

Stir it up

breakfast & brunch

CURBSIDE
CULINARY
ADVENTURES:
CELEBRATING
STREET FOOD

SUNRISE
SERVICE



5 023616 476309

Ingredients

A new year, a fresh start and a lot of opportunity ahead.

Whether you're a hospitality, education or care sector caterer we have an abundance of new ideas, trend information and recipe ideas from industry experts to inspire you this issue.

As always we're also featuring fantastic stories and advice from real-life kitchens across the UK and Ireland throughout. If you would like to get involved in one of our features, or have any feedback please contact us at

editor@stiritupmagazine.co.uk

The Stir it up team



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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...



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Readers' lives

NAME: Simona Orghidan

BORN AND RAISED: Romania

JOB TITLE: Chef

PLACE OF WORK: CREM Kitchen

PASSIONS OUTSIDE OF THE KITCHEN? My biggest passion is gardening. It's the perfect way to meditate and enjoy time outside on a sunny day.

WHICH CHEF DO YOU RESPECT THE MOST AND WHY? Having learned so much from this chef, I can say that I truly respect Megha Arora. She opened my eyes to new cuisines and new cooking techniques.

WHAT'S THE BEST ADVICE YOU WERE EVER GIVEN AND BY WHOM? The best advice I received was from my son, who told me to follow my passions. This is the reason why I started a career in the catering industry, even though I did not have any professional experience previously.

WHAT'S YOUR TIP TO CUT WASTAGE

IN THE KITCHEN? Cook fresh and on the spot as much as possible. This way you will make sure you cook only as much as needed but you will see improvements in the flavours as well.

WHAT IS YOUR FAVOURITE COUNTRY RANGE PRODUCT AND WHY? My favourite product is the Country Range Balsamic Glaze. It is subtle and well balanced and elevates salads to the next level.

WHEN DID YOU KNOW YOU WERE GOING TO BE A COOK/CHEF? I always had a passion for cooking, even writing my own cookbooks in my early 20s. I was just scared of changing my career, but in my heart, I was always a Chef. Once I had the impulse, nothing was able to stop me.

**Country Range
Balsamic Glaze
Pack size: 500 ml**



Fresh FROM THE KITCHEN

This year, we're going to take you on a journey around the world to explore the global food trends that are hitting the UK and Ireland this year. With Chinese New Year coming up in February, we're putting the spotlight on regional Chinese cuisine, which offers consumers an authentic and traditional flavour of China, beyond the dishes found on most takeaway menus.

COOKING TECHNIQUES - Slow-cooked meats and stews are more commonplace in this cuisine, building up layers of flavour and creating textural contrasts in dishes. Add to this barbecue cooking, with the Cantonese char siu a familiar concept.

CLASSICS - Each region of China specialises in certain dishes, many of which will be familiar, such as the Sichuan kung pao, Peking duck and steamed dumplings, which have historic ties to southern and eastern regions.

HOT POTS - Common across China and wider Asia, hot pots vary by region, with northern regions more focused on meat and southern and coastal dishes containing more fish and seafood. Sichuan pepper-infused spicy stocks are widely used as a base for cooking meat and vegetables.

DOUGHS, BATTERS & DUMPLINGS

- Bubble wraps were made famous in Hong Kong, but each region uses dough and batter differently, such as spring onion pancakes from Taiwan or youtiao doughnuts appearing in dim sum. Dumplings come in all sizes, shapes and formats, with the most popular originating in Shanghai.



EAST MEETS WEST - Chefs are becoming increasingly playful with form and flavour, combining classic Chinese flavours with Western-style formats. Examples include the Sichuan spiced fried chicken sandwich (Dumpling House, London) and pastrami filled egg rolls which is a Chinese-inspired Reuben sandwich (RedFarm, London).

RECOMMENDED READING - Mr. Peng's Hunan, A. Wong Book, Revolutionary Chinese, China The Cookbook, 35 Cuisines of China.

From Thefoodpeople Regional Chinese Cuisine

thefoodpeople.
inform | inspire | realise potential

Making Food Allergy HISTORY

Our Partnership With The Natasha Allergy Research Foundation

Your wholesaler who delivers Stir it up to you each month is a member of The Country Range Group (CRG), a leading foodservice buying group. This year we're delighted to announce a new partnership with The Natasha Allergy Research Foundation. The first foodservice provider to support The Natasha Allergy Research Foundation, the Country Range Group will embark on a special three-year journey to raise compassion, understanding and crucially, vital funds to help make food allergy history.

The new partnership follows a big fundraising year in 2022 which saw the Country Range Group raise a remarkable £186,190 for various national and local charities as part of their 30th anniversary celebrations. The money raised is to be split between Hospitality Action and selected charities in the local areas of the Group's central office and each member around the UK and Ireland.

As well as becoming our chosen annual charity for the next three years, The Natasha Allergy Research Foundation will become a regular contributor and an editorial partner of Stir it up. "We're proud to be entering into a partnership with The Natasha Allergy Research Foundation and are

committed in their aims to help make food allergens a thing of the past. Although some important policies have been introduced since Natasha's tragic death, there's still so much more that can be done to prevent and eradicate allergic disease. We hope that this far-reaching partnership will bring about positive change and offer hope to those living with allergies." Comments Martin Ward, Chief Executive of the Country Range Group.

Nadim Ednan-Laperouse OBE, Co-founder & Trustee of The Natasha Allergy Research Foundation, said; "We're delighted to welcome the Country Range Group to Natasha's Foundation and are overwhelmed by their generosity to name us as their chosen charity for the next three years. Our vision is to make allergy history, something we wouldn't be able to do without the support of companies like the Country Range Group. Their knowledge, expertise and reputation in the foodservice sector is second to none so we're thrilled we're able to partner with them and their incredible independent members on our groundbreaking work."

Set up by Natasha's parents, The Natasha Allergy Research Foundation is the only charity in the UK dedicated to scientific and medical research into allergy.



Key Allergy Dates in 2024

The following dates all offer great opportunities to make some noise about allergens and do your bit to consign them to history.

Winter

Time to Talk Day
2nd Feb

Random Acts of Kindness Day
17th Feb

Spring

Allergy Awareness Week
24-30 April

Food Allergy Awareness Week
8-14 May

Summer

World Allergy Week
5-11 June

Back to School
First two weeks of September

Autumn

Free From Fortnight
1-14 October

About The Natasha Allergy Research Foundation and Clinical Trial

The Natasha Allergy Research Foundation was founded in June 2019 following the tragic death of Natasha Ednan-Laperouse, who died from eating sesame seeds that were baked into the dough of a baguette. There was a legal loophole in food legislation that meant prepackaged foods made and sold on the same premises didn't have to list their ingredients. The label on the packaging didn't include this ingredient and they were invisible to the naked eye.

Set up by Natasha's parents, The Natasha Allergy Research Foundation is the only charity in the UK dedicated to scientific and medical research into allergy. Through their campaign, Natasha's law came into effect on the 1st October 2021. This means that businesses now have to label prepacked food for direct sale with a full ingredient list that clearly details if it contains any of the 14 major allergens.

The charity's vision is to eradicate allergic disease and help prevent food allergy deaths, but it also aims to bring about positive change by focusing on law and policies, investing in medical research, educating and raising allergy awareness.

One key area is the Natasha Clinical Trial. This focuses on children and young people with milk and peanut allergies in a ground-breaking £2.5m oral immunotherapy trial. The study aims to plug the current Oral Immunotherapy (OIT) research gap by proving that everyday foods instead of expensive pharmaceutical drugs can be used as a practical treatment. If it's successful, the trial could open up potential life changing treatments for hundreds of thousands of allergy sufferers at a fraction of the current cost for the NHS.



What The Partnership Entails

The unique partnership will see the Country Range Group and its members work alongside the charity to help drive the delivery of its charitable objectives through:

EMPLOYEE ENGAGEMENT – CONNECTING HEARTS & MINDS

Throughout the partnership, we will be working with the Foundation to ensure our members and their incredible people can engage fully on allergy related issues. This will include staff surveys and conversations to understand how many of our Group's team are affected, how it has impacted them and by tapping into their personal experiences and stories.

A series of regular inspiring talks, workshops and videos with Nadim and Tanya will also take place to provide key information, updates and to help further engagement on the topic. Through the partnership, we will also be able to access the latest data to review our product portfolio for allergens and will be looking to incentivise our people to be allergen ambassadors moving forward.

ENGAGING CUSTOMERS

In addition to bringing our workforce with us, we also want to engage with our customers and ensure they have the tools, knowledge and best practice to lead the way when it comes to making allergies a thing of the past. This will include specific campaigns such as #MakeAllergyHistory to help our customers drive awareness of allergens, product collaborations and special meal promotions to raise additional funds, plus marketing support and materials to help them bring their campaigns to life and take advantage of key dates, occasions and opportunities during the year.

“The unique partnership will see the buying group and its members work alongside the charity to raise compassion, understanding and crucially, vital funds, to help make food allergy history.”

The Foundation's Work So Far...

♥ 2016

The world loses a special soul as Natasha passes away after eating sesame seeds that were baked into the dough of a baguette

♥ 2019

The Natasha Allergy Foundation is set up by her parents Nadim and Tanya Ednan-Laperouse

♥ 2021

Natasha's Law came into effect

♥ 2022

Nadim and Tanya Ednan-Laperouse are awarded OBEs by Prince William

♥ 2023

The Natasha's Clinical Trial Launches

START VEGANUARY

WITH *exciting* PLANT-BASED DISHES



NEW
RECIPE

TRY GARDEN
GOURMET® THIS
JANUARY WITH OUR
EXTRA DEALS

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SENSATIONAL™
BURGER

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CATEGORY IS GROWING 12%*



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*IRI Sales Out, Garden Gourmet Brand Value Sales, 52 Week MAT, September 2023

*Serving suggestion. GARDEN GOURMET® Reg. Trademark used in agreement with the Trademark owner

Cooks CALENDAR

January

VEGANUARY

Serve up Gelato Lusso Vegan Coconut and Passionfruit Ice Cream and be confident that it doesn't contain any of the 14 declarable allergens.

16TH JANUARY – INTERNATIONAL HOT AND SPICY FOOD DAY

Put your Country Range spices to good use with this Tikka Butter Chicken recipe.

20TH JANUARY – NATIONAL CHEESE LOVERS DAY

This Cheesy Mash Topped Meatloaf recipe from Opies is a winter warmer for all ages.

27TH JANUARY – NATIONAL CHOCOLATE CAKE DAY

This recipe for Mini Chocolate Orange Gateaux uses Country Range Chocolate Crème Cake Mix with luxurious results.

The full recipes can be found at www.stirupmagazine.co.uk



February

9TH FEBRUARY – NATIONAL PIZZA DAY

Pizza for breakfast? Anything goes on National Pizza Day!

13TH FEBRUARY – SHROVE TUESDAY

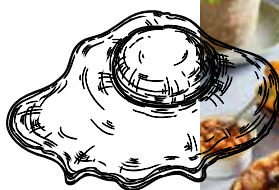
Top American style pancakes with berries and Carnation Sweetened Condensed Milk Drizzle for that extra bit of indulgence.

14TH FEBRUARY – VALENTINE'S DAY

Add an air of sophistication and romance with this Virgin Strawberry Daiquiri recipe using Country Range Frozen Strawberries.

27TH FEBRUARY – NATIONAL STRAWBERRY DAY

Hero the strawberry with this classic favourite Strawberry Pavlova recipe from Country Range.



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FUTURE
50
FOODS





HUTCHISON CATERING CELEBRATES 10 YEARS

Hutchison Catering, Gateshead and York

With the company foundations and success built on a passion for providing the finest customer service, it's no surprise that in just ten years Hutchison Catering has become one of the country's leading and most innovative catering businesses in the education sector. Proudly independent, the family-run business that was started a little over 10 years ago specialises in delivering bespoke, tailored catering services to the education and business sectors across the UK from its bases in Gateshead and office in York.

"It's certainly been extremely challenging for us and our customers over the last 3 years so as a business we can take great pride, not just in the incredible business growth, but in the work we have carried out to support our customers. To celebrate 10 years is a fantastic achievement and we have been adding to our growing team of excellent operators across the country." Says Claire Venys, who has helped spearhead this success after joining in June 2019. "We're all very excited about what the business can achieve in the next decade and beyond."

"We take a very uncomplicated approach. Our clients tell us what they want and we create bespoke solutions"

Driven by an ethos centred around personal relationships and honest professionalism, the company's

response to the pandemic, which saw them stepping in and providing lunch boxes to over 5,000 pupils, helped to highlight the customer-first mantra that is ingrained in the business.

Their successful concept showcases nutritious fresh food alongside fun learning in primary education and facilitates engagement with parents, especially around allergens. For secondary education, the company offers a socially engaging branded food court solution delivering freshly-prepared, high-street dishes in a contemporary environment.

"Being able to provide our customers with a healthy and nutritious lunch that is allergen safe is of upmost importance to me and my team. I work closely to provide the best local ingredients delivered straight to our schools. We're also launching a new scheme to help schools measure, monitor and reduce their food waste this year called Guardians of Grub," comments Laura Whiting, Nutritionist & Food Development

Manager. "The team at our Country Range Group wholesaler have been hugely supportive and obviously share our passion for independence, customer service and innovations. We use a vast range of the Country Range products and they never let us down from a quality and value perspective, plus they are always concise and clear when it comes to nutrition, ingredients, allergens and waste."

For Further Education, the company embraces the best of the high street with exciting international street food concepts, constantly evolving on-trend menus, coffee shop culture offerings and the latest technology such as a dedicated student app offering deals, discounts and a

range of purchasing benefits supported by their marketing partners Green Pea.

The company also works in the commercial sector catering for business and industry. Michael Streeting, Strategic Food Lead explains how they set their proposition apart, "We take a very uncomplicated approach. Our clients tell us what they want and we create bespoke solutions to meet their requirements. The options are literally endless and along with our people and the service they offer, it ensures we always exceed expectations. It could mean an al fresco food and drink service pod, cafés and grab-and-go concepts, a fully integrated restaurant service, live theatre cooking for a performance and even satellite catering or delivery vans to service large-scale commercial sites with a spread workforce."



Above main (left to right)
John chef and ops manager

Examples of how the bespoke catering services could look

Above (left to right)
Claire and Laura
Brothers, Colin and Andrew



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IN SEASON:

Brussels Sprouts

This month's recommendations are from two great chefs who love to make vegetables the star of the show.

Gelf Alderson is Culinary Director at Hugh Fearnley-Whittingstall's River Cottage, a company with an impressive reputation for growing, knowing, and showing off their vegetable repertoire. The latest book from the River Cottage Great Series – Great Roasts is out now.

Richard Bramble is a self-taught chef with over twenty years' experience in the kitchen. He runs luxury catering business Bramble Dining, who wine and dine the rich and famous.

According to the Royal Horticultural Society, we eat more Brussels sprouts than any other nation and have the equivalent of over 3,240 football pitches dedicated to growing them. With over 110 different varieties now available, they first arrived in the UK in the 1800s from Belgium where, in the 16th century, they became all the rage in (yes, you've guessed it) Brussels!

A vegetable widely associated with Christmas, Brussels sprouts have historically been underused outside of the festive season, especially considering that they are available from early autumn through to spring. Today however, inventive chefs are utilising them in a myriad of ways, whether it's steamed, sautéed, stir-fried or roasted.

A powerful provider of nutrients, an 80g serving of Brussels sprouts contains more vitamin C than an orange and they are an excellent source of folic acid and beta-carotene.

WASTE NOT, WANT NOT

Try adding leftover sprouts to your breakfast or brunch menu by creating bubble and squeak cakes topped with a poached egg. Add them to any salad or stir fry, or why not create a vegetable gratin with Brussels sprouts, leeks and any other leftover vegetables for a delicious side dish.

Richard Bramble

Brussels sprouts are immense at Christmas but definitely underused outside of the festive season, which is crazy as they're very versatile.



PASTA

For an inventive way of getting the most out of the sprout season, try them with your favourite pasta. Simply pan-fry with some good quality pancetta, onion and garlic. Then simply serve with penne and a generous sprinkling of parmesan.

BRUSSELS SPROUT SCALES

For a stunning way to utilise the individual Brussels sprout leaves, separate them, blanch them and then lay out on clingfilm so they overlap. Place a nice piece of meaty fish like Hake on the laid-out leaves, wrap and then poach. When cooked, the Brussels look like scales and provide vibrant colour and flavour to the dish.

Gelf Anderson

I love to champion any vegetable that is misused or misunderstood and sprouts definitely fall into that category. There is a fair bit of moisture in them so don't be afraid of cooking them on a high heat but don't overcook – a bit of crunch is great.

ROASTED

Halve them, season with salt and pepper, maybe add a bit of citrus zest and roast at a high temperature of 220C in the oven for 10 minutes. If you're having this as part of a roast, pour some of the meat juices over them to finish.

PAN FRIED

I approach Brussels sprouts like I would cabbage. They're just mini versions after all. I love them simply sliced thinly and pan fried in butter.

RAW

If you can get the smaller sprouts, preferably on the stalk still, you will find them fresher and sweeter. Shred them and dress them and you have a great easy salad. You can also marinate them in lemon juice and olive oil for 10 minutes, which softens them slightly. This is great served with grated pear or walnut. Any sort of fruit always works well with Brussels.



Also In Season



Cabbage



Celeriac



Duck



Apples



Clams

Delightful NEW PRODUCTS

A nostalgic classic for millions, we're delighted to announce the return of our much-loved Delight Mixes ahead of 2024. Popular across foodservice but especially within the education and care sectors, the new and improved Delight Mixes come in Strawberry, Chocolate and Banana flavours.

Easy to 'pimp up' and decorate with fruit, nuts and sprinkles depending on the season or occasion, they can even be used as an ingredient to make showstopping masterpieces such as strawberry cheesecake or on trend banoffee trifle. Available in 600g packs, the tasty trio just need to be whipped and served to provide a timeless and tasty sweet treat.



Banoffee Trifle



Chocolate Delight Trifle



Chickpea fritters & vegan mayo

VEGANUARY

With so many to choose from and so many ways to prepare, flavour, season, combine and cook, unleash your creativity on fresh vegetables this Veganuary.

A wonderful way to showcase your plant-based talent, vegetables are the ultimate low-cost ingredient that can quite easily be the star attraction at breakfast, lunch or dinner. With our selection of spices, stocks, seasonings and sauces on hand, nothing has to go to waste. Peels and scraps can be utilised for stocks and older vegetables can be pickled or fermented to ensure you use every last vegetable scrap in 2024.

For an ingenious way to use chickpeas this Veganuary while ensuring absolutely nothing goes to waste, follow our step-by-step recipe to make versatile aquafaba (the liquid that can be drained from a can of legumes or reserved after cooking legumes) vegan mayo and serve with these flavour-packed chickpea fritters.

Step-by-step Aquafaba Vegan Mayo



24TH JANUARY

Burns' night

One of the biggest celebrations in the Scottish calendar, there are plenty of classic dishes that can be made to tip your hat to the Scots. Haggis often steals the show, but Black Buns, Dundee Cake and Cloutie Dumplings can all be made for the celebrations.

For a boozy sweet treat, why not add Cranachan to the menu, which can be made using our Country Range Oat Flakes and Frozen Raspberries?



Cranachan

14TH FEBRUARY

Valentine's Day

Valentine's day is the first big international occasion of the year, as people stir from social hibernation and splash out on a loved one. If it's a quiet and gloomy January, make sure you have your cupid's bow at the ready to capture the love birds.

Whether it's a special event, exclusive menu or a selection of love themed dishes for the day, give your guests and customers a reason to indulge. For a romantic and interactive sharing option, why not make it a fun-do with some fondue? Sweet or savoury, chocolate or cheese – it has to be the most seductive self-service around.



Valentines fondue



Peking duck loaded fries

ELEVATE YOUR SIDES

If you're looking at refreshing your menu for the year ahead, don't overlook those all-important sides. Made from specially selected potatoes and with an invisible coating, our Signature Double Crunch fries are consistent in size and hold their crunch for 40 seconds, making them perfect for foodservice. They're delicious simply served with dips, but for a great upsell opportunity, load them up with seasonal flavours throughout the year. With Chinese New Year coming up on 10th February, celebrate with this Hoisin Crispy Duck Loaded Fries recipe. Kung hei fat choi!

The range each comes in 2.5kg bags and includes:

- Double Crunch Skin On Fries 10mm
- Double Crunch Straight Cut Fries 14mm
- Double Crunch Triple Cooked Chunky Fries 19mm
- Double Crunch Shoestring Fries 7mm
- Double Crunch Sweet Potato Fries
- Double Crunch Seasoned Potato Wedges
- Double Crunch Seasoned Waffle Fries

**Country
Range**
Signature



Cornish Pasty

Vegan Pasty

26TH FEBRUARY - 3RD MARCH

CORNISH PASTY WEEK

Taking place at the end of February, Cornish Pasty Week is the perfect opportunity to highlight your pasty prowess.

The Country Range pantry of flour, butter, pastry, spices and seasonings has everything you need to devise a bespoke pasty to promote for the occasion. For chefs without the time to cook from scratch, our award-winning Cornish Pasty and Vegan Pasty are powerful performers across the catering sector. Produced at source in Cornwall using the finest ingredients and authentic recipes, this pasty pair offer absolute provenance and are even lovingly hand crimped.



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HOW THE SIMPLE ART OF LISTENING *became a catalyst for success*

When CUFoods at Cardiff University conducted a survey among staff and students to understand their future expectations, there was a strong preference for an onsite campus café, which was not only vegetarian and vegan, but also supported a healthy sustainable diet. Annabel Hurst, Head of Catering, says “Part of our ethos is to listen to our customers and be willing and able to change. We also want to create inspiring spaces for customers to eat, drink, meet, socialise and study, as well as providing consistent value for money.”

As a result of the survey and analysing food habit trends for young people, the decision was made to create a new venue and produce more food-to-go items in-house. The main restaurant, which had consistently operated at a financial loss, was refurbished into Green Shoots, and is now a thriving vegetarian and vegan café. The space has become a community environment, “a venue where you will witness students studying alongside staff, students meeting or socialising alongside visitors and classes having a lecture over coffee,” says Annabel. “Since we opened two years ago, we’ve received consistent positive feedback.”

In addition, Green Shoots hosts a monthly Supper Club, which started in 2022. Annabel says, “It was an opportunity to offer a community event for students,

many of whom had been impacted by Covid restrictions.” Students can apply for a ticket for a free three course meal and drinks, provided by suppliers and partners. “It normally sells out within minutes,” says Annabel. “The theme of the talks is always around sustainability, nutrition and health. We are also planning to introduce free cookery classes for students.”

CUFoods produces food-to-go items in-house such as freshly filled rolls, paninis and hot boxes, which have been well received by their customers. Annabel explains, “This has enabled us to control the selling price to our customers and means

we can remain competitive with meal deals which are worked around our in-house products.”

Her advice to other university caterers wanting to introduce a similar service is to make sure you have sourced a reliable product, “as consistency is key to build the demand for the product. We offer food-to-go items throughout the day from 10am, which moves some of our sales from peak times to other parts of the day, increasing overall footfall.”

As part of CUFoods’ aim to introduce sustainable practices, a Sustainability Farmers Market takes place every term outside Green Shoots on a car park the university was closing. “We turned it into a car park garden. The area is surrounded by plants filled with fruit trees, herbs and vegetables – the produce used in Green Shoots’ menu,” says Annabel. “We’ve collected seeds from the fruit and vegetable plants which will

Above
Green Shoots customer.
Mike Hall Photography

Below (left to right)
Naan Sandwich and Paninis.
Simon Kearsley Creative Camera

be used to grow next year’s produce. A potting shed has now been installed where seedlings will be nurtured.”

According to Annabel, knowing your customers is key. “Every hospitality operation is different, so this is vital. Listen to your team as they hear and see first-hand what customers want. Don’t be afraid to try something new. It may not work but you learn from that experience and can turn it into a success.”





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Borscht with sour cream and fresh herbs



THE UKRAINE *influence*

The hospitality industry has supported Ukraine in many ways since Russia's invasion two years this February. Activities have included the introduction of Ukrainian dishes on menus, promoting Ukrainian produce and training Ukrainian refugees.

The #CookForUkraine global movement, powered by the hospitality sector has encouraged operators to add a Ukrainian inspired item or dish to their menu, asking for a voluntary donation to the bill to support those most affected by the ravages of war. Chefs such as Jamie Oliver, Yotam Ottolenghi and Angela Hartnett took part and so far, it has raised £2m for Unicef, Choose Love and The Legacy of War Foundation's Emergency Relief in Ukraine.



Banosh

As part of the campaign, consumers are invited to share pictures, recipes and stories on social media.

Olia Hercules, a well-known Ukrainian cook and food writer, based in the UK and a founder of the #CookForUkraine appeal says, "It's incredible to see everybody support the appeal. There are officially 13.8k social media posts. This means that a huge amount of people are willing to support and discover Ukrainian food and culture."

Olia has actively promoted Ukrainian produce and recipes through her cookbooks and her subscription service on the Patreon platform, where she provides recipes and content to raise funds.

At the same time, Ukrainian restaurants are springing up across the nation, further promoting the country's food and culture. One of the most well-known is Mriya restaurant in London's Chelsea, founded by Yurii Kovryzhenko, a prominent Ukrainian chef and his partner Olga Tsybytovska, where virtually all the staff are Ukrainian refugees. The concept has proven popular, and their recipes have featured in the Waitrose Weekend newspaper and Sainsbury's magazine, encouraging consumers to cook Ukrainian dishes at home.

Olga says, "In our restaurant around 60% of guests are non-

Khlebnyi, an artisan bakery and all-day breakfast restaurant chain based in the Ukraine is set to make its UK debut in London's Notting Hill, with plans to open further sites.

Ukrainian. For me, it means that there is an interest in Ukrainian cuisine and culture among British society. People are curious to discover the country in terms of food."

The Discover Ukraine section of the Euroville created as part of the Eurovision song contest in May last year offered visitors a chance to try Ukrainian dishes. United by Food – a collaboration between the London-based Ukrainian restaurant Dnister and Ukrainian chef Ievgen Klopotenko organised the event. According to social media, the Discover Ukraine section was one of the most popular features during Eurovision, with many visitors stating they wished Ukrainian food and drink was more readily available.



Homemade pampushki

The impact on operators in the surrounding area was significant, as restaurants such as the Art School in Liverpool began to introduce Ukrainian inspired dishes to their menus.

Ukrainian wine has also made an appearance with the opening of Wines of Ukraine in London, showcasing twelve wineries from six of Ukraine's wine regions. Svitlana Tsybak, the organisation's

co-founder says, "Now is the time to show our wines in the UK not least because of the country's support for Ukraine, which we very much appreciate."

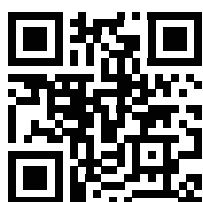
As we enter the third year of war between Russia and Ukraine, the support offered to the Ukraine by the UK's hospitality sector has been unyielding. As such, the Ukrainian influence on our

multi-cultural food scene is rapidly evolving, and it will most likely be forever changed by the conflict.

"There is an interest in Ukrainian cuisine and culture among British society. People are curious to discover the country in terms of food."

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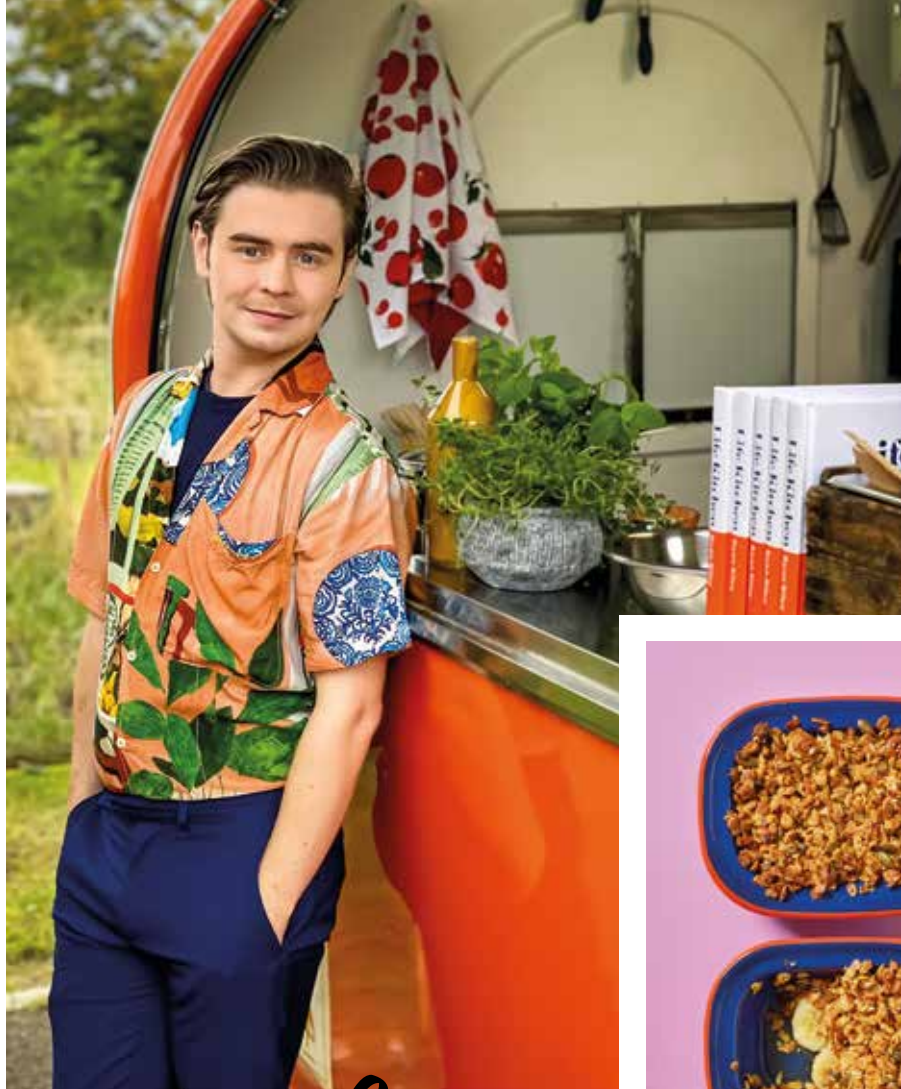
GOLD

**BILLIONS
WAFFER**



GOLDEN CARAMEL CHOCOLATE

WITH LAYERS OF CRISP WAFER & CREAM FILLING



Clockwise (from top left)

Ryan Riley

Miso Lasagne

Miso Banana Crumble

Awakening THE SENSES

With so many lives affected by cancer, many of us will already know that it is World Cancer Day on Sunday 4th February. What you may not know, is that one of the most difficult side effects for patients undergoing treatment is losing their sense of taste or smell.

Life Kitchen, a not-for-profit cookery school for people whose taste has been affected by cancer, cancer treatment or Covid, aims to address this problem by helping people enjoy food again.

Ryan Riley, chef and author, who co-founded the school with Kimberley Duke, also a chef, were inspired to launch Life Kitchen six years ago after both losing their mothers to cancer. Ryan says, "I was my mother's carer from the ages of 18 to 20. I saw what she

went through and how depressing it was for her to lose her sense of taste."

Life Kitchen was formed after Ryan tweeted that he was planning a cookery class for people with cancer and whether anyone could help with the venue and food. "It went viral," he says. "I ended up on BBC Radio 4's Today programme and by the time I came off air Hugh Fearnley-Whittingstall and other influencers got in touch to see how they could help."

Professor Barry Smith, founder of the Centre of Study of the Senses advises the Life Kitchen team on recipes and ingredients so people who have an altered sense of taste get enjoyment out of food.

Initially Life Kitchen ran classes, but now it holds them in collaboration with other organisations such as Northern

Cancer Alliance, Cancer Network, the NHS, and Maggie's cancer charity, of which Ryan is an ambassador.

Their new recipe book, *Essential Flavour* which

has been developed by Ryan and Kimberley is used as a source of information during each class. Produced in collaboration with cancer charity The Big C, it is free to download and contains a collection of budget-friendly recipes. Dishes include miso lasagne, sweetcorn and sweet potato mash with spiced roasted cauliflower and tomato chutney, as well as miso banana crumble, "which I cooked on the ITV's Lorraine show," adds Ryan.

According to Ryan, there are three key ingredients which help to boost flavour – miso paste, spring

onions and garam masala. "Miso paste is the most important," he says. "Put it in everything as it is umami rich. Umami rich foods have a special talent. When they are on the tongue, they not only stimulate the umami receptor, but they also knock on the door of all the other receptors and ask them to work harder. When you have more umami rich food, you're getting more sweet bitter tastes. That's why umami is this golden elixir. We try and get it in every dish as it can really lift food to new levels. Spring onions give great texture as well as adding interest and flavour to whatever they accompany and garam masala warming spice blend adds depth

and excitement to dishes with just a pinch added here and there."

When developing recipes, the team draw focus on umami, aroma, texture and layering to build different flavours into a dish. "One way is to use various cooking techniques at different stages," says Ryan. "You can blacken an aubergine on a flame before adding it to a sauce, building in smokiness and soft texture."

"When developing recipes, the team draw focus on umami, aroma, texture and layering to build different flavours into a dish."



INTO THE WILD

With a tough year ahead as the cost-of-living crisis grips and mortgage rises hit, gardening and growing can be a huge benefit to the health of your team and your business. Following our 2023 reader's survey, it was great to hear that we had inspired many of you to get growing last year.

This year, we want to encourage even more of you to get digging and celebrate your kitchen-garden achievements no matter whether you are a school, hospital, care home, café, pub or restaurant.

Get ready for Spring

A good compost can make a huge difference to the productivity of your vegetable patch or growing pots. It helps you make the most of any food and garden waste and it's easy to produce yourself, while improving the soil structure, biodiversity and water-retention capabilities of your soil.

With spring on the horizon, now is a great time to start composting. In order to speed up the process and provide the perfect environment, a compost bin is a valuable tool and makes it all less messy. The size of the compost bin will be determined by how much space, garden and food waste you have but generally the bigger they are, the more efficient they are.

Whether it's a bin or pile, covering it will help retain heat, which benefits the good composting bacteria. Consistency is key so avoid extreme changes in temperature and moisture by siting the bin or heap in a sheltered spot in the shade.

When it comes to what goes in, there are two types of materials – green and brown. A good rule of thumb is to use a brown to green ratio of 2:1. Green material provides the nitrogen and includes leaves, grass clippings, weeds, dead crops and your plant-based kitchen waste. Brown provides the carbon and includes

Every couple of months make sure you turn your compost, for aeration, either by tipping out the bin and refilling or by forking.

to a year but if the conditions are right, maybe even sooner. There are plenty of videos for other techniques on YouTube if you want to get serious about composting.

Your finished mature compost should look and feel like soil with a woodland smell. Sieve your soil to pull out any part un-composted scraps that can be thrown back into the bin for next time.

woodier waste such as shredded cardboard and paper, hedge clippings and dead stalks. A good mix and balance of ingredients is key – your compost shouldn't be too smelly or slimy.

Air is crucial to the composting process so if your compost is too wet, it will take longer to break down as air can't circulate. Too dry is no good either – it needs to be moist. Every couple of months make sure you turn your compost, for aeration, either by tipping out the bin and refilling or by forking. Using these basic tips, you should have compost within 6 months



Prepping with a spring in your step

Stir it up Growing Gang

To help build the excitement ahead of early spring when the work needs to start in earnest, we're providing an added incentive to get involved with the launch of our Stir It Up Growing Gang. Simply email us at the address below to become part of our growing community to receive:

FREE SEEDS - we will send you a special selection of herb and vegetable seeds for you to start sowing in the spring.

GROWING GRANTS - members will also have the opportunity to win £250 grants from the Foundation's £1,000 pot to help with their growing endeavours in 2024.

To register as part of the gang and to submit your case for a grant, email stiritup@countryrange.co.uk

JOBS FOR JANUARY/FEBRUARY

Plan and Prepare

- Decide what you want to grow, what you have space to grow, what worked well previously, what didn't, how and where each item will best grow.
- Research seeds to work out what varieties work best for your needs when it comes to fruit, yields, plant height and optimum conditions. Order your seeds.
- Tidy up your veg patch and growing area. Weed and dig over, although there is a growing case for not digging over the soil to keep the structures in place. Add compost to boost your soil.
- Separate and tidy up your pots and prepare seed trays with potting compost so you're ready to sow in March and April.
- Prune your fruit trees and if you're planting, now is a good time as long as the ground isn't frozen.



Beat the winter blues with foraging

While it is a slightly lean couple of months for foragers, it is a great time to be outdoors and there are still some goodies which are easy to find.

DANDELION

Easy to spot and find, filled with nutrients, versatile and tasty, dandelion is a fantastic ingredient to add a little sunshine to the plate in winter. The flowers have a honeyed twang and the leaves have a slightly bitter hit that can be balanced with a good dressing. Even the root can be dug up and used in soups and stews like you would any other root vegetable.

SOW THISTLE

There are multiple species with some having prickly leaves that make them less appetising. They are a relative of the dandelion with similar nutritional benefits. It has four times more antioxidants than red wine and twelve times more than black tea, plus is rich in essential fatty acids and minerals. Smooth Sow Thistle is a one of the most common and tasty. The leaves are best eaten and less bitter when young, which is about now, and they can be prepared like any vegetables, added to stir fries and stews.

NETTLES

Naughty nettles often get a bad rep for stinging children but they're an underused ingredient on all our doorsteps. The first young nettle shoots arrive at this time, and this is the optimum time to eat them. They're a great substitute for spinach. Just wash and wilt first before adding to soups, pies, stews and curries.

GORSE FLOWERS

Blooming during February, these flowers have a mild aroma and flavour of coconut. With prickly spines protecting, be careful when picking but they're sublime for decoration or for bespoke cordials, syrups and homemade spirits.

aah! PERFECT

flavours for every taste



BISTO CAULIFLOWER STEAK WITH MONTREAL SAUCE

INGREDIENTS

100ml Oil
6 tsp Montreal Seasoning
10 x Cauliflower Steak
300g Onions, sliced
1l Prepared Bisto Gravy

Prep: 15 minutes
Cook: 20 minutes
Serves: 10

METHOD

1. Pre heat the oven to 180°C, 350°F, gas mark 4.
2. Mix 75ml of oil with 2 tsp of Montreal Seasoning in a bowl and marinate the cauliflower steak for 30 minutes.
3. Heat the remaining oil in a pan and sweat off the onions, add the remaining Montreal Seasoning. Pour in the prepared Bisto gravy and bring to the boil, return to a simmer and cook for 5 minutes.
4. Place the cauliflower steaks on a baking tray and roast in the oven until tender.
5. Remove from the oven and serve with the Montreal Sauce.

ALLERGENS

Please check the ingredients declaration on the products you use making this recipe. This recipe may contain: Cereals Containing Gluten, Soybeans.

Suitable For: Vegetarians

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Mussel and Salmon Chowder with Mussel Croutons



KEEP IT SUSTAINABLE

There's no getting away from the rising cost of fish but there are still economical ways to provide good quality fish dishes on your menu. My main piece of advice is to ensure that you're always using fish and seafood that's in season. At this time of year, mussels are in season and very good value. In my opinion, they're such an underused source of protein that's sustainable and grown in abundance along the coasts of the UK and Ireland. A warming bowl of chowder is a great dish to create using mussels and other fish that you can source. To make mussels more appealing to those who don't like the thought of them in their shell, try deep frying them to make deliciously crispy mussel croutons.

Making ends meet

WINTER WARMERS

As we still have a few months of winter to endure, Paul Dickson demonstrates how comforting dishes can still be rich and filling without eating into your margin.

This time of year, food is the fuel that gives us energy and keeps us warm. We crave rich stews and soups, filling pastry and custard. When planning menus, it's wise to keep all of this in mind to make sure you're including enough comfort food amongst your everyday dishes. Why not create a signature stew that customers, patients or students find themselves craving? There are ways to keep these comforting classics economical to feed a crowd, too. Here are some of my favourite winter warmers.

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.



Don't Forget the Dumplings

Nothing beats a good stew or casserole when it comes to comfort food in winter. However, with the rising costs of even the cheaper cuts of meat, this once economical crowd-pleaser is becoming increasingly cost-prohibitive to make whilst maintaining the quality of ingredients. It's rare that we see dumplings on menus these days, but these fluffy, suet-rich delights will satisfy the biggest appetite. This means that you can serve a smaller portion of meat without compromising on the deep, rich

quality of your stew, as well as adding another texture and dimension to the dish. Dumplings are delicious when they soak up the juices of what they are topping, but you can also get creative with flavours. Try adding herbs and even spices to compliment what they are being paired with. Mixes, such as the Country Range Suet Mix make it a doddle to make a large batch of dumplings in advance.



Apple Crumble

HUMBLE CRUMBLE

When it comes to puddings at this time of year, I urge you to keep it simple and not overlook the classics. With the trend for nostalgic desserts looking set to continue, you can't get much more comforting or economical than a good old fruit crumble. The beauty of this dish is that you can use tinned or frozen fruit when it's out of season and add your own flavours such as cinnamon and nutmeg. Use a crumble mix for speed and ease, and you can always add in some dried fruit and oats to create a more luxurious version whilst keeping costs down.



*Beef Stew with
Dumplings*

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 - 10g sugar per portion plus 80g fruit portion
- ♥ Just add boiling water
- ♥ Rapid set - 2 hours

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SUNRISE SERVICE

ACHIEVING A
NUTRITIONAL
BALANCE FOR
BREAKFAST
AND BRUNCH



A nutritious breakfast (or brunch for those with a later start), is the cornerstone of a productive day. For children, breakfast fuels growing bodies and sustains energy levels, and for adults it supports mental acuity and overall well-being. However, nutritious doesn't mean boring – in fact, today it's quite the opposite. Having previously flown under the radar as a simple-to-provide meal with many operators offering standard fare of porridge, a pastry, toast and a variation of eggs, sausages and bacon, breakfast is now under the spotlight.

A FOCUS ON HEALTH IN 2024

What started as a burgeoning topic, consciously seeking food that can improve our health and wellbeing has become mainstream. Moving into 2024, the health sector will diversify. We are all well-versed in the need for dishes that support gut health and concentration but going forward, consumers will also seek food that improves their mood or boosts energy. The focus will become more holistic and operators will need to highlight dishes that optimise the health of their consumers' minds, moods and bodies.

But what does that mean for a breakfast menu?

Combining ingredients such as a probiotic yoghurt that is purported to improve our mood and support gut health with nuts, seeds, oats and fruit for grab-and-go overnight oats, or adding fatty fish such as salmon or tuna to your menu (which are good for both heart and mind), is a simple way to start.



find the recipe at
stiritemap.co.uk/recipes

Smashed Peas
on Toast

CE

Ingredient swaps are another easy way to improve the nutritional content of a dish. For example, swapping smashed avocado (which although good for your heart, is not a sustainable ingredient) with smashed peas delivers a similar texture and great flavour profile. Not only are peas a good source of vitamin C to strengthen our immune systems, they also contain nutrients that help to reduce inflammation and improve cardiovascular health. Nutritionally, there is little difference between fresh and frozen peas, so not only do they pack a powerful punch, but they are also more sustainable than avocados, can reduce food waste and are cheaper too!

Mushrooms regularly feature on breakfast menus but are another ingredient that is often overlooked. One of the few plant-based sources of vitamin D, they help support gut health and contain a form of soluble fibre that activates parts of our immune system that help us fight infection. They are easy to source and grow, meaning their low carbon footprint scores high on the sustainability scale, so perhaps it's time to make more room for the 'shroom in 2024. Think mushroom tortilla, mushroom hash with poached eggs, wild mushroom and goat cheese omelet or scrambled tofu with potatoes, mushrooms and peppers.

Those looking for more unusual or trending ingredients this year should investigate cacao nibs as they have been cited as one to watch. These crushed pieces of cocoa bean used to make chocolate are packed full of nutrients and minerals that support a healthy body and mind. Just 28g of cacao nibs added to granola, smoothies or overnight oats provides us with nearly a third of our recommended daily intake. They are high in fibre, protein and healthy fats, low in sugar and contain anti-inflammatory nutrients – ideal for care home residents who suffer from arthritis.

THE 'NOT-QUITE-SO-INDULGENT BREAKFAST'

Although there will always be a market for indulgent breakfast or brunch dishes, it is possible to dial it back a bit, using grains, seeds and rustic flour in sweet breakfast bakes to appeal to customers looking for a 'better for you' breakfast. As we head further into 2024, we anticipate seeing this type of dish become more popular to transform calorific indulgence into a more acceptable treat. Ingredients such as buckwheat are likely to become more popular, replacing flour in dishes such as pancakes or muffins. Not only does it support soil health, buckwheat contains protein, carbs and fibre and is naturally gluten free.

OOH DINING TRENDS

According to Lumina Intelligence, the average spend on breakfast food and drink increased 16% in the 12 weeks to February 2023 compared to the same period in 2022, with bakery items proving the most popular. As more employees return to working in office environments, the opportunity for maximising sales of breakfast items will continue to increase.

UPDATE A CLASSIC

A staple breakfast item, porridge is not only good for us, it keeps us feeling fuller for longer, reducing the craving for snacks. In schools it benefits pupils by slowly releasing energy, helping them to concentrate, in care homes it is a nostalgic favourite and for the OOH sector, it is the ideal winter warmer while on-the-go. Unfortunately, porridge doesn't have a reputation for being the most exciting of breakfast fare! With a little creativity, updating this classic dish to provide a daily special will help your diners see it in a new light. Here are a few suggestions to get you started:

Baked oats – use your porridge oats to make small pots of warm, fruit filled bakes by mixing them with baking powder, banana, maple syrup, eggs, cinnamon and blueberries.

Transform your toppings – try a homemade compôte made with berries and served with fresh figs, vanilla poached pears, or a crunchy granola topping.

Dairy free – swap milk for creamed coconut and coconut yoghurt or use almond milk for a mild, nutty flavour, stirring in some frozen raspberries for tartness.

Combine oats & seeds – add chia seeds to your oat mix, topping it with prunes poached with cinnamon or combine multiple grains such as quinoa, spelt and barley flakes to alter the texture and flavour.

Overnight oats – enjoyed cold rather than hot, but the basic ingredients are the same and it is a TikTok trend, so will be popular with the younger generation.

Rather than a radical refresh of your offering, providing a healthy breakfast that entices diners to take a moment and eat, as opposed to skipping a meal, often only requires minor adjustments. Before long, you will be infusing your menus with nourishing choices that keep customers satisfied, energised and coming back for more.

CARE SECTOR CATERING

Serving fresh fruit in small bowls cut into bitesized pieces on the side may encourage residents to take the bowl away with them and consume throughout the morning if they are unable to finish it at the table. Paying attention to food and drink that hydrates, supports joint health and digestive health is key for overall wellbeing.

EDUCATION CATERING

In nurseries, starchy, carbohydrate-driven dishes, such as porridge deliver energy and fibre. In primary schools, street food is popular so dishes such as breakfast burritos, muffins, baked oats and fruit-filled French toast wraps would work well. As children get older, choice becomes key and 'build your own' hot or cold options are increasingly adopted.

Overnight
Oats



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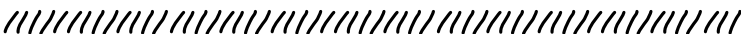
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What are the big trends for 2024

IN FOODSERVICE?

Understanding the changing marketplace and building future trends into your strategic planning and menu innovation are key to understanding your target customer base and maintaining competitive advantage.

At thefoodpeople this is our bread and butter, here are the 10 big trends for 2024 that we have expect to see...



HARNESSING AI

AI will transform all aspects of food and drink from how it can be leveraged alongside human intelligence, how it can speed up science, how it can elevate consumer experience as well as drive cost and efficiency.

AWESOME AMBIENT

Ambient food is awesome food! A renewed focus on tinned, dried and shelf stable produce has encouraged creativity, gourmet elevation and innovation in the category, driving even greater relevance.



Pillars of protein

We in industry and consumers continue to expand our knowledge base around how protein impacts us and the world we live in. From animal agriculture, cultivated meat, precision fermentation, biomass fermentation, plant-based eating, blending technologies, even protein from air!



ULTRA PROCESSED IMPACT

The debate around 'ultra-processed' foods continues to gain momentum, as we begin to understand the links between what we eat now and our long-term health down the road. The way forward is about leveraging our knowledge to unite industry in 'better processing', where there is absolutely opportunity for everyone.

UMAMI 3.0

We can't get enough of all things umami, so much so that we're seeing a 3rd wave that we've called Umami 3.0. Professional and home cooks alike are getting even more adventurous, creative and bold in search of that ultimate mouth-watering drool – koji, garums, kombu, fermentation, XO, savoury cocktails.

SIMPLE GOURMET

Consumers are watching the pennies, but they want meals that guarantee satisfaction and deliciousness in simple gourmet. This is all about simple guaranteed results but with elevated culinary practices and principles applied – handheld gourmet, American & French.



REGENERATE LAND AND SEA

'Regenerative' is poised to replace 'Sustainable' as the way to describe environmentally and socially desirable business models. In part this is because 'sustainable' tends to have the connotation of maintaining the status quo while regenerative evokes restoration, circularity and positive change.

Retro Throwback

An amalgamation of seeking comfort in difficult times as a result of the cost-of-living crisis, along with consumers yearning for simpler, happier times with retro throwback, even its not your era you can borrow it! This is about unabashedly retro dishes from the 50s through to the 80s being back in vogue.

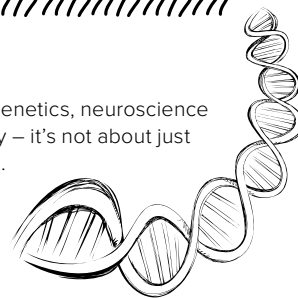
SMART PLANTS

Plants can be smarter than you think! Indeed, start-ups and scientists are turning them into 'protein factories' through molecular farming, and others are using gene-editing technology to give plants different advantages.



HACK MY HEALTH

Consumers are leveraging the power of genetics, neuroscience and nutrition to 'hack' their unique biology – it's not about just living longer, but BETTER optimized living. It's more about proactive intervention – biohacking, eating for life stage, budget is key, weight management, food from the blue zones etc.



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FOOD & INDUSTRY *news*

DRINKS TRENDS

MONIN release Spring/Summer 23/24 Drinks Trends Report

From coffee to cocktails, if you're planning your Spring and Summer menu, the detailed trends report from MONIN has been created to provide you with valuable insights and inspiration.

Available to download now, the report includes:

1. Current macro & hospitality trends
2. Key coffee & cocktail statistics
3. Coffee & cocktail trends from summer 2023
5. Summer 2023 highlights from chains to independent, high street to the high end
6. Summer 2024 trend predictions for coffee and cocktails
7. Trend-led recipe inspiration

COFFEE SHOP TREND PREDICTIONS FOR SUMMER 2024

1. **MOCKTAILS & SPRITZES** – this trend is sure to continue as outlets look to increase footfall in the afternoon when consumers may avoid caffeinated drinks.
2. **SUMMER SPICE** – With consumers seeking new and adventurous options in cocktails, we're likely to see more of this creeping into coffee shops.
3. **WHITE CHOCOLATE** – Indulgent yet summery, with new techniques such as frozen hot chocolates and the rise in iced chocolates.

4. **ALTERNATIVE MILKS** – Oat milk is predicted to overtake skimmed milk to be the third most popular milk in coffee shop beverages in 2024.

5. **COLD FOAMS** – With consumers seeking indulgence whilst also wanting a healthier beverage, cold foams are the perfect lower-calorie alternative to whipped cream.



You can download the full report by scanning the QR code



FOOD TRENDS

NESTLÉ PROFESSIONAL RELEASE TUCK IN FOOD TRENDS GUIDE

The guide covers a range of topics and food trends to inspire you when creating your Spring / Summer menu.

The areas covered in the report include dining out experience trends, ways to challenge your kitchen's carbon footprint, encouraging young people to pursue a career in hospitality and cutting the cost of cooking. There are recipes and menu inspiration throughout, using a range of Nestlé Professional ingredients.

You can download the guide by scanning the QR code.



3

WAYS TO CUT THE COST OF COOKING

1. ADD VALUE WITH TIERED MENUS

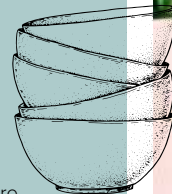
By offering different price points and portion sizes, restaurants can attract a broader customer base and ensure that everyone can enjoy their dishes while maintaining artistic integrity.

2. GO 'TOP-TO-TAIL WITH INGREDIENTS

A cost-cutting and waste-saving trend is using entire vegetables from 'top to tail' (and similarly with meat – using the entire animal). This also gives you the opportunity to create unique and exciting flavour profiles to surprise and delight diners.

3. EMBRACE THE DOGGY BAG

Actively encouraging customers to take leftovers home not only helps reduce food waste but also allows customers to enjoy a second meal, saving money in their own kitchens. With very few outlets actively offering doggy bags, this simple gesture could really set you apart from the crowd!





In 1982, Madhur Jaffrey hit the TV screens in the UK and alongside her book – *Indian Cookery*, inspired a new generation to cook real Indian dishes from scratch. Not someone who had cooked from childhood, Madhur was born in Delhi with servants cooking the food and the women of the house supervising.

On moving to the UK in the 1955 to pursue her dream of acting at the Royal Academy of Dramatic Arts (RADA), Madhur was shocked at the standard of the British and Indian food available at the time. She wrote home, requesting from her mother the recipes from her childhood. At the time she didn't know this would later shape her life.

Following a move to New York where she fulfilled her dream of starring on Broadway as well as featuring on the big screen, Madhur began writing for a selection of food and travel magazines. From here, her path to her place as the world's most well-known Indian food writer took off.



Madhur
JAFFREY

FOOD WRITER, INDIAN COOKERY

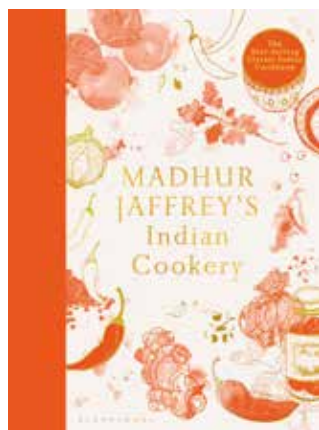
Now with over 30 cookbooks to her name, Madhur Jaffrey continues to be synonymous with Indian cuisine. The 40th anniversary edition of her iconic Madhur Jaffrey's Indian Cookery is now available with 11 new recipes and gorgeous illustrations.

"As I look through this book that I wrote forty years ago, I am surprised to note how little I would change were I writing it today" says Madhur. "It's not that Indian eating fashions do not vary over time. They do. Foods come into style and go out again, certain foreign influences are strong at one time, then others take over. Some changes and additions are accepted permanently. But what really sustains India are those reliable, trustworthy, dependable meals that are cooked at home daily."

"Indians eat dal every single day, sometimes with rice and sometimes with an Indian flatbread. We have learned from our ancestors – and now science has proven their wisdom correct – that simple combination of dal,

a grain and a little yoghurt or buttermilk make up the perfect protein, which even the poorest Indian needs to survive decently. This is the dal I ate first as an infant, and this is the dal that I hope to eat until the end of my days. Of all the dals it is the easiest to digest and so is suitable for the young, the old and everyone in between. Dal is nearly always finished off with a tarka, a final seasoning."

She wrote home, requesting from her mother the recipes from her childhood. At the time she didn't know this would later shape her life.



Moong Dal with North Indian Tarka

SERVES
4

INGREDIENTS

For the basic dal:

- 210g/7½oz hulled and skinned moong dal
- 900ml/1½ pints water
- ½ teaspoon ground turmeric
- 1–2 slit small fresh, hot green chillies, or bird's eye chillies (optional)
- ¼–½ teaspoon red chilli powder (optional)
- ¾ teaspoon salt, or to taste

For a more elaborate North Indian tarka:

- 2 tablespoons ghee, or any vegetable oil
- Generous pinch of ground asafoetida
- ½ teaspoon cumin seeds
- 4 tablespoons chopped onion
- 2 large garlic cloves, peeled and finely chopped
- 75g/3oz (1 small) tomato, chopped
- ½ teaspoon ground coriander seeds
- ¼–1 teaspoon red chilli powder

METHOD

1. Put the dal in a bowl and wash in several changes of water. When the water seems almost clear, drain the dal into a sieve.
2. Put the dal into a medium-sized heavy pot. Add the measured water and bring to a simmer over a medium-high heat. Keep a watchful eye and do not let it boil over.
3. Reduce the heat to medium, or lower, as soon as the water rises and starts to froth. Remove the froth with a skimmer.
4. Add the turmeric and green chillies, or red chilli powder (if you so desire) and stir them in. Cover partially, reduce the heat to low and simmer gently for 40–50 minutes without stirring until the dal is really tender.
5. Check the consistency, adding some boiling water if you want it thinner. Stir in the salt. Cover and turn the dal off.
6. Make any one of the suggested tarkas (see below). Lift the dal lid and pour the contents of the tarka pan into the pan. Put the lid back on immediately to retain the aromas. Tarkas can also be poured on top of the dal when it has just been put in a serving dish and then mixed at the table.

More elaborate North Indian tarka

1. Heat the ghee or oil in small frying pan over a medium heat. When hot, put in the asafoetida. A few seconds later, put in the cumin seeds. A few seconds after that, put in the onion. Stir and fry until the onion is browned. Add the garlic and stir once or twice. Add the tomato. Stir and fry until the tomato is soft. Now add the ground coriander and chilli powder. Stir once.

Extract taken from Madhur Jaffrey's Indian Cookery by Madhur Jaffrey (Bloomsbury, £20 Hardback)

Illustration © Emma Dibben



We've got you covered



Take a look at our full range specially designed for
your professional kitchen at [Kerrymaid.com](https://www.kerrymaid.com)

HIRING *in hospitality*

Step up the charm offensive to attract staff



NICK TAGG

Nick Tagg is a Regional Manager at Reed, with 27 years' recruitment experience. Through his work leading teams within hospitality and leisure across London and the South East, Nick is passionate about contributing to the sector's post-pandemic recovery.

WHAT ARE CANDIDATES LOOKING FOR FROM AN EMPLOYER TODAY AND HOW HAS THAT CHANGED?

Employees' perceptions of what they want from a job have changed. People are looking for more support from their employer in terms of dynamic or hybrid working, and more comfort around their work-life balance and wellbeing. Packages beyond basic salary and holiday entitlement are really important to professionals now.

HOW CAN EMPLOYERS ATTRACT MATURE CANDIDATES FOR JOBS?

The recruitment process must be inclusive at every stage if you're to expand your talent pool. Assess the placement of your adverts: ensure they're on the right online platforms to attract older people.

Remove any ageist language or age limits from your job adverts. While it's common for apprenticeships and training schemes to require age details, for most roles, age is irrelevant, and requesting that information suggests a discriminatory mindset, so if it's not necessary, don't ask for it.

WHAT TIPS DO YOU HAVE FOR BUSINESSES LOOKING TO IMPROVE THEIR RECRUITMENT STRATEGY?

Employers need to be increasingly proactive in their approach and recognise the market is candidate-short – it's crucial to stand out from the crowd to entice talented jobseekers. Think about perceptions of your brand, especially from a social media perspective.

It's only natural that hospitality workers want some element of job security in the wake of many business closures across the sector. Employers need to recognise that talent acquisition is a two-way process and find ways to appeal to those in the passive and actively market more than they may have felt necessary in the past.

HOW ATTRACTIVE ARE APPRENTICESHIP SCHEMES TO CANDIDATES?

Apprenticeship schemes are still an attractive offering. For employers, they are a cost-effective way of recruiting, while jobseekers like the idea of being sponsored by an employer while they learn their

trade, knowing they can assess whether it's the right thing for them without making too much of a commitment. People tend to forget that apprenticeships are open to all ages – giving career-changers as well as school leavers a boost. More awareness and education around apprenticeship opportunities is key.

WHAT IS RECRUITMENT MARKETING?

Recruitment marketing is the process of using strategies and tools to attract and engage candidates in the pre-applicant phase of recruitment. There's real value in it. We work hard to inspire people to use our services through tailored communications for both employers and professionals, via a host of resources – eBooks, blogs, guides and events. It's vital to keep moving with the times and supply the tools people most need, according to changes in society, culture, or law.

Employers really need to sell themselves. Shout about what you offer, what makes you a great organisation, and, if possible, get your employees to do the same on their social channels – spread the word. With the right technology, it's easy to measure how well your marketing is working too.

ARE THERE ANY TIME-SAVING TIPS TO ASSIST THE RECRUITMENT PROCESS?

Digital technology has made all the difference in the recruitment process. It's been a game-changer since the days of manual checks, allowing us to process data faster, identify red flags, and get people into work quicker. As an example, Reed operates Assured ID which is a digital identification and right to work system. Businesses of all sizes would benefit from such pre-employment checks – not only is it more secure, but it frees up the staff who would've previously had to do those onerous tasks.



DON'T UNDERESTIMATE THE IMPORTANCE OF THE PERSONAL TOUCH IN RECRUITMENT – IT'S JUST AS IMPORTANT AS SCREENING, PARTICULARLY IN HOSPITALITY WHERE SO MANY ROLES ARE PUBLIC FACING. FACE-TO-FACE INTERVIEWS ARE INVALUABLE AND HELP GET YOUR WORKING RELATIONSHIP OFF TO A GOOD START.



FIND
— YOUR —
DRAGON
THIS CHINESE NEW YEAR





Miss Marmalades BREAD PUDDING

SERVES
4-6

INGREDIENTS

- 250g Country Range Dried Mixed Fruit
- A handful of Country Range Glacé Cherries
- 2-3 teaspoons Country Range Ground Mixed Spice
- 500g of stale bread, we use a mixture of white, brown & sourdough (makes a good crust) mostly crusts from loaves as not to waste.
- 140g muscovado sugar
- 2 eggs
- 50g butter
- 600ml milk
- Zest of a lemon

METHOD

1. Beat the eggs into the milk and pour into a bowl.
2. Add all the dried ingredients and press down and soak for 30 minutes.
3. Pop into a greased rectangular tray.
4. Melt about 50g of butter and pour over and sprinkle with muscovado sugar.
5. Cook for approx. 40 minutes or until golden brown.
6. Delicious served hot with custard or even cold.

From doom and gloom in 2016 when they became jobless after the coffee shop where they were working shut down, daring duo Rachel Boulton-Jones and Connie Falkland decided it was time to do their own thing.

Refurbishing an old florist shop, the pair opened Miss Marmalades on Pepper Street in Nantwich in 2017. Since then, the business has grown and is now celebrating its 6th anniversary.

Miss Marmalades specialises in salads, sandwiches, toasties, soup, milkshakes and offers a spectacular selection of sweets and cakes with everything made from scratch.

"We use a wide range of Country Range products and ingredients and they never let us down. Whether it's for our homemade cakes, soups, sandwiches or salads, the quality, choice and the value are second to none. Our Country Range Roast Beef, Stilton and our homemade red onion chutney sandwich is always a regular favourite we offer. We even use the Country Range Balsamic Vinegar to make the chutney."

"This recipe is for our Bread Pudding that is immensely popular during the winter months and uses the Country Range dried fruits and cherries. It utilises leftover bread and perfectly highlights how ingredients that some would consider waste, can be turned into delicious dishes through a little creativity."



RACHEL BOULTON-JONES
& CONNIE FALKLAND

Scan here
to read
more



CURBSIDE CULINARY ADVENTURE *celebrating street food*

Street food, once confined to bustling corners and vibrant markets, is now a permanent and important part of the hospitality mix. From sizzling tacos to fragrant curry bowls, these mobile kitchens offer an explosion of flavours, transforming the ordinary into gastronomic adventures.

Entrepreneurs in the hospitality sector are taking notice, as the street food movement redefines dining experiences, providing a cost-effective, high-quality alternative to traditional establishments. Whether simple and low cost, or sophisticated and premium, this exciting sector is infusing creativity, diversity, and innovation into the heart of the industry.



PAUL BABRA

Owner, Karara

Street food is often tasty snacks or fast-food dishes which are easily affordable and quite often 'karara' (Spicy) like the samosa chaat, aloo tikka, pani puris, pakoras, kababs, parathas and curries that we produce at Karara. Those who produce these delicacies usually inherit the skills and recipes from their family members and continue to run as a family business for generations. Street food is prepared, cooked and sold at a very fast pace, dishes are usually eye-catching, portable and meant for immediate consumption.



*Bao bun with vegetable, shrimp and
seafood sauce, sprinkled with sesame seeds*

ES: ood



GRETA STROLYTE

*Brand Manager,
Lucky Boat*

New, exciting food concepts often originate from street food, famed for shining a

spotlight on authentic world foods, and Asian cuisines have long captured attention.

By choosing authentic ingredients you'll support an exciting, premium menu and grow repeat custom.

Get creative with Lucky Boat noodles which are quick to prepare, easy to serve and make an affordable street food choice, from noodle soups, salads and stir fries. Lucky Boat noodles are suitable for vegans and vegetarians, allowing caterers to offer an inclusive menu for all.



JEFF TEMPERLY

*Owner,
Temperleys Street Food*

First and foremost, it's got to taste great, so don't be afraid of using others for inspiration

as long as you put your own personal spin on it, like I've done with my 'Drunken Leprechaun' burger (with onions sautéed in our whiskey infused BBQ sauce). Location is absolutely crucial too; getting the right spot for you gives you access to the right people, which will make a huge difference to how well you do. Once you have these in place, you have to plan for success. Expect to sell a lot and make sure your kitchen can keep up with demand. There's nothing worse than long wait times or running out of ingredients!



STU DEELEY

*Winner of Masterchef:
The Professionals & Owner,
Hampton Manor*

I cook what I like to eat and my inspiration comes from the big flavours of takeaways and street food such as Thai green bisque or smoked soy cured salmon. Whilst my dishes are grounded in classic techniques I like to think outside the box and create combinations that might not have been thought of before, some of my favourite combinations are white chocolate and miso delice and dill pickled kholrabi. I believe this inventiveness will appeal to young people who like to try new things.



GORDON LAUDER

MD, Central Foods

Bao buns are the darlings of the street food scene, with their light and pillowy texture and their versatility in terms

of fillings. Sweet and savoury bao buns are ideal for sharing platters, tapas, snacks and takeaway.

New development in this sector has seen the recent launch of the 30g KaterBake mini bao buns and the ready-filled Menuserve bao buns with hoisin jackfruit - both suitable for vegans. Plant-based street food combines two key trends in one which is why we've also just launched the Menuserve gluten-free, vegan Asian prawn snack selection - so tasty that it will appeal to all.



**Tom Yam soup with
salmon and seafood**



Chicken pakora with sweet chilli sauce

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FLAVOURS
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TANTALISE
YOUR
TASTE BUDS.**



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THE MARKETPLACE

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

J20 EXPANDS OFFERING WITH ITS FIRST READY-TO-DRINK MOCKTAIL RANGE

J20 is expanding its offering with ready-to-drink Mocktails, launching a three-strong premium range of non-alcoholic options.

Strawberry & Orange Blossom Mojito, White Peach & Mango Daiquiri, and Blackberry & Blueberry Martini flavours are all

available now in 250ml format in on-trade venues. The move is set to help the brand expand its appeal into even more occasions, at a time when non-alcoholic options are continuing to gain relevance.

Adam Russell, director of foodservice and licensed at Britvic, said: "We know that consumers are looking for more premium experiences when they visit on-trade outlets, and the launch of J20 Mocktails now offers consumers the great taste of their favourite cocktails, all in one convenient non-alcoholic can. The canned format of our J20 Ready-To-Drink Mocktails also ensures that bartenders are able to produce consistent serves every time – ensuring no compromise on taste or quality, even when the bar is busy."



Catering Essentials launches new cake selection

The value foodservice brand has introduced six new cakes into the range, giving caterers the option to serve a good quality sweet treat at a lower price.

Available now from your Country Range Group Wholesaler, the value cakes include Victoria Sponge, Lemon Cake, Carrot Cake, Toffee Butterscotch Cake, Chocolate Cake and Coffee and Walnut Cake and are each available in 1 x 16 pre-portioned.

The new cakes join an expanding range of products in the Catering Essentials brand, including Tomato Ketchup, Mayonnaise, Frozen Mixed Vegetables, Frozen 80% Beef Burgers, Baked Beans, Spread and Frozen Peas. Ask your wholesaler for more information.



PLANT POWER

Vegan Meatballs
14g
1 x 1.5kg



GLUTEN FREE

VEGAN

IQF Vegan Mince
10 x 1kg
(splittable)



serving suggestions

Simple to prepare and easy to serve plant-based menu swaps

Other delicious vegan products also available:

Product Description	Pack Size
Vegan Quarterpounders 113g	1 x 24
Vegetable Sausages 56g	1 x 48
Vegetable Nuggets 18g	1 x 2kg
Unbaked 4" Vegan Sausage Rolls 65g	1 x 48
Unbaked 6" Vegan Sausage Rolls 100g	1 x 40

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Perfect for

VEGANUARY

When will you serve yours?



Rising Star

NICK GRIEVES



HEAD CHEF & OWNER OF OPHELIA

After studying construction at university, Nick Grieves graduated and moved to Qatar. When the great recession hit in the late 2000's, Nick's construction job disappeared overnight and he headed home, where he took on a local pub with a friend. After helping out when they were short, Nick soon realised he loved cooking. Nick has subsequently spent time at Simon Rogan's Fera, in the historic Claridge's Hotel and also at The River Café before deciding to go it alone with the launch of his first and now widely acclaimed restaurant, The Patricia before opening his second restaurant, Ophelia last year.

Tell us about Ophelia?

Ophelia is a neighbourhood restaurant inspired by French brasserie style cooking with a wine cellar also predominantly focused on France. As with The Patricia, the food is centred around ingredients rather than fancy techniques.

Describe your cooking style?

I would say it's a simple style with a huge focus on the product.

Did you have any mentors?

Yes, one of my best mates Tom Anglesea in my early career (I started 12 years ago). I would call him most days to ask questions, he was probably sick to death of me.

Who inspires you in the industry?

My mates Tom Anglesea (Dovetail) and Shaun Hurrell (Barrio Comida) they are two of the best cooks in the country. Ruthy at the River Café. Local Legend Terry Laybourne who is now a good friend. James Lowe at my favourite London spot. Iñaki Aizpitarte from Le Chateaubriand, Simone Tondo from Racines, the Hart brothers, Ben Chapman, Erchen Chang. So many more I could list.

How do you create new dishes?

I probably do my best thinking after a busy service; I often sit down with a glass of wine and write.

What were the key steps in your development and career?

I started with no experience in a pub I had with my friend, so was self-taught for the first 4 years. I used to read all the time and watch YouTube videos of Ruthy and Rose (The River Café) constantly. I would also eat out everywhere, it's probably the best

“Ophelia is a neighbourhood restaurant inspired by French brasserie style cooking ... the food is centred around ingredients rather than fancy techniques.”

way to learn. I then moved to London and spent a year at The River Cafe, this was the most important step I've ever done.

What would you say to a 16-year-old starting out in a kitchen?

Go and work in very good restaurants run by good people and spend all your money on eating in other good restaurants.

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

I'm enjoying researching classic French stuff, Ophelia means that we

have a stricter guide to follow than I'm used to.

What are your next goals and targets?

I want to learn to be a better leader and build a very strong team around me so we can build the business. We have plans to open some more places and relocate The Patricia to a fancier spot, so a lot of my focus is on the future.

How would you change the hospitality industry?

I think over the past few years there has been a lot of focus on how negative it can be and yes, there are some places that are bad, but in my experience, there are so many places that are amazing environments to work in and run by people who really care about their team. I would like to see us showcasing that and encourage people to come and work in what I think is one of the most exciting and fulfilling industries out there.

Any tips to deal with the challenge of rising costs?

This is extremely difficult and one we have been hit hard by in the new gaff, trying to offer a more accessible price point has been very hard and one we are still trying to figure out. We have had to sacrifice margins and try and make savings elsewhere. I don't ever want to compromise on quality. Hopefully in colder months we can save a little by putting on long braises with 'cheaper' cuts of meat and larger more hearty vegetables that have larger yields.

Tell us about an ingredient you can't live without and why?

Probably vinegar, I'm obsessed with high quality vinegar, used correctly it can transform everything.



Left
Ophelia Chocolate Cake

Above
Ophelia Crab Salad



Rice Krispies
SQUARES

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GOING BEYOND NET-ZERO:

How to Embrace Climate Positive

In the face of our climate crisis, the concept of going "beyond net-zero" has emerged as a beacon of hope for a sustainable future, but with so many businesses unable to achieve a carbon-zero state, the very thought of improving upon that is overwhelming.

Climate positivity signifies a commitment not only to reduce emissions but to actively remove and offset more greenhouse gases than an operation emits. For the hospitality sector, embracing this ambitious stance is both an ethical imperative and a strategic advantage, but it is not without its challenges. If you want to take your business beyond net-zero, here are a few activities that can help your business lead the way.

CONDUCT A COMPREHENSIVE CARBON AUDIT

The journey towards climate positivity begins with understanding your current emissions profile. Thorough carbon audits will help you identify sources of emissions, from energy consumption to transportation and waste generation. This data serves as a crucial baseline for setting reduction targets and implementing future strategies.

EMBRACE ENERGY EFFICIENT TECHNOLOGY

Implementing energy-efficient solutions, such as LED lighting, smart heating, ventilation and cooling systems and advanced insulation, not only reduces operational costs but also minimises emissions.

PRIORITISE SUSTAINABLE SOURCING

Every operator can make a substantial strides towards climate positivity by prioritising local, organic, and sustainably sourced ingredients. When you support local farmers and suppliers, you

not only reduce transportation emissions but also contribute to resilient, regional food systems.

IMPLEMENT WASTE REDUCTION AND RECYCLING INITIATIVES

This goes beyond standard recycling practices to a relentless focus on reducing waste by recycling, donating unsold food and composting. You will need to think more broadly about waste, embracing circular economy practices such as upcycling furniture instead of buying new, or reusing materials elsewhere in the business.

PROMOTE LOW-IMPACT TRANSPORTATION

Encouraging guests and staff to use public transport, bicycles, or electric vehicles (EV) can significantly cut down on emissions associated with travel. Providing EV charging stations and product or member incentives for using eco-friendly transportation options can further reinforce your commitment to climate positivity.

INVEST IN CARBON REMOVAL TECHNOLOGY

To achieve a climate positive state, hospitality operators must actively invest in technologies that capture and remove carbon dioxide from the atmosphere or donate to charities such as The Carbon Community, who remove or reduce emissions elsewhere, balancing out any of your residual carbon footprint. This can

include initiatives like afforestation, reforestation, and the adoption of carbon capture and storage (CCS) technologies.

ENGAGE AND EDUCATE

Climate positivity is a collective effort. Engage employees, suppliers and guests by raising awareness about sustainable practices and their impact on climate change. Encourage participation in initiatives like tree-planting campaigns or community clean-up events.

The path to climate positivity demands a holistic, concerted effort. Embracing this challenge sets a powerful example for global sustainability activities. Although our industry is facing some tough economic challenges, by making a step change together, we can transform this sector we love into a driving force for positive climate change.

TRANSITION TO RENEWABLE ENERGY SOURCES

Shifting towards renewable energy is the cornerstone of climate positivity. To do this, you can invest in solar panels to power your operation and select a vendor that sources energy from wind turbines, solar farms and other 'clean' technologies.

MINOR FIGURES THE BARISTA RANGE



Carbon neutral • B Corp • Barista standard

SEASONAL OAT CHAI LATTE

INGREDIENTS

1 CUP MINOR FIGURES BARISTA OAT
2-3 TABLESPOONS CHAI CONCENTRATE
1/2 TEASPOON GROUND CINNAMON
1-2 TABLESPOONS PURE MAPLE SYRUP
WHIPPED CREAM AND GROUND
CINNAMON FOR GARNISH (OPTIONAL)

METHOD

1. HEAT BARISTA OAT IN A SAUCEPAN UNTIL HOT BUT NOT BOILING.
2. STIR IN 2-3 TABLESPOONS OF CHAI CONCENTRATE.
3. ADD 1/2 TEASPOON OF GROUND CINNAMON AND 1-2 TABLESPOONS OF MAPLE SYRUP. ADJUST TO TASTE.
4. HEAT AND STIR FOR A FEW MORE MINUTES.
5. POUR INTO A MUG AND GARNISH WITH WHIPPED CREAM AND A SPRINKLE OF GROUND CINNAMON IF DESIRED.



WAYS TO USE

Tandoori Spice Mix



Made with a complex and aromatic blend of spices such as coriander, turmeric, cumin, fenugreek, paprika and ginger, as well as a selection of herbs and dried vegetables, the Country Range Tandoori Spice Mix is vibrant red in colour and is specifically designed to provide an authentic flavour. The spice mix is suitable for vegans, vegetarians and coeliacs and is the ultimate marinade when used classically with yoghurt and lemon juice to coat chicken and fish before oven baking.

ABOUT: LAUREN CAWSTON GREGG

Working as a chef in Rosette and Michelin kitchens for over 22 years, Lauren Cawston-Gregg has been at the fine dining and refined end of catering for the majority of her career. Five years ago, Lauren began teaching and has never looked back. Passionate about passing on her knowledge, tips and experience to the next generation of young chefs, Lauren teaches at Cambridge Regional College who are regular finalists at the Country Range Student Chef Challenge.



1/ Classic curries

As a chef the best way to get flavour into meat, fish or vegetables when making a curry is by adding spices and marinating it overnight. This allows the spices and flavour to be absorbed and will ensure real depth of flavour and the best curry in town.

2/ Crusts

Using a dry rub on meat and fish helps elevate the ingredient and infuse it but also creates a crust to help keep the meat moist and provide a good balance of flavour with every mouthful. I love creating a crust on a variety of birds, whether chicken, duck or even some a bit more gamey like partridge.

3/ Roaring roasted vegetables

For a superb spice twist on your classic tray of roasted vegetables, sprinkle with the tandoori spice mix. Any veg will do for a great side to compliment a wide range of dishes.

4/ Chicken thighs

One of my favourite dishes is marinated chicken thighs that are then thrown on the BBQ or cooked over flames. Thighs have so much more taste than breast and the tandoori spice adds a fantastic fragrant flavour and the fire adds sumptuous smoky nuances. Simply serve with a tzatziki dip, roasted sweet potato and a zesty salad.

5/ Spiced up soups and salads

The tandoori spice is a great tool to add heat and spice to soups and even salads. When using dry spices, you should always cook out the spice in a pan without oil. This will help elevate the flavour and aroma and will help make the dish hotter in spice as well. One of my favourite fiery salads is a combination of the tandoori spice with chickpea, peppers, red onion, courgette and spinach.

COUNTRY RANGE STUDENT CHEF CHALLENGE 2024

The prestigious Country Range Student Chef Challenge is now closed for entries and the teams are busy preparing for the Grand Final at the HRC Show at the Excel in March 2024.

The focus for this year's competition was "Love Local" and challenges teams to discover and showcase the best of their local area. With the world becoming more connected and global food trends often taking the headlines, it is easy to forget the wonders on our own doorsteps.

For further information on this year's competition and finalists, please visit www.countryrange.co.uk

Country Range
Tandoori Spice Mix
Pack Size: 490g >>



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With our Category Focus being all about breakfast, we're giving you the chance to win the ultimate deluxe toaster and kettle combo to put a Ninja twist on breakfast time.

More than just a toaster, the Ninja Foodi 3-in-1 Toaster, Grill and Panini Press has a unique flip design. In toaster mode, the slot and heating elements deliver even, edge-to-edge results and easily fit artisan bread or bagel halves. There are seven different toast shade settings, a defrost setting, plus a bagel setting which

toasts bagels to perfection.

Flip down to grill mode and you can grill, bake and reheat. The bake tray converts the toaster slot into a closed oven and the panini press accessory makes it easy to create those crispy griddle markings.

The Ninja Perfect Temperature Kettle offers six pre-set temperatures ranging from 60°C to 100°C ensuring that you make the perfect cuppa every time. There is a guide to perfect drink temperatures included. Manual controls enable you to increase or decrease the temperature in 5°C increments plus the Hold Temp feature maintains your selected temperature for thirty minutes.

For your chance to win, send an email titled 'Breakfast' along with your name, contact details and the name of your Country Range Group wholesaler to competitions@stiritupmagazine.co.uk



Closing date for the competition is 29th February 2024. All winners will be notified by 31st March 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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MAGGI® Vegetable Bouillon
2 x 2kg



MAGGI® Rich & Rustic
12 x 800g



MAGGI® Rich & Rustic
6 x 3kg



MAGGI® Coconut Milk Powder
6 x 1kg



Take the hassle out of making delicious gluten free dishes.

For more info and gluten free recipe inspiration visit www.nestleprofessional.co.uk/brands/maggi

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