

Stir it up

NOV / DEC 2015

THE COUNTRY RANGE GROUP MAGAZINE FOR CATERERS



COUNTRY RANGE

*The Leading Independent
Foodservice Brand*

A Canny Solution

The sustainability of tuna fish is a hot topic with an increasing number of diners requesting information about how it has been sourced.

Country Range is committed to ensuring that the skipjack tuna used in our products is supplied from well-managed fisheries and caught using methods which don't affect the long-term sustainability of fish stocks.

A versatile, store-cupboard essential, tuna can be used for so much more than the tuna sandwich.

Add to green beans, boiled eggs and olives for a Salad Niçoise; combine with white sauce, sweetcorn, pasta and top with cheddar and you've got yourself a tasty pasta bake or tap into the Mexican food trend with a tuna quesadilla.

Country Range Tuna Chunks in Brine

• 6 x 800g • 6 x 1.7kg

Visit www.countryrange.co.uk



For starters...

>> As chefs across the range of foodservice sectors gear up for the busy Christmas season, this issue is bursting with recipe inspiration for festive delights.

Our Category Focus looks at Winter Warmers, we've got advice on how to create the perfect cheeseboard and five deliciously different ideas for baking with fruit mincemeat.

Ice queen Jayne Torvill talks about her debut panto performance and shares her Signature Dish, whilst MasterChef winner and owner of the Wahaca Mexican food chain Thomasina Miers provides a welcome bit of heat in Leading Lights.

For caterers in the care sector, we've got a great on-trend recipe for diners with dysphagia, plus a fascinating interview with Phil Kelley,

national chairman of the Hospital Caterers Association, who is calling on the Government to set a fixed minimum cost for hospital food.

We're also giving away this year's must-have Christmas gift – a swagway – on our Country Club page, so make sure you enter!

Wishing you a wonderful and prosperous Yuletide,

Janine



Ingredients...



COUNTRY RANGE
The Foodservice Group

Food 06
NEW FROM COUNTRY RANGE
11 THE MARKETPLACE
13 FIVE WAYS TO USE fruit-based mincemeat



31 ON THE RANGE with care home catering manager Karen Proctor
44 SIGNATURE DISH by world-class ice-skater and judge Jayne Torvill OBE



46 FOOD FOR THOUGHT – Marvellous menu ideas for Christmas, New Year and beyond

Features

05 CUSTOMER PROFILE – The Oran Mor entertainment venue in Glasgow
14 CATEGORY FOCUS – Winter Warmers



20 SPECIAL FEATURE Create a Stir with Maggi
22 HOSPITALITY Niche ingredients and Allegra on the continuation of chickenisation



25 EDUCATION – Reiterating the importance of UIFSM
29 HEALTH & WELFARE – Call for fixed price hospital catering in the UK

36 FOOD & INDUSTRY NEWS Meat-free Christmas dishes, meals from festival waste, Mintec goes nuts
39 SPECIAL FEATURE Shining a spotlight on gluten-free

Favourites

04 THE FOOD SAFE
17 ADVICE FROM THE EXPERTS How to create the perfect cheeseboard
19 COUNTRY CLUB



26 THE MELTING POT Take me back – nostalgic retro favourites



32 LEADING LIGHTS Thomasina Miers – The inspiring and street-food crazy chef
43 JB'S JOURNAL THE BOTTLE BANK

Our editorial partners...



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

Contact us...

EDITOR Janine Nelson editor@stiritupmagazine.co.uk
WRITERS Sarah Rigg, Amy Grace
SUBSCRIPTIONS Telephone: 0845 209 3777 subscriptions@stiritupmagazine.co.uk
DESIGN & PRINT Eclipse Creative
FRONT COVER Photography by Barry Mellor
COUNTRY RANGE PHOTOGRAPHY www.barrymellorphotography.co.uk
www.stiritupmagazine.co.uk





By Dr Ron Kill,
managing
director of
Micron2 and
technical
consultant to
Country Range

Christmas Buffets

>>> I was once staying at a well-known lodge-type hotel (you know what I mean) and going up to the buffet for my usual continental breakfast when the man in front of me sneezed over all the exposed foods. Understandably, I lost my appetite at that point.

A problem all caterers face with buffets is the possibility of the customers contaminating the foods. Whether through handling products or serving equipment or through something air-borne (see above) the public are a real liability here. Equally it is important for the caterer to ensure that the conditions are right, basic rules of hygiene in preparation are followed, serving utensils and surfaces are kept hygienic and food is covered as much as possible. Sneeze guards are ideal. Serving temperatures for hot and cold food must also be monitored.

Think about the time that food is on a buffet. The FSA advises that nothing should be left out for more than four hours. Also think about the journey that chilled food has, don't leave it standing at room temperature. Space is also important, do not crowd different foods together on a buffet and increase the chances of cross-contamination.

Educate the public by using signage asking them to observe good practice (use of serving tongs etc).

The fact is that buffets account for a high proportion of cases of food borne illness. Christmas will soon be upon us so let us not spoil the festivities with some unwanted food safety issues.

Cooks calendar...

November



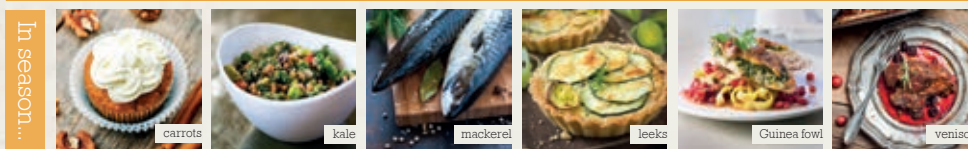
- 1 World Vegan Day
- 2-6 National School Meals Week
www.thegreatschoolslunch.co.uk
- 2-8 British Sausage Week
www.lovepork.co.uk
- 6-8 Good Food Show Scotland, SECC, Glasgow
www.bbcgoodfoodshowscotland.co.uk
- 6-8 Cake International, NEC Birmingham
www.cakeinternational.co.uk
- 5 Bonfire Night
- 8 Remembrance Sunday
- 9-13 National Community Meals Week
www.thenacc.co.uk/events/community_meals_wheels_week
- 19-21 The Skills Show, NEC Birmingham
www.theskillsshow.com
- 24 British Frozen Food Federation Annual Luncheon, Hilton on Park Lane, London
- 26-29 BBC Good Food Show Winter, NEC Birmingham
www.bbcgoodfoodshowwinter.com
- 30 St Andrew's Day (Scotland)

December



- 6 Craft Guild of Chefs Christmas Lunch, Chiswick Moran Hotel
- 24 Christmas Eve
- 25 Christmas Day
- 26 Boxing Day
- 31 New Year's Eve

January



- 1 New Year's Day
- 16 World Food Day
- 24-26 Scotland's Speciality Food Show, The SECC, Glasgow
www.scotlandsspecialityfoodshow.com
- 24-30 National Farmhouse Breakfast Week
www.shakeupyourwakeup.com
- 25 Burns Night



A Christmas Carol

>> A chef at a luxury Scottish entertainment venue based in a former church has been singing the praises of

his team.

Jeff Crawford, executive chef at Oran Mor in Glasgow (pictured above) is hugely complimentary about his staff's work ethic, particularly over the busy festive period.

"My team work really hard and I never ask them to do anything that I wouldn't do myself," he says. "I'm always there with them and, if you're hands-on, you get respect. They all absolutely love working with food, which makes a huge difference too!"

Jeff oversees all food matters relating to Oran Mor's bar, brasserie, private dining room and function room, which are all packed to the rafters over Christmas and New Year. Last year an astonishing 2,500 revellers visited the venue for Hogmanay alone!

The name Oran Mor means "big song" or "great melody of life" and Jeff has been there since it first opened its doors back in 2004.

The brasserie has 70 covers, private dining room 30-40 covers and the banqueting hall holds 260 diners. There's also a nightclub and theatre/entertainment venue.

Whilst the bar offers traditional favourites such as haggis with neeps and tatties, the brasserie menu is à la carte using the finest Scottish produce. Jeff's current bestseller is pan-roasted Perthshire venison served with baby sauteed vegetables and wild garlic mash. *"I make my own garlic essence which makes the potatoes green,"* he explains. *"I'm very experimental and I like to mess around with food."*

"Haggis is on the bar menu because we get a lot of tourists who ask for it but I don't use it all year round and definitely not at Christmas – our menus tend to be more upmarket then."

"I also make sure that we always have an à la carte menu available throughout December for those customers who don't want to choose from the festive menu. After all, not everyone wants turkey!"

He describes the festive season as "full-on". *"The place is chockablock but you just get through it, in fact I thrive on it. I've got over 30 years' experience so it's second nature. It's a really good buzz and I can't remember the last time I had Christmas off."*

"My 13-year-old grandson lives with my wife and I so we all get up really early on Christmas Day to open our presents before I come to work. They both come down to Oran Mor for their Christmas dinner and I nip in and out to spend time with them when I can."

"We stop serving at 8pm on Christmas Day at which point I'll have a couple of pints with the team. We feed all of the staff after service, not just on Christmas Day but every day. It's a really nice

concept. We charge £1 per meal and it means that everyone, especially our students, get a proper hot meal. It creates a nice morale and means you get more out of your staff."

Country Range products feature heavily on Jeff's menus. He continues: *"At this time of year I use a lot of Country Range Cranberry Sauce. It gives great depth to my turkey gravy and the fruity flavour really lifts it."*

"I work really closely with the sales rep of my Country Range Group wholesaler. I give her my new menus and she comes back with a list of all the products I need, along with samples of ones I'm less familiar with."

The team is made up of 14 chefs and five kitchen porters and the business is open every day throughout December – with Hogmanay being the mother of all parties!

"We host a big dinner dance and the party goes on until 3am or 4am!" he adds. *"We close the kitchen on January 1 but the bar is open from 5pm so I go in and make a free buffet out of any food that is left over. It's a great way of using up stock and the customers think it's a nice touch."*

A Canny Solution

>> The sustainability of tuna fish is a hot topic with an increasing number of diners requesting information about how it has been sourced.

Country Range is committed to ensuring that the tuna we sell is supplied from well-managed fisheries and caught using methods which don't affect the long-term sustainability of fish stocks.

Our new Country Range Tuna Chunks in Brine are available in two pack sizes – 800g and 1.7kg – and contain sustainable Skipjack tuna.



...the tuna we sell is supplied from well-managed fisheries...

Skipjack tuna is the most common species of tuna for canning because it is fast growing and reproduces quickly. It is caught by the purse seine method of fishing.

Martin Ward, trading director for the Country Range Group, says: "We are very keen to promote sustainable fishing practices and will only work with suppliers with a high standard of seafood traceability."

"There are 23 stocks of commercial tuna species worldwide and each has a rating for sustainability – green, yellow and red rated. All of the tuna we buy is from green rated fisheries, which means the stocks are considered sustainable."

Serving suggestions:

Tuna mayo baguette

Salad Niçoise – with tuna, green beans, boiled eggs and olives

Tuna quesadilla – combine tuna, mayo and salsa then spread the mixture on a tortilla, top with cheese then cover with another tortilla. Cook in a frying pan on either side until the cheese has melted.

Tuna pasta bake – in a white sauce with tinned sweetcorn and topped with grated Cheddar

Tuna and sweetcorn burgers – combine breadcrumbs, tinned tuna, tinned sweetcorn, cheese and chopped spring onions, season and bind with egg. Shape then pan-fry for five minutes each side.

Tuna mayo stuffed jacket potatoes
Tuna, olive and rocket pizza

- **Country Range Tuna Chunks in Brine** 6 x 800g
- **Country Range Tuna Chunks in Brine** 6 x 1.7kg

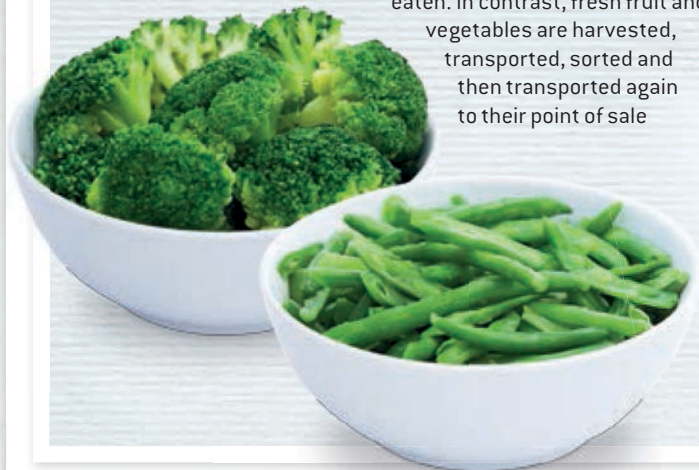


Salad Niçoise

Freeze your assets

>> It has been scientifically proven that frozen vegetables contain more beneficial nutrients than their fresh counterparts.

They are generally frozen within hours of being harvested so they retain higher levels of vitamins and antioxidants until they are eaten. In contrast, fresh fruit and vegetables are harvested, transported, sorted and then transported again to their point of sale



and can sometimes take up to 14 days before they reach the kitchen – so valuable nutrients are lost.

From a caterer's perspective, using frozen vegetables also saves preparation time and money as there is less wastage. It means vegetables can be used out of season too.

In response to growing demand for frozen vegetables, Country Range has added three new additions to its frozen portfolio:

- **Cauliflower** 2.5kg (already available in a 1kg pack)
- **Broccoli** 2.5kg (already available in a 1kg pack)
- **Sliced Beans** 1kg (already available in a 2.5kg pack)





Dressed pains au chocolat



Dressed croissants

Où la la! Perfect Pâtisserie

>> Country Range has unveiled a new Viennoiserie range with the launch of our new all butter croissants and pains au chocolat.

With the breakfast day-part becoming increasingly popular as diners choose to enjoy their morning meal out-of-home, these French viennoiserie are sure to go down a treat, both as handheld snacks on the go or enjoyed with a relaxing coffee.

Consumer research shows that viennoiserie sales are growing by 5.5% with sales of croissants reaching £2.4million. Pain au chocolat sales, meanwhile, have hit £1.5million.

Made in France to a traditional recipe, our indulgent new croissants (65g) are 18% butter with a layered airy texture that melts in the mouth.

They are pre-egg washed to give them a lovely golden finish, so there is no mess or fuss and all you have to do is bake them from frozen for 15-18 minutes at 170°C – and enjoy the wonderful aromas as they bake!

Their straight shape (as opposed to curved) means they're easy to slice too so why not add fillings such as ham, cheese and mushrooms, for an interesting addition to your breakfast and lunchtime menus?

For those looking for a sweet treat in the morning, NEW Country Range Pain au Chocolat is the perfect solution. Made with 16% butter and 11% chocolate, they're sure to hit the spot. These delicious pastries are made with double bars of rich chocolate wrapped in a light French butter croissant pastry.

Like our croissants, they are pre-egg washed so there is no mess or fuss, simply bake in your oven from frozen.

You can easily add value to our croissants and pains au chocolat to create a premium offering:

Prior to baking decoration: tray up the desired amount of croissants and pains au chocolat. Then on a work surface covered in parchment, roll the croissant or pain au chocolat in a good quality Demerara sugar. This will give a crisp golden caramelised finish to the product and also adds a slight twist to the flavour.

For basic post baking decoration: melt some good quality dark, milk or white chocolate. Once the croissants and pains au chocolat have cooled, drizzle

...all you have to do is bake them from frozen for 15-18 minutes at 170°C.



the chocolate across or in a spiralling motion over the pastries either entirely or partially. This looks visually appealing and adds another element of rich chocolate to the flavour profile.

For basic decorations: try using chilled chocolate and a knife to create delicate curls and shavings of chocolate then sprinkle across the product. This gives a classy finish and can also contrast the chocolate with white on milk or white on dark.

To add a healthy twist: try using freeze dried fruits such as raspberries or strawberries sprinkled on the drizzled chocolate. Alternatively try a few pistachios or chopped nuts or for a real addition of texture and flavour, sprinkle on a few dried cranberries or oats.

For the top tier decorations: try adding edible gold or silver leaf with a sprinkle of icing sugar and cocoa powder for a real premium product.

Pack sizes:

- **Straight Unbaked Croissant** 80 x 65g
- **Unbaked Pain au Chocolat** 80 x 75g



Allergen **FREE**

Stock up on NEW allergen-free bouillons

Did you know...
If you refrigerate bouillon paste after opening, it keeps its flavour for longer?



Steak pudding



Chicken broth

>> Country Range Bouillons have undergone a makeover and taste better than ever. Not only that, they are now allergen-free too.

Our bouillons are available in three flavours: Beef, Chicken and Vegetable – powder mixes in 2kg tubs and pastes in 1kg pots.

The powders dissolve instantly whilst the pastes mix instantly, so there's no furious whisking required. They contain no artificial additives, colours or preservatives, have a long shelf life, and are ideal for soups, sauce, casseroles and pies.

Recipe suggestions:

- Braised beef suet pudding
- Chicken broth
- Watercress soup

You can find the above recipes and hundreds more at www.countryrange.co.uk



THE ORIGINAL
MATTHEW WALKER
- EST. 1899 -

Introducing our new bite size Christmas puddings....



Perfect for canapés or a “trio of desserts” our new bite-size Christmas puddings are packed 9 puddings in a tray; with 12 trays in an outer case.

Our Full Range is available in Luxury, Classic, Economy, Gluten Free and Organic Recipes.
Simply Warm Through to Serve.

For more information please contact Petty Wood
01264 345500 www.pettywood.co.uk



a tasty
winter
warmer

the **chefs base**® recipe

SOUP-er hearty!

Create an oriental infusion with the delicious range of Pan-Asian Broths from Major. Use as a traditional broth over fresh vegetables, brushed onto meat or mixed in to your existing recipes to create exotic flavours.

pan-asian beef broth soup

Available in Beef, Chicken and Vegetable*.



pan-asian
broths



For your free samples call today **01933 423540**
alternatively email samples@majorint.com

the heart of every busy kitchen

Treat the team this Christmas

BUY 2 NESCAFÉ ORIGINAL 750g tins

&
get a

FREE

**1.315KG QUALITY
STREET FESTIVE TIN***

(RRP £8.99)



Winter flavours down to a tea

>> DaVinci Gourmet has produced a directional tea platform guide to help operators capitalise on the trend for speciality teas in the winter and ensure their sales don't fall along with the temperature.

The handcrafted tea platform guide is designed to showcase products within its extensive syrups range, offering operators insight into producing a hot and cold seasonal tea menu that appeals to all tastes. Recipes include delicious warming options like a Spiced Apple Punch or an Orange Grove Tea, both classic autumnal flavours.

DaVinci Gourmet brand manager, Elaine McDonald, comments: "Consumers are becoming increasingly discerning in their purchases and are looking for an overall experience that differs from the standard beverages they are able to prepare at home. Looking beyond traditional black tea and using DaVinci Gourmet's tea platform guide to introduce hot and cold tea infusions, in a variety of flavours, will set an establishment's offer apart from the competition and draw in the crowds. This can easily be achieved by simply adding DaVinci Gourmet syrups to hot water or brewed tea to create aromatic and fruity twists that are sure to spice up any menu."

"The trend for iced tea has also seen a boom, with 85% of tea sales in the US being iced. This trend is filtering through to the UK and DaVinci Gourmet offers operators an easy way to create speciality iced beverages in a variety of flavours, creating refreshing recipes such as a Passion Iced Tea."

The guide is available to download at www.davinci-gourmet.com.



...hot and cold tea infusions, in a variety of flavours, will set an establishment's offer apart from the competition...



Spiced apple tea

It contains no artificial flavours or additives and is dairy and gluten-free...

PUMP UP THE PUMPKIN

>> Monin UK has added Pumpkin Spice syrup to its extensive product range in response to the increasing popularity of seasonal autumn and winter beverages.

Made with real pumpkin juice, this premium syrup will help cafés, restaurants and bars meet growing demand for the flavour during the colder months – a transatlantic trend heavily influenced by its immense popularity in the US.

Developed by an expert beverage innovation team at the brand's HQ in Bourges, France, Pumpkin Spice syrup captures the earthy, autumnal flavour of pumpkin with a warm kick of spice from cinnamon, ginger, nutmeg and cloves.

It contains no artificial flavours or additives and is dairy and gluten-free, kosher and suitable for vegans.

James Coston, Monin's UK brand ambassador, said: "Annual sales of pumpkin-flavoured food and beverage items have exceeded \$350million in the US, so this is definitely an upward trend. Anecdotally, we know there is huge demand from UK consumers for seasonal flavoured drinks such as Pumpkin Spice Latte, so our new Pumpkin Spice syrup will help businesses create signature coffees and hot chocolates their customers will love."

"Monin Pumpkin Spice syrup also adds a spicy kick to a host of classic cocktails; combine it with brandy, fiery ginger beer and a dash of bitters for a Pumpkin Spice Mule, or shake with vodka for a Pumpkin Spice Martini."

DO YOUR CHIPS A FLAVOUR!

>> McCormick Flavour Solutions has launched Schwartz Chip Seasoning to help caterers maximise their premium chip offering.

This easy-to-use product – a blend of paprika, smoked paprika, onion, garlic and black pepper with a very mild heat – gives foodservice operators the opportunity to stay on flavour trend, upsell on chips, offer variety, drive additional sales and make extra profit. It can be sprinkled over chips, fries, wedges or roasties or added as a spicy twist to sweet potato or mash.

Seasoned chips and fries are trending hugely, featuring on menus in many high street restaurant chains and more operators are revisiting this standby side as they see significant potential to increase sales with spiced, sauced and shareable servings of fried spuds, says industry analyst Technomic.

Around 4% of the 2,062 million chip portions served with meals include chip seasoning (91.2 million), according to industry research by Horizons, and seasoned chips sell for between 10p-30p extra per portion. McCormick has also carried out research which showed that 2/3 customers would upgrade their chips to include a flavoured seasoning if it was available and well over half of customers would be more likely to order a side of chips if they were flavoured with a seasoning (60%).

"Chip seasoning lends itself to a profit driven message which will speak volumes to caterers," said McCormick marketing manager, Al Thaker. "Put simply, every jar of chip seasoning can make over £35 in profit for them. We have invested in the execution of this campaign with fresh imagery, free POS kits and extensive sampling opportunities, all supported by traditional and social media and PR campaigns."



This easy-to-use product... gives foodservice operators the opportunity to stay on flavour trend...

Warm up your
WINTER
THIS CHRISTMAS

DOWNLOAD
OUR WINTER WARMERS CALENDAR BY
31ST MARCH 2016
FROM WWW.PREMIERFOODSERVICE.CO.UK
FOR YOUR CHANCE TO

WIN
A UK BREAK FOR TWO



www.premierfoodservice.co.uk

@PremierFoods_FS



FROM OUR KITCHEN TO YOURS

>> The Craft Guild of Chefs is the largest UK chefs association with members worldwide in foodservice and hospitality, from students and trainees to top management working everywhere from Michelin starred restaurants to educational establishments.

Originally a guild of the Cookery and Food Association, which in itself has been established for 130 years, the Craft Guild of Chefs has become a leading light in representing the interests of chefs across the industry, while being passionate about promoting the understanding, appreciation and advancement of the art of cookery and the science of food.

50 years in the making

To celebrate its 50th anniversary the CGC is giving away 50 free memberships. By being a member of the CGC you can use its designatory letters and in doing



so these prove you are a professional who is committed and passionate towards your career. You will gain preferential subscription rates for industry leading publications whilst having opportunities to demonstrate at industry events including the Skillery and to judge at prestigious Craft Guild of Chef competitions including the Wessex Salon Culinare, National Chef of the Year and the CGC Annual Awards.

What's more you may also be featured in the CGC's new look bi-monthly Stockpot detailing the latest membership and industry news, restaurant openings, events, overseas views, members' tweets and people moves, topical articles on seasonal food, including fruit and vegetables; meat, poultry and fish plus in depth product features and much more.

For the chance to win your free membership, email your name, place of work and your contact details to cgc@proactivecommunications.co.uk, quoting CGC 50th membership giveaway in the subject bar.

For more on the Craft Guild, visit www.craftguildofchefs.org or follow the Craft Guild of Chefs on Twitter at @Craft_Guild

Five ways to use... FRUIT-BASED MINCEMEAT

>> Fruit-based mincemeat is a festive favourite most commonly used as the filling for mince pies.

It's a mixture of chopped dried fruit, distilled spirits and spices and the recipe dates back to 15th century England. It originally contained meat and many modern recipes contain beef suet, although vegetarian alternatives are available.

Early recipes describe a mixture of fruit and meat which was used as a pie filling.

The use of spices like clove, nutmeg, mace and cinnamon was common in late medieval and renaissance meat dishes. However, as the recipe evolved and became sweeter, mincemeat ceased to be a savoury dinner course and was instead used solely for desserts.

There's lots of ways to use this tasty ingredient, so get creative this Christmas with a little inspiration from Matt Owens, the national secretary of the Craft Guild of Chefs.

1. Mincemeat samosas –

Using samosa pastry is best but you could also use filo pastry. Fry and serve with a chocolate orange dipping sauce.

2. Mincemeat ice cream –

This works well with vanilla but would go down well with chocolate also. Just fold in the mincemeat once you have churned your ice cream – or you can add a couple of spoonfuls to shop-bought ice cream if you're feeling lazy!

3. Mincemeat Bakewell –

Prepare your Bakewell but rather than the traditional raspberry jam in the base, spread your mincemeat then frangipane, lots of flaked almonds and nibbed sugar then bake till light brown. Serve with brandy custard.



Matt Owens



4. Mincemeat bread and butter pudding –

I would use brioche for this and make your custard in the normal way but a little brandy and orange zest will enrich this. Simply layer the brioche between the mincemeat and finish the top with some mixed spice and Demerara sugar. Bake till golden.

5. Mincemeat cheesecake –

Prepare a normal cold set or baked vanilla recipe (it's nice if you use a ginger biscuit base), then fold 150g of mincemeat into your mix before you pour over the base.



About Matt Owens

>> Matt is director of food for Fusion Catering Solutions, as well as the national secretary of the Craft Guild of Chefs.

Matt has competed in all major culinary competitions at home and abroad, achieving a gold medal at the Erfurt Olympics. He was also awarded Pastry Chef of the Year 2001 by the Craft Guild of Chefs and named Governor at the 2015 Craft Guild of Chefs Awards.

Winter Warmers

Mint and cinnamon pear rhubarb and crumble with custard



Winter Warmers

AS THE TEMPERATURE DROPS AND THE SEASON CHANGES, DINERS' TASTES AND DESIRES CHANGE – AND CATERERS NEED TO ADAPT THEIR MENUS ACCORDINGLY. MANY PEOPLE SHUN SALADS IN FAVOUR OF SOUPS AND STEWS AS WINTER WARMERS BECOME THE DISH OF THE DAY.



Slow cooked scrag of lamb with vinaigrette of artichokes



Braised centre cut chuck of beef



Roast beef and vegetables

A-peeling dishes

Potatoes are a staple ingredient of many winter dishes, says Katrina Ellis, McCain Foods product manager.

"No matter what type of outlet you are catering for, when it comes to winter menus, dishes need to be tasty, comforting and filling. This makes potato integral to lots of winter warmer dishes from traditional roast dinners to classics such as sausage and mash, so it's important to get your potato offer right."

Using ready-made products, such as McCain Simply Potato Roasts or Mash, enables caterers to serve perfect potato every time, with no waste and at a consistent cost. This not only makes budgets easier to manage but saves time, meaning staff can focus on other parts of the menu. This is especially important during the busy festive season, as managing the complexity of a Christmas dinner on a large scale can be challenging for caterers.

Cooking from frozen also helps caterers to reduce wastage because they can cook to order, enabling caterers to manage unexpected increases in custom with freshly cooked, appetising food, without the need to prep large quantities at the start of the day with the risk of waste if the numbers are down.

McCain's have created a series of One Pot Meal recipes featuring a number of dishes perfect for the winter months such as Sausage Hot Pot, Smokey BBQ Casserole and Chilli Wedge Bake. For recipe inspiration visit: www.mccainfoodservice.co.uk/simplyopm.

Beef it up!

It is no surprise that slow cooking is undergoing something of a revival at the moment.

The focus on flavour combined with the profit opportunities from selecting underused cuts suited to this style of cooking – think chuck, brisket, shin and neck – is an attractive proposition for any chef.

Slow-cooked beef or lamb is a real winner, particularly during the winter months when customers are drawn to rich, comforting dishes with bags of flavour. Added to which, there are an abundance of quality beef and lamb cuts for chefs to choose from, all delivering beautifully tender meat as well as great value back to the kitchen.

Hugh Judd, foodservice project manager for AHDB Beef and Lamb, said: *"Slow cooking really does bring out the flavour of the meat and enables caterers to use a variety of versatile and cost-effective beef and lamb cuts to create wonderful dishes. We would thoroughly recommend that chefs talk to their catering butchers to find out which added value beef and lamb cuts are on offer throughout the year and how best to cook them."*

"Remember too that sourcing through an assurance scheme, such as the AHDB Beef & Lamb Quality Standard Mark Scheme will enable you to provide your customers with guarantees of quality, consistency, assurance and traceability."

A recipe for success

More than six out of 10 caterers claim to change their menus more often during winter than any other season, in order to reflect seasonal events such as Bonfire Night, Christmas and Valentine's Day.

These crucial dates present caterers with the perfect opportunity to spice up menus,

generate excitement amongst customers and most importantly, increase sales.

To help make the most of these occasions, Premier Foodservice has launched a 'Winter Warmers' calendar, containing recipe inspiration, top tips and advice on how the profit sector can make the most of the colder months.

Six new recipes for professional chefs, including Pumpkin Lasagne and Roast Lamb with Rhubarb and Cider Bisto Gravy feature in the new calendar.

Sarah Robb, channel marketing manager, comments: *"Winter is an important time of the year for caterers as each month presents a new occasion and therefore a new opportunity to drive sales. We realise it can also be a stressful time in any professional kitchen and at Premier Foods we aim to make life easier for our customers, by providing them with products they can rely on and helpful advice in a format that will keep them organised throughout the winter season."*

Pudding Parties

Indulgent desserts are a staple for the winter season, says Grace Keenan, brand manager for Kerrymaid.

"Desserts present a significant profit opportunity during the winter months and, to maximise sales, caterers should consider creating a dedicated dessert menu to entice customers."

She suggests caterers should host a Kerrymaid Pudding Party to liven up a slow winter evening. Grace explains: *"A Pudding Party is about trialling a selection of different desserts, and all customers have to do is sit back and indulge, while scoring the puddings as they go."*

For further information on hosting a Pudding Party including recipes, free supporting point of sale material and ideas on how to use the opportunity to boost sales during normal service, visit <http://kerrymaid.com/index.php/pudding-party>

Porridge enjoys ongoing popularity

Hot cereals such as porridge continue to be the star performer within the breakfast cereals market – particularly during the winter months – and with more and more people choosing to eat breakfast out-of-home it's a must-have on your menu.

The availability of convenient porridge sachets and pots has made life easier for caterers – and this format has proved particularly popular among 25-34 year-olds, who are significantly more likely than other age groups to be eating porridge out of home.

Duncan McKay, Quaker senior marketing manager, says: *"Both health and convenience continue to be important drivers within the hot cereal market. Convenient products such as Quaker Pots have brought new and younger consumers into the porridge category; these shoppers are increasingly looking for quick, easy and healthy solutions to fit into their hectic daily routine where breakfast sometimes can be missed."*

A premium brew

The dynamics of tea are changing, so now is the time to join the tea revolution.

Standard tea is in decline (-6.2%) but the good news is that special tea is in growth (+10.3%) which gives a great opportunity to increase your premium and seasonal tea offering over the winter period.



Individual sticky toffee puddings

Winter Warmers



Chai latte with homemade biscuits

How to make a chai latte

- Takes less than 1 minute to make
- 1. Put Twinings Bollywood Chai Latte pyramid tea bag into latte glass
- 2. Fill your glass about 1/3 of the way full with boiling water and put the tea bag in to brew
- 3. Leave for three minutes to brew
- 4. Fill the latte glass with hot milk. Best served with frothy from your coffee machine.

Chai /chai lattes are currently the fastest growth segment of the tea market (+14%), satisfying tea drinkers' "treat" needs with an indulgent tea serve. It is also responsible for bringing in younger consumers to the tea category.

Twinings' new Bollywood Chai Latte is a great sweet treat at less than 100 calories and has just been awarded a Great Taste star at the 2015 awards.

Caterers should also upsell their menu with winter-inspired beverage options, advises Isabelle Haynes, Tetley senior brand manager – out of home: *"The festive season is a key time for family and friends to get together, providing the perfect opportunity for operators to revamp and upsell their menu."*

"Christmas is a time to indulge and offering warming recipes alongside your beverage menu will be sure to increase sales. Consumers who purchase tea from a coffee shop at breakfast and snacking times typically spend more than any other consumers, giving operators an opportunity to increase spend and maximise their food offering."

MINISTRY OF CAKE



CHOCOLATE LOG



A moist chocolate log split and sandwiched with rich chocolate fudge, the Yule log is covered with more fudge and sprinkled with a sweet glucose based sugar dusting. Pre-portioned into 12 slices.

www.ministryofcake.co.uk

How to create the perfect Cheeseboard



Alex Guarneri



Leo Guarneri

By Alex and Leo Guarneri, authors of 'A Year in Cheese' and owners of the acclaimed Androuet restaurant and cheese shop in Spitalfields, London

>> Preparing a good cheeseboard is all about balance. Firstly, it looks most attractive when there are an odd number of cheeses on the board: three, five or seven. Secondly, try to have a soft, a hard and a blue cheese; then to try to have different types of milk – cow, sheep and goat. You need to think about balancing the taste and texture of the various cheeses.

For quantity, we recommend thinking about total grams per person, then dividing that by the number of cheeses on the board. If you're planning a cheeseboard at the end of a meal, you'll need about 80g (3oz) per person. For a cheese dinner served with some charcuterie and nibbles, it's about 120g (4.5oz). Then for a cheese-only dinner, it's about 200g (7oz) per person. So if you want 120g per person and three cheeses, allow 40g of each cheese per person.

To store cheese, keep it in its original packaging in the vegetable box of your fridge (the drawer in the bottom) and take it out 30 minutes before serving.

The best fruits to serve with a cheeseboard are pears or grapes, because their acidity cuts through the natural creaminess of the cheese. If neither are in season, just select an acidic fruit.

In France, we generally serve baguette with cheese. In the UK and US, crackers tend to be preferred. In France, for some people it's wrong to eat butter with cheese, for others it's a must (it really depends on where you're from). We think that you should go with what makes you happy, and that goes for the cheese on the board too.

Bonne dégustation!

PERFECT CHRISTMAS CHEESEBOARD:

- Soft cow's milk cheese: Mont d'Or Vacherin from Jura (France)
- Medium hard ewe's milk cheese: Tomme du Fédoux from Languedoc-Rousillon (France)
- Hard cheese: Comté 32 months from Jura (France)
- Washed rind cow's milk cheese: Pont l'Évêque from Normandie (France)
- Blue cow's milk: Stilton from Nottinghamshire (UK)



Wine recommendations

- With fresh cheese (such as Mozzarella and Brillat-Savarin), go for sparkling white wines.
- With fresh goats' cheese (such as Chabichou), go for a dry and minerally white wine.
- With soft cheese with a bloomy rind (such as Brie and Camembert), go for red wines with subtle tannins.
- With mature goats' cheese (such as Sainte Maure de Touraine), go for a light and fruity red.
- With blue cheese (such as Bleu d'Auvergne or Stilton), go for dessert wines or fortified red wines.
- With semi-hard cheese (such as St Nectaire and Morbier), go for light- to medium-bodied red wines.
- With mountain hard cheese (such as Comté or Gruyère), go for oxidised white wines from Jura, or pair with a sherry.
- With cheddar-style hard cheese (such as Montgomery or Laguiole),

go for crisp white wines or light/medium red wines.

- With washed rind cheese (such as Epoisses or Petit Livarot), go for red wine with low tannins.
- Finally, with a cheeseboard, go for white wines over reds because the tannins in red wines accentuate the saltiness of the cheeses.

We're giving away two copies of *A Year in Cheese: A Seasonal Cheese Cookbook* by Alex and Leo Guarneri. See *Country Club* (page 19) for more details.

NEW
GLUTEN FREE

CREATED BY YOU

Loved BY EVERYONE

When you spend time making your signature gravy a real talking point, isn't it great that every guest can enjoy it?



Introducing new Gluten Free Vegetarian Gravy from Maggi

**CLAIM YOUR FREE SAMPLE TODAY
CALL NESTLE PROFESSIONAL
ON 0800 742 842**

www.maggi.co.uk/professional





Have you got the balance right?!

WIN: This year's must-have gadget

>> The swegway board is the ultimate transport device and this year's must-have gadget.

This two-wheel, self-balancing electric scooter – essentially a mini segway without handles – is the ultimate in cool and can move at speeds of up to 10kph. They use a gyroscopic technology and each wheel (left and right) is powered independently by putting more or less weight on the left or right footpad.

Loved by celebs, such as Justin Bieber, Nicki Minaj and Brooklyn Beckham – whose attempts at riding them are all over Instagram – these revolutionary hoverboards will be on every teen's wishlist this Christmas.

We're giving away one black swegway worth over £300 to one very lucky reader. All you have to do to enter is send an email titled 'Swegway', along with your name, contact details and the name of your Country Range Group wholesaler to competitions@stiritupmagazine.co.uk. Good luck!

WIN! a Swegway board worth over £300!



A YEAR IN CHEESE

>> With so many seasonal cheeses available on the market it can be difficult to know where to start and what to try.

WIN! one of two copies of 'A Year in Cheese'



In their new book *A Year in Cheese*, Alex and Leo Guarneri share their passion and knowledge for seasonal cheese. The brothers run the acclaimed artisan cheese shop and restaurant *Androuet*, which was established in Paris in 1909 and opening in Spitalfields, London, in 2009.

This beautiful and inventive cookbook introduces the idea of seasonal cheese, starting with a brief introduction to which cheeses are at their prime at which time of year, followed by dozens of recipes each using an easy-to-find seasonal cheese.

We've got two copies of the book to give away. To enter, send an email titled 'A Year in Cheese', along with your name, contact details and the name of your Country Range Group wholesaler to competitions@stiritupmagazine.co.uk.

A Year in Cheese: A Seasonal Cheese Cookbook by Alex and Leo Guarneri. Recipes by Alessandro Grano. Published by Frances Lincoln.



Gluten-free giveaway

>> Demand for gluten-free dishes is on the increase and sourcing suitable products is vital for caterers.

Fortunately our friends at RH Amar have got it covered with their Provena and Wellaby's ranges. Provena is committed to purity and security and their products come with a 100% gluten-free guarantee. Wellaby's healthy snacks are baked not fried, use only natural ingredients, and are low in fat and free from preservatives.

We've got a hamper packed full of Provena and Wellaby's goodies up for grabs for one Country Clubber. The hamper also contains a bottle of Certo liquid pectin and recipe book for making jams and marmalades, plus a Sacla tea towel.

To enter, send an email titled 'Provena hamper', along with your name, contact details and the name of your Country Range Group wholesaler to competitions@stiritupmagazine.co.uk.



WIN! a lovely Farmyard Friend to snuggle up to!

Win a Farmyard Friend

>> Four lucky Stir it up readers could soon be snuggling up to a Farmyard Friend!

The lovely people at Pritchitts are giving away four Farmyard Pillows – a cow, a pig, a sheep and a donkey – to celebrate the extension of their Farmyard Friends collector scheme.



The scheme for the Millac Cream range is now running until the end of the year and all you need to do is collect 24 bottom coded pack corners from any products in the Millac Cream Family, to claim the Farmyard Friend Pillow of your choice.

But if you can't wait, you can enter our competition by sending an email titled 'Farmyard Friend', along with your name, contact details and the name of your Country Range Group wholesaler to competitions@stiritupmagazine.co.uk.

#CreateastirwithMAGGI®



Assisting the amazing
since 1883

>> In our 2015 Survey readers told us that the two main things that are wanted from Stir it up is product application suggestions and more recipe inspiration to keep menus refreshed and on-trend. You also said you wanted to hear practical tips and advice from chefs working in similar establishments. As a result, in the first of its kind for Stir it up, we collaborated with MAGGI® earlier this year to launch an exciting competition for our readers.

#CreateastirwithMAGGI® gave chefs the opportunity to show off their culinary skills using the MAGGI® Liquid Concentrates Range and win some great prizes – including the chance to feature in this very issue of Stir it up.

We asked chefs to submit a recipe using a FREE sample of the MAGGI® Liquid Concentrates range within the dish and they were judged on how creatively they used the product.

We have been delighted with the number of entries and the level of culinary flair used to create the delicious dishes – and were so spoilt for choice that we have chosen not one but two winners. Huge congratulations to Nick Jones and Darren Hamill, and a big thank you and well done to all the chefs who entered their amazing recipes.

Haddock Ballotine with Roasted Red Pepper Puree

by Nic Jones of the Tunnel Top Bar and Restaurant, Warrington

Winning
Recipe



"The concentrate itself is brilliant as it adds another dimension of flavour to my dish. You only need a little but it packs a powerful punch!"



Nic Jones

Ingredients

1 red pepper (halved and de-seeded)	1 sweet potato (peeled strips with potato peeler)
Salt	Vegetable oil for frying
Ground white pepper	1 haddock fillet (raw)
1 tsp MAGGI® Vegetable Liquid Concentrate	1 tbsp butter
	Pea shoots to garnish (optional)

Method

1. Oil and season the red pepper and place at the top of the oven at 180°C or Gas Mark 4 for 10-15 minutes.
2. Take out of the oven and place in a blender, add salt and pepper and 1 tsp of the MAGGI® Vegetable Liquid Concentrate. Blitz until smooth then pass through a sieve.
3. Peel the sweet potato as thinly as possible and fry in oil until crispy, place on paper towel to soak up the oil.
4. Cut the fish lengthways to achieve long fish goujons, then place flat onto clingfilm, season and roll into a ballotine.
5. Cut the ballotine into 3 medallions, put a little butter on top and grill until cooked (leaving the cling film on until plating).
6. Cook your fish last. The purée can be plated in advance and the crisps arranged on the plate just before serving.



Oliver Rolls of Hilldales Residential Care Home, Ilfracombe

Deep Fried Risotto Balls with an Egg Filled Centre

Oliver created this absolutely amazing dish of using the MAGGI® Vegetable and Mushroom Liquid Concentrate variants.

Oliver used the Vegetable Concentrate to produce a stock for his risotto and the Mushroom Concentrate to flavour the breadcrumb coating of the Risotto Balls adding another aroma to the dish. They look absolutely delicious – we're sure you'll agree. You can find full ingredients and how to construct this culinary masterpiece on the Stir it up and MAGGI websites.

The Stir it up Team love this!



Tony Slate of the Aubergine Restaurant, Wigan

Fillet Steak Rossini

Tony used the MAGGI® Beef Liquid Concentrate to add

flavour and depth to his decadent dish – which is served with a croûton, duchess potatoes and the unusual twist of deep fried aubergine crisps! This dish is selling superbly on Tony's current menu and he uses the Concentrate on a daily basis. He used the Concentrate as a marinade for his fillet and also to create a Beef infused jus to drizzle over the dish before serving – delicious!

"I am using the MAGGI® Liquid Concentrate on a daily basis and I'm very impressed by the flavour and ease of use."

>> You can find full details of all of the winning recipes on the Stir it up website www.stiritupmagazine.co.uk/Maggi-recipes and the MAGGI® Professional website www.maggi.co.uk/Professional/recipes.

Gnocchi Creamy Mushroom and Tarragon Sauce

by Darren Hamill of Langs at Longton, Little Hoole

Winning Recipe



Darren Hamill

Ingredients

500g potatoes peeled and quartered
250g self-raising flour
Fresh tarragon
250g wild mushrooms
Oil for frying

A knob of butter
Salt
Black pepper
500ml whipping cream
3 tablespoons of MAGGI® Mushroom Liquid Concentrate

Method

To make the gnocchi:

1. Boil potatoes until soft, then mash and season to taste. Cool slightly.
2. Mix flour and some chopped tarragon with potatoes and knead until it forms a dough.
3. Roll into marble size balls and place onto a lightly floured tray.

To make the sauce:

1. Roughly slice mushrooms and sauté in large frying pan with butter.
2. Season, add the cream and mushroom stock and reduce until the sauce thickens.
3. Finally add some chopped tarragon.
4. Deep fry the gnocchi in a hot pan until golden brown and crispy.
5. Drain on kitchen paper and add to the mushroom sauce.
6. Garnish with flat leaf parsley or alternatively crumble goat's cheese and serve immediately.

"I used to make fresh mushroom stock which I would reduce down for hours, but MAGGI® Liquid Concentrate now allows me to add instant flavour to my dishes, saving me a considerable amount of time."

MAGGI® Liquid Concentrate is so much more than just a stock...



>> For more information on the range or to order a free sample please visit www.maggi.co.uk/professional or call 0800 742 842.



James Palmer of The Smith Arms, Preston

Sweet and Sour Chicken with Pineapple, served with rice

James recreated one of the nation's favourite Asian dishes, using the MAGGI® Vegetable Liquid Concentrate as a marinade for the chicken, to create the perfect Sweet and Sour sauce. James said he found the product really easy to use and it instantly added depth and body to his dishes. "I prepare sauces in advance for busy periods and running out can sometimes be an issue. This product allows us to make more almost instantly. I was pleased with the quality of the product as it gave a really good flavour, much better than my current branded product. Also, because it is highly concentrated a little goes a long way!"



Would you like to be included in a feature within the Stir it up magazine?!

If so, email us today at editor@stiritupmagazine.co.uk we would love to hear from you!

Eclectic menus

CHEFS ARE USING NICHE INGREDIENTS TO CREATE STAND-OUT MENUS



Horizons' latest Menu Trends report reveals that British menus are becoming increasingly eclectic

>> Chefs are increasingly turning to niche ingredients in a bid to offer customers something different, according to a new report.

While burgers and steak may still be the most frequently listed items on British menus, dishes from Middle Eastern, Mediterranean and Vietnamese cuisines are having a strong influence on the foods sold by high street operators, says foodservice consultancy Horizons.

Its latest Menu Trends report reveals that British menus are becoming increasingly eclectic. Some of the newest ingredient trends picked up by the survey include the wheat-free, grain-like superfood quinoa, the use of which has doubled on menus since winter 2014.

South American seeds have also become more widely used including amaranth and chai seeds, which have a delicate nutty flavour and a high nutritional value.

The menu at All Bar One is offering a Vietnamese-inspired open sandwich 'banh mi' with grilled chicken, pickled carrot, sweet chilli and moul, while the Middle Eastern flatbread 'khobez' is now on the menus at three high street brands.

"Many of these trends have been picked up and adapted from street vendors and small independent operators, particularly the more innovative, easy-to-eat hand-held dishes," commented Horizons' analyst Nicola Knight. "It's clear that operators are working hard to offer customers something new and interesting, often including so-called super-food ingredients which satisfy diners keen to eat healthily," she added.

The twice-yearly Menu Trends survey also reveals that Mediterranean-inspired dishes are on the up too – kebabs, for example, are 50% more likely to be listed on menus compared with last year,

while the skewer-grilled souvlaki has also become more widely served.

Houmous alternatives are more in evidence including skordalia (made with garlic and pureed potatoes, nuts or soaked bread) and favetta (broad beans with olive oil). The use of popping candy has also hit the mainstream in both sweet and savoury versions.

"In 2010 it was virtually unheard of, but its use has grown 170% year-on-year as operators look to add some novelty to dishes and give their customers something to talk about. The trend was started by celebrity chefs such as Heston Blumenthal to offer their diners a taste and sensory experience," says Nicola Knight.

Other findings from Menu Trends included:

- Beef burgers are the most frequently listed item on a menu, up 41% since summer 2014, although their average weight has decreased
- Rib eye and fillet steaks have seen a rise in popularity although they have risen in price and decreased in weight
- Chicken burgers and vegetable burgers are up 73% and 20%
- Brioche has become the bread of choice, up 67% since last year, particularly served with burgers and hot dogs
- The use of ethical terminology in describing dishes has risen 10% year-on-year suggesting it has become even more important to customers
- 63% of operators use the terminology 'allergy' or 'allergen' on their menus, up 4% since winter 2014
- Gluten-free descriptions have risen 23% since winter 2014
- Curry appears to be making a comeback, up 31% year-on-year but with a new pan-Asian twist.

M&CAllegra
FOODSERVICE

Eating and drinking out market insight



CHICKENISATION CONTINUATION!

>> We've highlighted the trend for chicken as a key ingredient over the past few years, however it is worth highlighting the new developments in chicken as a key protein.

There has been a continued rise in the importance of chicken, as it appeals to so many consumers on so many different levels, including those who we would describe as Food Pleasure Seekers. The new variations and styles of chicken have created new appeal, and these include:

Korean Fried Chicken:

breaded chicken breast, double fried for crispiness, served with kimchi (the very tasty Korean fermented cabbage) and covered in a sticky chilli sauce, as seen at www.jubolondon.com

Southern American Fried Chicken:

new takes on the classics, which are being elevated to fine dining status in restaurants like www.lockhartlondon.com but are also being served in new ways such as at Red's True BBQ where the southern fried chicken is covered in waffle crumb

Japanese Chicken:

panko breadcrumbs used to cover chicken breasts, fried and then served with a curry sauce to deliver a Katsu chicken dish, as seen widely in Wasabi and Yo!Sushi

Then there is the multitude of chicken dishes that are being served by street food traders, such as:

Bill or Beak: Grilled corn-fed chicken topped with an anchovy and lemon Caesar dressing, garlic and rosemary croutons, tempura capers and finished off with fresh parmesan in a toasted brioche bun

BBQ Dreamz: Filipino take on BBQ, with a lemongrass chicken stew

Spit & Roast: specialising in buttermilk-fried chicken, their buns include: Free range Suffolk chicken marinated in buttermilk, deep fried to golden perfection in a secret Louisiana style coating. Mississippi style slaw and a Korean hot sauce, served on a Japanese style bun.

welcome to
WHITBY



A Proper
Yorkshire
treat



Serve our succulent
Whole British Langoustines
and get a FREE swing board
email info@whitby-seafoods.com
or phone 0800 7316596



NOW YOU CAN SERVE THE BRAND THEY LOVE!

**THE
SLICE**



Kids love Chicago Town, it's the nation's favourite pizza brand*. That's why we've taken time and care to create a truly epic pizza that they can enjoy at school too.

Our NEW pizza tastes just as awesome as our famous 'Takeaway' but we have reduced the salt and fat to a minimum. It's still made with our unique rising dough that gives a real 'Takeaway taste' with a stuffed crust filled with our signature tomato sauce.

Contact your local wholesaler to make your lunchtimes even more legendary!



Chicago Town School Compliant Cheese Pizza 30cm	2x4
Chicago Town School Compliant Ham & Pineapple Pizza 30cm	2x4

* IRI 52 w/e 20th June 2015



Campaigners reiterate the importance of UIFSM

School food campaigners have come out fighting following claims that free school meals for infants could be scrapped.

>> Reports in national newspapers have suggested the Universal Infant Free School Meals (UIFSM) scheme is costing the government too much money and not seeing enough success.

But Myles Bremner, director of the School Food Plan, said the scheme was proving a huge success with take-up amongst 5-7 year olds in England currently at 85.5%, which equates to 1.6million children.

He said: *"The vast majority of headteachers believe in the policy. Whilst some have challenged the funding of it and some have faced issues with pupil premium, they recognise the positive impact a nutritious school lunch is having on pupils' health, wellbeing and attitude to learning. The policy is also good for the local economy as it creates more jobs, and promotes sourcing of local food."*

The scheme was introduced under the coalition and the Conservative party committed to the continuation of UIFSM in its manifesto ahead of the general election.

Mr Bremner also reminded people of David Cameron's commitment to tackle child obesity.

The Prime Minister said: *"When you look at the most disturbing figures it's the fact that 10% of children go into primary school obese, but 20% are coming out of primary school obese."*

"There's no doubt that the next phase of improving the health of the nation,

preventive health and better health is going to be absolutely key but I think the real focus should be how we tackle 10% to 20% problem in primary schools.

"So it's a combination of diet, exercise and how we talk to children and parents about this vital issue."

A recent School Food Plan commissioned survey, which is yet to be published, found that 86% of parents intend for their child to continue having school meals when they move into Key Stage two.

The Department for Education has also issued a statement in response to the claims.

A spokesperson said: *"We believe that every child, regardless of their background, should have the same opportunities. That is at the heart of what we are doing with school food – no child should be hindered because they are not eating a nutritious meal at lunchtime."*

"We have provided significant financial support to schools to help them deliver universal infant free school meals. We have come a long way and the new School Food Standards mean

pupils of all ages are eating good food that sows the seeds for healthy eating for life."

The Government has spent £1billion over the first two years of the programme to pay for the costs of providing the meals, which was first introduced in September 2014.

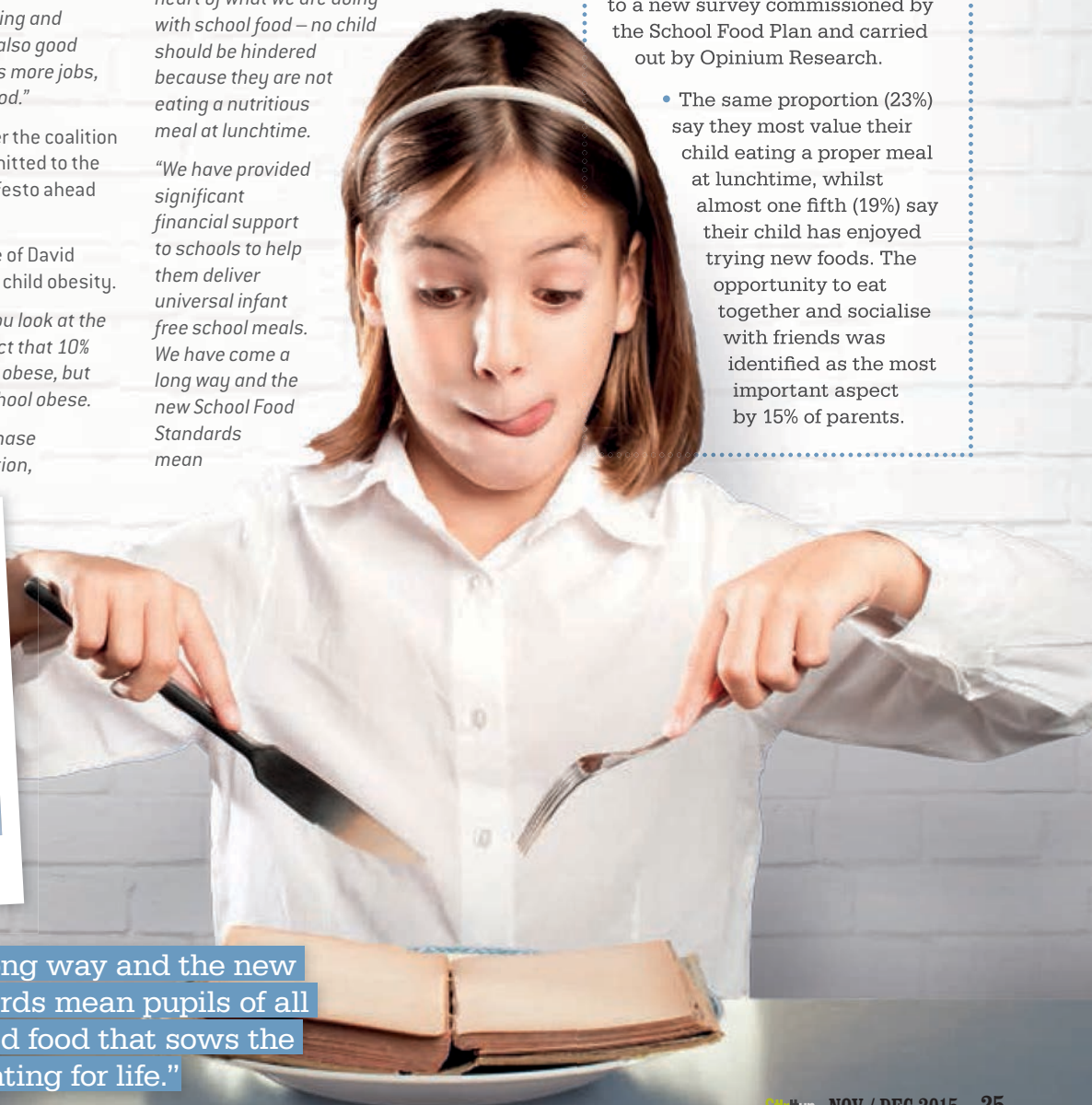
- One year on from the launch of free school meals for all infants in England, 95% of parents of children taking up the offer are recognising the benefits for their child.

- Almost one quarter (23%) of parents with children eating a free infant meal say the main benefit to their child is the greater variety of food they will now eat, according to a new survey commissioned by the School Food Plan and carried out by Opinium Research.

- The same proportion (23%) say they most value their child eating a proper meal at lunchtime, whilst almost one fifth (19%) say their child has enjoyed trying new foods. The opportunity to eat together and socialise with friends was identified as the most important aspect by 15% of parents.



Myles Bremner, director of the School Food Plan



"We have come a long way and the new School Food Standards mean pupils of all ages are eating good food that sows the seeds for healthy eating for life."



>> Retro food is bang on trend right now with consumers clamouring for culinary memories of their childhood. All the top chefs are re-inventing bygone favourites on their menus and giving them a contemporary twist.

From prawn cocktail to coronation chicken to spotted dick, retro classics are rocking menus across the UK but how can you adapt them to suit your client base?

Here six chefs take a trip down memory lane...



Emily Watkins, chef proprietor at The Kingham Plough near Chipping Norton, which has won Oxfordshire Dining Pub of the Year

in the Good Pub Guide 2016

We do a lot of retro dishes at the pub – people, including myself, love the old flavour combinations and ideas, it is the techniques and ingredients used that have changed dramatically. For example I have just had a delicious blackberry trifle on the menu, which I did for my dessert in the Great British Menu 2014. For me it is really important to have all the components, so in this case the sherry, the custard, the jelly, the syllabus and even sprinkles. But we made it using fresh, seasonal ingredients and presented it in a modern version.

We also do savoury dishes – our version of a Wellington is always on the menu due to customer demand. But it changes every month, at the moment we have pork and hodgepodge Wellington on with burnt onion powder, bobby beans in grain mustard, confit potato and gooseberry purée. Next week it will be wild rabbit Wellington with Scottish grolles, runner beans, and sweet corn.

These dishes are quintessentially British and a great way to use our ingredients to their full advantage.



Individual trifles with glacé cherries and flaked almonds



Pan fried chicken livers

Take me back

NOSTALGIC RETRO FAVOURITES

Simon Wood, winner of MasterChef 2015, executive chef at Oldham Athletic FC and private dining chef (www.simonwoodcooks.com)



My favourite retro dish is a twist on the classic prawn cocktail. I use crayfish as well as prawns for added flavour and make a Bloody Mary Marie Rose sauce, with celery salt, Worcester sauce, vodka and a tiny

bit of horseradish for an extra kick! Serve it in a retro cocktail glass with Gem lettuce.

Prawn cocktail is such a classic flavour combination and it's a really "safe" dish – but the Bloody Mary sauce makes it a little bit naughty!

Kate Henry, Great British Bake Off contestant and brand ambassador for Bennett Opie



It's been widely reported that The Great British Bake Off is responsible for the revival of old school recipes and dinner party classics. The growing popularity of the show

has reminded us of some long forgotten retro recipes that, back in the day, we all used to love.

Swiss roll, baked Alaska or pineapple upside down cake have all come back in trend but one dish that has seen a real revival is the classic 1970s dessert – Black Forest gâteau. We're now seeing the classic chocolate and cherry combo in all sorts of styles, be it ice cream or brownies and when Opies approached me to develop a recipe, using their black cherries in kirsch, the obvious choice was to create a Black Forest cheesecake.

Retro food is bang on trend right now with consumers clamouring for culinary memories of their childhood...



Luke's recipe for Sautéed Chicken Livers with Marsala, Grapes and Shallots on Toast is available in Luke's Cookbook.

The full recipe is also available online at www.stiritupmagazine.co.uk/recipe/sauteed-chicken-livers-with-marsala/



Luke Thomas, Britain's youngest head chef, chef patron of Luke's Dining Room in Berkshire, Luke's Eating House in

Chester, and Retro Feast in Dubai

There are lots of reasons why liver is such a classic retro ingredient: it's cheap, very nutritious and takes just a couple of minutes to cook. It can also stand up to some strong flavours, so I've teamed it up with a splash of Marsala to produce a lovely sticky sauce. The grapes give a burst of sweet freshness.



Paul Gildroy, head chef at The Maggie Café, Whitby

Scampi, one of the all time classics with which we probably all have had at some time of our lives. Scampi for

me was and is best always served with chips, garden peas, tartare sauce and white bread with lashings of salt and vinegar.

We also have a variation that includes these key components and gives the dish a more modern 'on the go' way of serving this classic in my recipe for scampi wrap with pea guacamole.

Make the guacamole by cooking 200g of garden peas, then blitz them in a food processor with sugar, a squeeze of lime and pickled onions. When smooth, add 2tbsp of mayonnaise and fold in some gherkins, capers, chilli, mustard and parsley.



Scampi & chunky chips



Stephen Hemingway, applications chef, HB Foods

Jammie Dodgers have been one of the UK's favourite biscuit treat for over 50 years. Combining jam and crumbly shortbread,

our take on the dodger uses salted caramel and fudge which is quickly becoming the new staple flavour across all food areas, becoming a trend rather than a fad.

Using colourful sprinkles on ice-cream and mousses adds a different dimension to a familiar dessert, whether they are simply bright colours or different textures or even holding a new zingy taste experience to surprise the palette, they will all add value to the product and enhance a familiar sweet and ensure that it is enjoyed by new customers both young and old.



Christmas is complete with a Macphie Dessert

Gluten free and highly versatile, the Macphie Dessert range makes Christmas complete. Add alcohol, chocolate and spices to create your own taste combinations and be inspired this festive season.

Visit www.macphie.com for recipe ideas.



The Vital ingredient

www.macphie.com
0800 085 9800

Call for fixed price for patient catering in hospitals across the UK

>> A key advocate for hospital food is calling on the government to set a minimum fixed 'per head' cost for hospital meals.

Philip Shelley, national chairman of the Hospital Caterers Association, is urging the government to implement fixed minimum costs to show the same type of commitment as they have for school dinners to avoid huge inconsistencies across the UK.

NHS Benchmarking Data shows the mean cost of patient food per day is currently £8.97 with the lowest value at £3.

Says Mr Shelley: "Why is there such a difference in hospital food cost across the UK? I know of hospitals in parts of the UK who are spending £10-£12 per head.

"Some trusts are serving soup and sandwiches for supper or lunch instead of a hot meal to save money. It may suit the trust financially but there are a lot of patients that require special diets and nutritional support for various reasons, and sandwiches are not suitable for a good number of them.

"We need consistency across the NHS. School meals cost the same across the board so why can't we do the same with patients' food? Everyone should be treated the same. There is massive financial pressure within the health service and one of the main ways to aide the patients' recovery is nutritious food, yet this seems to be an area that can often face the cut. Every patient should get the same high quality care and choice. Why should it be different in various parts of the country?"

Philip, who is the facilities manager at Musgrove Park Hospital in Taunton, Somerset, spends less than £4 per head and believes this is a realistic and affordable amount.

It can be achieved, he says, by using more seasonal produce to reduce costs and also by communicating with patients about when they normally have their main meal and what snacks they enjoy.

Says Philip: "Two main meals a day is not the aim but we should instead be allowing patients to choose their preference of main meal timing."

NHS kitchens supporting retail outlets should be run as commercial enterprises too, he adds. "We know we have superb, committed and trained chefs but we need to recognise that we don't sell ourselves – it has taken quite a time to create a business environment in the NHS. If we're going to move forward then we need to do things differently.

"Hospital catering needs to take a commercial approach and operate a sensible profit and loss system. Meals, snacks and beverages must be sold to support stability, confidence and knowledge, and allow for reinvestment into the service for both patients and retail catering. We need to ensure that the staff and visitors are offered healthy options, so for retail we're talking about healthy eating.

"I know there are hospitals in the country who operate their retail outlets at a loss but if we are to be a business, then this must change. I disagree with subsidised catering, so instead, buy differently and think about opening hours and pressures of pay.

"Agenda for Change has created an obstacle for business success with the enhanced pay scales for staff as very few catering outlets outside of the NHS offer enhanced pay which enables stability around pay costs and planning.

"If we are to plan for long-term success, our outlets need to be profitable, providing varied foods and beverages and recognising the needs of the customer."



Philip Shelley, national chairman of the Hospital Caterers Association

"...there are a lot of patients that require special diets and nutritional support for various reasons..."



Simply the whole grain

Superior Quality | Gluten Free | Cooks in 10 minutes

Uncle Ben's Wholegrain Rice goes through 215 quality checks to ensure caterers receive the best grains of rice. We preserve 100% of the bran (and the germ) and is a good source of Magnesium and Phosphorous. It offers a soft texture with a nutty flavour and delivers perfect results every time.

For further information:

email: mars.foodservice.uk@effem.com

or visit: www.mars-foodservice.co.uk



ON THE Range

>> Care cooks face an increasing challenge of providing tasty and appealing dishes for people who suffer from dysphagia.

Dysphagia is a condition where people have difficulty swallowing, and are therefore at greater risk of malnutrition, dehydration, aspiration pneumonia and choking.

Karen Proctor (pictured below) catering manager at The Hollies Care Home, in Dursley, Gloucestershire, is committed to making safe, nutritious meals for her residents.

She says: "I strive to provide safe, nutritional meals for residents with dysphagia, which is more common than you think. We cater for all special diets, and dysphagia is the one that is becoming more widespread.

"Meals we provide for dysphagia residents are modified with cream, full fat milk, butter and milk powder to increase the calorie intake. This is then thickened with thickening agents which are available on the market, to achieve the correct consistency for putting in moulds, in order to create a meal not too dissimilar to a normal meal."

Here, Karen shares her dysphagia recipe for pulled pork in a bun, using a wealth of Country Range ingredients.

"Country Range products are as good if not better than any products out there but they are obviously cheaper so you get better value for money. There's not one Country Range product that I have ever been disappointed with. I'm surprised by how big the range is. The barbecue sauce used in this recipe has a brilliant flavour and the bread roll mix is so easy to use."



"I strive to provide safe, nutritional meals for residents with dysphagia..."



Pulled pork in a bun with potato wedges and barbecue sauce (dysphagia version)

Ingredients

2-3 tbsp Country Range Barbecue Sauce
4 tbsp Country Range Skimmed Milk Powder
Country Range Vegetable Bouillon Paste
Country Range Beef Bouillon Paste
6-8 pellets of Country Range Frozen Mashed Potato
Microwavable pulled pork
25g vegi gel

Dysphagia bread mixture:

300g bread (crusts removed)
900ml full fat milk
25g vegi gel



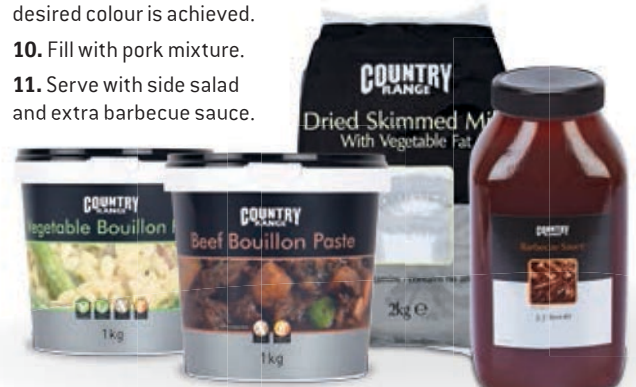
You can also access this Country Range recipe by using your smart phone. Simply scan the

QR code below or enter the web addresses in to your internet browser window. Additional recipes can be found at: www.countryrange.co.uk/recipes

www.countryrange.co.uk/recipes/?ID=322

Method

1. Microwave the mashed potato pellets and spoon into a mould for wedges. Put in freezer (ideally made the day before).
2. For the 'bread bun', heat the milk to 90°C with the bread and blend to a smooth purée. Add vegi gel and cook out for 2 minutes. Immediately pour mixture into a mould/ tray lined with cling film, smooth out and chill.
3. Prepare pulled pork as directed.
4. Liquidise pork and add the barbecue sauce and a little water to bind. Add 4 tablespoons of milk powder and blend well. Keep warm.
5. Turn out your potato wedges and heat in microwave.
6. Dissolve a little vegetable bouillon in water and beef bouillon in water.
7. When wedges are heated paint the dissolved beef bouillon onto the wedges until desired colour is achieved.
8. Cut a circle out from your 'bread' and turn out the top from your mould to create your bun.
9. Paint your vegetable bouillon on to the bun until desired colour is achieved.
10. Fill with pork mixture.
11. Serve with side salad and extra barbecue sauce.



Leading Light...

Thomasina Miers

Wahaca
presents
Day of the Dead on
Saturday 7th November
at Tobacco Docks.
Tickets available at
[wahaca.co.uk/
dotd/](http://wahaca.co.uk/dotd/)

“Travelling opens up your eyes to new cultures, new ingredients, new cooking techniques.”

>> As the cold winter nights draw in, we talk sunshine, spices, sustainability and South American street food with the tonic that is Thomasina Miers...

You "tried out" various careers before settling on the food industry. What did cheffing offer that other careers didn't?

Interest! I just couldn't get excited about anything else I tried. In order to work hard at something I have to be passionate about it – when I work really hard but without that initial passion I am lost!

Why did you choose to specialise in Mexican street food when you set up Wahaca?

I travelled there when I was 18 and fell head over heels with the food. When I got back to the UK I realised there was no Mexican food to speak of – masses of Tex Mex, but no real Mexican. Ten years later I went back to live and work in Mexico City. I never looked back.

Did you ever imagine that the street food "craze" would take off in the way it did?

Yes! About five years before we did Wahaca I wanted to take over all the hot dog stands in central London and serve really delicious street food instead. So many cultures have incredible street food – it seemed only a matter of time before we woke up to it. It was a given for us that Wahaca would be all about the food on the streets of Mexico.

How important is foreign travel to a chef and why?

Travelling opens up your eyes to new cultures, new ingredients, new cooking techniques. Whenever I feel tired or 'stale' I try to find time to go somewhere a little different to give me a blast of inspiration.

What other cuisine(s), apart from Mexican, excite and inspire you?

I adore Indian food, Middle-Eastern food, modern Australian, Californian, Italian, South-East Asian... those for a start! And obviously modern British is one of the most exciting places to be right now.

What or who prompted you to enter MasterChef? Did winning (in 2005) change your life?

I had come back from working in Mexico and was extremely broke, wanting to work in food but with no idea what to do next. I saw the article about it just at the right time. I was without a job and searching for the next step. John and Gregg were amazingly supportive and encouraging to us all. They really wanted us all to excel. Their encouragement was crucial to giving me the confidence to get into a kitchen.

What is the most important piece of career advice you have been given?

Follow your heart. If you are not passionate about what you are doing, find something that does make you passionate – in or outside your work.

Social media – friend or foe?

Totally amaze-balls!

You're passionate about sustainability. How does this translate in a practical sense?

The world we live in supports and feeds us. Wildlife and nature gives us energy and hope. The planet is in a scary place right now. The ice in the North Pole is melting at rates that even the most knowledgeable scientists weren't predicting. I think it is just a given that we have to weave sustainability into everything that we do, looking after the planet and all its inhabitants, human or otherwise! I think it is just being sensitive to what is going on around us.

We're intrigued to find out more about your Wahaca presents Day of the Dead fiesta at Tobacco Docks on November 7...

I am not surprised! It is going to be the wildest party with fascinating talks hosted by English PEN, incredible food from Wahaca and a supper club with Enrique Olvera (whose restaurant Pujol is ranked in the top 20 in the world), eye-opening art in partnership with the Saatchi Gallery and Mexico's Rodrigo Peñafiel, unbelievable music from soaring rock bands Savages, The Horrors, Grammy award winning Zoé and supergroup, Mexrrissey – and not to mention lots and lots of good feeling.

And now for three questions that we ask all of our Leading Lights...

What are your three kitchen secrets?

1. Invest in a good pestle and mortar.
2. Buy the biggest freezer that you can.
3. Grow your own herbs.

What is your favourite ingredient and why?

I am pretty obsessed with vinegars for making food come alive, not to mention all the great gut bacteria it gives. And of course salt, without which we would be toast.

Please could you share your favourite recipe, along with your reasons for choosing it?

This pumpkin seed linguine is so simple to make, packed with the pre-Hispanic nutrients that the ancient tribes in Mexico fed themselves with, whilst also being incredibly delicious. It is a real winner.

Recipe taken from *Chilli Notes* by Thomasina Miers (Hodder & Stoughton £25).



Linguine with a deliciously spicy pumpkin seed pesto



"Serve with lots of freshly grated pecorino and, if you like, a green salad."

>> Serves 6

Ingredients

1 large, very ripe tomato	1 small shallot, peeled and roughly chopped
3 garlic cloves, skins on	70g pecorino, freshly grated, plus more for serving
1 habanero/Scotch bonnet chilli	Juice and zest of 1/2 lime
75g pumpkin seeds	Juice and zest of 1/2 orange
1 tbs fresh oregano leaves	120ml extra virgin olive oil
A large handful of coriander leaves, roughly chopped	300g linguine
1 tsp salt	

Method

1. Heat a large, heavy-bottomed frying pan over a high heat. Place the whole tomato, garlic cloves and chilli in the pan and dry roast until they are blackened, blistered and soft. The tomato will take a little longer, so fish out the garlic and chilli first as they are cooked (about 5–10 minutes).
2. Slip the skins off the garlic cloves and cut the chilli in half, removing and discarding the stem, seeds and inner veins.
3. Meanwhile, toast the pumpkin seeds in another dry frying pan until they become toasted all over and start to 'pop'.
4. Blitz the pumpkin seeds with the herbs and salt in a food processor and then add the tomato, garlic, chilli, shallot and pecorino and blitz again.
5. Finally add the citrus juices, zest and olive oil and blitz to a pesto.
6. Cook the pasta until al dente in plenty of well-salted boiling water and drain, reserving the cooking water.
7. Toss the pasta with the pesto, followed by 2–3 tablespoons of the reserved cooking water.
8. Allow to sit for a minute or two and add a few tablespoons more water if needed to loosen the pasta. This stops it from becoming dry when you get it to the table.
9. Serve with lots of freshly grated pecorino and, if you like, a green salad.

Nestlé
CEREALS



OUR WELL-LOVED RANGE OF
STRONG
BRANDS MEAN YOU CAN OFFER A FANTASTIC
CHOICE
EVERY MORNING



DISCOVER HOW MUCH YOU COULD SAVE AT BREAKFAST
WWW.CEREALSUCCESS.CO.UK



Good Food, Good Life

NEW FARM PILLOW RANGE!
Open pillow: 67cm x 47cm

Pritchitts
A Lakeland Dairies Company

NEW FARMYARD FRIENDS

from the
Millac Cream Family

Full terms and conditions available at www.pritchitts.com
Closing date: 31/12/2015
Only open to bona fide caterers resident in the UK and Ireland.

Snip and save to collect our Millac Farmyard Friends!

Each product in the Millac Cream Family has its own benefits, but what they all have in common is that they:

- Are very stable and easy to work with
- Have a long ambient shelf life – saving valuable refrigeration space & reducing waste
- Provide great value for money

Whether you need cream for whipping, cooking or pouring, the Millac Cream Family offers the perfect solution for all your cream requirements.

Collect 24 bottom coded pack corners from any of our Millac Cream Family range, to redeem the Farmyard Friend pillow of your choice. Just go online at www.pritchitts.com/farmyard-friends - print your claim form, then post your corners and completed form to the FREEPOST address detailed.



Millac product codes (bottom coded corners):

- 1006829/B* - Millac Gold Double
- 1003017/A - Millac Gold Single
- 1006830/B* - Millac Roselle Supreme
- 1006835/B* - Millac Dairy Single Cream
- 1006834/C* - Millac Dairy Whipping Cream

*Both old & new look pack designs (and any letter at the end of code) accepted

Visit www.pritchitts.com for more information and to start collecting for your Millac Farmyard Friend pillows!

SERVE EXCELLENCE EVERY TIME



A BETTER WAY

At Kenco we believe in doing our bit for a fairer world. That's why we are leading coffee sustainability with Coffee Made Happy, a programme with the ambition to help one million coffee farmers become more successful entrepreneurs. Making coffee farming more profitable, sustainable and respected.

GRADUATION

19 candidates from the Coffee vs Gangs project have now graduated and are ready to start the next step in their lives.

For more information please visit www.coffeevsgangs.com



"This will benefit my community because to start my own company, I will generate employment for young and poor people who also need to improve their living conditions."

Your love of coffee has made these individual's lives better. Support Coffee vs Gangs and look after the coffee of tomorrow.

PRODUCT DESCRIPTION	SIZE
Kenco Smooth tin	6 x 750g
Kenco Rich tin	6 x 750g
Kenco Smooth Refill bag	6 x 650g
Kenco Decaff tin	6 x 500g
Kenco Smooth Sticks	4 x 200 sticks
Kenco Decaff Sticks	4 x 200 sticks



**KENCO.
COFFEE
WITHOUT
COMPROMISE.**



DINERS DEMAND MORE MEAT-FREE DISHES THIS CHRISTMAS

>> Caterers are being urged to give more prominence to vegetarian dishes on Christmas menus as research reveals over half of diners feel there is a lack of choice when it comes to eating out over the festive period.



Will Matier, MD of Vegetarian Express

"...giving a little more thought to vegetarian menus will make for an even more profitable Christmas."

"The festive period can, however, often be one of the most challenging occasions in terms of menu planning and ensuring the offering hits the right note for all customers. With Christmas being a time to indulge, caterers should really be offering their vegetarian diners the same level of choice as their meat-eating companions and making it a cracker of an occasion for all their customers!"

Independent research, commissioned by Vegetarian Express, reveals that 54% of people think there are not enough vegetarian options on menus at Christmas, rising to 65% among women.

When asked how many vegetarian dishes customers would like to see when dining out at Christmas, almost two thirds (62%) feel two or three meat-free options would give a better choice, while more than a quarter (27%) think this doesn't go far enough and demand four or more.

Will Matier, MD of Vegetarian Express, says: *"Christmas is a vitally important period for caterers, generating more revenue than at any other time of the year. Plus, with gross profit margins typically greater on vegetarian dishes than on meat options, giving a little more thought to vegetarian menus will make for an even more profitable Christmas."*

"...collections allowed the team to make over 3,000 meals for the most vulnerable people in society..."

Mark Laurie, director at NCASS



P A S T R Y • D A N I S H • V I E N N O I S E R I E

An exceptional collection of traditional, delicate ready-to-bake pastry, Danish and Viennoiserie products, brought to you by Kara Foodservice

Launch promotion available - contact your wholesaler for more information

FOR MORE INFORMATION ON PRODUCTS CALL 0161 351 2399 OR VISIT WWW.KARAFS.CO.UK



Festival “waste” helps create 50,000 meals

>> A project created to reduce the amount of edible food which is destroyed at festivals, has collected over 20 tonnes of food and distributed to those in need.

EighthPlate, which is a partnership between FareShare South West, The Nationwide Caterers Association (NCASS) and A Greener Festival, worked closely with traders and festival-goers at numerous festivals this year to ensure that perfectly edible food didn't end up in landfill.

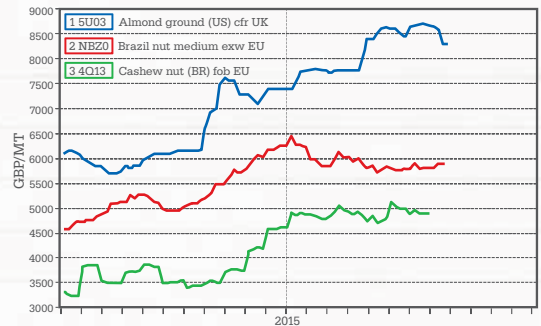
EighthPlate collected over 20 tonnes of edible food waste from festivals including over 10,000 bread rolls, 900 eggs, 300 chickens, 1,500 carrots, 400 litres of milk and even 600 cabbages. The collections allowed the team to make over 3,000 meals for the most vulnerable people in society and distributed the equivalent of 47,620 meals in uncooked fresh fruit and vegetables.

Mark Laurie, director at NCASS, said: “The amount of food wasted at festivals can be quite high so the ultimate aim is to manage stock as effectively as possible to minimise waste. Where inefficiencies occur we should be looking to help the people that need it most. These results show that the scheme is working and we hope that it can be rolled out across all festivals in the future. With the ever increasing costs of produce and fuel, sustainability is becoming a necessity for catering businesses rather than a luxury.”

Mintec

Market Report

Shelling out for nuts



>> As Christmas approaches a number of key culinary fruits and edible nuts see interesting times ahead.

Whilst California, a key producer of almonds, has seen some lower temperatures recently the fact remains that the Western US state has suffered prolonged droughts for some time now and this has affected the growing trees and put pressure on pricing for a number of years.

Further pressure remains on almond prices in the form of high demand. Arguably one of the trendier ingredients in cooking and desserts at the moment, combined with a strong US dollar, the import price into the UK remains high. There may be some respite as the rainfall that the 'El Nino' weather pattern can bring may have a positive effect towards the end of the year.

As can happen with commodities, there can be scaremongering in a bid to drive up prices, something that may have happened recently with Brazil nuts on the back of flooding earlier in 2015. A potentially higher crop could be enough to cover demand and bring price stability going forward.

Finally, cashew nuts have seen increases of anything from 30%-40% over the past 18-24 months, however with various crops due in the coming months from Brazil, West Africa, India and Vietnam, it is expected that these countries will compete for demand and any reasonable crop levels should see a levelling out of prices going into 2016.



TASTE THE DIFFERENCE

Our range of refined sugars are renowned for the taste benefits they bring to all recipes. To demonstrate their versatility we have created 12 ultimate traditional Christmas recipes that demonstrate the versatility of each of our sugars.

You can find them at www.billingtons.co.uk/our-recipes/christmascollection



NOT ALL SUGARS ARE THE SAME

Each of our sugars has its own unique flavour profile, choosing the right one will make your creations even more delicious. Natural Unrefined Cane Sugar at its best.



DARK MUSCOVADO

Excellent in rich dark chocolate cakes and indulgent squidgy brownies, it also adds richness and depth of flavour to marinades.



LIGHT MUSCOVADO

A great sugar to use in soft chewy cookies and fudge. Why not try swapping some of your caster sugar for Light Muscovado for a softer, chewier bake.



GOLDEN GRANULATED

Replaces white sugar naturally, for everyday use in tea and coffee or with cereal or fruit.



GOLDEN ICING

Our Golden Icing sugar is the perfect unrefined alternative to white icing sugar, giving your buttercream and frostings delicious natural caramel flavour and colour.



GOLDEN CASTER

A versatile everyday sugar that's as delicious in sponge cakes as it is in crunchy biscuits. Use this in place of your normal caster sugar for a deeper taste.



MOLASSES

The richest and darkest of our soft brown sugars. Superb in fruit cakes and sticky toffee pudding as well as marinades and sticky BBQ sauces.



DEMERARA

Try this crunchy, rich sugar in crumbles or caramelised on crème brûlée for a perfect finish. Demerara is also the perfect sugar for coffee drinkers.

*“Everyone
deserves a
delicious gravy*

*KNORR gravy granules
make a great gravy
that is gluten free”*

Joanne Simpson – North Yorkshire
County Caterers



Get a free sample at knorrgravy.co.uk*



*Open to UK bona fide caterers and chefs aged 18+. One sample per establishment and per IP address. Limited to 4000 samples. To apply submit your details at www.knorrgravy.co.uk. Closing date for receipt of applications is 23.59GMT on 31 December 2015 or when samples run out. See www.ufs.com/knorrgravyterms for full terms and conditions.



Unilever Food Solutions chef, Sue Powders preparing a tasty gluten-free lunch



Phil Vickery with UFS development chef, Tim Heys, regional sales manager, Wendy Jackson and UFS chef, Sue Powders

Shining a spotlight on Gluten-free

Caterers are facing growing demand to provide gluten-free dishes on their menus but many remain confused about what is considered 'safe' or legal.

Others have good awareness of what is required – but need more inspiration for gluten-free dishes.

In response, Country Range Group and Unilever Food Solutions hosted a gluten-free workshop for customers. At the event celebrity chef and face of KNORR's gluten-free campaign, Phil Vickery shared his tips and recipe ideas.

One in 100 people in the UK has coeliac disease but only 24% of these are clinically diagnosed. In addition, there are a growing number of people who follow a gluten-free diet as a lifestyle choice. Therefore chefs who don't cater for this market are missing out on a huge opportunity.

THE STATISTICS:

- 28% of operators don't offer gluten-free menu items
- There has been a 300% increase in gluten-free items in restaurants since 2011
- The FreeFrom market is expected to reach £590million by 2016
- 9% of chefs don't know how to prepare gluten-free dishes
- 50% of caterers have not had any formal gluten-free training
- 74% of people said they would eat out every two weeks if more gluten-free options were available

Vanessa Fearnough, of the charity Coeliac UK, told the workshop: "People can look after themselves in their own home but they want to eat out and be 'normal'. By not offering gluten-free, food operators are missing out on £100million of business per year. If there is a group of 12 people going out for dinner and one is a coeliac, it is usually the coeliac who chooses where they are going to eat so it really is a big opportunity."

Coeliac UK offers training (online and face-to-face) to help chefs manage gluten-free. For more information visit www.coeliac.org.uk/food-industry-professionals/caterers-and-restaurateurs/training-from-the-experts/.

Several High Street chains have already received the charity's gluten-free accreditation, including Domino's Pizza and Ed's Easy Diner, who have made all of the burgers they sell gluten-free.

The terminology

The term 'gluten-free' is covered by law and it can only be used on foods that contain no more than 20 parts per million (ppm) of gluten.

There are lots of different ways to describe the gluten content of the food you sell. Here's what the labels mean:

- 'Gluten-free' is less than 21ppm (parts per million) – equivalent to one crumb per loaf of bread
- 'Low gluten' is 21-100 ppm and is therefore NOT gluten-free

See overleaf >>



TV chef and gluten-free expert, Phil Vickery

One in 100 people in the UK has coeliac disease but only 24% of these are clinically diagnosed...



>> It is vitally important that you highlight the dishes that are gluten-free on your menu and Coeliac UK recommends the following wording is used on its GF accredited menus:

"We follow strict hygiene practices in our kitchens, but we are unable to guarantee dishes are free from all allergens. We advise you speak to a member of staff in our restaurants if you have any food allergies or intolerances. The GF symbol denotes a gluten-free dish as accredited by Coeliac UK. Processes and training are in place to ensure that meals on this menu are gluten-free. Gluten-free means foods that contain gluten at a level of no more than 20 parts per million (ppm)."

The demo

Phil Vickery has spent years experimenting and perfecting his gluten-free recipes. He first encountered the demand for gluten-free purely by chance when his Christmas pudding company was unable to buy flour at the right price and decided to use rice flour instead, which is gluten-free. He admits it was an incredibly frustrating process.

"It goes against all the normal rules of cooking," he says. "You really do have to think outside of the box. For example, I tried making gluten-free pastry but it was tasteless and had no colour. It just wasn't working but eventually I realised that I had to look at it from a completely different – and unconventional – angle."

"Gluten adds the stretchiness and holds the structure and, when you take it out there's nothing there. I therefore use Xanthan gum, which mimics the structure of gluten. The pastry can be easily moulded and it is impossible to overwork it. You can make it up in batches and there's no need to blind bake."

As well as the pastry, which was used to make a delicious asparagus quiche, Phil also demonstrated how to make gluten-free muffins and tortilla chips, and created a gluten-free alternative for coating meats for stews and casseroles.

For full recipes, please visit www.knorrglutenfree.co.uk or YouTube: goo.gl/wLo3yi



Attendees at the gluten-free workshop

Simple switches

Make your dishes gluten-free by simply substituting these ingredients:

Out		In
Breadcrumbs	>>>	Polenta crumbs/cornflakes
Couscous	>>>	Quinoa
Wheat tortillas	>>>	Gluten-free corn tortillas
Pasta	>>>	Rice
Egg noodles	>>>	Vegetable ribbons
Soy sauce	>>>	Tamari soy sauce



THE FACTS:

What is coeliac disease?

Coeliac disease (pronounced see-lic) is a serious lifelong autoimmune disease caused by intolerance to the protein gluten.

What are the symptoms?

Symptoms range from mild to severe and vary from person to person. Common symptoms include frequent bouts of diarrhoea, stomach pain and cramping, ongoing fatigue, regular mouth ulcers, lots of gas and bloating, and unexplained anaemia.

Is there a cure?

There is no cure for coeliac disease. The only treatment is lifelong adherence to a strict gluten-free diet.

What is gluten?

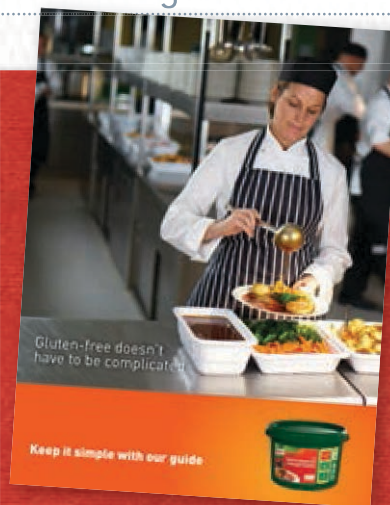
Gluten is a protein naturally found in wheat, rye and barley. Obvious sources of gluten include breads, pasta and gravy.

Is coeliac disease a food allergy?

No it is an autoimmune disease that damages the lining of the small intestine, preventing the absorption of important nutrients.

Food allergies usually occur with seconds or minutes of eating the food in question. Tiny amounts can cause potentially life-threatening allergic reactions.

Food intolerance is not triggered by the immune system and is generally not life-threatening. It may affect digestion and common symptoms include digestive discomfort, diarrhoea and bloating.



KNORR have produced a Gluten-free guide for professional catering. You can download this at: www.unileverfoodsolutions.co.uk/menu-support/allergen-information.html



When you need versatility,
our sauces have it covered



To find out more about how our cooking sauces and rice can bring
versatility to your menu, visit: www.mars-foodservice.co.uk

A GREAT LINE UP FOR WINNING SALES



THE UK'S NO.1**
RIDGE CUT CRISP

MCCOY'S IS
WORTH OVER
£107M**

1 PACK EATEN
EVERY 15
SECONDS**

WIN YOUR CLUB*
PLUS FREE TICKETS TO BE
WON EVERY 90 MINUTES



STOCK UP
TODAY!

JB's Journal



Alongside this is a special seasonal game menu full of traditional hearty game dishes like roasted partridges

>> When it comes to this time of year, things can get rather challenging. Is it hot? Is it cold? What are the customers looking for menu-wise?

So this year I've decided to extend my summer menu into the start of November. Alongside this is a special seasonal game menu full of traditional hearty game dishes like roasted partridges, confit pheasants' legs with seared breasts etc. I believe giving these extra options and extra menus encourages people to go out and try somewhere different, plus also having a lighter summerish menu is great for customers who are bored of the 'full on', heavy dishes usually on offer at this time of year.

This year for Christmas Day, we are tying in traditional dishes with slight tweaks of international flavours or methods. For example I have been testing out a really good Scottish salmon sashimi dish, with mizuna cress and champagne mayo drops, with a hint of wasabi and lime. It's just a bit different to the traditional smoked salmon. I will also be utilising turkey to the max this year, not only by having the breast cooked and wrapped in bacon as always (can't get away from that!) but all our stocks, jus and gravies will be made from all our trimmings and bone. I'll also feature a dark leg meat, cranberry and truffle terrine as a starter, showcasing different techniques, and different methods of using the whole bird.

Desserts come down to massively traditional dishes – Christmas pudding with really strong brandy butter custard, white chocolate and dark chocolate spiked delice, boozy cherries and traditional cheeseboards. Just realised all my desserts are full of booze. Whoops! (makes it easier when I give them the bill!)

On New Year's Eve, we hold a gourmet dinner party with a singer who does blues – jazz with a hint of cheesy party classics. The menu is £115 per head for five courses and we'll be serving some really special dishes.

Merry Christmas! *John 'Boy' Ranfield*



Heavier Wines for Winter

>> When putting together our wine list when the weather forecast resembles a Hollywood disaster movie, it's almost easier to first rule out the wines not to include.

Winter is not the cue to bust out an array of Aussie Shirazs or Californian Zinfandels but to start getting creative with our choices.

When it comes to reds, though there's always a place for lightweight Beaujolais and Alsacian Pinot Noirs, they should not be our focus for the colder months. Think Petite Syrah, Italian Anglianico, Douro table wine, spicy Vacqueyras from the Rhone, and why not select our crowd-pleasing Malbec from Cahors rather than Argentina? These reds will light up a room even if the cranked up heating hasn't managed to yet.

Man cannot live on red alone, and so the whites should be given a good level of focus here. It's business as usual for zesty whites, which are high up people's like-lists, but winter comfort dishes cry out for richer styles. Although more unfamiliar territory for many, the likes of Viognier from the South of France, Austrian Gruner Veltliner, Rhone blends Marsanne/Roussanne, Alsacian Pinot Gris and Gewurztraminers should get a look-in.

The hordes of spring/summer light-to-bright rosés should graciously retire, although it is still a good idea to keep a small selection for year-round pink guzzlers. At the other end of the spectrum, winter is the time to bust out our favourite Tawnys and Tokajis; versatile with starters and desserts alike, and both taste cracking next to a crackling fire.



cooks&co®

AMBIENT OLIVES WITH EXTRA APPEAL



NEW!

Cooks&Co's new premium speciality olives are packed at source using high quality ingredients, and have a long shelf life – 18 months from manufacturer and two weeks from opening. The range includes:

- Garlic Stuffed**
- Sun-Dried Tomato Stuffed**
- Feta Cheese Stuffed**
- Mixed Greek Pitted with Herbs**
- Mixed Greek Pitted with Chilli**
- Antipasto Mix**

All packed in easy-to-use re-sealable 1kg wide-mouth screw-top jars.



A BRAND OF **RH AMAR**
FAMOUS FOR FINE FOODS

My signature dish by Jayne Torvill

...Jayne will perform with Christopher Dean in Cinderella, this year's family pantomime at Manchester's Opera House...

>> Jayne Torvill OBE shot to fame in the Sarajevo Winter Olympics of 1984, when she and skating partner Christopher Dean became the highest scoring figure skaters of all time after skating to Ravel's Bolero.

The duo continued to skate together for a further 14 years until they retired in 1998. In 2006 they returned to the limelight as prime time TV favourites, coaching and performing in ITV's Dancing on Ice series. This Christmas, the 56-year-old ice skater makes her panto debut in Cinderella.

A mum-of-two, Jayne retired from skating in 1998 but has kept fit by playing tennis, visiting the gym and doing aerobics four times a week and, most of the time, eating healthily!

"I usually eat All Bran for breakfast with skimmed milk and fresh berries but I don't eat red meat and prefer chicken and fish. My family agree though that my signature dish has to be a Sunday roast. It's my favourite thing to cook! I break my rule about mixing protein and carbs and we have chicken, potatoes and roasted vegetables."

And if you ask Jayne who makes her favourite Sunday Roast she'd say: *"I do! I used to do a roast nearly every weekend but it depends on whether I'm home or on tour now. When we're at home, we'll go for a walk in the*

countryside on a Sunday, too, or might pop to the DIY store! I always cook a whole chicken and serve it with roast potatoes and roast sweet potatoes, which the children love and say are the best! Usually I'll accompany it with broccoli and carrots, and a stuffing that has no nuts – as I have an allergy."

This Christmas, Jayne will perform with Christopher Dean in Cinderella, this year's family pantomime at Manchester's Opera House. They make their panto debut as the Fairy Godparents and will be joined by Wicked star Liam Doyle as Prince Charming and Eloise Davies in the title role.

"It's the classic rags to riches tale but transformed into a breathtaking family extravaganza – with lots of glitter, gorgeous costumes, big song and dance numbers and some wonderful, jaw-dropping skating sequences from me and Chris."

Tickets are available at www.atgtickets.com/manchester or call 0844 8713018.

Jayne follows Jamie Oliver's recipe for Perfect Roast Chicken.

Perfect Roast Chicken

Ingredients

1.6kg higher-welfare chicken
2 medium onions
2 carrots
2 sticks celery
1 bulb garlic
Olive oil
Sea salt
Freshly ground black pepper
1 lemon
1 small bunch fresh thyme, rosemary, bay or sage, or a mixture

Method

1. Take your chicken out of the fridge 30 minutes before it goes into the oven. Preheat your oven to 240°C/475°F/gas 9.
2. There's no need to peel the vegetables – just give them a wash and roughly chop them. Break the garlic bulb into cloves, leaving them unpeeled. Pile all the veg and garlic into the middle of a large roasting tray and drizzle with olive oil.
3. Drizzle the chicken with olive oil and season well with salt and pepper, rubbing it all over the bird. Carefully prick the lemon all over, using the tip of a sharp knife (if you have a microwave, you could pop the lemon in these for 40 seconds at this point as this will really bring out the flavour). Put the lemon inside the chicken's cavity, with the bunch of herbs.
4. Place the chicken on top of the vegetables in the roasting tray and put it into the preheated oven. Turn the heat down immediately to 200°C/400°F/gas 6 and cook the chicken for 1 hour and 20 minutes.
5. Baste the chicken halfway through cooking and if the veg look dry, add a splash of water to the tray to stop them burning. When cooked, take the tray out of the oven and transfer the chicken to a board to rest for 15 minutes or so before serving.

"I always cook a whole chicken and serve it with roast potatoes and roast sweet potatoes..."





Tilda[®] together

By bringing *together* Tilda rice and delicious fresh ingredients you can create the *perfect dish* for your Christmas menu!

Caramelised
Risotto and
Basmati Baked
Mango Tart

*Perfect
for your
Christmas
menu.*

View the full recipe at www.tildafoodservice.com



 @TildaChef



Food for Thought

Send your Food for Thought ideas to editor@stiritupmagazine.co.uk

Streets ahead

>> The owners of Ekachai in Liverpool Street and Wandsworth, London, are streets ahead when it comes to south-east Asian cuisine.

They've been making authentic street food from Malaysia, Thailand and Hong Kong since 1999 – long before it came into fashion.

Menu highlights include Wor Tip Fried Dumplings Char Sui Bao, light and fluffy steamed Chinese buns filled with sweet roasted BBQ pork, Kai Krapow, a classic Thai dish of ground chicken with chilli, fine beans and fragrant lime leaves, holy basil and Malaysian Pancakes [Roti Canai].



Ekachai Tempe
mushroom spinach



Vietnamese
Bánh mì



Eton Mess

The proof is in the pudding

>> If you're looking for dessert inspiration, award-winning pastry chef Thomas Leatherbarrow may have the answer.

He has penned a range of festive and winter recipes for Kerrymaid, including Ginger Chocolate Tart, Jaconde Sponge, Jack Frost's Eton Mess, Yule Log and Chocolate Cardamom Mousse.

For more details visit www.kerrymaid.co.uk/index.php/pudding-party



Chocolate
Cardamom
Mousse



Jaconde Sponge



Turkey Lasagne

Christmas
Cake

The turkey crown-ing glory

>> The Traditional Farmfresh Turkey Association has teamed up with award-winning chef Rachel Green to develop a variety of delicious roast and leftover recipes.

These include Roasted Turkey Crown with Parma Ham, Sausage, Almond and Fig Loaf and Turkey Lasagne.

For more recipe inspiration visit: www.goldenturkeys.co.uk

Good “Honest” fayre

>> Famous Cokermonth restaurant ‘The Honest Lawyer’ is attracting further custom following the launch of a unique signature dish.

Owner and head chef, George Cheria, has created a dish that originates from Kerala, the most southern state of India, his home town. His Kerala spiced lamb features a fennel and pepper-crusted lamb loin served with coconut and turmeric cabbage, spicy carrot purée, lamb mince tart, cumin roasted potatoes and cauliflower and cardamom jus.

Kerala
Spiced Lamb

Gluten-free festive goodies

>> Don't forget to cater for your coeliac customers this Christmas by including gluten-free goodies on your menu.

Gluten-free experts Provena have a range of Yuletide recipes on their website, including Christmas cake, mince pies and Christmas pudding www.provena-gluten-free.co.uk.

Brilliant bangers

>> Celebrate British Sausage Week in style with these sumptuous recipes that are guaranteed to get mealtimes off with a bang-er.

Now in its 18th year, the organiser of British Sausage Week has created a selection of delicious recipes using on-trend and high quality ingredients, including:

- Autumnal Roast Butternut Squash with Sausage Stuffing
- Sausages with Moroccan Jewelled Quinoa Salad
- Pork and Leek Sausages with Indian Spiced Cauliflower Rice
- Italian Pepper Stew with Sausages and Crispy Kale

Sausages with
Spicy Cauliflower
Rice

*Merry
Christmas and
a Happy New
Year from the
Stir it up
team!*

