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# TASTE ADVENTURE

EXPLORE AND EXPERIENCE NEW FOODS AT HOME





## A WORLD OF FLAVOUR AWAITS

Food has always gone hand in hand with exploration and experimentation. We all have our favourite tried and tested recipes but giving new, exciting dishes and cuisines a go turns mealtimes into an adventure, creating cherished memories. Afterall, variety is the spice of life.

When you step outside your comfort zone and mix it up, you get to experience the wonder of food anew. From fresh takes on world food classics to flavours, aromas and techniques you've never tried before, Le Creuset is here to spur you on.

The curated capsule collection includes Le Creuset's best-loved pieces; Cast Iron, 3-ply Stainless Steel and Toughened Non-Stick and will inspire you to kit out your kitchen for your greatest adventure yet!

Your taste adventure awaits – let inspiration lead the way.







Le Creuset Cast Iron  
24cm Round Casserole

## Thai Red Chicken Curry

Vibrant in both colour and flavour, this signature Thai red curry is packed full of sweet, salty and zingy flavours, all softened with the addition of creamy, cooling coconut milk. For truly traditional flavours, making the Thai paste is well worth the effort and provides great depth of flavour.

**SERVES 4-6**

**PREPARATION TIME: 10 MINUTES**

**COOKING TIME: 30 MINUTES**

### Ingredients

#### For the Thai red paste

1 tbsp whole coriander seeds, toasted  
1 tbsp whole cumin seeds, toasted  
1 stick lemongrass, diced  
150g tinned roasted red peppers, roughly chopped  
3 tsp chilli paste  
30g ginger, grated  
3 garlic cloves, roughly chopped  
2 tsp turmeric  
Pinch of sea salt  
1 lime, zest & juice  
2 spring onions, roughly chopped (incl. green ends)  
2 tbsp coconut oil, melted

#### For the curry

1 tbsp coconut oil  
1 large red onion, sliced  
800g skinless & boneless chicken thighs, diced  
1 large red pepper, diced  
1 can coconut milk  
1 tbsp maple syrup  
2 Kaffir lime leaves  
Pinch of sea salt  
150g sugar snap peas or mangetout

#### To serve

Thumb piece of ginger  
6 Thai basil leaves  
1 spring onion  
1 chilli  
Jasmine Rice

### Method

1. First, toast the coriander and cumin seeds in a dry pan over a low to medium heat. Stir regularly to avoid the spices burning and remove from the heat after 2 - 3 minutes when you can start to smell the aromatics and they begin to pop.
2. After the seeds are toasted, you can begin to make the paste. Place all ingredients in a food processor and blitz until smooth. Add a tablespoon or two of water if the paste needs loosening and set aside until required.
3. Place the casserole over a medium heat and warm the coconut oil until melted and then add the onion and fry gently for 5 minutes until the onion starts to soften. Add the diced chicken and fry until all the meat has browned. Do this in batches if necessary.

4. Add the diced pepper followed by the homemade curry paste. Allow to fry for 2-3 minutes, stirring regularly to ensure it does not stick and all the ingredients are coated. Pour in the coconut milk plus a can of water and stir all together.
5. Add the maple syrup and lime leaves and bring up to a simmer. Allow to gently simmer and reduce for 20-30 minutes until the sauce is thick and the chicken is cooked through. In the last 5 minutes of cooking add the sugar snap peas or mangetout.
6. When ready to serve, thinly slice the thumb of ginger into matchsticks, roughly chop the basil leaves and thinly slice the spring onion and chilli. Sprinkle the toppings on top of the curry and serve alongside Jasmine rice.



## Vegetarian Paella

Paella is a Spanish rice dish originally from Valencia. Due to its wide reach, Paella has become Spain's best-known national dish although Spaniards often consider this dish to be associated with the Valencia region. The traditional paella contains chicken, seafood and other Mediterranean ingredients. Here we have created a delicious vegetarian rice that can be eaten as it is or used as the base to add seafood or meat.

**SERVES 4-6**

**PREPARATION TIME: 10 MINUTES**

**COOKING TIME: 20 MINUTES**

### Ingredients

1 tbsp olive oil	Pinch of saffron
1 large white onion, diced	1 x 400g tin of chopped tomatoes
2 garlic cloves, minced	140g frozen peas
1 small green pepper, diced	100g frozen green beans
1 small red pepper, diced	Sea salt & cracked black pepper
1 tbsp smoked paprika	<b>To serve</b>
1 tbsp dried mixed herbs	Small bunch of parsley, roughly chopped
1 tbsp sun-dried tomato purée	Lemon, cut into wedges
300g paella rice	
1L hot vegetable stock	

### Method

1. Place the paella pan over a medium heat, add the oil and heat gently. Add the onion and fry for 5 minutes until it starts to soften before adding the garlic and frying for a further minute.
2. Add the diced peppers to the pan before sprinkling in paprika and mixed herbs. Allow the spices to toast for 1-2 minutes, stirring continuously to ensure they do not burn.
3. Stir through the sun-dried tomato purée followed by the paella rice. Stir well, coating all the rice in the spice mixture.
4. Pour in 800ml of the stock followed by the saffron and a little salt and pepper. Add the chopped tomatoes, stir all the ingredients together well then leave to simmer for 20 minutes over a medium to low heat. Stir regularly.
5. After 10 minutes, stir through the remaining 200ml of stock. After 15 minutes of cooking add the peas and green beans to the nearly-cooked paella. Once the peas and beans have thawed and the rice is tender but with a little bite, remove the paella from the heat. Season again as necessary.
6. Finish with a handful of roughly chopped parsley and serve with lemon wedges.

Le Creuset Toughened Non-Stick 32cm Paella Pan







## Lamb Courgette Koftas

Kofta's can greatly vary in taste and texture. This recipe takes inspirations from Turkey and is peppered with middle eastern flair. Served with a fresh tahini dressing, these lamb koftas make for a simple and delicious meal.

**SERVES 4**

**PREPARATION TIME: 10 MINUTES**

**COOKING TIME: 15 MINUTES**

### Ingredients

1 small courgette, grated	Freshly ground black pepper
1-2 tsp salt	Olive oil
500g lamb or mixed mince meat	
2 spring onions, thinly sliced	<b>Tahini dressing</b>
2 tbsp fresh coriander, finely chopped	3 tbsp tahini
3 tbsp fresh mint, finely chopped	60ml water
3 garlic cloves, finely chopped	2 garlic cloves
2 tbsp fresh ginger, finely chopped	½ lemon, zest & juice
1 tsp ground cumin	1 tbsp apple cider vinegar
1 tsp ground coriander	2 small shallots
½ tsp cinnamon	
2 tbsp tahini	<b>To serve</b>
	Bamboo or wooden skewers

### Method

1. Mix the grated courgettes in a bowl with 1-2 teaspoons of salt and leave to stand for 5 minutes, then squeeze the grated courgettes well to remove excess water.
2. Mix the prepared courgette, minced lamb, spring onions, coriander, mint, garlic, ginger, cumin, coriander, cinnamon, and tahini in a large bowl. Season with salt and pepper.
3. Divide the mixture into 12 sausage shapes and put them onto wooden skewers. Make sure the mixture is secure and then brush them with a little olive oil.
4. Preheat the grill by placing it over a low-medium heat. Once hot, put the skewers onto the grill. Grill for about 4-6 minutes turn, reduce the heat to low and then grill for another 2-3 minutes, until they are cooked.
5. For the dressing, mix the tahini with the water until creamy, then stir in the garlic, lemon juice and zest, vinegar, shallots and season. Mix together well.
6. Serve the koftas with the tahini dressing and a fresh salad.





Le Creuset Toughened Non-Stick  
35cm Rectangular Roaster

## Lamb & Sweet Potato Moussaka

A great sharing dish from the Greek islands, this traditional meal contains generous layers of griddled aubergine, lamb mince coated in the beautiful blend of aromatic spices and sliced potato all topped off with a creamy white sauce baked until golden and crisp.

A slight divergence from the using traditional white potato, our recipe uses sweet potato that cooks a little quicker and adds a nice, sweet element to the dish.

**SERVES 6 - 8**

**PREPARATION TIME: 30 MINUTES**

**COOKING TIME: 40 MINUTES**

### Ingredients

1 tbsp oil for frying  
1 large red onion, diced  
3 garlic cloves, finely chopped  
1kg lamb mince  
1 tbsp dried mixed herbs  
1 tsp ground cinnamon  
1 tbsp smoked paprika  
1 tsp mild curry powder  
1 tsp ground cumin  
2 tbsp tomato chutney  
400g tinned chopped tomatoes  
400g sweet potato, thinly sliced lengthways into 1/2cm slices  
400g aubergine, thinly sliced lengthways into 1/2cm slices  
Sea salt & cracked black pepper

### For the white sauce

100g salted butter  
100g plain flour  
800ml milk  
2 tsp ground nutmeg  
1 egg  
Sea salt & cracked black pepper  
50g Cheddar Cheese, grated

### Method

Preheat oven to 200°C / 180°C Fan / Gas Mark 6

1. Place the roaster on the hob over a medium heat, add the oil and heat gently. Add the onion and fry for 5 minutes until it starts to soften, then add the garlic to the pan and fry for a further 1 minute.

2. Add the mince to the pan and fry until the it has browned - use a spatula to break up the mince whilst frying. Sprinkle in the herbs, cinnamon, paprika, curry powder, and cumin, coating the mince in all the spices. After, begin stirring through the tomato chutney.

3. Pour in the chopped tomatoes and once mixed with the mince, refill the empty can with water and add to the pan. Stir all the ingredients together before allowing to simmer over a medium low heat for 30 minutes until the liquid has reduced leaving a thick mince sauce.

4. In the meantime, place the sweet potato slices in salted boiling water and boil for 5 minutes to just slightly soften. Drain and set aside.

5. Lay the aubergine slices on a roasting tray and sprinkle with a little oil. Place under a hot grill until

the slices start to char. Set aside with the potato until ready to assemble.

6. Finally, make the white sauce. First make a roux by melting the butter in a heavy-bottomed saucepan, adding the flour, and mixing thoroughly. Cook, stirring continuously, over a low to medium heat for approximately 2 minutes.

7. Gradually add the milk in stages. Stir continuously as the roux absorbs the liquid at each addition to create a smooth, glossy sauce. Once all the milk is incorporated, sprinkle in the nutmeg and whisk in the egg, taking the sauce off the heat. Season with salt and pepper.

8. To assemble the moussaka, smooth the mince evenly on the bottom of the roaster. First layer on the grilled aubergine, followed by a layer of sweet potato slices. Finally, pour over the sauce and finish with the grated cheese. Bake in the oven for 35-40 minutes until golden and crispy on top.

9. Once cooked, take the moussaka out of the oven, and allow to sit for 5 minutes to firm up. Serve with a fresh Greek salad.



## Roasted Curried Cauliflower & Butternut Squash Buddha Bowl

A Buddha bowl is traditionally a vegetarian meal served in a single bowl or high-rimmed plate, which consists of small portions of several foods that can be mixed and matched depending on preference. Taking influence from traditional Indian spices and vegetarian ingredients this buddha bowl is healthy, wholesome and packed full of flavour.

**SERVES 2**

**PREPARATION TIME: 5 MINUTES**

**COOKING TIME: 20 MINUTES**

### Ingredients

75g sweet chilli sauce  
2 tsp ground turmeric  
1 tsp mild curry powder  
½ tbsp chilli sauce  
Pinch of sea salt  
1 lemon  
1 tbsp rapeseed oil  
500g cauliflower florets  
300g butternut squash 'moons'  
400g tin chickpeas

### For the mint yoghurt dressing

2 sprigs fresh mint, leaves picked  
Squeeze of lemon juice  
1 tsp garlic puree  
150g natural yoghurt  
Sea salt & cracked black pepper

### To serve

75g brown rice, cooked  
50g spinach  
10g fresh coriander, chopped

### Method

Preheat the oven to 200°C/ Fan 180°C/ Gas Mark 6

1. In a large bowl combine the sweet chilli sauce, turmeric, curry powder, chilli sauce, salt, a squeeze of lemon and the oil to make the marinade. Add the cauliflower and butternut squash slices and coat in the marinade.
2. Lay the cauliflower and butternut squash pieces on a lined baking tray and roast in the oven for 20-25 minutes to soften and char slightly.
3. Drain the chickpeas and tip into the marinade bowl to coat in the remaining marinade.
4. Add the coated chickpeas to the baking tray 10 minutes before the end of cooking time to crisp up. Turn the cauliflower and butternut at the same time to ensure they cook evenly.
5. In the meantime, make the dressing. Finely chop the mint and place in a bowl along with all the other ingredients except for the seasoning. Whisk together using a fork and then season to taste.
6. To serve, place the spinach at the bottom of the bowl. Add the cooked rice and top with the roasted cauliflower, butternut and chickpeas. Finish with a drizzle of the mint yoghurt dressing and a sprinkling of roughly chopped coriander.

Le Creuset Stoneware  
24cm Bowl





# Pizza

A favourite dish throughout the world, this Italian classic makes for an easy meal to share with friends. Simple and easy to make, create your own dough from scratch and then top with your favourite flavours or try a couple of our tried and tested classic combinations.

**SERVES 2**

**PREPARATION TIME: 10 MINUTES PLUS OVERNIGHT TO REST THE DOUGH**

**COOKING TIME: 15 MINUTES**

**MAKES 8 MEDIUM OR 12 SMALL PIZZAS**

## Ingredients

### Dough

7g yeast  
140ml lukewarm water  
A pinch of sea salt  
1 pinch of sugar  
1 tbsp olive oil  
250g flour

### Tomato sauce

1 large onion cut into rings  
7-8 large tomatoes, peeled and chopped  
1-2 garlic cloves, crushed  
Salt and freshly ground black pepper  
1 pinch of sugar  
1 tsp dried oregano or fresh oregano leaves

### Pizza topping

150g buffalo mozzarella, in small slices  
Optional black olives  
Freshly chopped basil leaves  
Salt and freshly ground black pepper

Vegetable oil, to coat the pan



Le Creuset 3-ply Stainless Steel  
28cm non-stick Frying Pan

## Pizza dough

1. Add the salt, sugar, and flour to a bowl.
2. In a jug, add the yeast to the lukewarm water and then add the olive oil.
3. Pour the wet ingredients into the dry ingredients, mix, and then knead together to form a smooth dough. Place the dough in the fridge to rest overnight.
4. The next day, take the dough out of the fridge and allow it to reach room temperature. This will take about 30 minutes.

## The sauce

5. Prepare the sauce by placing a saucepan over a low to medium heat, add the olive oil, onion and chopped tomatoes and sauté together until the onions are soft, this will take about 10 minutes.
6. Add the garlic and season well with salt, pepper, a pinch of sugar and fresh or dried oregano. Stir together and then set aside until you are ready to create your pizzas.

## To make the pizzas

7. Divide and then roll out the dough into either 8 medium or 12 small pizzas.
8. Place the 3-ply Stainless Steel frying pan over a medium heat and add a little vegetable oil to lightly coat the pan. Depending on the size of your pizzas, put 2-4 pizza bases into the pan to cook, ensuring they fit comfortably. Cook the dough for about 3-4 minutes until golden brown.
9. Turn the pizza bases in the pan and then spread the tomato sauce on top and drizzle a circle of olive oil over.
10. Top with mozzarella and olives and then continue to cook for further 5-7 minutes in the pan before serving.



## Sweet Potato & Smokey Pepper Gumbo

Gumbo is a soup popular in the U.S. state of Louisiana and is the official state cuisine. This dish relies on the smokey, deep, full-bodied flavours from a blend of spices that slowly soak into the sweet potato and stock throughout the cooking. Made colourful with the addition of a tricolour of peppers, this sharing dish is vibrant and punchy in its nature whilst also being comforting and wholesome.

**SERVES 4-6**

**PREPARATION TIME: 10 MINUTES**

**COOKING TIME: 45 MINUTES**

### Ingredients

1 tbsp smoked rapeseed oil	2 tbsp plain flour
1 large red onion, finely diced	1L vegetable stock, hot
2 large celery sticks, finely diced	550g sweet potato, peeled & chopped into large pieces
1 green pepper, roughly chopped	2 tbsp maple syrup
1 yellow pepper, roughly chopped	6 sprigs of thyme
1 jar roasted red peppers, drained & roughly chopped	2 bay leaves
1 tbsp dried mixed herbs	Sea salt & cracked black pepper
1 tbsp chipotle paste	<b>To serve</b>
1 tbsp smoked, sweet paprika	Small bunch of parsley, roughly chopped
1 tsp cayenne pepper	90g white or brown rice
3 garlic cloves, finely chopped	

### Method

1. Heat the oil in the Le Creuset 3-ply Stainless Steel 28cm sauteuse over a medium heat. Fry the finely diced onion and celery for 5 minutes until it starts to soften. Then add the chopped peppers and fry for a further minute.
2. Sprinkle in the mixed herbs before stirring through the chipotle paste, then add the paprika, cayenne pepper and garlic and fry for 2 minutes.
3. Stir in the flour, coating all the ingredients in the flour and spices whilst ensuring it does not stick to the bottom of the pan.
4. Pour in the hot stock and add the sweet potato chunks. Stir through the maple syrup combining all the ingredients before adding the thyme and bay leaves. Season with a little salt (depending on how salty your stock is) and plenty of cracked black pepper.
5. Allow the gumbo to gently simmer with the lid off to allow the gumbo to reduce, if the sauce is reducing too quickly, turn down the heat and place on the lid. Simmer over a low to medium heat for 45 minutes until the sweet potato is cooked through and the sauce has reduced becoming thick and glossy.
6. Season again as necessary before sprinkling the dish with freshly chopped parsley and serve with boiled rice.



3-ply Stainless Steel 28cm Sauteuse



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**CAST IRON**

	size	capacity	portion
<b>Signature Round Casserole</b>	20 cm	2.4L	2-3
	24 cm	4.2L	4-5
	28 cm	6.7L	6-8
<b>Signature Shallow Casserole</b>	26cm	2.2L	4
	30 cm	3.5L	4-6
<b>Signature Shallow Rectangular Grill</b>	30 cm		
<b>Signature Square Grillit®</b>	26cm		

**TOUGHENED NON-STICK**

<b>Sauté Pan with Glass Lid</b>	26 cm	4L
<b>Shallow Frying Pan</b>	24cm	
<b>Ribbed Square Grill</b>	28 cm	
<b>Paella Pan</b>	32 cm	
<b>Rectangular Roaster</b>	35cm	

**3-PLY STAINLESS STEEL**

<b>Sauteuse</b>	28 cm	5.7L
<b>Deep Casserole</b>	24 cm	6L
<b>Square Roaster</b>	26 cm	4.4L
<b>Non-stick Frying Pan</b>	28 cm	
	30 cm	



For the full Le Creuset Taste Adventure range go to [www.lecreuset.co.uk](http://www.lecreuset.co.uk)

CAST IRON  
 AVAILABLE IN MERINGUE, VOLCANIC, TEAL AND CERISE



**Signature Round Casserole**



**Signature Shallow Casserole**



**Signature Shallow Rectangular Grill**



**Signature Square Grillit®**

TOUGHENED NON-STICK



**Toughened Non-Stick Sauté Pan**



**Toughened Non-Stick Shallow Frying Pan**



**Toughened Non-Stick Ribbed Square Grill**



**Toughened Non-Stick Paella Pan**



**Toughened Non-Stick Rectangular Roaster**

3-PLY STAINLESS STEEL



**3-ply Stainless Steel Sauteuse**



**3-ply Stainless Steel Deep Casserole**



**3-ply Stainless Steel Square Roaster**



**3-ply Stainless Steel non-stick Frying Pan**