



Paris 2024

British Dressage Supporters Kit

There's something just so French about strolling along the street, sunglasses down, crêpe in hand. And not to mention they're totally athlete diet friendly...aren't they? Settle in and watch the dressage with our touch-of-paris Pete's Pancakes! Choose your topping, make it savoury or sweet depending on which team your taste buds are supporting!

Pete's Pancakes

- 100g plain flour
- 2 large eggs
- 300ml milk
- 1 tbsp sunflower or vegetable oil, plus a little extra for frying
- Your topping of choice (we think Pete would appreciate banana!)

Step 1

Place 100g plain flour, 2 large eggs, 300ml milk, 1tbsp sunflower or vegetable oil and a pinch of salt into a bowl and whisk to a smooth batter! Aim for single cream consistency.

Step 2

Set aside (halt, immobility) for 30 minutes to rest if you've got time to kill...or start cooking straight away!

Step 3

Heat a medium frying pan (or a très French crêpe pan) and wipe it over with some oiled kitchen paper. Use half a ladle of pancake batter and cook your pancakes for 1 minute on each side until golden.

Step 4

Keep them warm in a low oven until you're ready to serve with your favourite filling. Pete says banana (and a touch of chocolate spread for humans), works great!

Please note: Don't be tempted if you have a food allergy or special dietary requirement, always be safe. Recipe inspired by: <https://www.bbcgoodfood.com/recipes/zinky-blackberry-lemonade>



It's time to say cheers to a very inspiring lady. From the Pennines to Paris, Becky Moody is a darling of British Dressage and shows us all what can be achieved with hard work, dedication and of course, talent to boot. Whilst we daydream about following in the footsteps of an icon, let's raise a glass to home-grown success, Bomb and Becky, with the Moscow Moody mocktail!

The Moscow Moody mocktail

- Ginger beer (can replace with diet or low-sugar)
- Fresh mint leaves, just a handful
- Fresh limes
- Sugar or sweetener
- Your coolest mug
- Cubed or crushed ice

Step 1

Place the lime and sweetener/sugar into your coolest mug and muddle away until the juice is released from the lime.

Step 2

Rub the mint together in your hands and add it to your mug, lime and sugar. Give everything a gentle press together.

Step 3

Add plenty of crushed or cubed ice (cool, like Becky Moody) then add the ginger beer before stirring gently.

Step 4

Garnish your mug with mint and additional lime wheels, and raise a toast with Moody's moscow mocktail!

Please note: Don't be tempted if you have a food allergy or special dietary requirement, always be safe. Recipe inspired by: <https://mindfulmocktail.com/moscow-mule-mocktail/>



What's better than enjoying a chilled drink in the sun, before knocking it over in excitement because Charlotte Dujardin has scored a ten, you've cheered and your over enthusiastic spaniel has ran into the coffee table in equal joy. Well, we've ordered your drink for you! Here's our homage to the best of the best of the best, our golden boy, Valegro.

The Blueberry Spritz mocktail

- 2 lemons (quartered with pips removed)
- 130g blueberries
- Mint leaves, just a handful
- 50g icing sugar
- Lemonade or fizzy water

Step 1

Choose your most dressage glass going, it's got to be worthy of a spot on the podium.

Step 2

Pop the blueberries, lemon quarters, a few mint leaves, icing sugar and 200ml water into a food processor. Blitz well until the ingredients are finely chopped and juice-like.

Step 3

Use a fine sieve to strain to remove any pulp, then bottle and place in your fridge to chill until ready to drink.

Step 4

Grab your best glass and top up with equal measures of your mixer of choice, go for lemonade, fizzy water...or if you're over age treat yourself to a prosecco!

Please note: Don't be tempted if you have a food allergy or special dietary requirement, always be safe. Recipe inspired by: <https://www.bbcgoodfood.com/recipes/zingy-blackberry-lemonade>



What do World Champions do before they take to the arena? They eat pasta of course! We're well informed by Lottie Fry herself that the winning sauce is a deliciously smooth Alfredo...maybe Glammy would also choose a hint of garlic if he had the choice of an Italian main course! So here it is, Fry's favourite Alfredo Pasta - perfect for serving over lunch on Grand Prix Special Saturday.

Fry's favourite Alfredo Pasta

- 25g butter
- 2 garlic cloves
- 300ml double cream
- 1tsp Italian herbs
- 100g parmesan
- 1/2 small bunch parsley - chop finely
- 400g pasta

Step 1 - The Sauce

Set a pan over a medium to low heat and melt the butter. Add in the garlic and fry for 1 minute until soft but not brown. Next, stir in the cream and mixed herbs, and bring the cream to a gentle simmer - lower the temperature if needed. Add in the parmesan and keep stirring until melted. Finally sprinkle over the parsley and save a little for garnish.

Step 2 - The Pasta

Add the pasta to boiling water and follow instructions to cook to your ideal taste.

Step 3

Fold Fry's Alfredo sauce into the cooked pasta, add a little garnish to finish and serve up for a medal winning meal.

Please note: Don't be tempted if you have a food allergy or special dietary requirement, always be safe.
Recipe inspired by:
<https://www.bbcgoodfood.com/recipes/alfredo-sauce>



Paris 2024

British Dressage Supporters Kit

Picture it, you're stood on the podium, celebrating, maybe crying. You get passed your medal, you put the gold to your teeth...and crunch! It's delicious! It's time to get your hands on your own gold medal with our 'My Gold Medal Biscuits'. These are part of our mission to celebrate your own successes this summer - so share your dressage achievements with us, and your biscuit snaps too!

My Gold Medal Biscuits

- 150g plain flour, plus extra for dusting
- 100g butter, chilled and cubed
- 50g caster sugar, plus 1 tbsp for sprinkling
- Shimmer spray (gold) or gold glitter spray
- Circular cutters - whatever size you've got to hand
- Any extra decorations

Step 1

Heat your oven to 170C / 150C fan / gas 3. Place the flour, butter and sugar into a mixing bowl and use your hands to combine the ingredients until the mixture looks like breadcrumbs. Squeeze with your fingers until it comes together as a dough.

Step 2

On a lightly floured surface, roll out the dough to ½ cm thick. Next up, use your cutter to make medal shapes and place on a lined baking tray. Add any extra freehand medal inspired extras, if you want to get real fancy, and then top with a little extra remaining caster sugar.

Step 3

Chill the dough in the fridge for 20 mins, then bake for 15-20 mins until golden brown. Remove from the oven and leave to cool on the tray for 10 mins. Once cool, get stuck in with the gold spray!

Please note: Don't be tempted if you have a food allergy or special dietary requirement, always be safe. Recipe inspired by: <https://www.bbcgoodfood.com/recipes/shortbread-biscuits>