea salt and ground black pepper

**METHOD**

- Add the oil to a large frying pan over a medium heat and sauté the onion, carrot and garlic for 5 minutes, until softened. Add the vinegar, yeast extract or miso paste, tomato purée and mushrooms and cook for 10 minutes.

- Stir in the flour until fully incorporated, then pour in the vegetable stock. Bring to the boil, then reduce the heat and simmer for a further 15 minutes, until the stew is rich and thick.

- Stir in the lentils and spinach, allowing the spinach to wilt for a minute in the pan.

- While the stew is cooking, make the cauliflower mash. Bring a medium saucepan of water to the boil and place a colander on top. Add the cauliflower florets to the colander and put a lid on top. Steam for 10 minutes, or until they are very soft.

- Drain the pan and add the butter and garlic. Fry over a medium heat for 2 minutes, then stir in the cauliflower. Season with salt and pepper, add the turmeric, if using, and add half of the milk. Mash well with a potato masher, or use a stick blender for a smoother texture, adding more milk if needed. Stir in the chopped chives.

- To serve, add a generous dollop of the mash to each plate and pour the mushroom stew on top.
DESSERT (VE/VG)
RICE PUDDING WITH CARAMELISED PEARS

Serves 4
Prep time: 15 minutes
Cooking time: 45 minutes

Ingredients:
- 120g/4⅛oz (⅓ cup) pudding or risotto rice
- 900ml/30½fl oz (scant 4 cups) unsweetened dairy-free milk, plus extra if needed
- 2 tbsp golden syrup (light corn syrup), plus extra to serve (optional)
- 1 tsp vanilla extract
- 4 pears, peeled and halved
- 4 tbsp dairy-free butter
- 4 tbsp brown sugar

METHOD

- Add the rice, milk, syrup and vanilla to a medium saucepan and cook over a low heat for 45 minutes, until thick and creamy. Stir regularly to stop it catching on the base of the pan and add some extra milk, if needed.

- Meanwhile, preheat the oven to 160°C fan/180°C/350°F/gas 4 and place the pear halves on a roasting tray. Top each one with half a tablespoon of butter and sugar. Roast for 30 minutes, until golden and sticky.

- Divide the rice pudding into four bowls and top each with two pear halves. Drizzle with extra golden syrup to serve, if desired.
ORDER IN

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Natalie Williams, undisputed darling of Ronnie Scott’s and one of the UK’s most talented and charismatic soul jazz singers has created a fabulous and funky playlist to add some groove to your CRUK Dinner Date. Natalie and her all-star 10 piece jazz band Soul Family Band have had a sell-out monthly residency at Ronnie Scott’s jazz club for 12 years running!

She describes the playlist as ‘a combination of hip new and old underground, edgy soul tunes with some classics and the Soul Family Band for good measure’. It sounds like the perfect cocktail - enjoy!

LISTEN ON SPOTIFY HERE

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#CRUKDinnerDate
HOW TO CREATE THE PERFECT TABLESCAPE

Pick you colour palette based on the linens & china you have at home. Use coloured candles & candlesticks in different shapes & sizes for the centre of the table. Ornaments are great too!

Layered china at the place settings creates texture. Don't be afraid to mix patterns and colours.

Ribbon can be wrapped around your napkins to introduce an accent colour.

Gold spray paint adds a decadent touch to fruit branches. You can also add gold or silver bowls filled with pretty candy.

What can you use from your garden?

Branches hung with ivy & nightlights in a vase work well. Dress the base with fruit or flowers.

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