

# Stirritup

*stay &  
savour*

HOW TO CREATE  
UNFORGETTABLE  
STAYCATIONS

INTO  
*the wild*

A SPOTLIGHT ON  
KITCHEN GARDENERS



# Stir it up

# HAVE YOUR SAY

*Are we still creating a stir in your kitchen?*

Your time is precious, we want to ensure that when Stir it up lands in your kitchen that the content is as relevant and useful as possible to you regardless of whether you are a hospitality, education or care sector caterer.

As a result, each year we conduct a Readers Survey to find out exactly what support, advice and inspiration you need to successfully operate in your sector. We then utilise this information to plan our editorial focuses, adapt current articles and create new features. Over the past few years we have introduced several new features based on the feedback received via the survey. You told us you wanted cost saving tips, ideas to improve staff retention, more food trend inspiration as well as information around sustainability including how to grow your own produce. As a result we introduced the new Into the Wild, Make Ends Meet, Heads Up and Fresh from the Kitchen features.

We also utilise many of your suggestions for topics you'd like to see covered in our Advice from the Experts, Melting Pot and Category Focus features when creating our editorial calendar for the year – and we welcome you to do the same again this year. So, your thoughts and ideas really do help shape the future of the magazine!

With this in mind, please could you spare five minutes to fill out our questionnaire which you can easily access by scanning the below QR code with your smart phone. If you would prefer to enter the link into your internet browser search bar the link is

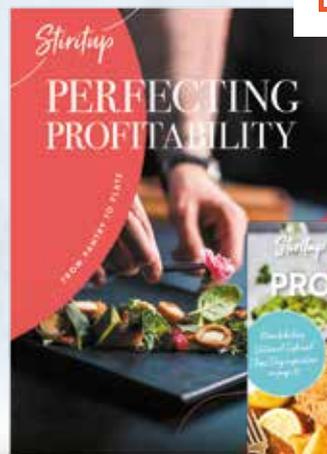
<https://www.surveymonkey.co.uk/r/SIUSurvey24>



*Last year you told us...*

**“IT’S A GOOD MAGAZINE... WE GET A FEW THROUGH AND SOME DON’T MAKE THE READING PILE HOWEVER PLEASED TO SAY STIR IT UP DOES!”**

**“IT IS A VALUABLE PIECE OF KIT WITH LOTS OF INFORMATION AT YOUR FINGERTIPS.”**



All completed questionnaires will be entered into a prize draw to win up to £300 to spend with your local Country Range Group wholesaler.

**1st Prize £300**  
**2nd Prize £200**  
**3rd Prize £100**

←  
**\* win**



# Ingredients

**You really can help to shape the content of this magazine, which is created specifically for you as a caterer working in the foodservice industry.**

In previous years you told us how you wanted to hear from other chefs and caterers about growing your own produce, foraging for ingredients and developing kitchen gardens. As a result we introduced the Into the Wild feature that has been a fan favourite ever since.

Please let us know what other things you would like to see within the content by answering our annual Readers Survey or alternatively contact us at [editor@stiritupmagazine.co.uk](mailto:editor@stiritupmagazine.co.uk)

*The Stir it up team*

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### Front Cover

By The Picture Pantry

As part of our environmental policy this magazine is printed using vegetable oil based ink and is produced to high environmental standards, including ISO14001 and FSC® certification. It is also fully carbon balanced.

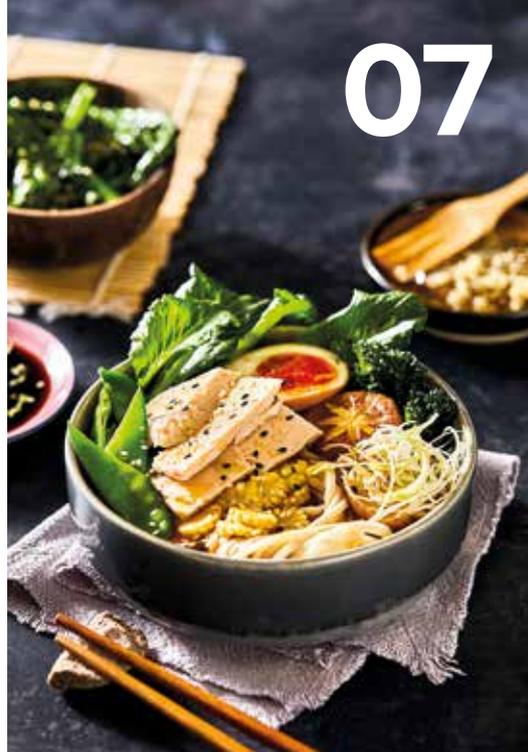


### OUR EDITORIAL PARTNERS...



### ALLERGEN REFERENCES

**VG** - Vegan **V** - Vegetarian



# Readers' lives

**NAME:** Judith Lees.

**BORN AND RAISED:** Ramsbottom.

**JOB TITLE:** Joint managing director at Park Farm Tearooms.

**PLACE OF WORK:** Park Farm, Walmersley, Bury.

**HOW LONG HAVE YOU WORKED IN THE CATERING INDUSTRY?** 44 years.

**PASSIONS OUTSIDE OF THE KITCHEN?** Skiing & Ballroom dancing.

**BIG TARGET FOR 2024?** We opened in 1991 - our aim, as every year, is to grow the business.

**WHAT IS YOUR FAVOURITE CUISINE TO EAT?** Good British cooking.

**WHICH CHEF DO YOU RESPECT THE MOST AND WHY?** Mary Berry - good traditional fayre.

**WHAT'S THE BEST ADVICE YOU WERE EVER GIVEN AND BY WHOM?** By my dad, if opportunity doesn't knock, build yourself a door!!

**WHAT IS YOUR MUST-HAVE KITCHEN GADGET?** Mixer.

**WHAT'S YOUR TIP TO CUT WASTAGE IN THE KITCHEN?** Always keep on top of your stock control, not under or over ordering.

**WHAT IS YOUR FAVOURITE COUNTRY RANGE PRODUCT AND WHY?** Vegetable Bouillon, makes great soups.

**WHAT TRENDS DO YOU SEE TAKING OVER IN 2024?** Hopefully a continued trend for good old-fashioned cooking!!

**WHAT INGREDIENTS DO YOU MOST LOOK FORWARD TO WORKING WITH IN THE SPRING AND SUMMER?** Seasonal vegetables and fruits.

**WHAT'S YOUR FAVOURITE DISH TO COOK?** Pea and ham soup with dumplings.

Country Range  
Vegetable Bouillon Paste  
Pack size: 1kg



# Fresh FROM THE KITCHEN

The vibrant cuisines of Southeast Asia are making waves on the global scene. We delve into this diverse melting pot to highlight the key regions that are set to trend in 2024. While all of these cuisines are unique, they share common draws including noodles aplenty, both dry and in soups, plus vibrant, flavour-packed plant-centric dishes.

**VIETNAM** – Vietnamese cuisine is gaining popularity and offers a great number of flavours and formats, from steaming-hot bowls of aromatic noodle soup and rich creamy curries to fresh and vibrant salads and grilled meats. Nuoc Mam (fish sauce) is a staple ingredient of Vietnamese cuisine, appearing in most marinades, cooking sauces and condiments.

**INDONESIA** – Often going by the name of “fire islands” or “spice islands”, Indonesian cuisine is full of big flavours, rich ingredients and many familiar Asian formats. Spicy sambal, intense and sweet kecap manis and fermented shrimp paste join plenty of aromatics such as lemongrass, galangal and ginger, giving a bold, spicy and sweet cuisine full of flavours that appeal to many.

**MALAYSIA** – Rice and noodles sit at the heart of Malaysian cuisine, with spicy curries, grilled meats and fried flatbreads. Nasi lemak is generally considered to be the national dish of Malaysia. Primarily a breakfast dish, it can be enjoyed throughout all day parts and consists of rice cooked in an aromatic coconut broth, often flavoured with pandan leaves. Accompaniments such as sambal, nuts, vegetables, egg or meat elevate the dish from a snack to a larger meal.

**PHILIPPINES** – This is the region that is emerging as the new ‘it’ cuisine, thanks to ingredients and dishes like ube, banana ketchup, pandesal (bread rolls), adobo (meat cooked in vinegar and spices), lechon (roasted pork) and halo halo (dessert with layers of shaved ice, condensed milk and customisable extras like jellies, flan, ice cream and fruit).



Nasi lemak

the food people.  
inform | inspire | realise potential

**NEW**



**AVAILABLE  
HERE**

**GET TANGO'D**

# Cooks CALENDAR



## April

### 4TH APRIL – RAMEN NOODLE DAY

Turkey has been used in this ramen recipe from Country Range, but you can use any protein, making it a versatile menu option.

### 7TH APRIL – WORLD HEALTH DAY

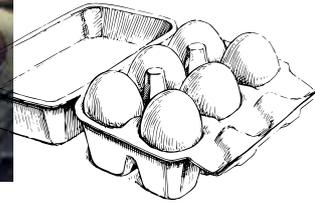
As we move into salad season, try this healthy vegan Sri Lankan Three Bean Salad recipe from Country Range.

### 11TH APRIL – CHEESE FONDUE DAY

This retro classic has definitely made a comeback recently and what's not to love about delightfully gooey cheese? Try this recipe from Country Range.

### 16TH APRIL – EGGS BENEDICT DAY

Add Opies Pickled Walnuts to your Eggs Benedict with this decadent brunch recipe.



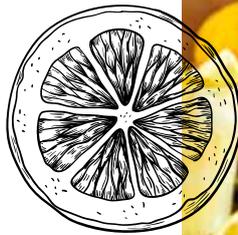
The full recipes can be found at [www.stirupmagazine.co.uk](http://www.stirupmagazine.co.uk)



## May

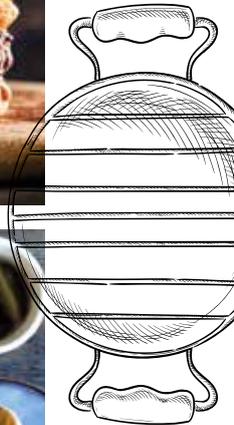
### 5TH MAY – NATIONAL LEMONADE DAY

There is nothing more refreshing than an ice cold glass of lemonade on a warm day. Try making your own with this Country Range recipe.



### 11TH MAY – EAT WHAT YOU WANT DAY

What would you eat if all the rules went out of the window? How about this fully loaded burger from Country Range?

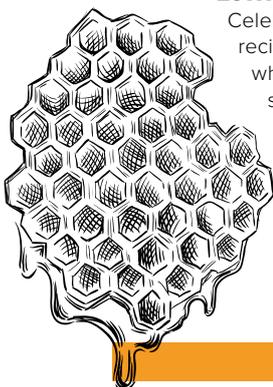


### 20TH MAY – WORLD BEE DAY

Celebrate bees with this Baklava recipe from Country Range which is dripping in deliciously sticky honey.

### 27TH MAY TO 2ND JUNE – NATIONAL BBQ WEEK

Try this Chicken Shawarma recipe from Opies to add a street food vibe to your BBQ menu.



**NESCAFÉ**



## PROVIDE YOUR GUESTS WITH THE NATION'S FAVOURITE COFFEE\*

Convenient and individually sealed: great for guest rooms,  
dining and hospitality areas, as well as staff rooms.



GOOD PEOPLE DESERVE **GOOD COFFEE**

- 100% responsibly sourced coffee across NESCAFÉ Azera, NESCAFÉ Gold Blend and NESCAFÉ Original coffee™ sachets.
- Consistently high quality, 100% pure and roasted to perfection, with a choice to suit every taste.



# COPPI: BELFAST'S ITALIAN TOUR DE FORCE

Belfast, Northern Ireland

**Since arriving in Belfast in 2012, Coppi has single handedly turned the city's expectations of quality Italian food on its head. Pioneering the cichetti – the Venetian style of small plated tapas - Coppi takes its name from the famous cyclist - Angelo Fausto Coppi.**

With a contemporary design merging New York-style subway tiles, aged wood and moody lighting, the bustling city eatery has become an integral part of Belfast Cathedral's cultural hub in St Anne's Square and the city's food scene. As with the restaurant's namesake, the business is not one to stand still. Stephen Ferris is the operation's Executive Chef, and there are big plans to grow revenue streams and develop the brand in 2024.

Brought up on a council estate in Lisburn, it was imperative for his family that Stephen could start earning as soon as he was old enough. Following school, Stephen didn't waste any time getting a job at a local café where his kitchen odyssey began making pasta dishes, lasagne, and tray bakes.

**“We source locally wherever possible, but every great kitchen needs a great store cupboard and Country Range is a crucial part of ours.”**

From there he moved to a busy bar and grill in the city, while completing his level 2 & 3 in Hospitality & Catering at Southeast Regional College.

“I was lucky that a few chefs saw something in me and encouraged me to go to college and get my qualifications,” says Stephen. “I actually completed the three-year course in two years, so the principal wrote me an incredible reference that really helped to open doors.”

After completing his college course at the age of 18, Stephen spent the next six years learning from some of the best chefs in Northern Ireland including Jim Mullholland at the Ballyrobin Country Lodge, John Paul Leake and Patrick Leonard at The Merchant Hotel and Gordon McGladdery at The Fitzwilliam.

Stephen joined Coppi 6 years ago as Head Chef. “On joining Coppi, it

was quite daunting to be honest. I had plenty of experience of top-quality restaurants and kitchens, which were generally French influenced, but I had never specialised in Italian before. I also went from working in a kitchen with one chef to having 17 chefs underneath me. Thankfully the Executive Chef at the time, Jonny Phillips, was amazing. He's a director at Coppi now but he took me under his wing, and I quickly fell in love with the company, the mantra, the close-knit team, and the food.”

“We make everything from scratch each day, we source locally and the cichetti's sharing ethos, drinks menu and restaurant design means it's always a buzzing place to work. We source locally wherever possible, but every great kitchen needs a great store cupboard and Country Range is a crucial part of ours. The selection of nuts are top quality and fantastic value for money, as are the seasonings and spices.”

“The business also appreciates people and invests in them, meaning we have a brilliant team that's more like a big family. Thanks



**Above (left to right)**  
Coppi Chef Stephen Ferris

Coppi cichetti breads,  
tapenade, olives and  
Duck Arancini

to these foundations and the fantastic reputation we have generated in the last decade, I'm very excited about 2024. With it being my first year as Executive Chef, I have some big plans to grow the Coppi brand and drive some additional revenue streams. Launching some of our own branded Coppi products such as dried pasta is just one of many ideas to keep an eye out for.”

# Latest new salad 2024



Salad with black rice, avocado, azuki beans, edamame beans and chimichurri dressing.



Greens Cuisin'easy offers a range of 8 cold salads, ready-to-eat and with a culinary finish. These salads are so user-friendly, anyone can prepare them!

-  **Fresh frozen:** the alternative to fresh salads
-  **Premium:** lifts your menu to a higher dimension
-  **Simple preparation:** just thaw
-  **Sustainable:** no waste
-  **Time-saving:** all products are "ready-to-serve"



Bella Ciao



Indian Summer



Spartacus



Nordic Soul



Sultan of Swing



Sunny Vibes

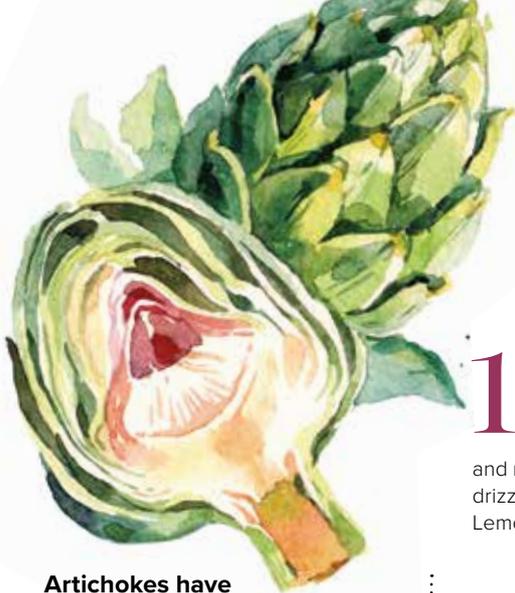


Green Valley



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# IN SEASON: Artichokes



**Artichokes have 2 peak seasons: March to June, and again from September to October. The globe artichoke is considered to be the 'true' artichoke and is no relation to the tuber-like Jerusalem artichoke. The tender ends of the leaves and the base (or 'heart') of the bud are both edible, but the outside leaves, the central choke and its surrounding leaves aren't.**

Artichoke hearts are also available bottled in oil and can be served as part of an Italian antipasti course. Canned artichokes can be used for convenience as they are pre-cooked and easy to slice.

## WASTE NOT, WANT NOT

You can preserve artichokes in oil, making them a handy ingredient for a range of dishes. Otherwise, use leftover artichoke or scraps to make an artichoke hummus or mayonnaise, or simply add to salads or pasta dishes for added flavour and texture.

For recipes visit:  
 Visit <https://www.cannedfood.co.uk/> for the complete quiche recipe.  
 Visit <https://seggiano.com/> for the complete dip recipe.  
 Visit <https://www.cannedfood.co.uk/> for the complete fried artichoke recipe.

## 1/ PIZZA TOPPINGS

Top a pizza base with a blend of sautéed artichokes, spinach, garlic and ricotta. Finish with mozzarella and a drizzle of olive oil, says Ally Moisse from Pearl Lemon Group.



## 2/ CROWNED ARTICHOKE CHORIZO QUICHE

Artichokes can also be used as a quiche filling, as demonstrated by chef Theo Michaels, the Canned Food UK ambassador, using canned artichokes and chorizo. Lightly whisk eggs, milk, grated cheese and seasoning and then pour in the cooked onions and chorizo and artichoke mixture. Filo pastry is used for the quiche case and a few strips of baby vine tomatoes as garnish.

## 3/ CHEESY ARTICHOKE DIP

Bettinas Kitchen use a jar of roasted artichoke hearts in olive oil for a dip to serve with a baguette. Finely chopped artichokes are added to a mixing bowl with shallots, garlic and spring greens before being cooked under the grill with cheese.



## 4/ ITALIAN FRIED ARTICHOKE

Billy Wright and Jack Layer, former Masterchef finalists and influencers combine crispy artichokes with a fresh broad bean and yoghurt dressing. After draining and patting dry the canned artichokes on kitchen roll, they are fried for about five minutes until crisp and golden.

## 5/ ARTICHOKE ICE CREAM

Ally Moisse, Pearl Lemon Group suggests infusing cream with artichoke hearts, then mixing with a traditional custard base and churning to make ice cream. Serve with a drizzle of honey. Balance the subtle flavour of artichokes with a sweet component like honey or caramel in desserts.



## Also In Season



Purple sprouting broccoli



Rhubarb



Spring lamb



Radicchio



Pomegranate



# A spotlight on kitchen garden



**For some hospitality and catering businesses, growing produce has been part of their culture and business model since day one but for many others, it's a fairly new concept. The drive for sustainability plus the recent pandemic and economic challenges have pushed chefs to be creative and challenge the status quo.**

For those looking to improve flavour and retain absolute control over certain ingredients, while reducing wastage, keeping costs down and negating supply issues, a kitchen garden, veg patch or even large growing pot can reap rewards.

But don't take our word for it, here's a selection of inspiring green fingered chefs on why to grow, what to grow and how to grow this summer.



*Cal Byerley*  
**RESTAURANT PINE,  
NORTHUMBERLAND**

## HOW LONG HAVE YOU BEEN GROWING?

We have been growing about 10 years and our generous tasting menu showcases ingredients foraged from the Northumberland countryside or grown within our onsite kitchen garden.

## WHAT DO YOU GROW?

A wide variety of fruits, herbs, vegetables and mushrooms. We also have our own apiaries, home to our colonies of native black honeybees.

## WHAT SHOULD ALL CHEFS GROW IN 2024?

Oxalis. Most chefs know wood sorrel which is part of the oxalis family, but oxalis comes in many different types. It's great in salads or to garnish any dish giving a zingy lemon freshness. My favourite varieties are sunset velvet and small burgundy. A lot of people don't realise you can actually harvest the tubers known as oca

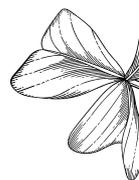
and use them as well. They are like a lemony potato, which are great pickled or cooked just like a potato. They are essentially a very small yam. If you don't harvest them, you can expect even more oxalis plants the following year, but I like to harvest them all and re-plant, so they do not grow too cramped together.

## ANY TIPS FOR GROWING SUCCESS?

Oxalis can grow in-or-outdoors but for producing flowers which have the same amazing flavour they prefer a warm greenhouse. Hanging baskets are great but I find a greater oca yield when grown in beds in greater numbers.

## WHAT'S YOUR FAVOURITE WAY TO USE THE PRODUCE?

Freshly picked straight onto a dish. There are much larger varieties of sorrel you can cook with, but oxalis is simplistic and beautiful in its own form.



ers



*Tom Tsappis*  
**KILLIECRANKIE HOUSE, SCOTLAND**



**WHAT DO YOU GROW?**

Many varieties of carrots, brassicas, onions, tomatoes, cucumbers, courgettes, herbs (thyme, mint, basil etc.), and some unusual things such as Jerusalem artichoke, sunflowers, liquorice and anise hyssop. Our menu has a nod to Japan, so we have Japanese vegetables such as kabocha pumpkin, daikon radish, wasabi and miyoga negi onion. As the local area is famous for berries - we also have gooseberries, blackcurrants, red and golden raspberries, strawberries, blueberries, redcurrants and white currants. Finally, flowers are important to us, so we have chamomile, cornflowers, violas, roses, marigolds, tagetes and nasturtiums.

**WHAT SHOULD ALL CHEFS GROW IN 2024?**

Kabocha pumpkin - in the west we don't treat pumpkin as the versatile ingredient that it is. Kabocha is suited to growing in the UK climate, plus it has a lovely sweetness and bright orange colour. Give it plenty of space as it spreads, and don't plant it next to many other things as it will take over.

**WHAT'S YOUR FAVOURITE WAY TO USE THE PRODUCE?**

We use it in both sweet and savoury ways - tempura, as filling for pasta, or even as ice cream.



*Joe McCullough*  
**HEAD CHEF, PREMIER LEAGUE, LONDON**



**WHAT DO YOU GROW?**

I started growing plants over 14 years ago, when I challenged myself to see if I could grow a pepper plant from the seed of a supermarket bought pepper. When the seed began to germinate and grew into a plant, that was it! I had caught the gardening bug. In my garden I now grow several rare and unusual fruit trees, such as persimmon, pineapple, guava, jujube (Chinese date), different varieties of figs and many more. You will be amazed what can grow over here.

**WHAT TO GROW IN 2024?**

One of my favourite vegetables to grow during spring and summer is sweetcorn. Wait until early to mid-April when the last frost has passed before planting outside. That way the young tender plants won't be damaged by the cold weather. By August and September you'll have deliciously sweet and succulent corn ready for harvest. My favourite way to cook homegrown sweetcorn, is to simply boil in slightly salted water. Once cooked, I add a knob of butter and a little black pepper. Simple but delicious.

We don't have the capacity to grow on a big scale but by growing interesting smaller crops, we can create certain dishes around them for certain periods of time.



**Right (top to bottom)**  
Cauliflower  
Chrysanthemum and red mustard cress  
Our Farm, Simon Rogan



*Scott Goss*  
**I'LL BE MOTHER, KENT**

#### WHAT DO YOU GROW?

We have a small plot where we will grow a wide range of herbs plus a selection of other fruit and vegetables like artichoke, rhubarb, raspberries, apples, figs and pears, which are all utilised on our menus. We don't have the capacity to grow on a big scale but by growing interesting smaller crops, we can create certain dishes around them for certain periods of time.

#### WHAT TO GROW IN 2024?

If you're not already growing, start small and make 2024 the year when you create the ultimate herb garden. Look at a few different herb varieties – they can be crucial in adding freshness, flavour and aroma to dishes. Lovage is a great, very underused herb and one I would recommend every chef grows.



*Gelf Alderson*  
**RIVER COTTAGE, DORSET**

#### WHAT DO YOU GROW?

I think it's probably been at least 20 years of growing where we have tried our hand at all sorts as we're lucky to have a few acres of growing space. We mainly concentrate on UK heritage varieties. Growing your own gives you the unique opportunity to use vegetables as soon as they're picked. They're so much sweeter and more tender.

#### WHAT TO GROW IN 2024?

Grow things that deteriorate quickly once picked so you can use them as close to pick as possible. Beetroots, any brassicas and fruit are the ones where you'll notice the most difference. When growing anything, soil care is key. Ensure you have lots of organic compost between sowings and always rotate what you plant and where to get the best yields.



*Liam Fitzpatrick*  
**HEAD FARM CHEF, OUR FARM BY SIMON ROGAN**

#### WHAT DO YOU GROW?

I've been involved in the growing process since I started working for the company in 2014. One of the main reasons I started working for Simon was to learn more and focus on the growing aspect of cooking. I've learnt so much from Our Farm Manager, John Rowland, gaining an even more in-depth understanding of the needs of plants, herbs, and trees, and the importance of soil health, biodiversity, and the finely balanced ecosystem that exists at Our Farm.

We grow produce solely for the use of our restaurants, including three Michelin-starred L'Enclume, one Michelin-starred Rogan & Co, Henrock, our chef's tables Aulis London and Cartmel, Home by Simon Rogan, our restaurant meal kit delivery service, and our online shop. We grow seasonal fruits and vegetables using bio-intensive, regenerative and biodynamic practices as much as possible. By growing in this way, we rely heavily on short growing windows to produce enough for the restaurants and to sustain us through the year. This is where another important part of my job comes into play, preserving, using various techniques and methods to ensure we have produce that we can use all year round.

#### WHAT SHOULD ALL CHEFS GROW IN 2024?

If I were going to recommend anything to grow this year, it would be tomatoes. There's simply no other flavour that compares to that of a fresh tomato, especially one that you've grown yourself. It's as if they are different species altogether compared to the ones available in supermarkets in the UK. There are hundreds of varieties to choose from, each iteration favouring different growing conditions. Part of the fun is finding out which variety suits your part of the world. It also gives you the opportunity to use tomatoes at different levels of ripeness, as each provides unique and individual flavour profiles depending on how they've been grown and cared for.

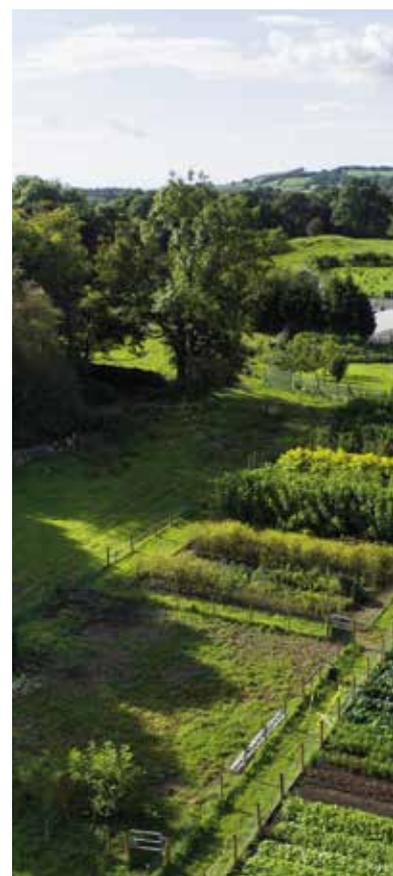
#### ANY TIPS FOR GROWING SUCCESS?

My main tip for growing tomatoes is not to overwater the young plants before they're transplanted, and once planted, keep watering and feeding regularly. Tomatoes like to be fed and watered on the same day every week. This helps to prevent putting the plants under any unnecessary stress, which can cause the fruit to split.

Another tip would be to look at companion planting. We use this to great effect on the farm. We interplant our tomato plants with basil and French Marigolds. These two plants attract pests such as aphids, helping to keep them away from our prized tomatoes but these plants also produce a useable crop, so it's a win, win.

#### WHAT'S YOUR FAVOURITE WAY TO USE THE PRODUCE?

The way I like to enjoy fresh tomatoes the most is just simply dressing them with some cold-pressed rapeseed oil, sea salt and freshly torn basil. The flavour of the tomato speaks for itself. Once you've tried the fruits of your labour, I guarantee you'll never buy a supermarket tomato again!





*Sam Idoine*

**ROOTS + SEEDS  
KITCHEN GARDEN,  
GLOUCESTERSHIRE**

**WHAT DO YOU GROW?**

Ours is an all-day farm-to-fork café restaurant using home-grown produce harvested daily from its on-site 1/4-acre kitchen garden. Since opening last Easter, the garden has provided the kitchen with a ready supply of freshly picked produce at its absolute prime.

**WHAT TO GROW IN 2024?**

Beetroot is one of the most versatile, useful and easy vegetables you can grow. We use it for roasting, steaming, sautéing, pickling or adding to soups, salads, slaws, smoothies and bakes - almost year-round. In the kitchen garden, we grow traditional purple beetroot and also the candy stripe varieties. I particularly love these as they look very pretty sliced thinly to use as a garnish or as part of a salad. You can also use beet leaves and stalks. Delicious and nutritious, either sautéed as a side dish, added to soups or sliced finely and used in salads.

**ANY TIPS FOR GROWING SUCCESS?**

It's worth sowing every couple of weeks to give you a good steady supply over summer and autumn. You can plant beetroot seeds in good, well-drained soil with plenty of added compost before the first winter frosts for early spring harvesting and then plant more seeds from mid-April in full sun or part shade. They like to be well-watered, but not over-watered or they may rot in the soil. Beetroot can also be grown in large pots. Harvest when the size of golf balls after seven or eight weeks from sowing or leave to grow to full size and harvest 3-4 months after sowing.

**WHAT'S YOUR FAVOURITE WAY TO USE THE PRODUCE?**

Beets go really well with goat's cheese and nuts such as walnuts, pistachios or pecans. I like to roast a mix of heritage varieties for colour and texture and serve with thin slices of raw candy stripe beetroot, baby beet leaves, whipped fresh goat's cheese, candied pecans, a drizzle of local honey and a balsamic dressing.



# Spring time TREATS

Every chef has a little extra spring in their step in April as a glorious assortment of new seasonal ingredients alongside some warmer weather helps to transform menus and the dining experience for guests.

So, as the season for socialising really takes off, we're delighted to roll out a new tantalisingly tasty trio of sweets this spring including our first ever Signature dessert.

Created with the latest consumer trends in mind, the new desserts are available immediately and all offer a slice of the sublime for summer. The new threesome just needs to be thawed overnight before serving and includes:

## **SIGNATURE BY COUNTRY RANGE CHOCOLATE AND MARMALADE MARBLE CAKE**

**Pack size: 1 x 16 Pre-portioned**

Two layers of chocolate and orange hand swirled marbled sponge, filled with Seville orange marmalade and an orange cream, finished with Belgian chocolate buttercream and decorated with chocolate orange segments.

## **COUNTRY RANGE SOUR CHERRY MERINGUE PIE**

**Pack size: 1 x 14 Pre-portioned**

Following hot on the heels of our Cherry Pie that launched last year and saw incredible demand, this next cherry spectacle showcases crisp sweet pastry that is filled with a sour cherry fruit filling before being topped with a crisp yet fluffy meringue.

## **COUNTRY RANGE TROPICAL CHEESECAKE**

**Pack size: 1 x 14 Pre-portioned**

We've continuously raised the cheesecake bar these past few years and 2024 will be no different with the launch of this new truly tropical cheesecake. A coconut digestive biscuit base is topped with white chocolate enriched cheesecake filling before being loaded with a luscious layer of pineapple compote.



**NEW**

## **COUNTRY RANGE EXTEND COOKIE PUCK COLLECTION**

Our trio of Country Range Cookie Pucks have been one of our most successful launches since they rolled out in the summer of 2022 so we're ecstatic to further enhance the collection with two amazing new varieties available this spring.

Delivering high calibre cookies each and every time, the Country Range Cookie Puck collection provides a simple, fast, easy and delicious way for caterers and chefs to offer freshly baked seasonal cookies, straight from the oven.

Providing that unbeatable fresh cookie smell and taste, the dough can also be used as an ingredient in wide range of dazzling desserts. Try the dough in its raw form with ice cream, make your own cookie butter, use as a crumble for toppings or even for ice cream sandwiches this summer.

**NEW**

*Sour Cherry  
Meringue Pie*

*Signature  
Chocolate &  
Marmalade  
Marble Cake*

*Tropical Cheesecake*



24<sup>TH</sup> APRIL

## Stop Food Waste Day

Huge progress has been made by chefs up and down the country when it comes to reducing food waste. Whether it's utilising scraps for stocks, making new dishes with leftovers, freezing, pickling or fermenting, reducing food waste isn't just good for the environment but it is good for the bottom line too.

With Asian flavours and Korean food seeing strong interest from chefs these past few years and gut health now very much on everyone's radar, try this glorious gut-boosting, waste-reducing and dish-enhancing Kimchi recipe.



Kimchi

16<sup>TH</sup> APRIL

## Day of the Mushroom

The first forage-able mushrooms of the year such as the St George's mushroom will start to show their faces this month and with the Day of the Mushroom celebrated on the 16th - to steal an advertising slogan – it's time to make room for the mushroom this April!

There are so many different varieties. You can grill, fry, stuff, bake or dehydrate them and they can be used in everything from stews, breakfasts, soups, sauces, pastas, risottos, salads, toppings, teas and even desserts. For a mesmerising mushroom masterpiece, why not whizz up this Mushroom, Butternut Squash and Spring Onion Korma using our Korma Curry Sauce.

Mushroom,  
Butternut Squash  
& Spring Onion  
Korma



Speculaas Spiced  
Cookie Milkshake



Rum and Raisin  
Cheesecake with  
Oat, Lemon and  
Raisin Cookie Base

The two new variations include:

### COUNTRY RANGE OAT, LEMON & RAISIN COOKIE PUCKS

Pack size: 90 x 50g Pucks

Rollled oats, Sicilian lemon oil and chewy raisins make this on-trend puck perfect for a slightly healthier and chocolate free delight.

### COUNTRY RANGE SPECULAAS SPICED COOKIE PUCKS

Pack size: 90 x 50g Pucks

Traditionally made and enjoyed in the Flanders region of Belgium, Speculaas are a spiced biscuit that have long been a favourite seasonal treat across Europe. Made with a spice mix combining cinnamon, ginger, cloves and nutmeg to name a few, the new Speculaas Spiced Cookie Pucks are perfect alongside hot drinks.

Chocolate  
Dipped Oat,  
Lemon and  
Raisin Cookie  
Chunks

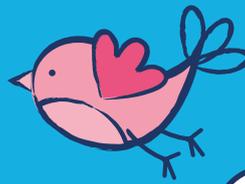


Speculaas  
Spiced Cookie  
Butter

Scan here to  
see all of the  
recipes featured  
on this page



Come and join



# Angel Delight

Gluten  
Free

the family

# Angel Delight

# mousse



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No artificial colours  
No added preservatives



# INSPIRING CHEFS *of the future*

The Table Talk Foundation, a charity which aims to improve food education in schools is inspiring the next generation of chefs to support the hospitality industry. Since its formation in 2021, the Sussex-based charity has worked in partnership with Adopt A School Trust, the Royal Academy of Culinary Arts' charity arm, which brings chefs into schools to help children develop healthy eating habits.

Dan Wade, co-founder of Table Talk Foundation, a former chef, says, "According to research, many children don't know that milk comes from a cow! I was horrified by this. There's such a big disconnect between where food comes from and what goes into our mouths."

Chefs from Table Talk Foundation provide four different sessions for schoolchildren aged 9 to 11 in Years 5 and 6, starting with a 'taste sensory session' teaching kids about different flavours. In the bread-making session, children take home the dough to prove at home and cook. The knife skills session shows children how to use plastic knives safely, and in the "front of house" session, the assembly hall is marked up as a restaurant with half the class as customers and half as waiters. "We teach them

how to serve people and basics such as using cutlery," says Dan. "The sessions feed into Key Stage 2 – for example in bread-making we talk about maths and science – dividing 500g of flour by two and about how yeast works and different types of bread."

In addition, schoolchildren spend a day at the charity's training kitchen at Plumpton College, Sussex. Children can explore the farm and dairy and see where their food comes from. "It's a farm to fork experience," says Dan. "We show them a dairy, fetch some milk and use it to make butter which is put on the bread we made this morning."

At present, the charity works with 40 primary schools and holiday clubs in Sussex. High profile chef James Golding, who joined from The Pig Group, is head of food

education and oversees the education programme. Currently, there is one full time chef and four part-time chefs who carry out the school teaching sessions.

James says, "I've seen a decline in young people coming into the industry. I believe education is the only way to inspire and create passion. As a father of three children, I've realised the lack of food education within schools and have decided that this needs to be changed so kids make better food choices and understand the amazing careers available in the hospitality industry."

The sessions are free for the schools. Dan says, "Everything I learnt in hospitality has helped me to be successful. I also run the Table Talk Business Club, a not-for-profit organisation, which underpins the charity. Members sponsor the school sessions and raise funds. I don't want money to be a barrier to education. Businesses can sponsor a school near their office where their

"I've seen a decline in young people coming into the industry. I believe education is the only way to inspire and create passion."

#### Left

Children learning about bread making

#### Below

A taste sensory session

kids go to school and in return, we invite them to watch the sessions."

Dan and James are devising a programme for secondary schools, working with colleges to train a younger generation of chefs using a more modern approach. "We want to build a 'pathway' – working in primary and secondary schools and colleges and then help students forge careers in hospitality. We can help create the superstar chefs of tomorrow," says Dan. "I want to establish the concept in Sussex first and then it could be replicated in other counties."

For more information scan this QR Code or visit [www.tabletalk-foundation.com](http://www.tabletalk-foundation.com)



# NESTLÉ BRANDED DESSERT INGREDIENTS

**Nestlé**  
PROFESSIONAL  
BRANDED DESSERT  
INGREDIENTS

Nestlé Professional can help deliver excitement and innovation through quality dessert solutions for menus. Our sauces, spreads and mix ins can be used in a variety of dessert applications.



MILKYBAR® MIX-IN  
400g



KITKAT® MIX-IN  
400g



ROLO® MINI  
MIX-IN 400g



SMARTIES® MINI  
MIX-IN 500g





# Talking mats

## HELPING RESIDENTS WITH COMMUNICATION DIFFICULTIES

**Some care home residents may find it difficult to communicate their needs and preferences at mealtimes because of language impairments, speech disorders or language differences. Others may be hard of hearing or have vision loss which can prevent them communicating effectively. Residents with dementia may experience difficulties in memory, comprehension and expression which can lead to misunderstandings.**

Amanda Woodvine, chief executive of charity Vegetarian For Life, which aims to improve the quality of life for older vegetarians and vegans, gave a presentation at the National Association of Care Caterers (NACC) training forum on how to improve the eating and drinking experiences of residents

with communication difficulties. She highlighted how the Talking Mats system can help individuals communicate their likes and dislikes within a dining environment, including specific foods or mealtime routines. "This information can be valuable for catering staff to tailor the dining experience to individual preferences," adds Amanda.

A 'Talking Mat' typically consists of a physical mat divided into sections or categories, using symbols or images to represent different topics or aspects of a conversation - digital versions are also available. The mat is accompanied by a set of corresponding symbols on cards or images that can be placed on the mat to guide and structure the discussion.

Amanda explains, "In a dining situation, it can be used to enhance communication and decision-making. The mat can

include symbols representing different aspects of dining. By using the mat and associated cards, individuals can point to or place cards in

accordance with their preferences. This provides a structured and visual way to participate in the dining process."

Vegetarian for Life have recently introduced a new 'Talking Mats' resource. The charity had been hearing about some vegetarians with dementia who were asking for meat. Amanda says, "It seemed unlikely to us that people who had chosen to be vegan or vegetarian because of their beliefs would suddenly reconsider these views. Staff and families were facing a dilemma and we thought Talking Mats would be a great tool to explore food preferences and perhaps help to find out if a person was genuinely asking for meat. It's important that if a

resident develops cognitive impairment such as dementia, they will still be offered a choice of meals, drinks and snacks that uphold their beliefs."

The new Talking Mats resource, available from the charity, comprises four sets of symbols designed to allow people to express their food preferences. Amanda says, "Meat and fish options are included to help get a reliable picture of a person's beliefs." Some of the cards cover general subjects, while others are more specifically vegetarian or vegan focused and include celebrations and events.

"Vegetarians and vegans will want to enjoy these too, but may feel excluded if offered a salad while others eat burgers. People adopt vegetarian or vegan diets

for different reasons and these topics address the reasons behind this choice and consider the wider lifestyle implications, not just diet," says Amanda.

For care homes interested in introducing the Talking Mats system, Amanda recommends foundation training, either face to face or online to learn how to effectively use the approach and support people with communication difficulties.

**For your chance to win a Talking Mat go to Country Club on page 47**

# A PROPER PAIRING



**No. 1**



(Also)  
**No. 1**

**Serve your customers the brew they love in the home, out of home**



# It's a dog's world

## CATERING FOR OUR CANINE COMPANIONS

**According to research, dogs are the most common pet, with 31% of UK households owning one. For many, a dog is part of the family and as such, owners want to take their pets with them on days out. In response, hospitality operators are attracting and retaining customers, offering special dog menus, providing dog treats and information on local walks.**

Welcoming dogs makes sense if your establishment is near popular walking routes, but it's not only countryside venues which are tapping into the trend. In London, the Artist Residence, a dog friendly hotel in Pimlico offers dog treats and water bowls, while Anita Gelato in Covent Garden serves a range of dog-friendly vegan sorbets. For those looking to pamper their pooch The Egerton House Hotel offers the Doggy Afternoon Tea with treats such as chicken and beef meatloaf, homemade dog biscuits and a carrot cupcake, and The Old Dunnings Mill in East Grinstead offers a three-course menu. Dishes include chicken and vegetable stew and beef meatballs with bone broth and for dessert – dog ice cream.

Catering for dogs needs careful management as not all customers are dog lovers. Lisa Salmon from The Sportsman country pub and The Hut coffee hut, Surrey, says, "It's important for dogs to be kept on a leash inside as not everyone is dog friendly. Many customers come into the pub before and after their walks, while others bring the dog down for the evening. If there's a problem, we always manage to work out a solution, usually with the dogs being kept apart in different parts of the pub or outside." Lisa and her team offer their four-legged customers special sausages and have plenty of water bowls scattered inside and out. The pub even offers a dog washing service on site.

Ice cream for dogs has become increasingly popular. Suncream Dairies has developed Gelato Woof ice cream, which is available through wholesalers. It is a vanilla flavoured base made from potato flour and coconut oil. Stephanie Davies says, "We developed a product that was lactose free as

many dogs are lactose intolerant. It has proved to be very popular."

According to Grace Knowles from The White Lion Weston restaurant and hotel in Crewe, supplying a 'Canine Code of Conduct' is a good idea to outline expected behaviour for both dogs and owners. She also suggests introducing a reward system for well-behaved dogs and installing planters or decorative barriers to visually separate dog friendly areas. "It's important to designate specific seating zones for customers who are allergic to dogs, create a serene environment

for those who prefer a quieter experience and invest in sound-absorbing material to minimise noise disruption," she says.

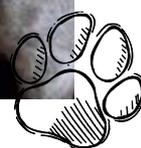
Grace also suggests publicising your dog-friendly credentials to customers and encourage engagement with other dog-lovers. "Create a monthly 'Dog of the Month' spotlight on social

media featuring a photo and fun facts about regular canine visitors or a 'Doggie Wall of Fame' where customers can pin photographs of their pets with captions. Introduce a loyalty programme where dogs receive a stamp for each visit leading to rewards such as vouchers. You could also consider hosting joint events with nearby pet shops or groomers such as 'Pamper Your Pet' days with grooming services."

Whether you decide to offer dog treats, printed map walks or

a full menu and grooming service, it all depends on your customers and what they are expecting. One thing's for sure, the trend for dog-friendly venues isn't going to go away any time soon.

**“One thing's for sure, the trend for dog-friendly venues isn't going to go away any time soon.”**





# STAY & SAVOUR

## How to create unforgettable staycations

The UK and Ireland have some of the best scenery, history and places to visit in the world, so there's little wonder as to why so many of us opt for staycations as opposed to holidays abroad. The rise of staycations, fueled by changing travel patterns and a renewed appreciation for local destinations, presents a unique opportunity for hospitality businesses. Restaurants, cafés, bars, hotels, and B&Bs have an opportunity to maximise sales potential by curating menus to appeal to domestic travellers seeking a blend of comfort and adventure in their dining experiences.

### UNDERSTANDING THE STAYCATION MARKET

Staycationers, predominantly local tourists exploring regions within their own country, seek experiences that blend the familiar with the novel. In 2023, the share of UK residents taking a domestic summer holiday increased by 50% compared to the previous year. According to the survey published by Statista Research Department, 63% of respondents planned a staycation in 2023, whereas only 42% did the same in 2022. Staycationers tend to favour authentic experiences that reflect the local culture and cuisine, yet also appreciate comfort foods and familiar dishes. Understanding this balance is key when designing your menu.

### ADAPT MENUS FOR DIVERSE PALATES

While celebrating local cuisine, it's essential to cater to varied tastes and dietary requirements. Offering vegetarian, vegan, and gluten-free options ensures inclusivity. Moreover, tweaking traditional recipes to cater to a broader audience can also be beneficial. For example, offering a vegetarian version of a cooked breakfast, dairy free alternatives on your beverage menu or offering gluten-free Irish soda bread can attract a wider range of customers.

### INTERACTIVE AND CUSTOMISABLE DINING EXPERIENCES

Interactive dining experiences, such as build-your-own meal kits or cooking classes, can be particularly appealing to staycationers. For example, hotels might offer a package where guests can forage for ingredients with a local guide and then cook their finds with a chef. Similarly, bars can host cocktail-making sessions featuring local spirits. These experiences are profit-rich, simple to promote, host and not only provide a unique dining experience but also create memorable moments.

### SEASONAL AND THEMED MENUS

While the weather may not always be on our side, we are lucky in that we have 4 distinct seasons within the UK and Ireland. Aligning menus accordingly or targeting local festivals can add an extra layer of attraction. A summer menu featuring lighter, seasonal handheld produce for picnics, autumnal menus with fun additions for Halloween or bonfire night and a winter menu full of



**“WHERE POSSIBLE, LOCAL MENUS SHOULD NARRATE THE ORIGIN OF DISHES, THE LOCAL SUPPLIERS, AND TRADITIONAL COOKING METHODS.”**

hearty soups made with home grown veg help to highlight the transition from one season to the next. Tying in with local events, such as an open-air concert or a harvest festival in a rural area, adds an element of excitement and relevance to the menu.

**ACCOMMODATING CHANGE**

The opportunities for operators targeting staycationers are varied. Increasingly we are seeing restaurants and pubs transform some of their rooms to provide accommodation for visitors. One such business is The Beacon in Tunbridge Wells who were inspired to add 7 rooms to their venue for guests to stay after the weddings and events they host. “Now is the perfect time to add to the dining experience of the Beacon by opening our former family home to our guests. We have always been asked about staying at our beautiful country house so now our guests can stay and relax in a beautiful country home environment,” say Pete and Viv Cornwell, Founders of I’ll Be Mother Group. “Our Head Chef Scott Goss, an alumnus of the late, great, Gary Rhodes, produces seasonal and local menus in guest room packages or if they choose to dine with us ad hoc. Most of our guests want to stay, dine and drink.”

**FOCUS ON INCLUSIVITY**

There are almost 14 million people in the UK and Ireland with a disability, some of whom are too overwhelmed to take a trip abroad, or unable to. In addition, many staycationers use their holiday to spend time with older family members who may not be able to go away on their own. As such, offering facilities that accommodate disabled customers and the elderly, ensuring they are promoted on websites and social media, will make their vacation less stressful and much more enjoyable for all. “Finding access information gives us the choices that will help us match our needs with the right destinations,” comments Vailla Morrison, inclusive design expert at Stannah. “From wheelchair accessible entrances and accessible toilets, to finding quieter spaces for those with neurodivergent conditions or dementia, this is sometimes easier said than done, as information about accessibility isn’t always available as a criteria filter and sometimes can be buried amongst the glossy pictures and holiday offers.”

Successfully attracting staycationers in the UK and Ireland lies in striking a balance between authenticity and familiarity, but ultimately it’s about creating a dining experience that not only satisfies the palate but also enriches the overall staycation experience. By combining the unique features of your holiday destination with the little touches that make a holiday special, you will create memories that last a lifetime for your guests.



**LOCAL FLAVOURS AND AUTHENTICITY**

Incorporating local ingredients and traditional dishes is a great strategy to provide unique insight to the area and form the foundation of a dining experience. For instance, a café in Cornwall might feature their own unique Cornish pasty recipe, or a seafood restaurant in Galway could highlight locally sourced oysters. It’s not just about the food though - it’s about storytelling that goes with it. Instagram and TikTok are alive with posts from people who are passionate about uncovering the most wild, unusual and awe-inspiring foodie finds when visiting a new location. From cheese and charcuterie to pastries and cakes, when you have found your niche, see how far you can push the envelope to make it a must-visit destination.

Where possible, local menus should narrate the origin of dishes, the local suppliers, and traditional cooking methods. This approach not only satisfies culinary curiosity but also supports local economies and promotes sustainability. “I think operators need to be doing more to sell the local areas they are covering and looking at enhanced guest services,” comments Mark Oldfield, Owner at SW Coastal Concierge. “More and more guests would like the privacy of a high-quality self-catering holiday but with the convenience of hotel services. Our concept of providing local concierge services for self-catering has certainly gone down well here, encouraging repeat bookings, to make life easy for those while they are away.”

Warm salad of red cabbage, black pudding and apple with crispy bacon and crushed hazelnuts

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\*Source: Canadian Brand Advantage April 2014.

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FOODSERVICE



# HR Technology



**CHRIS FLETCHER**

**“Tasks like calculating holiday pay, maternity, bonuses, and wage advances can all be managed through one tech solution”**



**With over 25 years of experience in hospitality operations and technology, Chris Fletcher is the Founder & CEO of Tech On Toast, a company that simplifies the way hospitality technology is bought and managed. Working with a broad range of different technology, he is well versed in the array of choice available to operators, and the solutions best suited to their unique business environment.**

**WHAT TASKS CAN HR TECH ASSIST WITH?**

HR technology can automate and simplify mundane but compliant tasks that need to happen in your business every day. Tech can now support the entire employee journey, from applicant tracking to exit interviews; it can manage payroll, performance management, and even advance wages in a manner that supports the employees who need early access to their pay. There have also been huge leaps in supporting shift scheduling, enabling the employee to have autonomy over their working week, and further supporting their wellbeing.

**WHAT TECH SOLUTIONS SHOULD A SMALLER OPERATOR BE LOOKING AT TO HELP THEM WITH THEIR HR PRACTICES?**

The best thing about the development of technology is that now smaller operators can access enterprise level technology for a reasonable monthly fee. For example, automation in payroll technology has enabled smaller operators to manage what can be a very complex HR function. Tasks like calculating holiday pay, maternity, bonuses, and wage advances can all be managed through one tech solution, which will integrate into your existing scheduling tool too.

**HAVE THERE BEEN ANY NEW INNOVATIONS IN HR TECH THAT HOSPITALITY OPERATORS SHOULD KNOW ABOUT?**

Obviously, AI has been and will be influential in helping drive innovation. Bots play the role of a human, answering standard employee questions like: “When is my next appraisal?” and “How many holidays do I have?” which will save time and provide consistency.

However, there is a very interesting movement around joining the dots on all the different forms of HR tech that make up a HR tech stack.

There is a company called Youda that automates all of the mundane, repeatable tasks involved in onboarding, appraisals, scheduling, feedback, and T&A, for example, and then, in turn, helps you gain insight into the people journey. This truly sets benchmarks on why employees behave the way they do, which will in turn improve the employment experience. Its all very exciting.

**WHAT SHOULD OPERATORS LOOK FOR WHEN INVESTIGATING HR TECH SOLUTIONS?**

It’s such a big commitment to invest in HR technology as it will affect all of your employees, so getting it right is crucial. The first thing I would say is to make sure you are actually fixing the problem you set out to solve. Start with the end in mind. Then ask yourself “Can the tech provide a user-friendly interface for



your team, or is it going to cause confusion?” Next, make sure your technology can scale with your business, and finally, make sure you have metrics in place to measure return on investment.

**IS THERE ANY EVIDENCE OF HR SOFTWARE IMPROVING THE EMPLOYEE EXPERIENCE?**

I think the fact that this generation didn’t know life before the iPhone shows that it’s not only an advantage to have seamless, intuitive tech at their disposal, but it’s absolutely necessary if you want to be an employer of choice.

**YOU’LL FIND THAT ATTRITION IN THE FIRST 90 DAYS OF AN EMPLOYEE’S EMPLOYMENT ACCOUNTS FOR 15-20% OF A SITE’S TOTAL LABOUR COSTS. HOSPITALITY BUSINESSES CAN SAVE BETWEEN 6-8% ON THEIR LABOUR COSTS BY MOVING TO A WORKFORCE MANAGEMENT SOLUTION, AND THEY CAN SEE UP TO 25% SAVINGS BY MAXIMISING PRODUCTIVITY ACROSS THE ENTIRE HR FUNCTION.**

# THE MARKETPLACE

KEEPING YOU UP-TO-DATE ON PRODUCTS AND SERVICES WITHIN THE FOODSERVICE INDUSTRY

## DÉLIFRANCE INNOVATES WITH LES PASSIONNÉS, A NEW RANGE OF PREMIUM VIENNOISERIE PRODUCTS



Inspired by the expertise and passion of French artisan bakers, leading bakery supplier DéliFrance has launched Les Passionnés, part of their Héritage premium range, consisting of a ready-to-bake Croissant and Pain au chocolat.

The rich, voluminous Croissant is generously proportioned with 24 layers of puff pastry and a butter content. Its crispy yet fluffy texture will satisfy just as the ever-indulgent Pain au chocolat will with its artisan-style, domed shape.

Designed to meet customer expectations in terms of taste, quality and convenience, the new products have been created using responsible sourcing and with high-quality standards in place. Made with carefully selected ingredients such as sourdough, fine butter, free-range eggs, Rainforest Alliance-certified cocoa and French flour, the

new viennoiserie range aligns with DéliFrance's "Go Clean" policy, which ensures a responsible and clean label approach.

Stéphanie Brillouet, marketing director at DéliFrance says: "Les Passionnés are a wonderful addition to the Héritage viennoiserie. Their shape is closer to artisan-style pastries as well as their carefully selected ingredients and taste. Quality and convenience are central to our philosophy and product development ethos. Our innovative and premium approach to bakery, supported by expertise and passion means we can offer our customers the best products, made with the best ingredients to delight their customers."

Sold frozen in boxes of 60, both products are now available via DéliFrance from national wholesalers.

For more information visit: [www.delifrance.com/uk](http://www.delifrance.com/uk)



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\*18+. UK Only. Open to Foodservice Operators, including Pub & Bar business operators in UK. Promotion opens 00:01 GMT on 13/03/2024 and closes 23:59 BST on 08/05/2024. Purchase required. To participate in the promotion, purchase four cases of Pringles 12 x 40g (Sour Cream & Onion, Original, Salt & Vinegar, Texas BBQ or Paprika flavour) from a UK wholesale stockist, visit [www.pringles.com/pringlesfootball](http://www.pringles.com/pringlesfootball) to complete your details and upload the receipt to be entered into the prize draw.

## MONIN launches new Ginger Concentrate

**Crafted with real ginger juice, MONIN's innovation is the latest in their concentrate range.**

The concentrate allows venues the fiery taste of fresh ginger, without the effort and wastage associated with juicing it themselves. It can be used in a variety of recipes, from homemade ginger shots to handcrafted ginger beer and spiced cocktails.

The product is available now from MONIN's importer Bennett Opie as well as across various wholesalers.

**“Monin's Ginger concentrate can be used in a variety of recipes, from homemade ginger shots to handcrafted ginger beer and spiced cocktails.”**



### GINGER BEER

#### INGREDIENTS

- 25ml MONIN Ginger Concentrate
- 25ml MONIN Brown Cane Sugar
- 25ml MONIN Lime Rantcho Concentrate
- 150ml soda water

#### METHOD

1. Build all liquids into a chilled highball glass and churn lightly to combine.
2. Add cubed ice and garnish with lemon and ginger slice.



Rice Krispies  
**SQUARES**

## Offer

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The winner will be drawn at random from all valid entries received during the promotional period and verified by the promoter. Prize: 1x installation of audio and visual equipment at the business premises worth up to £10,000. Max 1 entry per business. Internet access required. Retain receipt. For further details and full terms and conditions see [www.pringles.com/pringlesfootball](http://www.pringles.com/pringlesfootball). Promoter: Kellogg Marketing and Sales Company (UK) Limited

**Kellogg's**



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*new look,*

**same trusted  
quality and value**

At Country Range, we believe that catered food should always be good quality, regardless of budget.

Our range of over 700 products are created specially to meet the needs of caterers, who take pride in making food for other people. We know caterers need consistently good quality, good value products, in the right amounts and formats. As well as the right menus that reflect changing trends and the right mix of products to maximise margin.

Everything we do at Country Range is created with caterers in mind, helping those who serve food to others, to always serve their best.



[www.countryrange.co.uk](http://www.countryrange.co.uk)



*Ultimate Lasagne*

## ELEVATE A CLASSIC

Lasagne has long been a staple on menus across hospitality, education and care. It's familiar, comforting, crowd-pleasing and as it can be made in advance, it's a timesaver during service, with very few trips to the plate. Using dried lasagne sheets straight from the packet is also a massive time and cost saver, and there are so many variations you can create these days to suit all tastes and budgets, including fish and vegetable options. The latest trend is to super-size it by adding many thin layers to create a showstopper. Try my Ultimate Lasagne recipe if you want to keep the Instagram and TikTok generation happy, whilst adding the wow factor to your pasta menu.

# Making ends meet

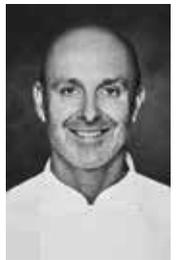
## PASTA

This month, Paul Dickson focuses on a storecupboard staple – pasta – and how to get the most out of it, from showstopping specials to waste-saving hacks.

Pasta in one form or another is one of the ambient ingredients that is in pretty much every store cupboard in every kitchen. When it comes to keeping costs down and maintaining margins, it's also one of the best options for creating crowd-pleasing dishes whilst making very few ingredients go a long way. Whether that's by using just a few high-quality seasonal ingredients and letting them shine, or making use of the great value and high-quality array of ready-to-use sauces on offer to save time and control your margin, pasta is one of the greatest unsung heroes of the modern kitchen.



Paul is a Home Economist and food stylist working in London and the North West, creating exceptional visual stories in film & tv, on social media and in print. All of the recipes and videos featured in the article can be accessed online at [www.countryrange.co.uk/recipes](http://www.countryrange.co.uk/recipes) or by scanning the QR code.



## Waste Saving Hack

If you find yourself with leftover lasagne sheets with no plans to make more lasagne before they're past their best, don't throw them away! You can turn them into a whole new pasta dish with very little effort, using this step-by-step guide.



1

Blanch your lasagne sheets and plunge into iced water to make them pliable.



2

Pile the blanched sheets on top of each other.



3

Roll your stack of sheets up.



4

Slice through the end of the roll at around 1cm intervals to create tagliatelle. Change the width to create different pasta types.



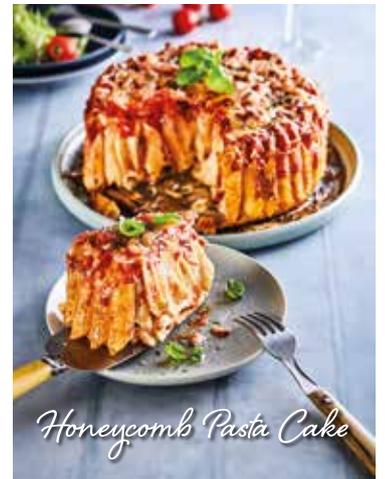
5

Run your fingers through the pasta to separate.



6

Your tagliatelle is now ready to add to your pasta sauce of choice to heat through for a few minutes before serving.



*Honeycomb Pasta Cake*

## TURN YOUR BAKE INTO A CAKE

Yes, I've mentioned cake and yes, I'm still talking about pasta. Hear me out! This recipe looks special but can be made using as few as three ingredients – dried or fresh penne pasta, a jar of ready to use tomato and basil sauce and grated cheese. It's also brilliant for using up a batch of Bolognese. It's just like a pasta bake, but by standing the pasta on its end, you can create a cake which looks strikingly like honeycomb. A slice of this 'honeycomb cake' on a plate with a side salad makes for an appealing lunch and an eye-catching menu item.

# MINOR FIGURES THE BARISTA RANGE



Carbon neutral • B Corp • Barista standard

## BROWN SUGAR SHAKEN ESPRESSO OAT LATTE

### INGREDIENTS

A DOUBLE SHOT OF YOUR FAVE ESPRESSO  
2 TSP BROWN SUGAR  
MINOR FIGURES BARISTA OAT  
A DASH OF VANILLA TO TASTE  
ICE TO POUR OVER

### METHOD

1. PULL YOUR DOUBLE ESPRESSO.
2. ADD THE BROWN SUGAR AND VANILLA EXTRACT AND PUT THE MIXTURE INTO A CUP OR BOTTLE WITH A LID.
3. SHAKE THE MIXTURE VIGOROUSLY UNTIL THE SUGAR IS DISSOLVED INTO THE ESPRESSO.
4. POUR THE BARISTA OAT INTO A GLASS WITH ICE.
5. POUR THE SHAKEN ESPRESSO MIXTURE OVER THE TOP, ALLOW TO SLOWLY BLEND AND ENJOY!

# GENERATING A GREENER *guest experience*

**The urgent need to reduce environmental pollution and combat climate change is being recognised in the hospitality sector. Many businesses have picked up the mantle and are already making a positive impact, but as a significant consumer of energy, there is still much to be done.**

The International Energy Agency projects that a third of global power generation will be met by renewable energy sources in 2025 - be they solar, wind, hydroelectric or biomass. While each operator's geographical location is different and may not be conducive to every form of clean energy, many businesses can harness some of these sources of energy to decrease their impact on the environment. To give you some food for thought, we take a closer look at some of the more practical options available and the benefits they promise.

## SOLAR POWER

Solar energy is increasingly popular in the hospitality sector to generate electricity and heat water. Amid the promise of reduced energy bills, installing battery or storage devices is advisable as this prevents wastage during off-peak times. Any excess energy can then be sold back to your energy supplier, helping to offset installation costs, which, without a government grant, can be quite high.

## WIND ENERGY

For businesses in remote or windy regions, wind turbines are a stable and effective option, but not altogether practical for most operators! Small wind turbines below 100 kilowatts can be installed for individual premises where space allows and can also be used in connection with photovoltaic systems to generate the amount of electricity your business needs. The Marriott Heathrow hotel was the first in the hotel group to be fitted with a hybrid wind turbine and solar panel system as part of their ongoing 'Green Initiative'. The installation powers some of their external signage and is an integral part of their program to reduce their carbon footprint.

**“WIND AND SOLAR ARE THE CHEAPEST WAYS TO GENERATE ELECTRICITY IN THE UK AND SHOULD THEREFORE BE LESS THAN, OR THE SAME AS FOSSIL FUEL-BASED ELECTRICITY TARIFFS.”**

## SWITCHING TARIFFS

A more practical solution for those who don't want the upheaval of large installations, is to opt for a renewable energy tariff. At a time when we are all battling rising costs, this may not initially sound like an attractive option because renewable energy tariffs for gas supply can be a little more expensive than others. However, wind and solar are the cheapest ways to generate electricity in the UK and should therefore be less than, or the same as fossil fuel-based electricity tariffs. Groups such as Pizza Hut have described their move to renewable energy sources as one of the easiest and cost-efficient decisions a business can make in terms of sustainability, and have saved an estimated 190,400 tCO<sub>2</sub>e in emissions between 2012-2022.

If you would like to learn more about how to transition to renewable energy solutions, the Sustainable Restaurant Association have launched a new guide, which is free to download from their website [www.thesra.org](http://www.thesra.org)

## THINKING OUTSIDE THE (FUSE)BOX

Your source of renewable energy can become your biggest differentiator. The Falls Hotel & Spa in Co Clare, Ireland was the first to be completely powered by hydroelectric energy. The entire 140 room hotel and leisure centre are powered by a 220-kWh hydroelectric turbine. Hydropower is one of the oldest forms of renewable energy, although it isn't the most sustainable energy source as it can impact water temperatures, fish migration and native plants when deployed on a large scale.

Alternatively, biomass energy, derived from organic materials, can reduce carbon emissions by up to 90% compared to fossil fuels. Hotels such as Soho House Group, Dumbleton Hall Hotel and Gwesty'r Emlyn Hotel in Wales are currently using biomass energy to supplement gas boilers or replace oil fired boilers.

# CULINARY COOL DOWN

*menus to celebrate summer*

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As the sun begins to make more of an appearance in April signaling the onset of a sizzling summer, it's time to dive into a culinary oasis that promises to keep diners cool, refreshed and energised. We've rounded up an array of ideas and dishes from our panel of experts, each bursting with freshness and designed to lower your mercury levels while tantalising your taste buds. From zesty salads that dance on the palate to frosty desserts, these summer treats are not just food, they're a cool breeze on a hot day! Get ready to transform your kitchen into a haven of delectable flavours that make every summer day feel like a breezy beach holiday.

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*Cantaloupe melon,  
prosciutto and soft  
cheese salad*





### FLEUR & PAUL

*Owners at The Retreat*

We get a lot of tourists in our village during the summer months, so we tailor our deli menu to items more suitable for picnics such as flapjacks and tray bakes.

Our millionaire's shortbread is always a winner, giving walkers some much needed energy when they are out and about in the forest. We make sure we have plenty of variety to keep visitors coming back for more. For customers seeking a healthier option, we also have a fantastic smoothie menu and use frozen fruit, so they are nice and cool when it's hot outside.



### KATIE ROBERTS

*General Manager at Spaces at The Spine*

At Spaces at The Spine, we take pride in crafting menus that align with the growing interest in healthy eating and sustainability. As one of the healthiest venues in the northwest, built according to the WELL Building Standard concepts, it is vital that our culinary offerings reflect this.

Our upcoming spring and summer menus place a strong emphasis on ingredients that positively impact our guests' wellbeing. For instance, our spinach and white bean salad features farro, an ancient yet nutritious grain that provides a healthy dose of zinc, magnesium and vitamin B3. These help to regulate your immune system, improve muscle function, aid digestion and more. Plus, our menus provide a detailed rationale behind selecting specific ingredients, offering our guests a deeper understanding of their culinary experience.



### MICHELLE GRAINGER

*Executive Director, North Carolina Sweet Potato Commission*

Despite not being a traditional flavour, sweet potato sorbet is a tasty recipe set to become a fast favourite for children

and parents this summer. Unlike many ice creams, sweet potato sorbet doesn't contain dairy, nuts, or egg yolk, which are some of the most frequent allergens among children, making it more suitable for wider groups and alleviating some concerns for parents and guardians.

What's more, sweet potatoes, which make up the base of the frozen treat, are fat-free, saturated fat-free and also contain a wide variety of vitamins, introducing a new way for children to enjoy nutrient-dense food.

The orange superfood is also packed with vitamin A, which contributes to the normal function of the immune system – great for helping with playground bugs and viruses which children pick up so easily.

**North Carolina Sweet Potato Sorbet**



### RENA AWADA

*Food Blogger & Chef, HealthyFitnessMeals*

On hot summer days, this cold cucumber dill soup is perfect for care home residents to stay hydrated.

## Cold Cucumber Dill Soup

**This soup is light and cool to enjoy on a hot sunny day.**

### INGREDIENTS

- 2 tbsp fresh dill
- 1 tbsp lemon juice made from real lemons
- 1 clove minced garlic
- 1 tsp salt
- Black pepper to taste
- 4 large cucumbers cut into pieces

### METHOD

1. Add dill leaves in a blender with yogurt and sour cream and add lemon juice and also cucumber pieces. Include chopped garlic along with salt and pepper.
2. Blend all the ingredients until well combined.
3. Put the mix in a bowl and put it in the fridge for at least one hour.
4. Add some fresh dill as a decoration to the soup right before you serve it.



### RACHEL GREEN

*Chef, Writer & Restaurant Consultant*

I love to spend time on the stunning Lincolnshire coastline – so it's no surprise to see fish featuring in my collection of summer recipes, but summer wouldn't be summer without a spectacular salad. For a bit of no-nonsense al-fresco dining, my Summer Pea Salad features peppered mackerel fillets and some gorgeous fresh vegetables.





# Get Dressed for Summer!

At Rich Sauces we don't compromise on quality and consistency so when it comes to adding value to your salads and recipes we'll be sure to have your customers coming back for more time after time!

The secret to delivering a winning experience.



[richsauces.com](http://richsauces.com)



# ROAST CARROT, RADICCHIO & WALNUT SALAD

*with a dill  
sauce*

SERVES  
4

## MANDALA CAFÉ, PART OF THE LONDON BUDDHIST CENTRE

The London Buddhist Centre has been at the heart of the capital's vibrant community of Buddhist practitioners since it opened its doors in 1978.

Based in Bethnal Green, the centre and registered charity, which teaches Buddhism and meditation, receives 1,000 visitors each week who participate in a wide range of yoga classes, talks, family events, school visits, retreats and special evenings featuring well known artists like PoetryEast.

An ambitious refurb has recently taken place at the venue's café to relaunch it as the Mandala Café. The project has been led by a team from the centre including local Buddhist practitioner and professional chef Simon Williams with the café aiming to enlighten diners with simple, home-cooked vegan dishes that put vegetables on a pedestal.

Born in Anglesey, Wales, but residing in London for the last two decades, Simon has over 25 years' experience working in hospitality and is now a successful private chef. He explains:

"I have always loved making people happy through food – it's why I'm a chef so the opportunity to help launch the Mandala Café was a privilege really. The seasonal menu is prepared and cooked fresh and it offers a small selection of simple, tasty vegan dishes to avoid swamping diners with too much choice. Our roast carrot, radicchio and walnut salad is a great example of a flavourful and nutritious vegan dish you will find on our menu"

For further information on the London Buddhist Centre, visit [www.londonbuddhistcentre.com](http://www.londonbuddhistcentre.com)



MANDALA  
CAFÉ

## INGREDIENTS

- 1 bunch carrots
- 1 head round radicchio (or another bitter salad leaf, such as chicory as pictured)
- 50g roasted buckwheat (Cooked in water)
- Sherry vinegar (to deglaze pan)

For the dressing:

- Handful of Country Range Walnut Halves – roasted and chopped (ideally by hand)
- 2 tbsp Country Range Lemon Juice
- 4 tbsp Country Range Rapeseed Oil
- 1 bunch dill

## METHOD

1. Scrub the carrots (rather than peeling) and roast in a hot oven whole.
2. Allow to cool the cut into chunks.
3. Pick the radicchio and wilt quickly in a hot pan, deglaze with sherry vinegar and allow to cool.
4. For the dressing, blitz the dill with enough oil to create a thickish sauce.
5. Add the nuts, lemon zest and juice to taste.
6. Arrange all the ingredients as prettily as you want on a plate interweaved with some big dollops of the sauce.
7. Best served at room temperature.



*Cauliflower  
Three Ways*

Dylan Lucas, head chef and Darby Hayhurst, chef, at East Lancashire Hospitals NHS Trust have been crowned the winners of the 2023 NHS Chef of the Year competition, in which finalists had to cook a four-course menu in four hours. Their winning menu consisted of Cauliflower Three Ways, Moroccan Spiced Cakes, Pan Fried Duck followed by a Choc, Rock and Pop Crumble.

**Can you tell us a little about your current role?**

**Dylan:** I am the head chef within East Lancashire Hospitals NHS Trust and I'm responsible currently for running a team of 15 chefs. This entails ordering and maintaining stock levels and so on. Also completing staff rotas, creating new menus for patients and staff and general kitchen duties.

**Have you worked in hospitality for long?**

**Dylan:** I have always worked in hospitality in a variety of roles from bar services to waiting on tables.

*Rising Stars*

# DYLAN LUCAS & DARBY HAYHURST

**EAST LANCASHIRE HOSPITALS NHS**

**Darby:** I have worked in pubs, restaurants and private catering companies picking up different catering styles and methods.

**When and how did your passion for food begin?**

**Dylan:** I enjoyed cooking once I got a feel for it and started to look at further training and opportunities.

**Darby:** I started cooking at home as my great grandma was a really good cook.

**How did you get into the industry?**

**Dylan:** I needed some part time work while I was studying. I looked at different jobs within the catering industry, then an opportunity came up as apprentice chef at a relative's workplace.

**Darby:** I started as a kitchen porter and found food and cooking interesting, so I started an apprenticeship and attended Blackburn College.

**What made you choose a career in hospital catering?**

**Dylan:** It was a good career change and I'm enjoying what I do.

**Darby:** Covid forced my hand really, as hospitality businesses were struggling financially and as hospitals became busier, I wanted to help where I could.

**What do you like best about working in hospital catering?**

**Dylan:** I like the fact it's challenging, very busy and a good place to build a successful career.

**Darby:** Knowing that you are helping people get better by making sure they eat healthily.

**How did it feel to be crowned the winners of the 2023 NHS Chef of the Year competition?**

**Dylan:** It was an incredible achievement for us. I have been working up to this moment ever since the competition was announced. I have entered the competition three years' running and at every step, I learned and improved. Winning the competition puts you on the map and we have been humbled by the support and recognition we have both received.

**Darby:** Really happy with the outcome and enjoyed it. We worked long hours, making sure we did our best.

**This is the second time in three years that chefs from East Lancashire Hospitals NHS Trust have won the competition. To what do you attribute this success?**

**Dylan:** We have a fantastic brigade of chefs at East Lancashire Hospitals NHS Trust with good culinary backgrounds. We're looking at getting more competition wins in the future as this will inevitably highlight our success as a Trust.

**Darby:** I think passion, knowledge and experience - we have some excellent chefs at the Trust.

**Tell us about East Lancashire Hospitals NHS Trust, the food and the philosophy behind it?**

**Dylan:** The food we cook here is virtually all locally-sourced fresh food. We don't use salt in our cooking processes and follow the standards from the Soil Association.

**Darby:** We have to stick to a budget while producing the food, but we always make sure our meals have the right amount of nutritional content and still taste great.

**How many meals do you serve a day, and can you give examples of the sort of dishes?**

**Darby:** Over 500 meals a day but we still produce some good hearty meals such as veg chilli, beef lasagne and curry and rice.

**Did you have any mentors?**

**Dylan:** Our team mentor was Evan Welsh from Hobart who supported us in the competition from start to finish.

**Describe your cooking style?**

**Dylan:** My cooking style can vary - I love cooking all different types of styles and love creating new dishes.

**Darby:** I'd say I am an all-rounder. I enjoy cooking and making a whole array of dishes and I'm always interested in learning and making new things too.

**Who inspires you in the industry?**

**Dylan:** Gordon Ramsay. I watched his TV programmes when I was growing up and found them inspiring.

**Darby:** I look up to all chefs - it's not an easy job and we should all be proud no matter what level you're at.

**Would you encourage young people to enter the catering industry and if so, why?**

**Dylan:** I would encourage young people because I think it's a great career and can lead to numerous progressions within the industry.

**What are the biggest challenges for hospital chefs at present?**

**Dylan:** The biggest challenge for NHS chefs is waste management, as there's a lot of pressure in maintaining waste levels.

**“It was an incredible achievement for us. I have been working up to this moment ever since the competition was announced.”**

**Darby:** Producing meals on a large scale, but also ensuring the right goodness is in those meals and always following recipes for allergens and special diets.

**What trends do you think we will see this year?**

**Dylan:** New trends would be using locally sourced in-season products to help maintain and work to a net zero goal in the future.

**Any tips for our readers?**

**Darby:** My main tip for readers is never struggle. All jobs and things in your personal life can be hard, so try talking to people - don't

suffer alone.

**How do you relax?**

**Dylan:** I like to relax by going to the gym, computer games on my PS5 and spending time with family.

**Darby:** My main hobbies are the gym - I like to attend at least five days out of seven - and spending time with family and friends, which is important.



**Left (main)**  
Darby & Dylan preparing their Moroccan Spiced Cakes

**Above & left**  
Choc, Rock and Pop Crumble  
Darby & Dylan with their awards

# Sam GRIFFITHS

## HEAD CHEF, PALÉ HALL

Sam Griffiths joined the team as head chef at Palé Hall in the summer of 2023, following a string of successes in his culinary career. Having trained under the watchful eye of Michelin-starred chef, Simon Radley, Sam went on to win Welsh Chef of the Year and is now busy blending his style of classic cooking with a lightness of touch to suit the modern diner at the highly acclaimed luxury destination based in the Dee valley. Almost 12 months on from his appointment, we caught up with Sam to learn more about how he has been getting on and his plans for the future.

### Have you had any positive mentors?

I have tried to take the maximum from everywhere I've worked and every chef I've worked under. Being a sponge in the kitchen is so important, never waiting to be shown anything, but pestering with questions and getting involved is the best way to improve at any level. Every chef I've worked under has had a positive impact on me and has given me tools I will always use throughout my



*Seasonal  
hogget dish*



career. I look up to and am inspired by countless chefs, standouts being Gareth Ward at Ynyshir for being completely unique and extraordinary, dining there was something I'll never forget.

#### How did your culinary journey start?

My first role was work experience in a local Indian restaurant, front of house for the first week, then kitchen for the second week. I wasn't sure at that point if it was what I wanted to do, but it allowed me a look into a busy kitchen. I really enjoyed speaking to guests too and loved the service side. The kitchen role was just a lot of prep jobs for me, as the guys didn't speak English. But they showed me base sauces and allowed me to taste spice mixes/pastes that were the foundations of what they did.

#### What do you enjoy most about creating a new dish?

One thing to remember when playing with ideas for a dish is that most things have already been done. But using that as a positive and creating something better than before, with unique twists or additions is the key. The point where a dish is ready for the restaurant, especially when the whole team has been involved in the development, is one of the best parts of the job.

#### Do you have any "go-to" cuisines or global dishes that you gravitate to more than others?

Not really. The places I've spent most of my career so far shaped me into having a modern style with appreciation of classic technique. I love blending new with old, and using Asian ingredients to elevate seasoning and acidity. I hope that I will always keep consistency in that identity, and every dish I produce should have the same principles, even as my style may change.

#### What did it mean to you to win the National Chef of Wales title?

It was really great. Working at the level I was at the time was intense and fairly consuming. I loved it, but it was nice to do something for myself, and to do it whilst competing for the Welsh title was amazing. I was absolutely chuffed to win it, and it opened lots of doors for me including competing on the world stage in Abu Dhabi.

“The places I've spent most of my career so far shaped me into having a modern style with appreciation of classic technique.”

I'm proudly Welsh and to win it was something I'll never forget. 'NCOW20' is even tattooed on my arm!

#### What was it like competing in Abu Dhabi & what did you learn from the experience?

It was intense! A massive step up from any competitions I'd done previously, and I definitely did go into it naively. I had a great time, met some great people and had fun representing Wales.

#### Which food trends are you looking to incorporate into your menu this year?

Trends are a massive part of the industry but not necessarily something I try and jump on. You can be inspired by them sure, but sometimes they just aren't suitable for your style and business. Sticking to my style and principles are more important in my opinion than keeping up with a trend which might not last. Consistency is key!

#### Looking back on your career to date, what have been the defining moments?

Getting the job as a Demi CDP at the Chester Grosvenor, taking what I thought was a big step back

in stature and salary was actually the best decision I ever made. I was actually on the verge of leaving the industry for an engineering apprenticeship! I can't stress



Left (main)  
Sam Griffiths

Above (left to right)  
Dining Room  
Afternoon Tea treats

enough how important it is for young chefs to learn the basics and throw themselves at a decent kitchen to absorb every bit of knowledge they can. There are no shortcuts. I would never have been considered for this role without that step.

#### Have you implemented any change at Palé Hall?

My first six months were always going to be a settling in period. That said, the whole offering has been refreshed, tasting menu dishes change as and when the season dictates with some ingredients, and just when I fancy a change with others. I've been trying to build a relationship with my team and show them how I like a kitchen to be. There have been a few bumps for sure, but we're optimistic for 2024.

#### What's your next career goal?

Establishing myself here at Palé Hall, offering the best product we can with a happy team inside cooking great food, and supporting the business through the treacherous time hospitality is having at the moment.

#### What challenges are you looking forward to tackling this year?

I think the challenges our industry faces are pretty scary and intimidating rather than exciting. That being said, constantly improving myself, offering a great environment to work, develop and learn for the team and helping the business grow in really uncertain times are right at the forefront. Sticking to what we do, delivering amazing hospitality in a beautiful location at the highest possible standard is the key to overcoming challenges undoubtedly coming our way this year.

# FOOD & INDUSTRY *news*

## CULINARY COMPETITION

### *Welsh International Culinary Championships Launchpad to Hosting Worldchefs Congress 2026*

Organised by the Culinary Association of Wales (CAW), this year's three-day Welsh International Culinary Championships (WICC) was held at the International Convention Centre Wales (ICC Wales), Newport, for the first time, having previously been held in North Wales.

CAW president Arwyn Watkins, OBE, declared the event a success and is confident that it will grow in its new venue to become a Welsh hospitality hub for three days every January.

He said the WICC 2024 was the start of the

lead up to the Worldchefs Congress and Expo 2026, which will attract 1,000 chefs from around the globe to Wales. It will be the first time the huge Worldchefs event has been held in the UK.

Rural Affairs Minister, Lesley Griffiths, congratulated all the competitors. "This has been the biggest hospitality and skills event ever held here and the start of the journey to the Worldchefs Congress and Expo 2026 at ICC Wales," she said.

The event brought together chefs, craft butchers and front of house staff to compete in three days of competitions, including the Skills Competition Wales hospitality finals.



#### **Above (clockwise from top left)**

Aizel Reyes and commis Maysoon Varsani from The Celtic Collection competing in the Junior Chef of Wales final.

One of the Skills Competition Wales restaurant services competitions at the Welsh International Culinary Championships.

Culinary Association of Wales president Arwyn Watkins, OBE, presents the best college award to Coleg y Cymoedd assistant head of school Ian Presgrave and catering and hospitality lecturers Kevin Hall and Max Vian.

ADD SOME  
**ADVENTURE**  
TO ANY MEAL



**NEW** ASIAN TABLE SAUCES



**KEEP EXPLORING**

REDUCING FOOD WASTE

# 5 EASY STEPS TO RUN A ZERO-WASTE RESTAURANT

With hospitality generating £3.2 billion of food waste, low and zero-waste restaurants are a growing trend in 2024. Restaurants can officially be seen as “zero-waste” when 90% of their waste is reused, recycled and diverted from landfill.

With this in mind, waste expert and co-founder of BusinessWaste.co.uk, Mark Hall has shared the main processes business owners should set in place in order to run a zero-waste restaurant.

Mark says: “Aiming to become a “zero-waste” business is really not as daunting or difficult as it may have been a few years back. It might take some changes in the beginning but it’s all worth it when you realise it saves your business money while it also helps fight the environmental crisis.”



SCAN THE QR CODE TO READ FULL BLOG:



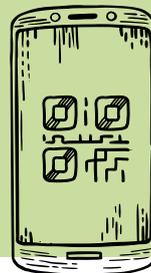
5

**STEP 1: CONDUCT A RESTAURANT WASTE AUDIT**

Start with achievable goals, gradually working towards eliminating waste from all streams.

**STEP 2: REDUCE FOOD WASTE IN THE KITCHEN**

A few effective ways are by creating a smaller menu and storing all ingredients properly. Use seasonal and local produce where possible.



**STEP 3: FOLLOW THE FIFO (FIRST IN FIRST OUT) RULE FOR STOCK CONTROL**

Prioritise items with the shortest use-by dates at the front of shelves and place newer food to the back.

**STEP 4: AVOID PACKAGING AND PLASTIC WASTE**

The single-use plastic ban means restaurants should use washable and reusable dishware only.



**STEP 5: PROVIDE PAPERLESS MENUS AND RECEIPTS**

Switching to online menus via QR codes or providing digital tablets are the most effective ways to reduce paper waste.



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**Deli Rolls**  
by popular demand



Suitable for Vegetarians

Case Size: 6x6 Unit Weight: 100g

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# WAYS TO USE

## Shortcrust Pastry Block



While the early pastry history is possessed by the Egyptians, Greeks and Romans, we have certainly played a significant role in pastry's proud past. Think **Cornish Pasties, Melton Mowbray Pork Pies and Bakewell Tarts** to name just three. The foundation of many a classic and much-loved dish, a quality shortcrust pastry can be used for stunning sweets and savoury masterpieces but it's also crucial for many of our favourite on-the-go, handheld snacks. Our Country Range Frozen Shortcrust Pastry Blocks are a terrific tool for busy chefs providing immense flavour and versatility. Chefs just need to thaw, roll, fill and bake for textbook pastry every time.

### ABOUT: LYNN MITCHINSON, CATERING LECTURER AT NEW DURHAM COLLEGE

Born in Newcastle, Lynn Mitchinson has been a chef for over 40 years after qualifying from Monkwearmouth College in Sunderland in the mid-80s. After helping the Gosforth Park Hotel win a host of awards including Hotel of the Year in her first role, Lynn worked for the prestigious Turnberry Hotel in Ayrshire before heading to Canada for eight years to work at the Four Seasons in Toronto. On arriving back in the north-east, Lynn took the role of head chef at Sunderland College's education restaurant. Enjoying the buzz of working with students, Lynn never looked back and has dedicated the last 20 years to nurturing thousands of young chefs from the north-east. Lynn joined Durham New College in 2017 and has helped build a fantastic reputation for developing talent.



### 1/ Super savoury pies

"We love a savoury pie in the north, and a quality shortcrust pastry is crucial for success. Personally, a chicken and leek pie is my favourite to make and eat. It's also a great pie to make using roast chicken leftovers."

### 2/ A quiche niche

"I think the mighty quiche is too often forgotten. With quality pastry and some creative fillings, a quiche can be a delicious, simple and cost-effective dish, whether as a snack, lunch or supper. Especially great in summer, my favourite is a quiche made with broccoli and Shropshire Blue Cheese."

### 3/ Mini marvels

"Small pies and pasties can be fantastic finger food and great for canapés at events. The shortcrust pastry is the canvas, and you should never run short of creative fillings – just take inspiration from around the world. South American empañadas with a little bit of a spicy kick always go down well."

### 4/ Tartamount to tarts

"In the world of desserts, a beautifully constructed tart takes some beating. Tarte tatin, custard tarts, treacle tart, meringue tart – the list goes on and on. I enjoy a classic lemon tart for the perfect post meal palate cleanser or an irresistibly sweet strawberry tart, especially when the British strawberry season is in full bloom. We often make miniature tarts to serve with our afternoon teas for real visual appeal."

### 5/ Seductive sweet pies

"For many people, some form of sweet pie is probably their first dessert memory. Apple, blackberry, lemon meringue, cherry, pumpkin – there are so many iconic classics. My two top picks though are a Pecan Pie and a Banoffee Pie. These aren't meant to be miniature in my eyes. Make them big and serve in loaded slices."



Country Range Shortcrust Pastry Block

Pack Size 1.5Kg x 4 Packs (6Kg)

# THE *Big* FACT

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# The Country Club



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## GET AWAY FROM IT ALL!

With this month's Category Focus being all about the great staycation, we want to give you the chance to experience this for yourself. That's why we're giving one lucky reader a Virgin Experiences voucher for a one-night getaway.



When you spend your working life catering for others, it's a rare treat to turn the tables and become the one being cooked for and waited on. If you struggle to fully switch off and relax, you can always conduct a little bit of market research!

The voucher includes a choice of relaxing hotel breaks for two, with a one-night stay and breakfast included. There is a great choice of options across the UK and if you're a lucky winner in the Republic of Ireland, you will receive the equivalent voucher with a choice of options across Ireland. You could choose a city break or a relaxing stay in the countryside, the choice is yours!

The voucher is valid for twelve months, so you have plenty of time to plan your trip. With the summer months coming up, it's perfect timing to enjoy the great outdoors, or perhaps you would prefer to book a night of pure relaxation in January, after surviving the craziness of the festive season!

For your chance to win, enter online or send an email titled 'Staycation' along with your name, contact details and the name of your Country Range Group wholesaler to [competitions@stiritupmagazine.co.uk](mailto:competitions@stiritupmagazine.co.uk)



Closing date for both competition is 30th April 2024. All winners will be notified by 31st May 2024. Postal entries can be sent to: Country Range Group, 4 & 5 Jupiter House, Mercury Rise, Altham Business Park, Altham, Lancashire, BB5 5BY. Full terms and conditions can be found at: [www.stiritupmagazine.co.uk/about](http://www.stiritupmagazine.co.uk/about)

**ENTER ONLINE!**

Following the exciting launch of our new website, you can now enter all of our Country Club competitions online! Simply scan this QR code or visit [stiritupmagazine.co.uk](http://stiritupmagazine.co.uk) to enter. You can still enter by email, with details for each competition below. Good luck!



*A powerful tool*

This month's Health and Welfare article is all about the benefits of using Talking Mats to help care home residents to communicate their dietary preferences at meal times. We're excited to give away a package from Vegetarian For Life which includes a set of Talking Mats as well as Foundation Training which includes a training session with certificate.

Talking Mats is an innovative, award-winning communication tool, based on extensive research and designed by Speech and Language Therapists. It is a powerful framework for supporting people with a range of conditions, such as dementia and stroke and supports people to think through issues and express their views in a visual way.

This vegetarian/vegan resource has been developed for use with people living in residential or nursing care. There are four food-related topics with specially designed symbols:

**Values**

- Lifestyle
- My Dietary Choice
- My Eating Experience

The lucky winner will be contacted to arrange a training date.

For your chance to win, enter online by scanning the QR code or visiting [stiritupmagazine.co.uk](http://stiritupmagazine.co.uk) or send an email titled 'Talking Mats' along with your name, contact details and the name of your Country Range Group wholesaler to [competitions@stiritupmagazine.co.uk](mailto:competitions@stiritupmagazine.co.uk)



# ANGEL DELIGHT STRAWBERRY & LIME DESSERT POTS

## with Lime Shortbread Crowns

Prep: 15 mins | Cook: 25 mins | Serves: 10



**INGREDIENTS:**

**FOR THE ANGEL DELIGHT**

- 850ml water
- 300g Angel Delight Strawberry
- 1 Lime zested and segmented
- 400g strawberries, diced

**FOR THE LIME SHORTBREAD**

- 125g unsalted butter
- 55g caster sugar, plus extra to sprinkle
- 200g plain flour
- 1 lime, zested

**METHOD:**

1. To make the shortbread, put the butter and sugar in the bowl and cream together. Rub in the flour until the mixture resembles breadcrumbs.
2. Tip out the mixture and bring it together into a dough. Once formed, wrap it in cling film and chill for 30 mins. Preheat oven to 180°C, Gas 4.
3. Once chilled, lightly flour the work surface and roll out until 3mm thick. Cut out 10 large or 20 small biscuits into crowns.
4. Place biscuits a baking sheet, use a fork to prick a few lines of holes into each. Sprinkle caster sugar and bake for 10-12 mins.
5. Remove from the oven and allow to cool for 10 minutes.
6. To make the Angel Delight, add lime zest and segments, pour the cold water into a mixing bowl and slowly whisk for 30 seconds. Scrape down and whisk for a further 2 minutes on high speed until thick and creamy.
7. Pour or pipe into individual serving dishes and top with lime zest.

**Allergens: (Milk)**

Please check the ingredients declaration on the products you use.



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