

MAKING *Mealtimes* MEMORABLE

Recipes, hints and tips to make life easier in your Care Home kitchen



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cuisine**
Our passion. Your creation.





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FOREWORD

Good nutrition and eating well are key to maintaining optimum health and even more so for older people who face both cognitive and physical challenges when it comes to the practicalities of eating. It is well understood that having a balanced and varied diet can reduce the risk of many age-related diseases. In addition, good nutrition can support in improving an older person's ability to fight off illness, as well as recover from illness and injury more efficiently. Offering a diet that provides all the essential nutrients to meet an individual's requirements also protects their mental health, improves overall well-being and increases energy levels.

The aim of the recipes and meal planner in this guide is to ensure that nutritional and hydration needs of care home residents are met through nourishing and delicious foods that they will want to eat. By providing well balanced meals and carefully considered nutrient-rich ingredients, residents are able to sustain good health and reduce the risks of malnutrition, especially those that are receiving specialist care and treatment.

For those living within care, the dining experience extends past the core need of maintaining adequate health. The experience of dining also plays a key part in helping residents to maintain a good quality of life and mealtimes are a mainstay of life in a care home and often a favourite time of the day and a time to engage.

Mealtimes are a social occasion and so provide the opportunity to stimulate, entertain and engage residents, such as the charming cruise idea to offer evening meals from around the world.

Caterers at care homes have a huge responsibility when it comes to ensuring all residents are receiving the nutrients, vitamins, and minerals they need in order to stay healthy or fight off illness. We hope this guide takes some of the hard work out of the hard work you already do!



Dr Sarah Schenker

Registered Dietitian and Nutritionist





INTRODUCTION

It is clear that the spread of COVID-19 is having a huge impact on society, in particular placing unprecedented demands in the health division. As care caterers, who need to continue to operate, we understand the amount of pressure your working kitchen must be under at this uncertain time.

Supporting the needs of your residents whilst potentially running with fewer staff than normal isn't an easy task, not forgetting about all of the additional barriers and health and safety measures organisations are now putting into place.

As this industry is so close to our hearts, we wanted to combine some inspirational menu ideas, all using core ingredients that are accessible at this time. This book also contains advice from our team to yours, including some handy tips on making your dishes go further, in hand with IDDSI compliant meals, all utilising our range of products to save you time and money.

We are here to support your working kitchen always, but particularly through this unsettling period. If you have any questions, or require any support from us, pick up the phone or contact us on Twitter @essentialcuisin - we'd love to hear from you! #EssentialSupport

Team Essential

AN INTERVIEW WITH SOPHIE MURRAY

We spoke to Sophie Murray, Head of Nutrition and Hydration at Sunrise Senior Living and also Deputy Chair at NACC to get her thoughts on some key topics and challenges in the care home sector.

What role does food have to play in good physical and mental health?

Food creates a sense of purpose - be it serving, cooking or simply eating it. "We are what we eat" may be a well-known saying but it is absolutely true - nutrients are essential to helping our muscles to function, our brains to function, our digestive to system function and so much more. The older we become, the more we need to consider nutrients to help combat ageing effects. Food can help spark an interest and a conscience for so many – provenance and sourcing can make the difference between a good recipe and a great recipe. Buying local, seasonal foods can play a huge part in that.

In your experience, what is one of the key challenges care home caterers face on a daily bases?

Developing well-balanced meals to meet the needs and preferred choices of residents can sometimes be a difficult challenge for a Chef. Ensuring that dishes are full of nutrients is especially important for the elderly, including sufficient protein, key vitamins and minerals. Considering this, in hand with ensuring that the food on offer is popular or 'on trend' whilst meeting the skill level of a Chef, can be a delicate balancing act. Within the book we have used oats in a number of recipes. Oats serve as a great ingredient as they are whole-foods, rich in fibre and also contain protein and carbohydrates. A perfect base for so many recipes.

What are the impacts of poor diets, or unvaried diets that are very repetitive?

Poor diets can lead to malnutrition, unhappiness, lack of engagement with others as well as lack of worth. Dining considerations make a huge difference as well as the food. A three tiered cake stand can display food wonderfully and an inviting dining room which smells

and feels great can really help. We all feel good when food meets our preferences and having these foods available can be the highlight of the day for so many individuals who may not have the energy nor ability to engage in the lifestyles that they used to.

Do you think that good food relates to happiness and productivity?

Taste, smell, texture, look, even sound - all 5 senses can apply to food. Basic changes to energy occurs from foods but a favourite meal, a favourite snack or a favourite drink can change our mood considerably, perhaps for taste but perhaps in addition to the senses, it contains key nutrients to support the brain and mood.

How would you recommend care home caterers to incorporate food into daily activities - to help stimulate, entertain and engage residents?

Anyone involved in growing seasonal foods can gain huge satisfaction from seasonal growing. Herbs and easy growers such as tomatoes and peppers can help orientate residents to certain seasons - this can be really beneficial for residents who may have memory impairments. A hearty root vegetable soup in winter or a leek and celery soup in the summer, followed by strawberries and cream may trigger memories linking to seasons - for us all and help that feel-good factor! An apple tree bearing fruit year, after year can be a great talking point and encourage residents venture outdoors too! A local supplier who visits and educates residents on their provenance of food is another way we can help to create a relationship with food.

The British afternoon tea recipe is a great one for a social occasion – including savoury options, such as cheese and onion scones is a great way to add variety (onion was staple war time food for many). Victoria sponge

and coronation chicken can be really nutritious (chicken became the affordable luxury after the war). Afternoon tea creates an experience and provides the perfect meal occasion for all kinds of seasonal celebrations, for example VE day or Wimbledon.

What are your thoughts about our example menu cycles, recipe ideas, hints and tips found in “Making Mealtimes Memorable”

The menu plan and recipe ideas found in this book create a good starting point for any care home. I'd encourage these ideas, plus some of your own to be shared and discussed with residents - this could be done through interactive tasting sessions. This book could be used as an off-the-shelf solution which can be built upon, enabling you to tailor allergens and other dietary requirements including texture modified diets and therapeutic diets. The cookbook is perfect in size for perusing or using for activity staff when planning socials – the coronation chicken is a must have! It could also be used as a great resource to build on in an education session based on nutrition for Chefs.



Sophie Murray

Head of Nutrition and Hydration at
Sunrise Senior Living & Deputy Chair
at NACC



MENU CYCLE

As you are well aware a balanced diet and adequate nutrition is fundamental to resident care. Specific attention to nutritional and calorific intake is particularly important for many residents of care homes due to underlying health conditions and reduced appetites.

Our team of development chefs have put together the following menu cycle for care home residents to help inspire your monthly meal offerings. Please note that the below plan is defined for healthy individuals and is not always appropriate for patients/residents with serious health conditions, or those who require additional nutritional support - in these cases please contact a qualified dietitian*.

* Dietitian's can offer professional support and advice about individual diet cases, meal plans and overall wellbeing.

Visit our website for lots more recipe inspiration suited to the Healthcare sector.

MENU CYCLE	MONDAY	TUESDAY
Breakfast	Breakfast muffin frittata	Birchir Muesli
Morning Snack	Flapjacks	Welsh Cakes
Lunchtime	Chicken, Ham and Leek Pie	Vegetable Korma
Dessert	Bread and Butter Pudding	Queen of Puddings
Afternoon Snack	Cheese, Chive and Onion Scones	Chicken Sweetcorn Potato Cakes
Dinner time	Paella	Chicken Curry



WEDNESDAY

THURSDAY

FRIDAY

Fruit Loaf

Mushrooms on Toast

American Style Pancakes

Falafel Balls with Minted
Yoghurt Dip

Olive Pastry Swirl

Smoothie

Leek, Celery and Cream
Quiche

Tuna and Sweetcorn pasta
bake

Chicken Stew
with Dumplings

Sticky Toffee Pudding

Rice Pudding

Devonshire Apple Traybake

Rarebit

Quinoa and Broccoli Patties

Afternoon Tea

Lou Min Chicken

Beef Stir Fry

Teriyaki Chicken

MENU CYCLE

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UNDERSTANDING THE IDDSI FRAMEWORK

The IDDSI (International Dysphagia Diet Standardisation Initiative) framework is a worldwide initiative which aims to improve the lives of over 590million people living with dysphagia.



The IDDSI framework consists of a continuum of 8 levels (0-7), where drinks are measured from Levels 0 – 4, while foods are measured from Levels 3 – 7. The IDDSI Framework provides a common terminology to describe food textures and drink thickness. All care settings in the UK must now adhere to the new standards and testing should be done on foods and drinks under the in-tended serving conditions (especially temperature).

For further information on the IDDSI framework visit <https://iddsi.org/about-us/>



FOOD TESTING METHODS

IDDSI recommends the following testing methods for texture-modified foods:

Fork Drip Test

Thick drinks and fluid foods can be tested by assessing whether they flow through the slots/prongs of a fork and comparing against the detailed descriptions of each level.

Fork Pressure Test and Spoon Pressure Test

For firm or hard food, a Fork Pressure Test is best used to assess the tenderness of food pieces. The slots / gaps between the tines / prongs of a standard metal fork typically measure 4mm, which provides a useful compliance measure for particle size of foods at Level 5 – Minced & Moist.

IDDSI Spoon Tilt Test

The spoon tilt test is used to determine the stickiness of food and the ability of the sample to hold together. The spoon tilt test is predominately used for IDDSI levels 4 and 5 and the sample should:

- Be cohesive enough to hold its shape on the spoon
- A full spoonful must slide off the spoon if the spoon is tilted or turned sideways or shaken lightly. The sample should slide off easily with very little food left on the spoon - i.e. the sample should not be sticky
- A scooped sample may spread or slump very lightly on a plate

Drink testing methods

When evaluating drinks and liquidised foods, IDDSI chose a gravity flow test, as a practical objective measure to classify drinks based on their rate of flow. The controlled conditions are broadly representative of drinking through a straw or beaker. Although the equipment is simple, it is already internationally standardised and the IDDSI Flow Test has been found to categorise a wide range of liquids reliably, in agreement with currently existing laboratory tests and expert judgement. It has been found to be sensitive enough to demonstrate small changes in thickness associated with change in serving temperature.



BREAKFAST

Starting the day with breakfast is particularly important for older people as it provides the opportunity to rehydrate and rebalance blood sugar (glucose) levels that dip overnight. Both good hydration and available energy (glucose) is vital to our cognitive ability, without this our memory and concentration levels would diminish meaning mistakes and falls are more likely to happen. Our team of chefs have put together a range of well-balanced breakfast ideas for your residents and patients to start their day, the right way.





BREAKFAST MUFFIN FRITTATA

 10 MINS |  35 - 40 MINS |  10

INGREDIENTS

10 eggs

250ml milk

150g grated cheddar

5 slices cooked ham finely chopped

½ red onion finely chopped and cooked

Salt and pepper

METHOD

1. Whisk together the eggs, milk, cheese and ham. Season well.
2. Pour into 10 muffin moulds and bake for 35 - 40 minutes on 180°C until set and golden brown.

CHEFS TIP

Replace the ham with tomato and mushroom for a vegetarian option. Great for a “get up and walk” breakfast if the residents don’t like sitting for breakfast.



BIRCHER MUESLI

 5 MINS (then left over night) |  10

INGREDIENTS

5 apples, grated
250g jumbo porridge oats
100g mixed seeds
100g mixed nuts chopped or crushed to desired size - check with nutritionist
1 tsp ground cinnamon
500g natural yoghurt - full or low fat dependant on diet
4 apples, sliced
100g sultanas



METHOD

1. Put the grated apple in a bowl with the oats, sultanas and the cinnamon. Add the seeds and half the nuts, if using. Mix well. Stir in the yoghurt and about 200ml water. Cover and leave in the fridge overnight.
2. When needed, spoon into bowls and top with the sliced apples and remaining nuts.

CHEFS TIP

Soaking oats and seeds overnight makes them easier to digest, and the muesli will be extra creamy. This can be served without the seeds and nuts if needed.

Use GF porridge oats to make this suitable for gluten free diets.



FRUIT LOAF

 30 MINS |  30 MINS |  10

INGREDIENTS

225g strong white flour

7g instant dried yeast

25g caster sugar

1 egg, beaten

25g butter, melted

½ tsp cinnamon

¼ tsp ground ginger

125g mixed dried fruit of your choice (try sultanas, apricots, dates, glace cherries etc.)

Juice and zest ½ orange



METHOD

1. Soak the fruit in the orange juice for 30 minutes, then strain, keeping the juice.
2. Mix the flour, yeast, sugar and ½ tsp salt in a bowl. Add the spices and the strained fruit.
3. Make a well in the centre and add the warm milk, orange juice, butter and the beaten egg and mix to form a dough. If it is too dry, add a little water. If too wet, add a little flour.
4. Knead the dough until it becomes smooth and springy. Place in a clean bowl, cover and leave until it doubles in size, about 1 hour. Knock back the dough by kneading again for a couple of minutes. Place in a loaf tin and bake at 180°C for about 20 minutes. Leave to cool in the tins before turning out.

CHEFS TIP

Great served with marmalade or just lashings of fresh butter!

For a higher fibre content, replace half the plain flour with a wholemeal alternative.



MUSHROOMS ON TOAST

🕒 20 MINS | 🍳 20 MINS | 🍴 10

INGREDIENTS

10 slices of toast (white, brown or wholemeal)

800g sliced mushrooms - use up yesterdays left over breakfast mushrooms

250ml double cream

1 tsp **Essential Cuisine Wild Mushroom Glace**

2 shallots or 1 small onion chopped



METHOD

1. Sweat off the onions. Add the mushrooms and cook down. Season.
2. Add the cream and bring to the boil. Reduce until a nice coating consistency, but not too much or it will split.
3. Add the **EC Wild Mushroom Glace** to taste. Serve on top of the freshly buttered toast.



CHEFS TIP

A great calorific way to start the day, a small amount really packs a calorie punch. Try blending the toast and the mushroom mix separately and thickening with **Nutrisis Thickener** (page 82) to the desired IDDSI level (page 80) for specific dietary requirements. For a real calorie boost in the morning, add a spoon of crème fraiche at the end.

BREAKFAST



AMERICAN STYLE PANCAKES

🕒 25 MINS | 🍳 25 MINS | 🍴 10

INGREDIENTS

500g self-raising flour
4 tsp baking powder
3 tbsp golden caster sugar
7 eggs
60g butter
500ml milk



METHOD

1. Mix the flour, baking powder, sugar and a pinch of salt in a bowl. Mix together the milk, eggs and melted butter. Whisk into the flour and strain into a jug.
2. When it starts to look frothy, ladle into a heated pan with a little butter, about 8cm wide. Cook on one side for about 2-3 minutes then flip over and repeat until cooked.

CHEFS TIP

Serve with natural yoghurt and blueberries, or crispy bacon and maple syrup.

BREAKFAST



MID-MORNING SNACK

As we get older, our appetite changes. Smaller appetites and lower food intake in older people is not uncommon. You'll notice that some residents may feel overwhelmed with larger plates of food. Offering smaller amounts of food, more often, is sometimes the best option to meet individual meal requirements and to ensure good nutrition is maintained. Our team of chefs have put together a number of tasty mid-morning snack ideas for you to try.





MID-MORNING SNACK

FLAPJACKS

 15 MINS |  15 MINS |  10

INGREDIENTS

500g jumbo porridge oats

250g butter

150g light brown sugar

6 tbsp golden syrup

100g raisins



METHOD

1. Place all of the ingredients, except the raisins into a food processor and pulse until mixed. Do not over blend as the flapjack will lose texture. Remove from the processor and mix in the raisins.
2. Grease a baking tin and spoon in the mixture. Press into the corners. Score the top into required number of squares.
3. Bake for around 15 minutes at 190°C.

CHEFS TIP

A great basic recipe for you to add your favourite dried fruits like apricots, raisins or dates.

Use GF porridge oats to make this suitable for gluten free diets.

MID-MORNING SNACK



WELSH CAKES

 10 MINS |  15 MINS |  10

INGREDIENTS

225g plain flour
½ tsp baking powder
85g butter
85g sugar
50g sultanas
½ tsp mixed spice
1 egg
Milk to mix
Pinch of sugar



METHOD

1. Sieve the flour, baking powder and sugar together in a bowl.
2. Rub in the butter and the remaining dry ingredients.
3. Stir in the egg and enough milk to make a dough.
4. Roll out the dough to 2cm thick. Cut into 3 inch rounds and cook on a hot buttered griddle or heavy frying pan for about 10 minutes, turning when the underside is golden brown.

CHEFS TIP

These are best served fresh with lots of honey or whipped cream.

MID-MORNING SNACK



FALAFEL BALLS WITH MINTED YOGURT DIP

🕒 20 MINS | 🍳 5 MINS | 🍴 10

INGREDIENTS

Falafel

2 tins cooked chickpeas

2 large onions, chopped

4 cloves garlic, crushed

1 tsp Street Food Chef Spicy Persian Style Seasoning

4 tbsp plain flour

Salt and pepper

Yoghurt Dip

½ cucumber peeled, deseeded and diced into small cubes

250ml natural yoghurt

½ bunch mint washed and chopped



METHOD

Falafel

1. Drain and wash the chickpeas. Our chefs recommend keeping the liquid as it acts as a fantastic, vegan egg replacer - perfect for dairy free meringues! Simmer for 10 minutes in boiling water until soft. Drain and refresh.
2. Mix all the ingredients in a bowl with the chickpeas. Season with the salt and pepper to taste. Blend in a food processor if this is easier. Make a thick paste.
3. Form the mixture into ping pong sized balls, flatten slightly.
4. Fry in deep oil about 180°C until golden brown and hot all the way through. Change the temperature of the oil if browning too quickly or cooking too long. They should take about 5-6 minutes. Probe to ensure the falafel balls reach 75°C before serving with the yogurt dip.

Yoghurt Dip

1. Sprinkle the diced cucumber with salt and leave for 2-3 minutes. Rinse thoroughly, then pat dry.
2. Mix with the yoghurt and the mint to taste and serve with the hot falafel.

CHEFS TIP

Make larger, longer ones to serve in wraps with lots of fresh salad.



OLIVE PASTRY SWIRL

🕒 10 MINS | 🍳 20 MINS | 🍴 10

INGREDIENTS

1 sheet of frozen puff pastry - defrosted

170g black olives - pitted

1 clove garlic

50g green olives – pitted

**5g Essential Cuisine Light
Vegetable Stock Mix**

1 egg – for egg wash



METHOD

1. Preheat an oven to 180°C.
2. Place the olives, garlic & **EC Light Vegetable Stock Mix** into a food processor, making a tapenade.
3. Spread out the tapenade on top the puff pastry, roll up lengthways, cut into 10 & flatten slightly, place on a baking tray & cook for 20 minutes.
4. Serve warm.



CHEFS TIP

This can be made well in advance by freezing just before the cutting and baking part of step 3.

MID-MORNING SNACK



NUTRITIOUS SMOOTHIE IDEAS

Smoothies are a great and simple way to get a lot of fruit and vegetables with all the associated vitamins and minerals into a diet. They can also be thickened easily with **Nutrisis Thickener** (page 82) to the required IDDSI level (page 80). Simply add the powder when blending, little by little, until the desired consistency is reached.

Replace any or all ingredients with what you have!

Have fun experimenting with your own combinations using whatever fruit you have available, however make sure you try them first as some flavours just don't go together!

*Remove nuts and seeds if a resident is allergic to these ingredients.

Here are just a few examples:



Super Shake

- 100ml full fat milk
- 2 tbsp natural yoghurt
- 1 banana
- 150g frozen berries
- 50g blueberries
- 1 tbsp chia seeds*
- ½ tsp cinnamon
- 2 tbsp mixed seeds*
- 1 tsp honey



Low Fat Smoothie

- 1 banana
- 80g soft fruit
- 150ml low fat or semi skimmed milk
- 1 tsp honey
- 1 tsp vanilla extract



Turmeric Smoothie Bowl

- 2 tsp ground turmeric
- 3 tbsp coconut milk yoghurt or thick coconut milk
- 50g oats
- 1 handful cashew nuts*
- 2 bananas
- ½ tsp ground cinnamon



Kale and Avocado Smoothie

- 2 handfuls washed and trimmed kale
- ½ avocado
- 100g pineapple
- ½ thumb fresh ginger
- 1 tbsp cashew nuts or similar*
- 1 banana





LUNCHTIME

Our simple lunchtime menu ideas allow you to cater for a number of residents and patients all at one time. These ideas allow this particular meal occasion to be as relaxed and unhurried as possible, giving individuals plenty of time to enjoy their food. All of these recipes are full of nutritious, colourful ingredients therefore appealing to the eye when presented. Our team of chefs encourage you to make every mealtime a social occasion and something to look forward to.





LUNCHTIME

CHICKEN, HAM AND LEEK PIE

🕒 20 MINS | 🍳 40 MINS | 🍴 10

INGREDIENTS

500g puff pastry

60g unsalted butter

250g onion, finely chopped

350g leek, washed and shredded

1 litre Essential Cuisine No1 Chicken Gravy

100ml double cream

2 tbsp chopped parsley

500g diced chicken thigh, cooked

500g diced ham or gammon, cooked

Salt and pepper to season

1 beaten egg, for glazing the pie

METHOD

1. Preheat the oven to 220°C.
2. Heat the butter in a thick bottomed pan. Gently fry the onion and leek until softened but with little colour. Stir in the **EC No.1 Chicken Gravy** and cream.
3. Bring to the boil and simmer gently for 5 minutes, then stir in the parsley, remove from heat.
4. Place the diced chicken and ham into a large, deep pie dish, pour over the sauce and season to your taste with fresh pepper and sea salt.
5. Mix the sauce and meat together thoroughly and allow to cool.
6. Roll out the pastry to approx. 5mm thickness and cover the pie dish from edge to edge. Scallop the edges with a sharp knife and decorate the top with leaves using the pastry trimmings.
7. Glaze the pastry with the beaten egg and bake at 200°C for 20 minutes, then reduce the heat to 180°C for a further 30 minutes until the pastry is cooked and the filling is piping hot.



CHEFS TIP

Great served with wilted kale, a real superfood that is billed as one of the healthiest and most nutritious plant foods in the world.

LUNCHTIME



VEGETABLE KORMA

🕒 15 MINS | 🍲 1 HOUR | 🍴 10

INGREDIENTS

250g roughly chopped onion

4 peeled garlic cloves

75g ground almonds

1 head cauliflower cut into small florets

10 red peppers, de-seeded and sliced

1kg peeled butternut, cut into chunks

5 small aubergines, halved and sliced

500ml Essential Cuisine Vegetable Stock Mix

10g Street Food Chef South Indian Style Seasoning

5g Street Food Chef Peanut Free Satay Style Seasoning

20g clarified butter

500g natural yoghurt

300ml double cream

100g dried mixed fruit

Good twist of freshly ground pepper

Sea salt, seasoned to your taste

Fresh coriander, chopped

Cashew nuts



METHOD

1. Pre-heat your oven to 190°C.
2. Place the onion, garlic and the **SFC Seasonings** into a large bowl with the vegetables, marinade for at least an hour.
3. Heat the clarified butter in a suitable frying pan, gently fry the vegetables and almonds then cook for a few minutes.
4. Stir in the **EC Vegetable Stock Mix** to cover the vegetables. Transfer to an ovenproof casserole dish, cover and bake in the oven for 30 minutes.
5. Remove the casserole from the oven, stir in the yoghurt, cream and season to your taste with sea salt and freshly ground pepper.
6. Cover and return to the oven for a further 20 minutes at 150°C or until the vegetables are tender. Your Vegetable Korma is now ready to serve, sprinkle with dried mixed fruit, chopped coriander and cashew nuts.

CHEFS TIP

The **Street Food Chef Seasonings** are so easy to use. For a more fiery heat, simply add a little more when adding the **Essential Cuisine Vegetable Stock** to the casserole dish.

LUNCHTIME



LEEK, CELERY, MUSHROOM AND CREAM CHEESE QUICHE

🕒 45 MINS | 🍳 1 HOUR | 🍴 10

INGREDIENTS

Short Pastry

500g flour
Pinch of Salt
125g lard
125g margarine
5-8 tbsps water

Leek, Celery & Cream Cheese

100g sliced mushrooms
2 leeks, washed and sliced
2 sticks of celery, peeled and sliced
20ml olive or rapeseed oil
450ml cream cheese
50ml milk or cream

8g Essential Cuisine Light Vegetable Stock Mix

4 large eggs
2 tsp dried herbs
100g stilton cheese, chopped

METHOD

Leek, Celery & Cream Cheese

1. Fry the leeks, mushrooms and celery in the oil until soft, set aside to cool.
2. Whisk the eggs & **EC Light Vegetable Stock Mix** into the cream cheese and milk (or cream) and dried herbs until loose.
3. Fold in the leek and celery mixture.
4. Pour into the pre-cooked pastry case and top with stilton cheese.
5. Place in a pre-heated oven set at 170°C for 30 minutes.
6. Cut into portions and serve warm or chill and re-heat.

Short Pastry

1. Sieve the flour and add the salt.
2. Rub in the lard & margarine to create a sandy texture.
3. Add the water a little at a time to create a firm paste.
4. Roll in clingfilm and allow to rest for 15-20 minutes before rolling out to required size and blind baking.



CHEFS TIP

Best served on the day it's made with a fresh tomato salad and crusty bread.



TUNA AND SWEETCORN PASTA BAKE

🕒 10 MINS | 🍳 40 MINS | 🍴 10

INGREDIENTS

125g Essential Cuisine Béchamel Sauce Mix

1 litre water

250g mature cheddar

1kg cooked penne pasta

500g drained tuna chunks

500g sweetcorn kernels

250g blanched broccoli florets

150g breadcrumbs

METHOD

1. Preheat an oven to 180°C.
2. Whisk the **EC Béchamel Sauce Mix** with the water. Bring to the simmer, stirring continuously.
3. Cook for a few minutes, then remove from the heat & stir in the cheddar cheese.
4. Mix with the pasta, tuna, sweetcorn & broccoli, season to taste.
5. Transfer to a baking dish & sprinkle with the breadcrumbs. Bake for 30 minutes until crust is golden brown.



CHEFS TIP

If you don't have sweetcorn or broccoli, replace with peas or the residents favourite vegetables.

LUNCHTIME



CHICKEN STEW WITH DUMPLINGS

🕒 25 MINS | 🍲 1 HOUR 15 MINS | 🍴 10

INGREDIENTS

Chicken Stew

20 skinless/boneless chicken pieces (breast or thighs)

6 tbsp olive or rapeseed oil

2 onions, peeled and diced

3 carrots, peeled and diced

300g smoked bacon, diced

3 bay leaves

1 tbsp dried thyme

4 tbsp tomato purée

250ml red wine

1ltr Essential Cuisine Chicken Stock Mix

75g Premium Instant Gravy Mix

Dumplings

280g butter

500g self-raising flour, sieved

1/2 tsp salt

Pepper

150ml water

3 tbsp mixed dried herbs

METHOD

Chicken Stew

1. In a pan, fry the chicken pieces in half of the oil (3 tbsp) until sealed all over. Remove from the pan and drain, then place into an oven dish.
2. In the same pan, heat the remaining oil and cook the onion, carrot and bacon for 3-5 minutes or until the bacon has coloured.
3. Add in the tomato purée, mix well. Pour the red wine in and reduce by half.
4. Pour in the chicken stock and whisk well. Pour this over the chicken and place on a lid or tin foil before placing in a pre heated oven for 15 minutes.
5. After 15 minutes whisk in the **EC Instant Gravy** powder to thicken.

Dumplings

1. Rub the butter into the flour with fingertips until it feels like fine breadcrumbs. Stir in the herbs, salt & pepper. Drizzle in the water and stir quickly with a spoon to form a light dough. Use floured hands to shape into small balls.
2. Place the dumplings on top of the stew and bake for 20 minutes until the dumplings are cooked through.

CHEFS TIP

For a nice variation of this dish, top the stew with mash potato or puff pastry for a delicious simple pie. Take out the dumplings before covering with the mash or pastry.



LUNCHTIME



DESSERT

Desserts are the highlight of meal times for many residents and we have put together some 'retro' favourites that are sure to go down a storm.

Our team of talented chefs have put together a number of fortified options and healthier offerings to provide desserts that are suitable for all residents with different dietary requirements.



DESSERT

BANANA BREAD AND BUTTER PUDDING

🕒 45 MINS | 🍳 1 HOUR 20 MINUTES | 🍴 10

INGREDIENTS

2 white loaves sliced and cut in half (corner to corner)

150g butter, melted

170g Essential Cuisine Crème Anglaise Mix

1 litre whole milk

2 egg yolks

100g soft brown sugar

3 bananas peeled and crushed

150g raisins



METHOD

1. Mix the **EC Crème Anglaise Mix** with the whole milk. Bring to the boil, whisking constantly. Simmer for 3 minutes, continuing to whisk. Remove from the heat, strain and set aside. When cold, whisk in the egg yolks.
2. Dip the sliced bread in the butter and line up in an ovenproof dish, adding a little of banana and raisins between each layer. When full, pour over about ½ of the **EC Crème Anglaise Mix**. Leave for 5 minutes for the bread to fully absorb the liquid. Pour over more of the **Crème Anglaise** and leave again for 2 minutes. Top up the dish if needed with more **Crème Anglaise**.
3. Bake in the oven at 170°C for about 45 minutes until the custard is set. Sprinkle with the soft brown sugar and return to the oven for about another 10 minutes or the sugar has melted.
4. Serve hot with the rest of the **Crème Anglaise**.
5. For patients with dysphagia, blend the finished cooked pudding with a little of the left over **Crème Anglaise**. Thicken to required IDDSI* level (page 80) using **Nutrisis Thickeners** (page 82) or similar.



CHEFS TIP

Try using pain au chocolate, croissants or brioche instead of the bread.

DESSERT



QUEEN OF PUDDINGS

🕒 20 MINS | 🍳 1 HOUR | 🍴 10

INGREDIENTS

2pt milk
70g butter
1 lemon zest
5 eggs, separated
125g sugar
225g breadcrumbs
100ml jam



METHOD

1. Heat the milk, butter and lemon zest. Whisk together the egg yolks and half the sugar. Pour onto the milk, stirring well.
2. Strain the milk over the breadcrumbs. Pour into an ovenproof dish and leave to stand for 15 minutes. Bake in the oven for 25-30 minutes 180°C, then remove from the oven.
3. Heat the jam and spread evenly over the pudding
4. Whisk the egg whites until stiff. Add half the remaining sugar. Whisk again and fold in the remaining sugar. Whisk until stiff peaks are formed.
5. Pile the meringue on top of the jam and bake for a further 15-20 minutes until the meringue is lightly browned.

CHEFS TIP

Try lemon curd instead of jam, or orange zest instead.

DESSERT



STICKY TOFFEE PUDDING

🕒 25 MINS | 🍳 1 HOUR | 🍴 10

INGREDIENTS

450g dates
350ml water
1 tsp vanilla extract
350g self-raising flour
1tsp bicarbonate of soda (mixed into the flour)
4 eggs, beaten
170g butter
280g demerara sugar
4 tbsp black treacle or golden syrup
200ml milk

1 pint Essential Cuisine Crème Anglaise Mix (made to specification)

Toffee sauce

350g light muscovado sugar
100g butter
450ml double cream
1 tbsp black treacle or golden syrup



METHOD

1. Stone and chop the dates, put them in a bowl and pour over the 350ml boiling water. Leave for about 30 minutes, then mash a bit with a fork. Stir in the vanilla extract.
2. Butter and flour 10 pudding moulds. Heat oven to 180°C.
3. Beat the 170g butter with 280g demerara sugar for a few minutes until slightly creamy. Add the eggs a little at a time, beating well between additions. Add the treacle.
4. Add a third of the flour and bicarbonate of soda. Then half the 200ml milk. Repeat until the flour mix and milk has been added. Stir in the strained dates. Spoon into the moulds and bake for 20-25 minutes.
5. Heat the muscovado sugar, butter and half the cream. Add the treacle then simmer for 2-3 minutes, stirring occasionally. Take the pan off the heat and add the remaining cream.
6. After removing the puddings from the oven, pour half the toffee sauce over and leave for 10 minutes.
7. Remove from the moulds and pour some more sauce over. Serve with the remaining sauce and **EC Crème Anglaise Mix**.

CHEFS TIP

You could also make this in a large tin and cut portions to required size. The cooking time may be slightly extended.

DESSERT



DEVONSHIRE APPLE TRAYBAKE

 15 MINS |  1 HOUR 15 MINUTES |  MAKES 1 GASTRONORM 1/1 TRAY

INGREDIENTS

500g cooking apples
Juice of half a lemon
350g self-raising flour
2 tsp baking powder
275g caster sugar
4 eggs
1 tsp almond essence
225g melted butter
Flaked or chopped almonds
Caster sugar to sprinkle



METHOD

1. Preheat an oven to 180°C.
2. Peel, core and thinly slice the apples and squeeze the lemon juice over them.
3. Add the flour, baking powder and the sugar into a large bowl. Beat the eggs together with the almond essence and stir in the flour and the melted butter.
4. Mix well then spread half the mixture into the bottom of the tin. Arrange the apples on top of the sponge mixture then carefully top with the rest of the sponge mixture. Sprinkle over the almonds.
5. Bake the cake for 75 minutes or until the cake is golden and firm to the touch.
6. Leave to cool for 15 minutes turn out and sprinkle with caster sugar.

CHEFS TIP

If needed for guests with dietary needs, this can be blended with a little milk or cream and then thickened with a little **Nutrisis Thickener** (page 82) to the correct IDDSI level (page 80).

DESSERT



RICE PUDDING

 10 MINS |  UP TO 1 HOUR |  10

INGREDIENTS

2 pints milk
2 pints double cream
2 vanilla pods
200g sugar
280g pudding rice



METHOD

1. Boil the milk, cream and vanilla. Add the rice and sugar and mix fully.
2. Cook slowly, stirring every 2-3 minutes so nothing sticks, until the rice is soft.
3. Remove from the heat and store in a suitable container until needed.

CHEFS TIP

If required for residents with dietary needs, cook this a little longer. Add a drop more milk or cream as required and thicken with **Nutrisis Thickener** (page 82) to correct IDDSI level (page 80).

To make this using less sugar, try removing half the sugar and replacing at the end with 200g frozen and thawed berries.

DESSERT



AFTERNOON SNACK

Snacks can be an important part of a residents diet, particularly for those who prefer to eat little and often. Our team of chefs have put together a number of nutrient packed snack ideas to provide a much needed boost in the middle of the day!



AFTERNOON SNACK

CHEESE, CHIVE AND ONION SCONES

🕒 15 MINS | 🍳 20 MINS | 🍴 10

INGREDIENTS

900g plain flour

100g caster sugar

170g butter

50g baking powder

1 egg

2/3 pint milk

20g Essential Cuisine Cheese Stock Mix

1 onion

½ bunch finely chopped chives



METHOD

1. Finely chop the onion and cook slowly in a little butter until soft.
2. Mix the flour, sugar, butter, baking powder and **EC Cheese Stock Mix** together to breadcrumb consistency. Add the cooked onion and the chopped chives.
3. Add milk to make a dough, being careful not to over mix. All the milk may not be needed.
4. Roll out to about 1 ½ inches thick and cut out to the desired shape.
5. Place on a papered baking tray and bake for about 20 mins on 170°C.
6. You may wish to egg wash before placing in oven and sprinkle grated parmesan over 5 minutes before the end of cooking.



CHEFS TIP

Serve with a good cheddar and chutney for a perfect savoury afternoon tea.

AFTERNOON SNACK



CHICKEN AND SWEETCORN POTATO CAKES

 30 MINS |  10 MINS |  10

INGREDIENTS

2 eggs
200ml milk
110g plain flour
450g potatoes, peeled and chopped
1 large onion, peeled and sliced
280g cooked chicken, cut into small pieces
280g frozen sweetcorn, defrosted
Salt and pepper

METHOD

1. Boil the potatoes with the onion. Strain and leave to steam dry. Crush slightly.
2. Make the batter in a blender with the eggs, flour and milk.
3. Mix all the ingredients together and season to taste.
4. Heat about 5mm of oil in a pan. When hot, spoon the batter into the pan, trying to keep separate. Cook for about 4 minutes each side. Drain on kitchen paper. Repeat until all the batter is gone. Serve immediately.

CHEFS TIP

Top with a poached egg for a light main meal.



RAREBIT

🕒 15 MINS | 🍲 10 MINS | 🍴 20

INGREDIENTS

65g Essential Cuisine Béchamel Mix

400ml water

100ml beer, if using (refer to chefs tip for an alternative)

10g Essential Cuisine Cheese Stock Mix

150g grated cheese

2 tbsp Worcestershire sauce (vegetarian)

2 tbsp English mustard

Black pepper

10 slices bread white or brown



METHOD

1. Whisk the **EC Béchamel Mix** into the water and beer. Bring to the boil, then simmer for 2-3 minutes while still whisking to avoid it sticking and burning. Add the **EC Cheese Stock Mix**, 100g of the grated cheese, Worcestershire sauce, mustard and lots of pepper.
2. Toast and butter the bread then spread the cheese sauce over the top. Sprinkle with the rest of the cheese and grill until bubbling and golden brown. Cut into triangles and serve hot.



CHEFS TIP

A great way to get extra calcium into a diet, as well as being a delicious treat. If you don't want to use the beer, simply replace with water.

AFTERNOON SNACK



QUINOA AND BROCCOLI PATTIES

🕒 40 MINS | 🍳 10 MINS | 🍴 10

INGREDIENTS

280g quinoa

450ml water

6g Essential Cuisine Light Vegetable Stock Mix

5-6 large broccoli florets, blanched and chopped

1 large onion, diced

170g bread crumbs

140g grated cheese

2 eggs

Salt and pepper



METHOD

1. Cook the quinoa in the water until soft. You may need to add a little more water. Strain and chill.
2. Cook the onion in a little oil until soft. Add the broccoli and fry for 2 minutes.
3. Mix all the ingredients in a bowl, leaving the egg until last. You should have a smooth wet mix.
4. Make 10 patties then flatten slightly. Fry gently for about 4-5 minutes a side, serve warm.



CHEFS TIP

A great way to use up left over vegetables. Try swapping with cauliflower for a unique take on it. Serve with a fried egg for a real comfort dinner.

AFTERNOON SNACK



AFTERNOON TEA

"Sometimes deciding what activities to do day-by-day that stimulates, entertains and engages everybody can be very difficult; but one thing I have found that does all three and way more, is simply incorporating food into activities. Doing this makes some of the most fun and nostalgic entertainment. By finding that one person who used to be a lunch lady, or chef, or home baker; you can help them to reminisce and go back to the 'good old days' by making cakes or cutting up food for lunches and it can quite often, make their day!"

Emilie Foster-Starr

Craneleigh Paddock Activity Coordinator



CORONATION CHICKEN

INGREDIENTS

5 chicken breasts, skin removed and trimmed

8g Essential Cuisine Chicken Stock Mix

500ml water

75g mayonnaise

75g Greek yogurt

5ml oil

1tsp curry powder

12g chopped fresh coriander

40g sultanas

Salt and freshly ground black pepper

40 slices brown bread

250g baby spinach leaves cut into julienne

METHOD

1. Mix the water and **EC Chicken Stock Mix** together, place in the chicken breasts and bring to the boil. Once boiling, turn off the heat, place a lid on the pan and allow the chicken to poach in the heat of the stock.
2. In a sauce pan, add the oil, heat up. Then add the curry powder and allow to cook for 2 minutes without colouring.
3. Allow to cool. When cold, cool mix with the mayonnaise, yoghurt, coriander, spinach and season to taste.
4. Remove the chicken and chill. Cut into small pieces and mix into the mayonnaise mixture with the sultanas.
5. Spread over 20 slices of bread, top with the remaining 20 and remove the crusts. Cut into 3 fingers



Serve our cheese, chive and onion scones (page 58) with a good cheddar and chutney for a perfect savoury afternoon tea option.



VICTORIA SANDWICH

INGREDIENTS

Sponge

200g caster sugar
200g softened butter
4 eggs, beaten
200g self-raising flour
1 tsp baking powder
2 tbs milk

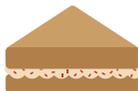
Filling

100g softened butter
140g icing sugar, sifted
1tsp vanilla extract
250g strawberry jam



METHOD

1. Pre-heat an oven to 190°C.
2. Beat the sugar, butter, eggs & baking powder together in a bowl.
3. Add the milk and eggs and combine to make a batter like mix.
4. Place in cake cases and bake for 15-20 minutes.
5. Meanwhile, beat the butter and icing sugar together until a soft buttercream has been formed, flavour the cream with the vanilla to taste. Place in a piping bag.
6. Place the jam in a piping bag.
7. Cut each cake in half, pipe the buttercream in dots around the edges of the base.
8. Pipe the jam in the centre and place the lid on top. Dust each cake with a little icing sugar if desired.



GOAT'S CHEESE & ROASTED PEPPER

INGREDIENTS

300g goats cheese, softened
300g cream cheese
3 red peppers, roasted, peeled, de-seeded and cut into 5mm square pieces
32 slices white bread



METHOD

1. Mix together soft goat's cheese with the cream cheese and red peppers. Spread the mixture over 16 slices of white bread.
2. Then top each with another slice white bread. Trim the crusts, then cut each sandwich into 4 triangles.

DINNER TIME

For many residents, mealtimes are the highlight of their day, so why not elevate your offering further by creating a calendar of food-themed events? Most people nowadays have travelled overseas, so you could organise a 'cruise' – a culinary trip around the world, stopping off at some of their favourite destinations. From Spanish paella, to Japanese teriyaki chicken we have included some of our favourites on the following pages. Why not make the most of the event with themed balloons, decorations and background music.





PAELLA

🕒 10 MINS | 🍲 30 MINS | 🍴 10

INGREDIENTS

2 red onions, chopped

2 tsp smoked paprika

2 tsp dried mixed herbs or similar

800g risotto rice

1kg chopped tinned tomatoes

2 ltr Essential Cuisine Chicken Stock Mix
(made to pack instructions)

1 kg frozen seafood mix

250g peas

250g fine beans chopped

Juice of 1 lemon

1 bunch flat parsley, washed and chopped

METHOD

1. Fry the onion in a little oil. Stir in the smoked paprika and dried herbs. Add the rice and stir for 1 minute. Add the **EC Chicken Stock Mix** and the tomatoes. Season and cook for 15 minutes, stirring occasionally.
2. Add the frozen seafood, peas and beans. Simmer for 5 minutes or until the fish is cooked, the peas and beans are soft and the rice is cooked.
3. Squeeze over the lemon and add the chopped parsley, serve immediately.



CHEFS TIP

For a more authentic flavour, fry off and add 500g diced chorizo.



CHICKEN CURRY

🕒 25 MINS | 🍲 20 MINS | 🍴 10

INGREDIENTS

6 chicken breasts, de-skinned and diced

800g chickpeas, cooked

800g tinned chopped tomatoes

400ml coconut milk

1 tbsp Street Food Chef Peanut Free Satay Style Seasoning

1 tbsp Street Food Chef South Indian Style Seasoning

2 onions, chopped

2 garlic cloves, crushed

200g baby spinach, washed



METHOD

1. Sweat the onion and the garlic. Add the diced chicken and fry for 2 minutes. Add the **Street Food Chef Seasonings** and cook for a further 1 minute.
2. Add the tomatoes and simmer for 5 minutes. Add the chickpeas and coconut milk. Cook for a further 3-4 minutes until the sauce has thickened and the chicken is cooked. Add the washed spinach and remove from the heat. The spinach will wilt in the residue heat of the sauce. Check seasoning and serve immediately.



CHEFS TIP

For extra calories, replace the coconut milk with double cream.



LOU MIN CHICKEN

🕒 1 HOUR | 🍳 15 MINS | 🍴 10

INGREDIENTS

30 chicken thighs

50g Essential Cuisine Asian Aromatic Stock Base

First Coating

150g plain flour

50g cornflour

Batter

375g self-raising flour

25g cornflour

10g salt

300ml water

METHOD

1. Preheat fryer to 160°C.
2. In a bowl, mix the chicken thighs with the **EC Asian Aromatic Stock Base** and leave to marinade for 30 minutes.
3. Mix the first coating ingredients together and dip the chicken thighs in, shake off excess flour.
4. Mix the batter ingredients together and dip the coated thighs in, fry off for 8-10 minutes then drain. Turn fryer to 190°C and cook the chicken for a further 2 minutes. Ensure the chicken is cooked all the way through and serve with a great selection of stir fried vegetables.



CHEFS TIP

Make this meal into an themed event with dragon theme hand painted wall art.

DINNER TIME



BEEF STIR FRY

🕒 5 MINS | 🍳 5 MINS | 🍴 10

INGREDIENTS

1kg thin cut beef steak

2 red chillies de-seeded and finely sliced

100ml oyster sauce (gluten free)

16g Essential Cuisine Beef Stock Mix

1 bunch coriander leaves, torn

20ml vegetable oil



METHOD

1. Mix the **EC Beef Stock Mix** with the vegetable oil. Add the beef and marinade for few minutes.
2. In a wok, heat a little oil until smoking hot. Add the beef and fry until lightly browned.
3. Add the oyster sauce and the chillies and cook for a further 1 minute until the sauce has been absorbed by the beef.
4. Add the coriander and serve with noodles and finely shredded vegetables.



CHEFS TIP

A fun pre-dinner activity for the residents is to make clay temples, helping keep the mind and body active.

DINNER TIME



TERIYAKI CHICKEN

🕒 30 MINS | 🍳 15 MINS | 🍴 10

INGREDIENTS

1.25kg boneless thickened thighs

200ml honey

200g Essential Cuisine Asian Master Stock Base

100ml water

200ml mirin

100g grated fresh ginger

50g sesame seeds

1 bunch spring onions

5 garlic cloves, finely chopped

80ml vegetable oil

METHOD

1. Mix all the ingredients except the chicken in a bowl. Add the chicken and marinade for 15 minutes.
2. Fry the chicken over a medium heat until it starts to go brown and crispy. Pour the marinade over and simmer for 5 minutes until the chicken is cooked.
3. Sprinkle with the spring onions and the sesame seeds
4. Great served with rice or noodles, a ribbon carrot and courgette salad.



CHEFS TIP

Get the residents in the mood for their Japanese cuisine by rolling sushi.

DINNER TIME



ALL THE INGREDIENTS MATTER



NUTRISIS THICKENER*

Nutrisis Thickener is designed to adapt the texture of meals to the required IDDSI level, for nutritional requirements in the event of swallowing (dysphagia), chewing disorders and/or risks of aspiration. It helps make smooth, even and lump-free blended textures. This product doesn't add, or remove flavour therefore can be added to any meal occasion, from starter to dessert.

To find out more information or to request a free sample, contact the team **01606 541 490** / advice@essentialcuisine.co.uk

*If you are in doubt as to whether to use or how to use a thickener please consult a qualified medical or IDDSI trained professional.

WE'RE PROUD TO OFFER A 100% GLUTEN FREE RANGE

We cater for a wide range of diets, including allergies, vegetarian, vegan and Halal. What's more, our whole range is 100% gluten free with many of these products meeting DoH 2017 salt targets. We're passionate about creating great tasting British made products for your working kitchen.



These products do not contain declarable allergens under the EU regulation 1169/2011 (Annex II)

ALL THE INGREDIENTS MATTER

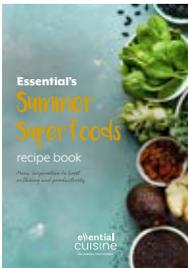
PREMIUM INSTANT RANGE

Created using the finest ingredients our Premium Instant range is super versatile, compliant with key UK legislation, and easy to use – just add boiling water and it's ready in 30 seconds!

Our Premium Instant Gravy has been developed specifically to meet the needs of the public sector. This product is suited to vegans, vegetarians and Halal diets. It also contains no MSG, is gluten free and contains no declarable allergens*. What's more, our Premium Instant Gravy meets DoH salt guidelines 2017.

Our easy-to-use Premium Instant Cheese Sauce Mix can be made up anywhere. It's made with the finest ingredients for a rich and creamy base or condiment to your dishes. This product is gluten free, suitable for vegetarians and contains no MSG. What's more, our Premium Instant Cheese Sauce contains no palm oil and meets DoH salt guidelines 2017.

For more recipe inspiration, product information or to request your free sample, visit www.essentialcuisine.com



LOOKING FOR MORE INSPIRATION?

We hope you enjoyed this recipe book, why not check out our other handy resources on our website, all incorporating the freshest, seasonal ingredients and of course the best range of stocks, glaces and sauce bases.

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