

THE COUNTRY RANGE GROUP MAGAZINE FOR CATERERS
SEPTEMBER 2024

Stir it up

HEARTY & HEALING

CRAFTING NUTRIENT-
RICH SOUPS FOR
CARE CATERING



Rooted
in Community

CELEBRATING LOCALLY SOURCED PRODUCE





TURN THE ORDINARY INTO THE EXTRAORDINARY

Nachos are as popular as ever, featuring in over **80% of pubs & bars in the UK***. But how does your business stand out from the crowd? Let **Santa Maria's range of sauces, rubs, spices and toppings** elevate your offering. Our inspirational recipes feature a **3-step build** which is operationally simple to deliver, no matter how skilled your team are...

*Source: Lumina Intelligence Menu Tracker, April 2022

SANTA MARIA FOODSERVICE IS NOW



It's as easy as 1, 2, 3...

1 Base



Place warm tortillas in a bowl.

2 Toppings



Pour over the cheese sauce and add the jalapeños.

3 Garnish



Top with salsa and guacamole.

This recipe is so simple and tastes great. Just like all our recipes it can be made using 3 simple steps, **1. Chips, 2. Toppings and 3. Garnish.** It's so easy anybody can make them, so whether you already have Nachos on the menu and you want to elevate them or you are looking at introducing them, contact us to find out more.

PRODUCT NAME	PACK	WEIGHT
Tortilla Chips Salted	x12	475g
Mexican Salsa Roja	x4	2.3KG
Sliced Green Jalapeños	x12	500g
Cheddar Cheese Sauce	x3	3KG
Frozen Guacamole	x6	1KG



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Discover how our range of products can elevate your Nachos

VISIT US AT PAULIGPRO.COM/UK/NACHOS

Ingredients

The start of a new season and we're starting to look ahead to the colder months and the new opportunities they bring.

We have two Rising Stars this month to inspire you, as well as a wealth of advice about local produce in our Melting Pot feature. If you're working in the health and welfare sector, look no further than our Category Focus which is all about nourishing soups, and for those of you embarking on a new school or college term, turn to page 12 for some Country Range ideas to refresh your menu.

If you would like to get involved in a feature or if you have any feedback, we'd love to hear from you. Please email us at editor@stirupmagazine.co.uk

The Stir it up team



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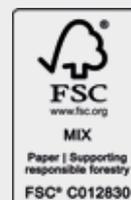
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By Valentin Valkov

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.



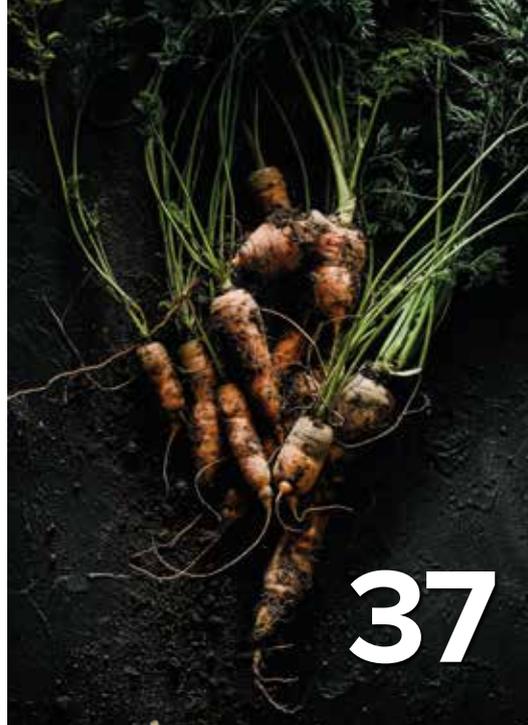
OUR EDITORIAL PARTNERS...



ALLERGEN REFERENCES

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Readers' lives

NAME: Graham Gardner

BORN AND RAISED: Burnley, Lancashire

JOB TITLE: Head Chef

PLACE OF WORK: The Sheraton Hotel, Blackpool, Lancashire

HOW LONG HAVE YOU WORKED IN THE CATERING INDUSTRY? 32 years

PASSIONS OUTSIDE OF THE KITCHEN? Gardening, football and dining out.

BIG TARGET FOR 2024? To be more environmentally friendly.

WHAT IS YOUR FAVOURITE CUISINE TO EAT? English country food.

WHICH CHEF DO YOU RESPECT THE MOST AND WHY? The late, great Gary Rhodes - his standards were exceptional, especially when producing quality desserts.

WHAT'S THE BEST ADVICE YOU WERE EVER GIVEN AND BY WHOM? To listen - from an old head chef, it's simple but crucial to success.

WHAT'S YOUR TIP TO CUT WASTAGE

IN THE KITCHEN? Order frequently to reduce waste.

WHAT DO YOU DO TO SWITCH OFF? Listen to music.

WHAT'S YOUR DREAM JOB? To become an Executive Head Chef.

WHAT TRENDS DO YOU SEE TAKING OVER IN 2024? More dietary and plant-based foods.

WHAT'S YOUR FAVOURITE DISH TO COOK? Homemade strawberry cheesecake.

DEAD OR ALIVE - WHICH THREE PEOPLE WOULD YOU LIKE TO COOK FOR THE MOST? Gary Rhodes, Graham Kerr and Sean Dyche.

WHAT IS YOUR FAVOURITE COUNTRY RANGE PRODUCT AND WHY? The Country Range Frozen Summer Berry Mix, the quality is of a very high standard.

Country Range Frozen Summer Berry Mix
Pack Size: 1kg



Fresh FROM THE KITCHEN



The Korean food craze continues. Comforting and cult-worthy, its flavours and dishes are influencing cooks the world over, from traditional classics to global mash-ups. We explore the most influential elements to inspire your menu development this autumn.

KIMCHI – Leading the way for Korean food is this fermented favourite, traditionally made with cabbage, gochugaru (chilli flakes) or gochujang (chilli paste), garlic, ginger, salted shrimp and anchovy sauce. It features in a range of dishes, such as dumplings (mandu) and kimchi fried rice, as well as a side to accompany main courses.

K-BBQ – This Korean BBQ feast is becoming more mainstream and chefs are taking inspiration from some of its mainstays like bulgogi (thinly sliced meat in a salty-sweet marinade) and galbi (short ribs), one example being to use bulgogi to flavour tofu or aubergine for a veggie twist.

COMFORT FOOD – Korean versions of crispy fried chicken (AKA 'KFC') and deep-fried cheesy coated corn dogs are massively on trend, but hot on their heels are the likes of kimchi-jjigae (a bold kimchi stew with other ingredients such as pork) and army stew (American influenced stew with hot dogs and spam).

SSAM – Wraps in various forms are popular across most cuisines and this Korean version which uses leafy vegetables to create bite-sized wraps of meat and other condiments are understandably popular and versatile.

RICE CAKES – Tteok-bokki are rice cakes traditionally simmered in spicy sauce which have gained popularity and used in mash-ups across a whole host of global cuisines, as a substitute for pasta, gnocchi and more.



Kimchi



Korean Corn Dogs

From thefoodpeople trends report 2024.

thefoodpeople.
inform | inspire | realise potential

A PROPER PAIRING



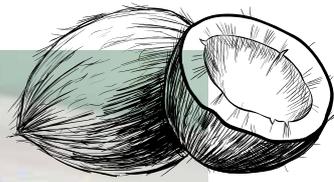
No. 1*

(Also)
No. 1*

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

*IRI Value Sales

Cooks CALENDAR



September

1ST SEPTEMBER - NATIONAL TOFU DAY

Entice customers looking for a plant-based dish with this Smoked Tofu 'Burnt Ends' loaded fries dish created using KNORR Barbecue Paste and COLMAN'S English Mustard.

2ND SEPTEMBER - WORLD COCONUT DAY

This retro twist on the traditional Japanese dish of Katsu Curry features the award-winning Country Range Katsu Curry Sauce as the filling of a Chicken Kyiv as well as in the delicious coconut curry sauce.

4TH SEPTEMBER - EAT AN EXTRA DESSERT DAY

Cereal Partners have created a whole host of sweet and tasty desert snacks including this fantastic NYC Crownies which were inspired during the Kings Coronation, add them to your menu this September.

13TH SEPTEMBER - INTERNATIONAL CHOCOLATE DAY

Bring these iconic ROLO® Mini Mix-in Chocolate Pieces into the mix to create these delicious cupcakes for your residents, students or customers.



October

4TH OCTOBER - NATIONAL TACO DAY

Bring your school menu to life by adding these delicious Mexicana tacos to your menu, as created by Country Range customer David Carrack.

21ST OCTOBER - APPLE DAY

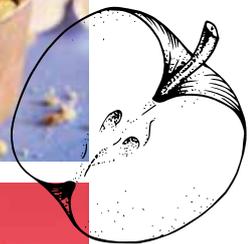
Utilise apple as the hero of these on-trend Apple Brûlée Crumble Dessert pots that are perfect for on-the-go, as created by Country Range development chef Paul Dickson.

25TH OCTOBER - WORLD PASTA DAY

You can't go wrong with this comforting creamy Leek and Mushroom Tagliatelle made with MAGGI® Béchamel Sauce and MAGGI® Gluten Free Vegetable Bouillon. Offer customers the option to add sliced chicken breast if they prefer.

25TH OCTOBER - GLOBAL CHAMPAGNE DAY

The Paloma cocktail is a refreshing drink that combines MONIN Pink Grapefruit Syrup, tequila blanco and champagne. It's a wonderful cocktail for toasting a special event, or just to sip on warm summer days.



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PRIZES WITH

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* 1 of 5 *
1 OF YOUR 5 A DAY



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GOOD
MOOD



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THE BEST FOOD IN TOWN – AMEN TO THAT!

St Lawrence Café, Ipswich

St Lawrence Café is one of seven social businesses run by Realise Futures, which aims to improve and promote the economic and social wellbeing of those who are disadvantaged and/or disabled across Suffolk and Norfolk. Based in the de-commissioned St Lawrence Church in Ipswich, the friendly café provides real jobs, advice and support in a bustling hospitality setting.

Leading the kitchen is Caron Mexome, who trained as a commis chef before going on to have a successful career in the corporate world of hospitality for the likes of Eat and Coffee Republic.

“I joined the café as a stopgap after moving back home for a family emergency,” says Caron. “That was seven years ago and I have never left. The people hooked me in pretty quickly and it didn’t take long to realise how much I had been missing the corporate world. We employ people who are disadvantaged or have a disability. It could range from deafness, autism, mental health challenges or something else. It’s about providing opportunities for people to develop and enhancing their lives.”

“All our staff work for 16 hours each week, but they acquire new skills, build confidence and learn how to work with money. We put them

through hygiene courses and they learn how to create dishes and cook. It’s about life skills and community, as well as employment. I will never go corporate again. I love my job, the team, our customers and what we have achieved. Seeing the development and growth is so rewarding. Every day the staff inspire me.”

The café attracts a wide range of different community groups and the large space means great access for wheelchairs and those with disabilities. Dogs are also allowed.

While many travel from far and wide for the house speciality – beef stew and dumplings, the café’s menu changes four times a year and the team cooks as much from scratch as possible.

“We make scones every day, sausage rolls, soups, pastries, quiches and we work closely with our suppliers to make sure we’re keeping up with trends

“The café attracts a wide range of different community groups and the large space means great access for wheelchairs and those with disabilities. Dogs are also allowed.”

and the menu is exciting and fresh. Our staff play a massive part in our menu idea generation, creation and testing. It teaches new skills but also motivates them and makes them part of the process. A new recipe will take at least four weeks of kitchen testing, customer tastings and tweaking before we’re all happy.”

“The Country Range portfolio is vital to our menu. The seasonings,



Above (left to right)
St Lawrence Café team Caitlan, Kym, Caron, Chloe, Roberta and Donna

Below (left to right)
St Lawrence Café team Esther, Kym and Aaron
The café’s Beef Stew & Dumplings

herbs, spices and sauces are top quality and fantastic value. The wide range of stock products on offer is brilliant as well. We use the Beef Bouillon for our very popular beef stew and dumplings, the Chicken Bouillon at Christmas and the Vegetable Bouillon for all our soups. On the sweet side, the cakes are amazing and also enables us to provide for those with allergens. The Country Range Gluten Free Lemon Drizzle Cake and Carrot Cake are two of my favourite products that work really well on our menu.”





THAT
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IS KNORR



Best IN THE BUSINESS

IN SEASON:

Pears

Pears have been cultivated for thousands of years, with their origins tracing back to ancient China and Europe. They are a versatile ingredient and peak in season from late summer to early winter, with their prime availability between August and October. Their sweet, juicy flesh, unique texture and subtle flavour make them ideal for both sweet and savoury dishes, such as salads, desserts, and cheese boards.



Theo Randall

Chef Patron at Theo Randall at the Intercontinental

SATISFYING A SWEET TOOTH

There is something very British about a pear, they don't taste the same in other countries. A blackberry and pear crumble was a regular on my Mum's Sunday lunch menu. This was served with cold single cream and was absolutely delicious!



Daksha Mokariya

Spicy Chef Stratford

GETTING SPICY

Add diced pears to a vegetable or chicken curry. The sweetness of the pears complements the spices beautifully and adds a unique twist to traditional curry dishes.

PERFECTLY PRESERVED

Cook pears with onions, ginger, and spices like cinnamon and cloves to create a flavourful chutney. It pairs wonderfully with cheese, grilled meats, or as a condiment for sandwiches.



Eran Tibi

Executive Chef at Bala Baya & Kapara

GIVING LAMB A LITTLE LOVE

Pear works really well when paired with fatty meat; the savoury flavour of the meat plus the acidity and sweetness of the pear really works well together. My go-to recipes for this would be lamb sweetbread or chop nuggets served with pearl cous cous, poached pears and saffron.

QUENCH YOUR THIRST

Another great way to incorporate pears is in drinks. I like a pear Gazoz which features a sweet pear syrup, soda, plus a shot of Arak and a sprig of chervil. Sweet, refreshing and fragrant!



Pavel Baranovs

Head Chef at UBA

ASIAN-FUSION

My favourite type of pear is a Nashi pear, also known as an Asian pear. It is a mix between an apple and pear – it's got the taste and texture of a pear but in the shape of an apple. It's perfect for using raw in salads for a sweet and refreshing crunch but my favourite way to use this pear is in a sweet Nashi Pear Nest dessert.

WASTE NOT, WANT NOT

Overripe pears that are no longer suitable as the main focus of a poached pear dish are great for making jams or as an unusual twist on a salad dressing as you'll be cooking them down anyway. The jams and dressings can be saved and added to an array of dishes across your menu.

Also In Season



Chervil



Kippers



Crab



Elderberries



Quince

START THE TERM WITH

Flying Colours

With schools, colleges and universities embarking on new terms this month, here's a run down on the latest Country Range products, recipes and innovations to make sure your food and drink menus score top marks this school year.



Healthy Yoghurt Pots



Ham & Cheese Butter Croissant

"WE USE A LOT OF COUNTRY RANGE PRODUCTS, FROM THE BATTERED FISH TO SPONGE MIXES, OIL, TINNED TOMATOES, SAUCES AND DRESSINGS. IT REALLY IS GREAT VALUE WHILST AT THE SAME TIME BEING GREAT QUALITY." - SCHOOL CATERER

BREAKFAST

A quality breakfast is vital for energy, concentration and cognitive function so a diverse and nutritious menu can provide huge value to the pupils, students and staff.

Our frozen ready-to-bake pastries are a great tool for the morning rush. For a great grab-and-go breakfast treat, how about a savoury protein-packed ham and cheese croissant. Try mixing a little Country Range Dijon Mustard into some mayo to add a tangy finishing touch.

A lighter and healthier side to the menu is also required so make sure you have a good selection of fruits, juices and cereals. Our Country Range Oat Flakes continue to be a favourite throughout the year and can be elevated with our nuts and frozen mixed berries. Our Country Range Muesli is also extremely popular and can be served in bowls, take out tubs or even used to make energy balls and bars, whilst fruit, yoghurt and cereal pots are easy

to create and pack a balance of nutrients and energy into one tasty pot.



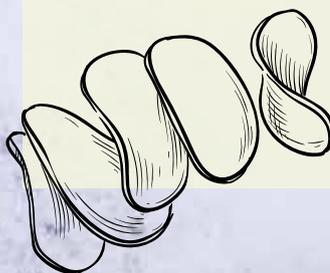
Porridge with toppings

Lunch

In addition to providing nutrition and fuel, a diverse lunch menu can help students to build strong and positive relationships with food. For some, it's their only hot meal of the day so the menu needs to fortify and bring the joy.

POTATO PLEASERS

Much-loved by kids, teenagers and young adults, potatoes play a pivotal role across lunch menus in the education sector. Our frozen potato portfolio includes spot on spuds for all situations. Skin-on, skin-off, sweet potato, triple cooked, chunky, shoestring, seasoned waffle fries, roast potatoes, halos and crunchies – they can't be beaten when it comes to a long-lasting crunch and a silky soft centre. What's more, they can be oven baked or air fried. For a super street food potato dish, try topping our Signature by Country Range Potato Sidewinders with five bean chilli and salsa for a nutritious and meat-free crowd-pleaser.



Sidewinders with 5 Bean Chilli



Vietnamese chicken wrap

GLOBAL

Many of us wouldn't have known the first thing about quinoa, pesto, hummus or even burritos when we were growing up, but the diet of this generation has changed massively. Italian, Mexican, French, Thai, Chinese, Indian, Americana – you name it, young people are not just trying it, they have been weaned on it. Help push their horizons further and your own this term by delving into a new cuisine. It could be Caribbean jerk recipes, North African tagines, Persian platters or maybe it's time to discover what Eastern Europe can offer. A great way to try new flavours is by changing up your wrap selection. Why not try this Vietnamese chicken wrap.

*Strawberry Delight
Cheesecake*

Treats

To provide an energy boost, motivation and smiles, don't forget the tasty treats. Our much-loved Delights, Cake and Muffin Mixes continue to be core products across the education catering sector. Simple, easy and loved by all, they can be used in various ways to create simple, yet stunning sweets and cakes. Try this Strawberry Delight cheesecake recipe.



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



*Hidden veggies
mac & cheese*

The waste free school

A new school year means new targets and cutting down on waste has to be high on your list. This rocking recipe piles in your leftover veggies into a comforting menu favourite – mac and cheese.

VIVA

The taste preferred by 3 in 4 kids!*

Single-serve carton with a paper straw



HIGH IN CALCIUM AND PROTEIN WITH ADDED VITAMIN D!

* Three in four kids preferred the taste of VIVA Chocolate Milk Drink – No Added Sugar versus another leading brand of no added sugar flavoured milk in blind tests (Independent research, Feb 2020)

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Lakeland
DAIRIES



Bridging the BREAKFAST GAP IN SCHOOLS

Healthy breakfasts help children receive the nutrients they need for growth and development, reduce hunger and support learning. This is just one of the findings from a recent study commissioned by charity Magic Breakfast which was conducted by the British Nutrition Foundation.

The study revealed that up to 30% of children and young people were skipping breakfast, especially adolescents, and particularly teenage girls. To mark the importance of breakfast and reduce this number, the British Nutrition Foundation is holding National Schools Breakfast Week starting on Monday 9th September. Their aim is to encourage schools to highlight their breakfast offer and teach how breakfast can support health and development.

While many schools offer breakfast clubs which can help to develop healthy eating habits, improve nutritional intakes, increase attendance and provide the opportunity for social interaction, not all children are able to participate. Magic

Breakfast works with schools in England and Scotland to ensure as many children as possible have the opportunity to eat breakfast. Breakfasts are funded through donations from individuals, trusts, corporate partners and a small membership fee from schools. The team work with corporate partners such as Heinz, Warburtons, Arla Foods, Weetabix and Quaker who supply donated food and help keep costs low. In England, for a school to qualify at least 35% of pupils should be recorded as eligible for pupil premium. In Scotland, other criteria apply.

The 'Magic Menu' of up to 20 items offers choice for children while introducing them to a wide variety of food and nutrients. Although this varies from school

to school, it usually includes baked beans, cereals, toast, bagels and eggs.

Another initiative available to schools is the National School Breakfast Programme (NSBP), which works with over 2,600 schools, providing a subsidised school breakfast service. Funded by the Department for Education and delivered by Family Action, schools receive a 75% subsidy for breakfast club provision until the end of the current

programme in July 2025. A school support team is on hand to give advice and support.

The Constellation Trust, which runs a network of primary and secondary schools, participates in this scheme. Students are offered a choice of bagels, toast, fruit, yoghurt and various cereals such as cornflakes, shreddies and crispy rice.

James Pickering, Head of Trust Catering Services, says "Eating breakfast helps a child's attention span, concentration and memory – all important for learning in school. They are more likely to take part in physical activities and to maintain a healthy body weight."

HOW TO START A BREAKFAST CLUB

One of the most effective ways to ensure children receive a healthy breakfast is to run a breakfast club. You need to consider where the breakfast will be served – in the dining room or classroom and whether the school kitchen will be available in the mornings. Think about logistics such as staffing and any equipment you need. Let your school community know about your new breakfast service – celebrate what your school can offer with a launch plan including posters, family breakfast and themed days.

If you're looking for inspiration on what to serve for breakfast, the British Nutrition Foundation has produced a "Good Breakfast Guide" with information on what makes a good breakfast. Ideas on what to serve include wholemeal bagels with reduced fat soft cheese and sliced fruit, wholegrain cereal with sliced banana, raisins and milk, wholemeal rolls with sliced boiled egg, cherry tomatoes, orange segments, and porridge or overnight oats with frozen berries or dried fruit.

Visit <https://www.magicbreakfast.com/> and <https://www.family-action.org.uk/what-we-do/children-families/breakfast/> for more information.

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Lamb Weston

THE RISE OF FERMENTATION

in modern hospitality

Fermented foods are a growing consumer trend from kombucha to kimchi to kefir. They not only extend the shelf life of fruit and vegetables, but also help to reduce food waste and can attract customers seeking healthy eating options. As Marilia Chamon, nutritional therapist and gut health expert says, “Fermented foods are rich in probiotics, beneficial bacteria that help maintain a healthy gut.”

At Silo restaurant in London, described as the world’s first zero waste restaurant, every dish from the bread course to dessert has an element of fermentation. This includes cultured butter, garums and miso used within dishes to the amazake and in house vinegars.

Ryan Walker, the restaurant’s Head of Fermentation, Research and Development, says “Aside from flavour creation, fermentation excels in making nutrients in most food more bioavailable and digestible. By adding salt to raw vegetables, you can extend the life of vegetables almost indefinitely by creating an environment for good bacteria to dominate over any bad bacteria by creating a naturally acidic environment. Replace anything pickled with one



of these lacto-ferments and use the juice as a vinegar alternative and you will find this is a great way to start integrating fermentation into your menu.”

One of Silo’s signature dishes is amazake “ice cream”. Ryan says “We ferment rice with koji to make sweet amazake then mix that with inhouse elderflower vinegar to create a vegan ice cream with the same texture and luxurious mouthfeel of a dairy based ice cream.”

James Taylor from Chefs in Schools, uses fermentation as a way of preserving fruits and vegetables, reducing waste and creating new flavours. “Fermenting is a great quick way to preserve fruit and vegetables if there isn’t an immediate use for them. I often ferment chillis and garlic in a brine for around ten days, then use it as a dipping sauce or to add to my dishes. Fermenting is a great way to use up trimmings such as radish leaves, carrot tops or beetroot and cauliflower leaves.”

Above main and right

A variety of fermented vegetables, including kimchi, radish salad, white and red sauerkraut

Below left

Kombucha
Image from River Cottage Fermentation Handbook pic by Gavin Kingcone

Fermentation expert Rachel de Thample teaches at River Cottage in Devon, Petersham Nurseries and the Plant Academy in London. She’s also the author of The River Cottage Fermentation Handbook. She says “I’ve been working with chefs on how they can transform their food waste into high end ingredients to feature on menus, such as miso made with stale bread or vegetable scraps or fermented ketchups with over ripe tomatoes. You can take fading produce and make kimchi. This is a great pickle to serve with any dish such as brunch offerings (scrambled eggs on toast or with roast potatoes and a poached egg).

Rachel recommends adding fermented foods as a flavour booster to virtually all dishes towards the end of cooking or after cooking. Examples include adding kimchi to a beef stew or make fried rice and fold the kimchi through right after the rice has been taken off the heat.



RACHEL DE THAMPLE’S IDEAS FOR FERMENTATION INCLUDE:

- Ferment squeezed lemon juice, which can be used in place of fresh lemons when they’re out of season and more expensive.
- Blend spoonfuls of kimchi with butter to make an incredible sauce.
- Kombucha can be used to marinate summer berries.
- Ferment apple peelings and cores with sugar or honey and water to make apple cider vinegar.
- Infuse homemade vinegar with other scraps like strawberry tops or cherry pips for a fruity infused vinegar.
- If roasting a whole garlic bulb, make a roasted garlic vinegar and add herb stalks such as thyme or rosemary.



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*Chicken mashed potato,
vegetables and gravy*



Nourishing patients & THE PLANET

Reducing the carbon footprint of hospital menus

A low carbon recipe bank, appetite enhancing crockery and introducing venison on menus are some of the initiatives being introduced at NHS hospitals to help manage their carbon footprint.

The recipe bank, comprising 300 recipes, was launched earlier in the year with all recipes analysed by a national dietician to ensure they are suitable for NHS patients. Each recipe has a carbon rating – for example, lentil and beef burger is CO2 rating B.

The recipe bank not only includes plant-based meals, but also chicken, salmon, venison and beef. In his presentation at the Hospital Caterers' Association (HCA) Forum, Tim Radcliffe, Net Zero Food Programme Manager, NHS England, said, "The beef dishes have been adapted – for example, one lasagne recipe shows how you can use 50% of the beef required and add lentils to it, which reduces the carbon footprint and makes it more healthy."

NHS Trusts are being encouraged to use more venison on the menu due to its lower carbon footprint and cost. On average, 185m meals are produced a year in NHS hospitals and according to The Waste and Resources Action

Programme, an estimated 20% are wasted. As from April this year, all NHS Trusts have been asked to split food waste and measure it in four different ways – plate waste, unserved meals, production waste and spoilage. Tim says, "As a result, we will have a more accurate picture of exactly how food is wasted. We're never going to get to zero food waste. In a hospital, a patient may order a meal and then a few hours later can't eat it due to several reasons such as medication or an emergency operation. What we need to look at is how we can reduce avoidable food waste."

Another initiative to reduce food waste is appetite enhancing crockery. Traditionally the NHS has used grey-looking plates with a stripe down the side. Studies have shown how coloured crockery enhances patients' appetite. Dishes such as cauliflower cheese or mashed potato on a grey plate may look unappetising or

not easily seen. Trials using blue crockery have been successful with Solent NHS Trust reducing food waste by 29% and increasing the number of empty plates by 14%. Tim says "Blue was chosen because it's the last colour to go on the dementia spectrum. The new plates are restaurant quality, more robust and look appealing to the patient, with the food standing out on the plate." Several NHS Trusts are already in the process of changing over to blue crockery as a result of the trial.

*Venison stew, rice
and red cabbage*



TOP TIPS FOR REDUCING YOUR MENU'S CARBON FOOTPRINT



- Carry out a comprehensive audit of the menu and identify dishes that are carbon intensive and high-cost items such as beef, then look at alternatives.
- Put plant-based options at the top of the menu. Don't use the words "vegan" or "vegetarian" as this may put someone off who thinks they can't eat the meal as they're not vegan whereas it's a great dish which anyone can eat.
- Often there are little things you can do – one NHS Trust is considering replacing mayonnaise with vegan mayonnaise as it has a reduced carbon footprint.
- Seasonality is important – buying an item in season will be lower in cost and have a reduced carbon footprint. For example, out of season strawberries have a footprint seven times higher than tastier seasonal ones.

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800G MAKES **50** LITRES

Few aromas conjure up an appetite like that of a simmering homemade soup. Packed with fresh ingredients and flavoured with herbs and spices, soup is every chef's flexible friend. In the care sector, it is a menu must-have, delivering nutrition, hydration and supporting those with eating disorders to dine with dignity, however it can be often overlooked. This month, we are lifting the lid on the tureen to inspire your menu development of this much-loved winter warmer.

A VITAL SOURCE OF NUTRIENTS

Soup can be a highly effective way to ensure care home residents receive the essential nutrients they need to stay healthy and well. Not only is it an easily digestible meal, but it can also be tailored to meet a variety of dietary requirements for residents using one base stock. By incorporating fresh vegetables, lean proteins, whole grains, and legumes, care home caterers can provide a comprehensive mix of vitamins and minerals across a broad range of flavours.

A vegetable soup with added chicken or beans can provide a good balance of macronutrients and micronutrients. Vegetables such as carrots, spinach and tomatoes are rich in vitamins A and C, while the addition of beans or lean meat ensures adequate protein intake, which is important for maintaining muscle mass and overall strength. The inclusion of whole grains like barley or brown rice can add fibre, which aids in digestion and helps prevent constipation, a common issue among the elderly. Herbs and spices used in soups not only enhance flavour but also offer additional health benefits, such as anti-inflammatory properties.

No matter the flavour, one of the key benefits of soup is its hydrating qualities, supporting those who may not drink enough water throughout the day. Additionally, the warmth and comfort of soup can also help to stimulate appetite in those who might be struggling at mealtimes or recovering after illness.

*Broccoli &
zucchini
vegetarian soup*



Hearty & Healing

Nutrient rich soups
for care catering

“LOOKING TO INTERNATIONAL FLAVOUR COMBINATIONS IS A GREAT PLACE TO START EXPANDING YOUR OFFERING AND WILL ALSO ADD A TASTE OF HOME FOR RESIDENTS OF DIFFERENT NATIONALITIES.”

SUPPORTING RESIDENTS WITH DYSPHAGIA

Puréed soups are an excellent option for those with swallowing difficulties. Delivering the essential nutrients residents need, they can also be fortified with additional vitamins and minerals without affecting the look, mouthfeel or flavour.

The ability to adjust the thickness of soups to meet International Dysphagia Diet Standardisation Initiative (IDDSI) standards ensures residents receive a personalised dish that caters to their specific condition. IDDSI Levels 3 (Liquidised) and 5 (Minced & Moist) allow for a slightly thicker consistency that can be achieved by blending soups with a little less liquid or by adding thickening agents.

SERVING IN STYLE

It is important to make soup more appealing and offer a variety of flavours, accompaniments and serving styles to enhance the dining experience for care home residents. By introducing a diverse range of options, caterers can stimulate residents' appetites and prevent mealtime monotony. Different garnishes such as flavoured oils, a swirl of crème fraîche or croutons are a good place to start but get creative and pair your soup with a more unusual complimentary flavour such as crispy bacon, edible flowers or grilled gruyère cheese crostini.

When serving your soup, think about using different vessels to alter the presentation. “Try serving the soup inside of a suitable hollowed vegetable, for example pumpkin soup inside of a hollowed pumpkin. Or celeriac soup inside of a hollowed celeriac,” says Kerth Gumbs, Head Chef, Fenchurch Restaurant – Sky Garden. Alternatively, you could use

different coloured decorative bowls, mini mason jars or mugs to surprise and delight your diners.

Providing accompaniments such as freshly baked bread or side salads can add texture and variety to the meal, encouraging residents to eat more and enjoy their food, but Kerth recommends elevating your sides with a savoury biscuit such as a salted short bread biscuit. Dean Harper, Chef and Director at Harper Fine Dining says, “Consider pairing your soups with savoury scones, cheese and herb biscuits or crispy vegetables for added texture and flavour.”

TURN THE ORDINARY INTO EXTRAORDINARY

If you are tired rotating the same soups on your menu it's time to start innovating and testing new recipes. “The most unusual flavour combination I've experimented with is a spicy chorizo and chocolate soup,” says Gabrielle Marie Yap, Senior Editor & Culinary Entrepreneur, CarnivoreStyle. “Inspired by traditional Mexican mole, this soup combines the heat and spice of chorizo with the deep, complex flavours of dark chocolate. However, our best-selling flavours are a rich and smoky pulled pork chilli, a creamy chicken and wild rice soup, and a hearty Italian sausage and white bean stew. They are popular because they are packed with robust, satisfying ingredients that appeal to those who love meat-centric dishes, but my go-to soup for a comforting, fulfilling meal is a classic beef and barley soup. It's rich, hearty, and packed with nutritious ingredients like tender chunks of beef, wholesome barley, and a medley of vegetables. The slow simmering process melds the flavours beautifully, creating a soup that's both nourishing and deeply satisfying.”

Looking to international flavour combinations is a great place to start expanding your offering and will also add a taste of home for residents of different nationalities. Kerth Gumbs recommends a Caribbean style chicken soup with dumplings and Johnny cakes on the side for something a little more unusual while playing on a favourite flavour profile.

“One of the most unusual flavour combinations to garner widespread attention is the spicy coconut curry lentil soup,” comments Dean. “This unique fusion of exotic spices with creamy coconut milk results in a memorable taste sensation that surprises and delights!” This sentiment is echoed by Nick Vanderbeen, Executive Chef who has also experimented with a coconut and lemongrass soup with a hint of chilli that can be offered as a vegan, meat or fish option.

If your diners love their traditional soup menu, you can always elevate it by changing or adding a few ingredients. “Try fermenting some vegetables then dehydrating and blending into powders, add this to your soup at the end to bump contrast in flavours,” comments Kerth. Dean recommends experimenting with homemade stocks or broths and ingredients to enhance a recipe, saying “Unexpected ingredients like fruit purées, smoked salts or infused oils bring an extra layer of complexity and intrigue to traditional soup dishes, transforming an otherwise commonplace soup into a gourmet offering that stands out among its contemporaries.”

As autumn turns to winter and menus change to reflect the seasons, take a closer look at the role soup plays in your care home and see how you can transform something simple into something soup-er!

Creamy pumpkin soup served in a pumpkin shell

Spicy sweet potato, bacon & chickpea soup



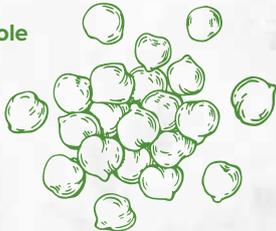
Tips for creating some hearty soups for the cooler months

Use Seasonal Ingredients: Seasonal vegetables such as root vegetables, squash, and leafy greens are not only more flavourful but also packed with nutrients, ensuring your soup is both tasty and healthy.

Build a Base: Sauté aromatic vegetables like onions, garlic, and celery to create a rich foundation for your soup. Using a combination of broth and stock (vegetable, chicken or beef) can also add an extra layer of taste and nutrition.

Incorporate Protein: Adding protein is essential for making your soup more filling and balanced. Options include beans, lentils, chickpeas, shredded chicken, beef chunks, or even tofu for a vegetarian option.

Add Whole Grains: Including whole grains like barley, quinoa, or brown rice can increase the heartiness of your soup. These grains absorb the flavours of the broth while adding fibre, which helps with satiety and digestion.



Balance Textures: Combine smooth, creamy elements with chunky components. For example, blend a portion of soup to achieve a creamy consistency while leaving some vegetables or protein pieces intact for added texture.

Use Herbs and Spices: Fresh herbs added towards the end of cooking can brighten up soup, while dried herbs and spices can provide a warming, robust flavour profile.

Simmer for Depth: Allow your soup to simmer for an extended period. Slow cooking helps meld the flavours together, resulting in a richer and more complex taste.

Finish with a Touch of Creaminess: For an extra touch of comfort, consider finishing your soup with a splash of cream, coconut milk, or a dollop of Greek yogurt.



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Baked feta with hot honey



HOT HONEY

Hot to trot, the irresistible combination of sweet and spicy has taken over the world. Its perhaps most popular use is drizzled over pizza - this combination of sweet and spice with the saltiness of cheese is a match made in heaven. However, there are so many uses for it, from cheese toasties to baked feta, so why not give some of your classics an overhaul with a hot honey drizzle?

Making ends meet



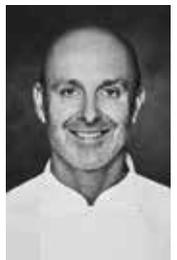
LET'S GET BUZZY

This month, Paul Dickson explores the many uses for honey and why this store cupboard staple should not be overlooked for a whole host of reasons.

It's National Honey Month which is as good a reason as any to focus on this humble but mighty ingredient that sits in most kitchens everywhere. With the addition of infusions and the increasingly blurred lines between savoury and sweet, it is perhaps one of the most versatile products you can stock.



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 or by scanning the QR Code.



How to revive honey

My favourite fact about honey – it doesn't go off. What a perfect zero waste ingredient! It can crystallise in the jar or bottle though, particularly if it hasn't been kept in ideal conditions. If this happens, it's no problem, just warm gently and it will revert to its liquid state. Buzzing!

BAKLAVA

I can't talk about honey and not share my baklava recipe. It's the ultimate honey hero and I'm only happy if it's so dripping in the sweet, sticky lava it sticks to your mouth when you're eating it! It's also a versatile sweet to serve across the different day parts. It's a cracking pastry offering from mid-morning onwards but equally can be dressed up and served as a decadent dessert at lunch or dinner. Less chance of wastage and less effort in the kitchen. Sweet.



Winter Warmer

As we move towards the autumn months, it's time to turn your attention to your hot drinks offer and honey is your best friend when it comes to soothing, autumnal flavour combinations. This mulled apple and honey drink is sure to draw in swarms of happy customers!

Mulled apple and honey



Serve up. smiles!



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FROM KITCHEN *To home*

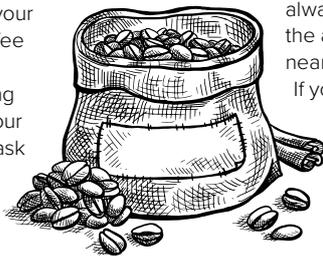
Enhancing Customer Loyalty with Branded Goods

Expanding into offering own-label products or gift hampers presents a valuable opportunity for restaurants to boost sales and enhance brand awareness, but those who have branched out will tell you it goes further than that. Being able to offer guests the ability to enjoy your brand at home or provide a unique experience by sharing the secrets of your kitchen with them deepens customer engagement and forges ongoing loyalty. It also gives you the opportunity to provide products which showcase regional cuisines or techniques, so diners get a much better understanding of the craft that goes into your menu.

While it sounds simple to do, in practice, it can be more challenging as you navigate new food retail legislation, find the right suppliers and packaging options – all this can prove time consuming and distracting when you have a restaurant or café to run. Starting small and keeping your offering simple is the best route initially. That may take the form of a Christmas hamper, or if you are a café – your own blend of coffee beans. Focus on your unique selling point and what your guests currently ask for when they visit to build a potential list of products.

Once you have your range ready, effective marketing strategies are

essential for success. Leveraging social media, email newsletters, and in-restaurant promotions can effectively reach current customers. Creating visually appealing and informative displays within the restaurant can also attract interest, this may involve displaying products at the till-point, shelves behind the counter where customers wait to collect their coffee so there is always a visual cue, or the addition of products near a self-service area. If your operation uses menus, think about either re-printing them to highlight in-store purchases or use stickers that can be placed on existing menus to increase awareness. Offering samples or tastings of products



in your restaurant can also drive interest and sales.

Leveraging your brand identity is crucial in promoting retail products. For instance, if your restaurant is known for its artisanal pasta, the same craftsmanship should be evident in your packaged pasta. One of the key factors behind Carluccio's success with branded goods is the strong association with authentic Italian cuisine. By offering products like pasta, sauces, olive oils, and biscotti that reflect the same quality and authenticity as their restaurant dishes, Carluccio's ensures consistency and trust. In addition, the strategic placement of products ensures that diners are constantly exposed to retail displays during their visit, increasing the likelihood of impulse purchases.

On a smaller scale, Dishoom have also taken the plunge into retail, offering chai tea blends, house-made sauces and cook books, Grind (a group of café-bars in London) sell their own line of coffee beans, compostable coffee pods and accessories, and Ibérica have just launched their own authentic Spanish risotto kits.



“Whether yours is a multi-site organisation or single store independent, selling your own range of products can enhance your turnover and help you break into new markets.”

Whether yours is a multi-site organisation or single store independent, selling your own range of products can enhance your turnover and help you break into new markets – especially with Christmas coming. However, it is not for the feint-hearted, so starting small and with products that can easily extend into retail is advisable, growing steadily on strong foundations to ensure you do not over-extend yourself.

THE MARKETPLACE

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

Lantmännen Unibake launch Fruit Danish Selection



Lantmännen Unibake's Schulstad Bakery Solutions has launched the Signature Fruit Danish Selection, featuring three decadent pastries: Morello Cherry & Almond Bakewell, Apple & Cinnamon Custard, and Rhubarb Madagascan Vanilla Custard & Meringue.

Designed to elevate dessert menus in hotels, restaurants, and pubs, these pastries combine visible fruit pieces with nostalgic flavours, appealing to 69% of consumers. Research by Schulstad Bakery Solutions shows 91% of consumers would choose a premium Danish pastry as a dessert, and 97% would trade up to a luxury option. This new range supports out-of-home operators in maximizing revenue by tapping into the dessert space, offering versatility from breakfast to dessert, and attracting a

younger demographic.

The Morello Cherry & Almond Bakewell is a Danish Pastry square filled with Morello Cherry and Almond frangipane, topped with crisp, toasted almonds and a drizzle of icing for a sweet finish. The Apple & Cinnamon Custard Square is filled with pieces of apple in a cinnamon-infused crème anglaise and topped with a caramelised biscuit crumb, giving a modern twist to the well-loved apple pie flavour. The fruity trio is completed by a Rhubarb Madagascan Vanilla Custard & Meringue - a Danish pastry square filled with pieces of tart rhubarb in a Madagascan vanilla custard, topped with sweet crunchy pieces of meringue for a melt-in-the-mouth finish.

The new Signature Fruit Danish Selection is available in a mixed case of 36 pastries (12 of each) and 110 cases per pallet.



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MENUSERVE DEEP DISH APPLE NOW SUITABLE FOR VEGANS

Central Foods has updated the Menuserve Deep Dish Apple Pie recipe to make it vegan-friendly, using exclusively Bramley apples for the filling.

This popular pre-sliced dessert, which debuted two years ago, is now accessible to more customers while retaining its original taste. Each pie, portioned into 12 slices, is perfect for various menus, offering a four-day shelf life when defrosted.

"With the same great taste, our Menuserve Deep Dish Apple Pie recipe has been tweaked to make it vegan so that it can now be enjoyed by even more customers," said Gordon Lauder, MD of Central Foods. "Apple pie is the nation's most popular sweet pie, according to Foodhub, so we are delighted to have been able to alter the recipe so that it is suitable for vegan diners."

For more information, visit www.centralfoods.co.uk

Cereal Partners re-launch Shredded Wheat in a new 5x16 biscuit format

Cereal Partners Worldwide has re-launched Shredded Wheat in a new 5x16 biscuit format, catering to the healthcare and hospitality sectors.

This high-fibre, no added sugar or salt cereal, made from 100% British whole grain wheat, is now easier to store and portion.

The re-launch emphasizes Cereal Partners UK's commitment to environmental sustainability through the Nestlé Wheat Plan, which supports regenerative agriculture and sustainable farming practices with British wheat farmers. The packaging now highlights this initiative, informing consumers about the positive environmental impact.



Shredded Wheat remains a nutritious choice, low in saturated fat, supporting normal blood cholesterol levels as part of a healthy diet.

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Rising Star

SCOTT GOSS

EXECUTIVE CHEF,
I'LL BE MOTHER GROUP

After a decade working for some of the biggest names in the London restaurant scene, Scott Goss headed back to his home county of Kent, where he teamed up with restaurateur Peter Cornwell to help launch the I'll Be Mother group in 2014. Scott has been instrumental in putting the businesses on the culinary must-visit map. With I'll Be Mother celebrating ten years this May, we caught up with Scott ahead of the big anniversary year.

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

I came from a big family and sitting down each day around the table and eating together was a huge part of my childhood. It was a normal household, but my mum ensured there was always a freshly prepared meal for everyone each night. My nan was also a demon in the kitchen, so she was a big early influence but coming from Kent, I was surrounded by an incredible array of seafood, meats, game, fruit and vegetables, which encapsulated me from an early age.

What were the key steps in your

development and career?

I was working part time in a restaurant but after leaving school, I joined Thanet College to learn the cooking trade and get my qualifications. I was quickly engrossed and on finishing, my lecturer Peter Barrett pushed me to apply for roles in London. It was the push I needed as I got a job at Gary Rhodes as an 18-year-old and never looked back working across several of his restaurants. After a decade in London, I moved back to Kent where I started to work for Peter Cornwell.

Describe your cooking style?

I was brought up on the French classics but I would say my cooking is more classical British now. It's simpler, ingredient-led and it's the food I love to eat. We have a solid repertoire but we're always looking to improve. It's about constantly evolving as people, chefs and as a business.

How do you create new dishes?

I love what I do so I am always eating out, reading cookbooks, travelling, speaking to chefs and looking for new ways to do things. We joke that we will never run the same dish twice but that is probably the case. If we ran a dish last summer focused on a seasonal ingredient, we will spend 12 months thinking



Photography by Lottie Topping



how we can tweak, improve or boost it next year.

What cuisines, flavours or techniques are you loving right now?

I think we will see some of the classic, simpler cooking techniques coming back in vogue. A less is more approach. Cooking over fire will continue to be huge and I expect more and more chefs to introduce BBQs in their kitchens. I also think menus will continue to get simpler and descriptions shorter. In terms of international cuisines, Asian flavours have been dominating this past decade and I think this will only continue. Whether it's fusion dishes or Asian twists on classics, I expect the umami and freshness of Asian dishes to be extremely popular.

THREE TIPS VITAL FOR SUCCESS IN A PROFESSIONAL KITCHEN

- **Attitude is everything.**
- **Be on time with clean whites and sharp knives.**
- **Be willing to learn. I heard Gordon Ramsey on a podcast recently and he said 'take it professionally, not personally'. I thought that was bang on.**

For the latest news and events from the I'll Be Mother group, visit www.illbemother.co.uk



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MAKES
30

BGC

cookies

Established over 50 years ago, Buckingham Garden Centre is a proudly independent, family-run Garden Centre. The business has expanded, refurbished and diversified over the years and today, the coffee shop and restaurant play an important role in attracting customers, generating return business and increasing spend per visit.

Specialising in seasonal, home-cooked food with a creative twist, Head Chef Josh Stopps, who joined the business six years ago, loves to put his special stamp on the menu.

“My cooking style is very produce led,” says Josh. “From my time working in produce and meat wholesale, I have had a fascination with ingredients, especially when they’re bang in season. I don’t like to follow recipes – I let the piece of meat, fish or vegetable show me the way and enjoy putting my own twist on dishes. I love the creative side of cookery, enjoy making cakes and desserts and definitely have a bit of sweet tooth.”

Following a recent refurb, the restaurant now has over 120 covers inside and 60 in its outdoor eating area. The menu consists of a wide selection of British and international delights from bountiful breakfasts, pies, soups, stroganoffs and lasagnas to burgers, fish and chips, quiches, roast dinners, sandwiches, toasties, scones, cakes, desserts and more.

“On busy days, especially in summer, we can be catering for as many as 350/400 covers so it’s full on but I wouldn’t have it any other way,” enthuses Josh. “I love the pressure. In fact, I thrive on it. It makes you feel like you’re alive and after a day’s graft, you can go to bed happy.”

We use plenty of the Country Range products and we’re always impressed, not just with the value but with the quality. The spices, sauces and seasonings are excellent and are always used in the kitchen every day.”



**JOSH STOPPS,
BUCKINGHAM GARDEN CENTRE**

INGREDIENTS

- 600g Country Range Plain Flour
- 3 tsp Country Range Baking Powder
- 300g milk chocolate drops
- 300g white chocolate drops
- 250g unsalted butter
- 200g light brown sugar
- 150g caster sugar
- 2 medium eggs
- 1tsp vanilla
- 1tsp salt

METHOD

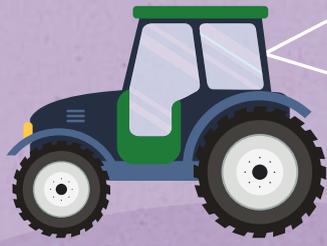
1. Cream together the butter with the light brown sugar and caster sugar.
2. Add in the eggs and mix.
3. Add in the vanilla, salt, baking powder and mix.
4. Add in the flour and chocolate. Mix together until all comes together.
5. Portion into 120g and roll into balls and either freeze for 30 mins or chill.
6. Place balls on lined baking tray and cook in oven at 180 degrees for 10-15 mins.
7. Cookies will flatten under the heat and turn brown.
8. Leave to cool, they will be really nice, thick and gooey in the middle.



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The journey our food undertakes has increasingly been in the spotlight as consumers become more aware of what they are eating, how it impacts the environment and how both workers and animals are treated. Our panel of experts this month were exceptionally passionate about sustainable sourcing and local provenance. If you are yet to kick-start a locally-sourced menu, inspiration doesn't come better than this!



ROB BOER
Head Chef, The Mutton at Hazeley Heath

Using locally sourced produce has always been important to me, as long as the quality aligns with the level of food and service we provide. Luckily in Hampshire we are blessed with lots of great local suppliers. From my experience you always get better customer service and produce when you've developed a face-to-face relationship with the supplier.

We recently held an asparagus dinner with asparagus from Secretts Farm – dishes included strawberries with white asparagus ice cream. Our cheeseboard is all local, three out of four cheeses are from award-winning Village Maid Cheese. We also regularly hold joint events and dinners with suppliers to help boost their customer base.



DAVE WALL
Chef Owner, The Unruly Pig

Local provenance has always been a key part of our offering - about 70% of our ingredients are sourced within 38 miles. That said, we never source locally at the expense of quality. We will buy further afield if the local ingredient is not of optimum quality.

Most of our dishes therefore contain many local ingredients whether it be an Orford lobster pasta with courgettes, Rendlesham Forest saddle of venison or Tuddenham asparagus and Suffolk crab tart. All of these core ingredients come from just up the road!



PAOLO POMPOSI
Head Gelato Chef, Badiani

Depending on the recipe, we source 60% to 90% of our ingredients locally within the UK. This primarily includes fresh dairy products like milk and cream, as well as eggs and sugar. Sourcing locally is more cost-effective than importing from Italy and significantly reduces our carbon footprint, enhancing sustainability. Since Brexit, we've focused on increasing our UK sourcing to mitigate the high costs and logistical challenges of importing goods.

Buontalenti is our world-famous flavour of gelato, made with only four high-quality local ingredients: milk, cream, sugar, and eggs. This simple yet rich and creamy flavour originated in the 1960s and is named after Bernardo Buontalenti, the Florentine inventor of gelato.

BBQ Mackerel



BEN ENGLISH

*Operations Director,
Marrfish Ltd*

Use fish species with a high oil content for grilling as they will withstand high heat. Mackerel is one such oily fish which performs well on the grill and in the summer months it will have been caught in the most sustainable manner, using long lines loaded with shiny hooks, in boats operated by just one or two fishermen. For a cost-effective option, try coley as an alternative to cod or chicken, perfect steeped in a bold jerk marinade. The firmness of this fish means that it doesn't break up as easily as cod, and it takes on strong flavours really well. To match the robust flavour, finish with an avocado and mango salsa and a squeeze of lime.



DOUG CRAMPTON

Head Chef, Eight at Gazegill

Eight at Gazegill is a new farm to table restaurant with sustainability at its heart. Based on the Gazegill Organics farm which has been in owner, Emma's family for 500 years, they farm only traditional and indigenous breeds of animals which suit a low input, low impact attitude to agriculture. The majority of the meat is produced on the farm, the vegetables are sourced from local growers and organic farms and our menu showcases the seasons, by using largely seasonal produce. The Forager Chipolata snack on the menu has zero food miles. The pork comes from Gazegill's pigs, seasoned with foraged wild garlic and alexanders. It's then wood roasted with wood from the farm and glazed in Gazegill's honey and last years dried hogweed seeds.



RICHARD BAINBRIDGE

Chef proprietor, Benedicts

Benedicts use seasonal local produce because it's important to our customers and fundamental to our ethos. It's an ethical choice and the quality is superior, keeping food miles down and helping to support local producers. Our menu is a celebration of local, seasonal ingredients and this really guides our dishes. Currently we are serving Halesworth Lamb with broad beans, fennel & mint jus and BBQ Leek with Suffolk Oyster Mushroom. In essence, our producers dictate our ingredients as we want the best quality on our diners' plates. Climate change also plays a part as this affects seasonality. We are seeing shorter seasons and changing periods of seasonality. Asparagus now comes in April not May for example.



KEVIN BARBER

Head Chef, MARA

The restaurant was named after the Gaelic term for 'The Sea' and since opening in 2021, has developed a seasonally inspired menu which shifts throughout the year to reflect the best local produce on offer. The team works to the principles of S4+0, where each menu is filled with produce which is Scottish, seasonal, sustainable, and slow with an effort to achieve the target of zero waste. Much of the produce served is sourced within 50 miles of the restaurant, and notable local suppliers include Highland Fine Cheeses and locally raised venison. Thanks to the location of MARA, diners visit with the intention of sampling the best of Scotland's larder. Locally-landed seafood including langoustines, and hand dived Orkney scallops are guest favourites and are constant features on the menu.



JOHNNIE CROWE

*Executive Chef,
Nest Farmhouse*

At Nest Farmhouse, we're working with some incredible local suppliers and using produce directly from Docking Lodge Farm where the restaurant is situated. Sourcing locally is a more sustainable practice, which has always been really important to me - it's better for the environment and the food is fresher. All of our dishes at Nest Farmhouse include local produce - we have a Norfolk Beef Tartare starter using Heath Farm Shop cattle raised less than 5 miles away. Our Lamb main is topped with an array of veggies from West Lexham. Even our coffee caramel custard dessert uses Salt Marsh coffee aged at Burnham Overy Staithe Boathouse. The amount of rain and sunshine is definitely affecting the growing seasons.

"It's an ethical choice and the quality is superior. Keeping food miles down and helping to support local producers."

**ALISTAIR CRAIG**

*Executive Head Chef,
The Montagu Arms*

As a hotel rooted in its country heritage, the concept of forest-to-fork dining is

important to our offering, and our customers have grown to expect the fresh flavours that come with seasonal recipes. We spend time working with carefully selected local suppliers that know the area well and can source top-quality produce, direct from the New Forest. We're also proud to have our very own Kitchen Garden where we grow anything from Jerusalem artichokes to edible flowers, so we have confidence in the ethicality of our ingredients.

Right now, we have delicious Hampshire lamb rump and sirloin on the dinner menu at our traditional country house dining room, The Terrace, but this changes daily depending on what we can source, offering freshness and variety to our guests.

**CALLUM GRAHAM**

Head Chef, Bohemia

We use as much locally sourced produce as possible in the Bohemia Restaurant kitchen, such as in our "La Chasse

Farm" Courgette Flower Stuffed With Jersey White Crab & Scallop Mousse, Tomato & Basil. Everything in this dish is from Jersey and we are fortunate to have such a wonderful bounty of ingredients on the island that we take pride in serving to our guests, who a lot of the time, are travelling from mainland UK, so it gives us a chance to give them a true taste of what the island has to offer.

Our guests are what drives our commitment to serving only the highest-quality, locally sourced produce. Farm-to-table is something we're not only known for, but what our guests have come to expect from us. More and more, they're interested in knowing where their food has been sourced, whether that be the local fish monger or micro-farm down the road – it tells a really nice story.

**NEIL KEEVIL**

*Head Chef,
The Prancing Stag*

The provenance of food is something that customers are becoming more aware

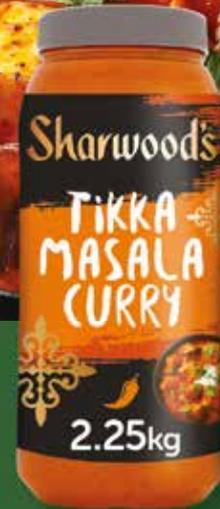
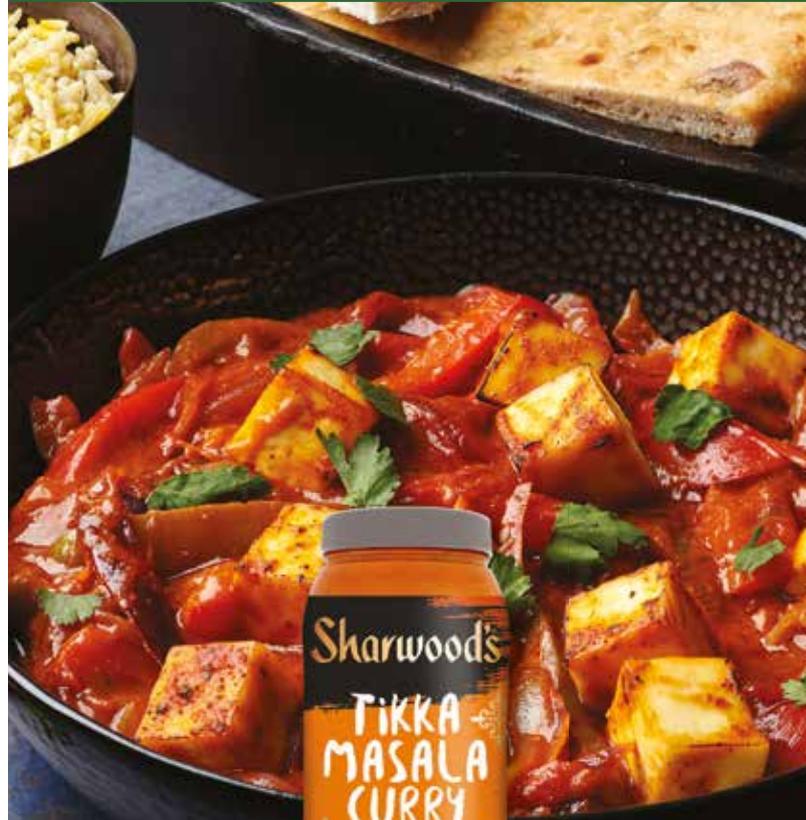
and appreciative of, and we have had great support from our regular clientele who like to engage with the front of house staff in finding out where the produce has come from. In Scotland we have one of the finest natural larders in the world, so why would you consider importing inferior products?

We change dishes on our menus almost weekly. We do this so that we can use the best available seasonal produce. Some of our recent dishes that scream local and seasonal are our asparagus with crispy egg yolk and hollandaise sauce or our strawberry pavlova.

*Local
artisan
cheeses*



Sharwoods Tikka Masala Grilled Paneer and Sweet Pepper Curry

**INGREDIENTS**

50ml oil
1kg paneer, diced
3 peppers, red, sliced
3 peppers, green, sliced

3 onions, red, sliced
1 jar Sharwood's Tikka Masala
Curry Cooking Sauce
100g coriander, chopped

METHOD

1. In a large mixing bowl add the paneer and enough Sharwood's Tikka Masala Curry Cooking Sauce to coat.
2. Add the oil to a large saucepan and cook the peppers until golden, then pour remaining sauce and bring to a simmer.

3. Place the paneer onto a tray suitable for the grill and cook until lightly charred.
4. In an oven proof serving dish add the paneer and cover with sauce and sprinkle chopped coriander.

Allergens

Please check the ingredients declaration on the products you use making this recipe.
Milk
Suitable For Coeliac, Vegetarian

Tips

Great served with, rice, naan, and mango chutney. You can replace paneer cheese with a vegetarian alternative. Check for allergens on accompaniments.

Always on hand to help.

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Rising Star

SARAH HAYWARD

HEAD CHEF, THE COACH



Sarah Hayward has been working for Tom Kerridge for 9 years. Starting as a commis chef at The Hand and Flowers, she is now at the helm as Head Chef at his second pub in Marlow, The Coach. In 2023 she scooped the Michelin Guide's Young Chef Award and her star continues to rise. Recently we caught up with Sarah to learn more about her career path and passion for cooking.

Can you tell us a little about how you got started in the hospitality sector?

My Dad is a Chef, and still to this day is one of the most passionate Chefs I know. I grew up in a big family and spending dinner time together was always important, we would always have home cooked meals on the table. I started working with him part time when I was still in school and loved the buzz of a busy kitchen. When I was 17, an apprenticeship became available at The Royal Hotel on the Isle of Wight and I jumped at the opportunity!

What excites you about your current role?

I love everything about The Coach. It has a beautiful open kitchen which is amazing as you get to interact with the customers. The menu is designed of small plates, which is just the type of food I like eating myself, and Chef Tom and Warren are both super supportive with letting us be free to create dishes as we like.

Who have been your mentors throughout your career?

There have been a lot of influences over the course of my career, and each Head Chef I worked with has supported me with my next move. My Mum and Dad have been there throughout the entire course and after working at Lucknam Park for a period, Hywell Jones naturally became someone I can always turn to. He has recently asked me to join him for a Charity event for Hospitality Action, so is still helping me drive my career forward. In more recent years, Chef Tom and Warren have been incredibly supportive and have been there to guide me and show me the ways through each role that has been given to me.

How have you put your own stamp on the menu following your move to The Coach?

Its amazing how things have subtly changed over the years, representing each Chef that has been at the helm. There are a lot of dishes that are Coach Classics that I wouldn't change, and some that stay the same, but we tweak the dish with the seasons. Others are brand new

dishes that represent myself and The Coach wholeheartedly.

Can you describe the moment you found out about your recent award from the Michelin Guide?

I was buzzing enough to be attending the awards (which usually indicates the retention of the Star), but when I heard my name called out for the Young Chef of the Year award, you can imagine how my jaw dropped. Luckily I had Chef next to me to stop me falling over and push me up on the stage!

If you could cook a dish for anyone, who would it be and why?

I lost one of my best mates in 2021, Luke Henderson was such an inspiration as a young peer in the kitchens of the Hand & Flowers; creative and passionate and naturally incredibly talented. I never got the chance to really show him the real nature of my cooking, and I know he would be

super proud of where I am now, and it would have been amazing to share that with him.

“My Dad is a Chef, and still to this day is one of the most passionate Chefs I know.”



SNACK UP STOCK UP!



HEADS UP

Spotting Substance Abuse in the Workplace

As the backbone of your operation, ensuring your staff's well-being is vital, not only for their personal health but also for the smooth running of your business. However, the sector has developed a reputation over the years for drug and alcohol abuse due to the high-pressure environment and easy access to substances.

RECOGNISING THE SIGNS

Physical indicators such as a change in appearance including personal grooming, hygiene, bloodshot eyes or unexplained marks and bruises can be red flags, but they might not be obviously noticeable when wearing a staff uniform. Other indicators include frequent headaches, nausea and unexplained weight loss/gain.

These physical indicators should be paired with behavioural

indicators such as attendance issues, mood swings, withdrawing from colleagues and team interactions, drinking regularly and excessively after closing, a noticeable drop in the quality of work or an increase in mistakes and accidents.

TAKING ACTION

If you suspect an issue, arrange a private, non-confrontational meeting with the affected individual. Express your concerns based on observed behaviours

and offer your support. If the problem is confirmed, guide them towards professional help, such as counselling services or rehabilitation programs. Be prepared to accommodate their need for reducing stress in the workplace, time off or flexible scheduling to attend a rehab program.

CREATING A SUPPORTIVE ENVIRONMENT

Working through drug and alcohol abuse with compassion and practical support is key to helping individuals overcome addiction. Knowing they won't be immediately penalised or dismissed for seeking help encourages employees to address their problems without fear of losing their livelihood. A few tips include:

Open Communication:

Foster an environment where employees feel safe discussing their problems without fear of judgment or immediate dismissal. Regular check-ins and an open-door policy can encourage staff to come forward with their issues.

Education and Training: Provide training for your management team to recognise the

signs of substance abuse and how to handle these situations with sensitivity and confidentiality.

Employee Assistance Programs (EAPs): Offer access to EAPs, which can provide confidential counselling and support services. Make sure your team are aware of these programs and how to access them.

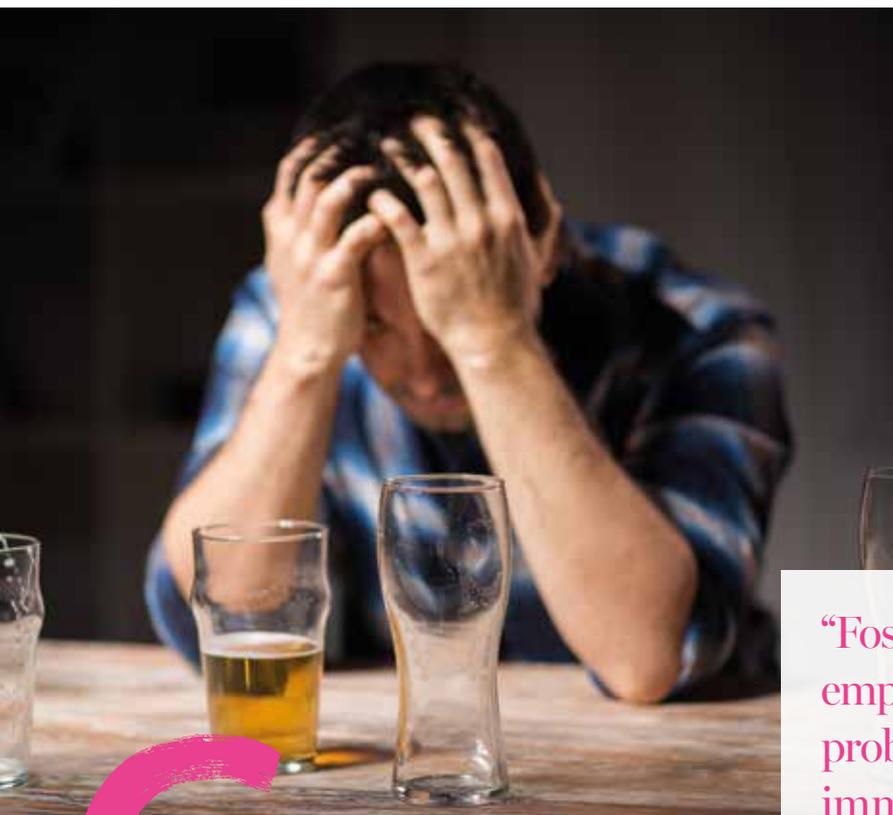
Health and Wellness Programs:

Promote a healthy lifestyle through wellness programs that include stress management, healthy eating, and regular exercise. Avoid regular or heavy drinking sessions after work or as part of a team reward for meeting targets.

Clear Substance Abuse

Policy: Develop and enforce a clear, written policy regarding drug and alcohol use. Include rehabilitation and support programs that allow employees to seek help without immediate fear of losing their job. Ensure all employees are aware of the policy, the support it offers and the steps that will be taken should the policy be ignored or abused.

Addressing drug and alcohol addiction in the workplace requires a compassionate, proactive approach. Your support and observations can be the critical difference that helps employees regain control of their life and continue to be a valuable member of your team.



“Foster an environment where employees feel safe discussing their problems without fear of judgment or immediate dismissal.”

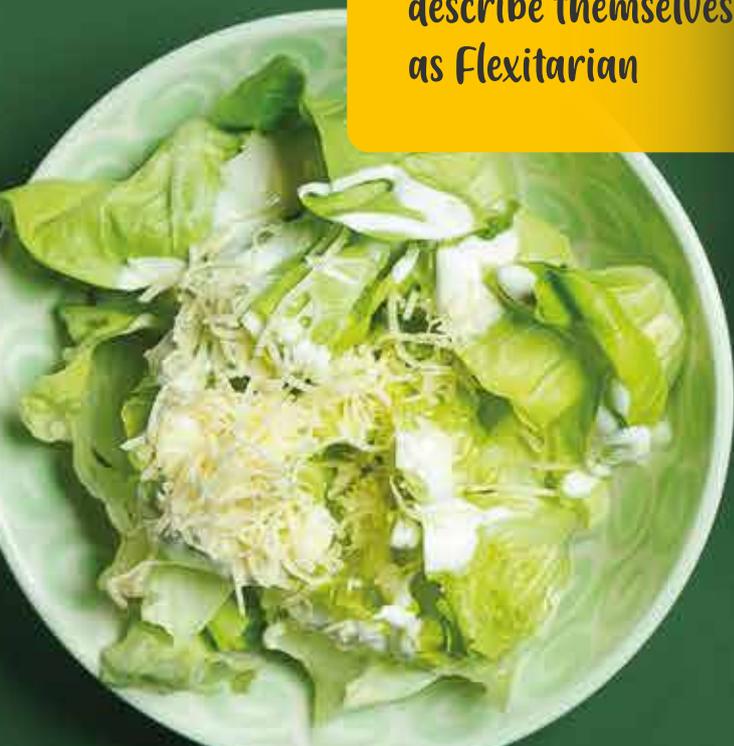
Kara

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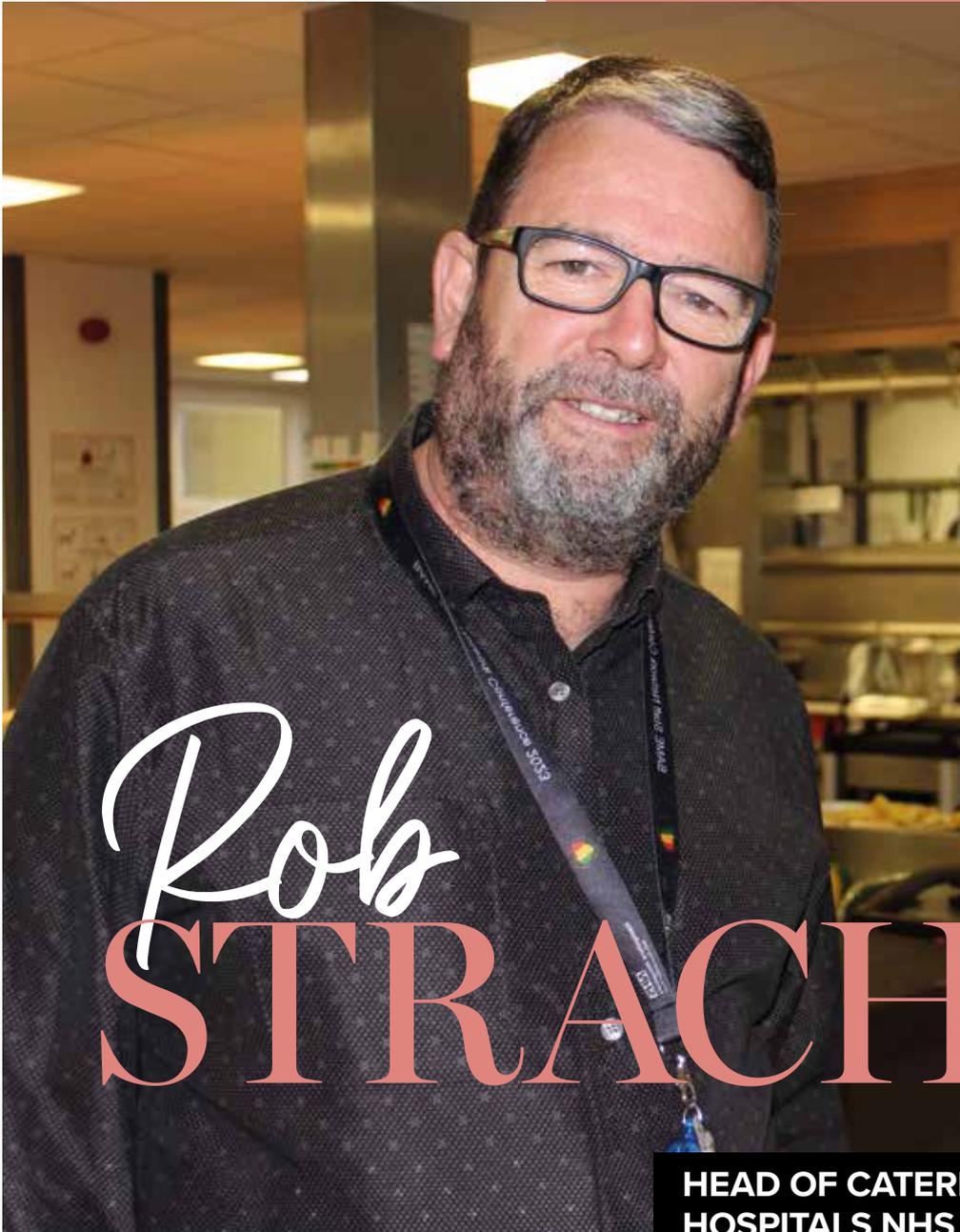
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Rob STRACHAN

HEAD OF CATERING, HAMPSHIRE HOSPITALS NHS FOUNDATION TRUST

Rob Strachan recently won the Hospital Caterers' Association's Hospital Caterer of the Year Award. As Head of Catering for Hampshire NHS Foundation Trust, he is responsible for catering services for patients, staff and hospital visitors across three sites - Andover War Memorial Hospital, Basingstoke and North Hampshire Hospital and Royal Hampshire County Hospital.

Rob started his career working in the merchant navy as a chef before becoming an NHS chef in 1999. He then left the NHS to qualify as a teacher and continued teaching until he joined Hampshire Hospitals NHS Foundation Trust two years ago.

Tell us how and why you became a caterer?

I've always loved cooking. My first taste of hospital catering was when I worked at another NHS hospital for five years in the late 1990's before getting into teaching and moving back to the NHS once I was equipped with further qualifications, experience and knowledge to run my own team.

Sharing my passion, making a difference to others and teaching the art of cookery is really rewarding. So, when the opportunity came up

to work for Hampshire Hospitals NHS Foundation Trust, I just knew it was for me. It was a chance to have an impact and initiate really positive changes for thousands of people through food and that's exactly what I hope I'm doing.

How do you feel about winning the Hospital Caterers' Association's Hospital Caterer of the Year Award?

I'm thrilled! Before being presented with the award, someone tipped me off about the nomination and I genuinely didn't think anything of it – to the point that when they said good luck afterwards, I thought they were talking about football! It didn't sink in until the next day how prestigious the award is to win. It feels fantastic for our team and Trust to be recognised for our hard work and what we are trying to do.

“Hospital food has evolved so much over the years and what we offer here at Hampshire Hospitals is fresh – we pride ourselves on that. My team all work incredibly hard to provide great quality, tasty food for all”



How many meals do you provide a day?

We have 450 beds at Basingstoke, 350 at Winchester and 60 at Andover. Across all the areas we cater for, including the food we serve for our staff, we provide around 3,000 meals every day. We're serving over one million meals a year!

You've recently introduced a new menu concept – what is it?

It's a change in what patients are offered. Patients used to be given a different menu each day with a limited choice of options (four lunch choices with potatoes and vegetables) – sometimes this structure led to strange combinations and also excess waste. Our Trust are in the privileged position to be able to modernise what we do, which means that, following a successful trial in three wards at Basingstoke, patients now have the choice of 16 dishes every day including salads and sandwiches.

How do you make sure your meals support the wellbeing and recovery of patients?

We have great support from our nutrition and dietetics team who provide consistent nutritional advice for dietary management of disease and promotion of health which is all evidence based or follows best practice guidelines. It's a big priority for us to ensure that our standards are high, and this isn't only from a nutritional point of view – our food has to look and taste good for our patients so they are encouraged to eat.

How many staff do you have?

Within the catering department, there are over 100 of us! Across the wider Trust at Hampshire Hospitals, our staff group is around 8,600.

What are the biggest challenges facing hospital catering?

Breaking down the preconception that hospital chefs can't provide delicious food and that we don't care how it tastes or looks. Hospital food has evolved so much over the years and what we offer here at Hampshire Hospitals is fresh – we pride ourselves on that. My team all work incredibly hard to provide great quality, tasty food for all and we do so because we care. We know there's always room for improvement which is why we continually review our offer but we're really proud of what we provide.

What are your three kitchen secrets for chefs new to hospitality?

- If you have a bad day cooking it doesn't make you a bad cook.
- Learn from others and never be afraid to ask for help.
- Celebrate your wins - when you get good feedback or recognition for something you've cooked, give yourself a high five and a pat on the back!

Would you encourage others to work in the hospital catering sector?

Absolutely! The work I first did in hospital catering 25 years ago stood me in great stead and gave me a solid foundation of experience to build on with qualifications and knowledge.

What are your next goals?

A primary goal of mine is for Hampshire Hospitals NHS Foundation Trust to retain its 'fresh cook' status as I think that is so important. It's also a real aspiration of mine for it to be renowned as an exemplary Trust for catering in the country. I make no secret of wanting to be the best.

Here are some examples of dishes from the new menu concept which gives patients a choice of 16 dishes every day.

Starter

- Soup of the day – Lentil and vegetable
- Bread Roll

Main Course

(Main course served with the option of side salad or vegetables)

- Liver, bacon and onion with mashed potatoes
- Lasagne with garlic bread
- Three fish pie
- Vegetarian Main Course
- Mac 'n Cheese with garlic bread
- Plant based cottage pie
- Plant based lasagne

Salads

- Cheese salad

Sandwiches

- Chicken sandwich – brown bread
- Egg mayonnaise – brown bread

Dessert

- Chocolate sponge with custard
- Fruit jelly

Chicken Biryani

SERVES
4

Chicken marinade

- 2 chicken breasts cut into cubes
- 1 cup (250g) low fat Greek yoghurt
- 1 tbsp crushed garlic and ginger
- salt & pepper
- ½ tsp turmeric powder
- ¼ tsp mild chilli powder

1. Mix everything well and marinate the chicken. Cover and set aside for 1 hour.

Rice

- 2 cups basmati rice rinse it at least thrice. Drain and soak in fresh salted water for 30 minutes. Drain to a colander.
- Heat 50ml ghee or vegetable oil in a heavy bottomed pot over a medium heat with:
 - ½ tsp garam masala
 - 3 cups of water
 - ¼ tsp salt

1. Gently stir in the rice, cover the pan with the lid and turn up the heat. Once hot, remove the lid, stir the rice, cover again, and reduce the heat to low.

2. Cook for two minutes, then turn the heat off completely and leave to stand for 10 minutes without removing the lid. Uncover, stir well, then cover again and leave to stand for a final 5 minutes.

To cook the chicken

- 3 tbsp vegetable oil or ghee
- 1 tsp fennel seeds
- 400g red onion thinly sliced
- 1 tbsp ginger and garlic paste (1" ginger and 6 garlic cloves)
- 1 tsp coriander powder
- ½ tsp turmeric powder
- ¼ tsp mild chilli powder
- ½ tsp garam masala

1. Heat the ghee or oil in a heavy bottomed pot. Add the fennel seed and fry till they turn fragrant.

2. Add the onion and fry until the onion turns golden brown. Add ginger garlic paste, and all spices and fry until aromatic. Do not burn.

3. Turn the heat low and add the marinated chicken mixing well. Now turn the heat back to medium and continue cooking the chicken for 3 to 4 minutes to seal the chicken pieces. Season to taste.

4. Lower the heat and simmer with the lid on for 5 minutes. Stir the chicken halfway through cooking making sure it doesn't stick to the bottom of the pan. Add 50ml water if it is too thick.

5. Take the pan off the heat and add the rice. Gently stir. Garnish with chopped coriander and mint leaves.

Optional: add roasted cashew nuts on top.



*Serve with poppadums,
raita and mango chutney*



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Chorizo and butter bean stew



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Butter Beans



Butter beans are thought to have originated from Central America and were domesticated by the Mayans, Aztecs and Incas. A valuable source of protein, the botanical name for butter beans is *Phaseolus Lunatas* but they are called by many different names around the world such as Lima beans, Madagascar beans and Sieva beans. Like many legumes, the large white butter beans are a valuable source of protein and can be eaten fresh, frozen or dried. Our Country Range Butter Beans in Water come in 800g or 2.5kg tins and are a key ingredient for all kinds of dips, stews, casseroles, curries, salads and so much more.

ABOUT: LOUGHBOROUGH COLLEGE'S JESS HOWICK

After clinching second place in the Country Range Student Chef Challenge last year amazingly as a first-year student, Jess Howick and her Loughborough team once again made the final last March and were looking to go one better. With an incredibly competitive grand final, unfortunately glory wasn't to be, but Jess has firmly put herself out there as a talented young chef to keep an eye on. Here's Jess's five ways with Country Range Butter Beans.



1/ Low with lamb

Butter beans are great with lamb as they lap up those beautiful juices and flavours, especially when cooked slow and low in a stew. I like to use lamb belly for a cheaper cut and harissa paste for punch.

2/ Gigantes plaki

Darren my lecturer spent a lot of time in Greece, so this is a recipe he taught me. It's white beans in an aromatic cinnamon sauce and it is very simple to make. You can use any white bean but I think butter beans are best to add texture.

3/ Brilliantly braised

Whether served with pasta or even used as a stuffing in ravioli, braised butter beans in a creamy pesto sauce is to die for.

4/ The cream on top

Creamed beans are a great way of serving butter beans. It's a fab way of injecting flavour and it works as a great side or starter with some dipping bread. I like to serve alongside smoked chilli meatballs with tahini.

5/ Super with sausage

Butter beans cooked alongside your favourite sausages take on the delicious flavourful fat and glisten with gorgeousness. I like to serve the sausages and butter beans alongside roasted purple sprouting broccoli and quality cheese – something like Yorkshire pecorino.

“Like many legumes, the large white butter beans are a valuable source of protein and can be eaten fresh, frozen or dried.”

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FOOD & INDUSTRY *news*

HEALTH & WELFARE

Nestlé Professional Release Care Homes Activity Kit

Following an Age UK survey that found that 41% of elderly people feel out of touch with modern life, Nestlé Professional are offering a free downloadable care home activity pack through Nescafé, aimed at enhancing activities and encouraging residents to come together to combat loneliness.



The pack encourages staff and residents to take a coffee break together and includes quizzes, wordsearches, exercises and a colouring sheet.

The guide can be downloaded by scanning the QR code



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Exercises from the Activity Book

Knee extensions | Toe taps | Chair marching

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Coffee connections

Wordsearch

Take a break with our coffee-themed wordsearch and find the hidden words with carefully chosen and the joy of connection. Who is your most enjoy having a cup of coffee with?

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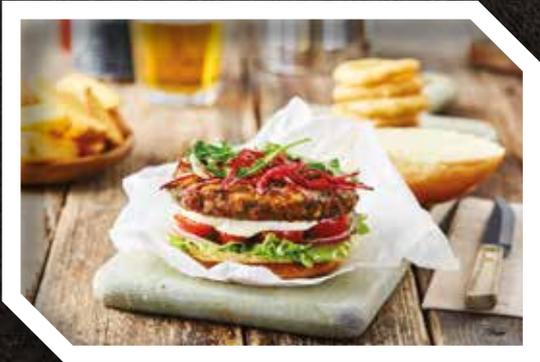
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*Source: Canadian Brand Advantage April 2014.

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A SOUPER PRIZE

This month's Category Focus article is all about creating hearty soups and with the colder months ahead, we're giving away a Morphy Richards Soup Maker so that after a busy day cooking for others, you can enjoy a nutritious warming bowl of goodness without the effort.

The Total Control Soup Maker enhances culinary efficiency with its advanced features tailored for chefs of all levels. Its LED screen, keep-warm indicator, and smart response technology streamline the soup-making process. Designed for precision and convenience, the pre-programmed settings and pre-clean mode simplify preparation and cleanup.

The 1.6L jug facilitates portion control, accommodating two to four servings. With nine versatile functions, including smooth, medium,

and chunky soup settings, sauté, drinks, reheat and blend, this appliance offers comprehensive functionality. The stop/start function and overflow sensor ensure operational safety with the easy-to-clean removable jug making this an ideal tool for a demanding kitchen environment, the Total Control Soup Maker guarantees consistent, high-quality results with minimal effort.

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name, contact details and name of your Country Range Group wholesaler to competitions@stiritupmagazine.co.uk



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Closing date for competitions is 30th September 2024. All winners will be notified by 31st October 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

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