

Stir it up

How do you like your eggs in the morning?

SHAPING UP

**TAPPING INTO THE
HEALTH-CONSCIOUS
CONSUMER**

SUNNY
side up

**THE LATEST BRUNCH
AND BREAKFAST TRENDS**



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the industry.

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- Premium consistent quality

Super
crunchy



Gluten-free



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Crispy



Extra Long
Holding
Time



More
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Gluten-free



Easy
portion



Perfect for
the oven

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LambWeston®
SEEING POSSIBILITIES IN POTATOES

For starters...

Summer is just around the corner, and with the lighter evenings and more blue skies comes an air of positivity and confidence with both consumers and our industry as it looks set to open up once again.

Hotel and accommodation bookings across the UK and Ireland are through the roof and with recent news stories of consumers making multiple bookings in restaurants and pubs in the days and weeks following the predicted reopening, customers are proving just how much they have missed visiting out-of-home establishments.

Now is the time to refresh your menu and consider how you can make the most of every dining opportunity across the different day parts. Our Category Focus this issue focuses on the breakfast and brunch categories within this, providing the latest market data, product news and inspiration on how to really maximise your morning offering, whether your customer is a consumer, student or resident.

There are many things to consider when refreshing your menu, to help we have a range of advice features this issue from the Vegetarian Society Cookery School masterclass in creating the perfect plant-based offering on page 23 through to KAM Media sharing their secrets to delivering a winning experience on page 41.

As the education sector prepares to close for the summer term we're putting a spotlight on the fantastic 'Chefs in Schools' initiatives over on page 17.

We're also delighted to introduce a brand new editorial partner, the Soil Association, who will be providing advice in our Green Gauge feature every issue focusing on a different catering sector or sustainability issue each month.

We hope you enjoy our May issue, please do share your feedback with us at editor@stirupmagazine.co.uk

 THE SOIL ASSOCIATION ARE OFFERING 10% OFF FOOD FOR LIFE SUSTAINABLE CATERING CERTIFICATIONS TO YOU, OUR READERS – JUST QUOTE STIR IT UP WHEN CONTACTING THE SOIL ASSOCIATION

THE COOKS CALENDAR

May

- 1 – 30/ National Asparagus Month
- 1 – 8/ Dementia UK 'Time for a Cuppa' Week
- 3/ May Day Bank Holiday
- 5/ Cinco de Mayo
- 10 – 16/ National Vegetarian Week
- 11 – 16/ Coeliac UK's Awareness Week
- 29/ National Biscuit Day
- 31/ Spring Bank Holiday

June

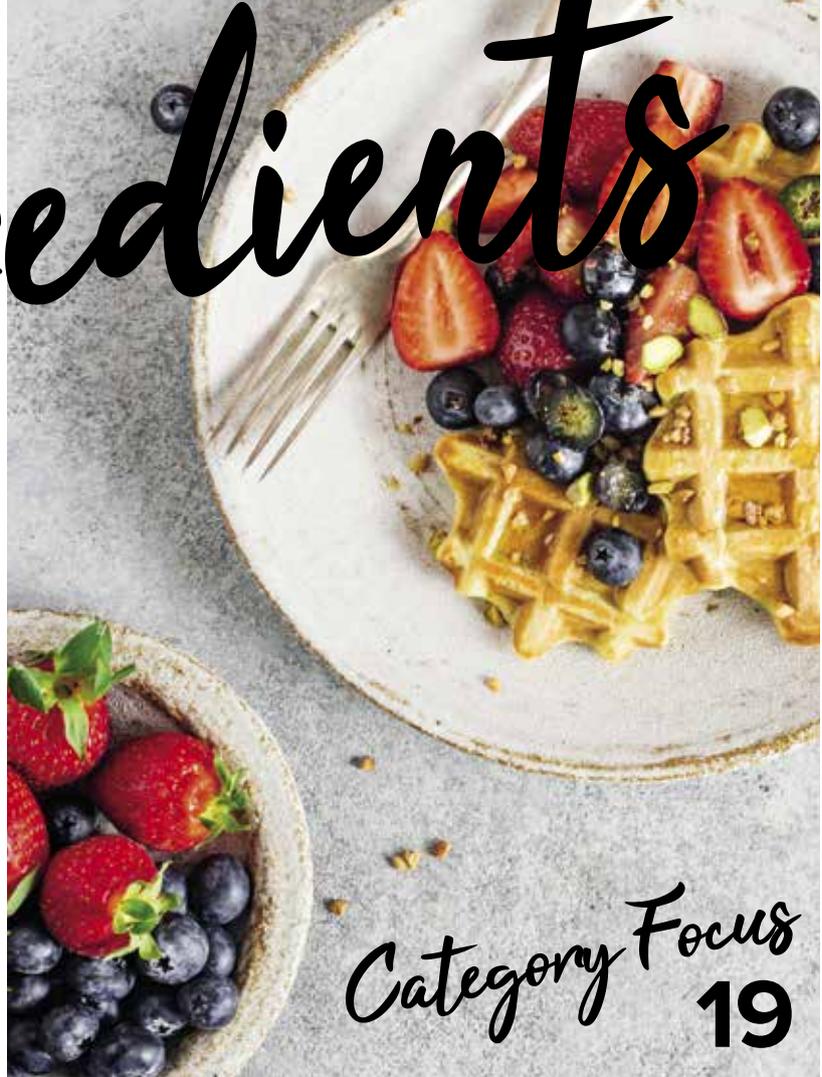
- 1 – 6/ National Growing for Wellbeing Week
- 4/ National Fish & Chip Day
- 8 – 13/ Diabetes Awareness Week
- 14 – 20/ Nutrition and Hydration Week
- 15/ National Beer Day
- 19 – 27/ National Picnic Week
- 19 – 27/ English Wine Week
- 20/ Father's Day
- 26/ National Parma Violets Day

YOU CAN FIND LOTS OF UP TO DATE NEWS, INDUSTRY ADVICE AND MENU INSPIRATION AT WWW.STIRUPMAGAZINE.CO.UK

Ingredients



The Green Gauge **25**



Category Focus **19**



NEWS

- 05**
Readers' Lives
- 09**
Customer Profile
Colm finds his home
- 33**
The Country Club
- 35**
The Marketplace
- 36-37**
Food & Industry News

ADVICE

- 13**
Hospitality
Gourmet grilling
- 14-15**
Health & Welfare
Catering for residents with dementia
- 17**
Education
Chefs in schools
- 19-21**
Category Focus
How do you like your eggs in the morning?
- 23**
Advice From the Experts
Plant-based profits
- 25**
The Green Gauge
Is your menu climate friendly?

INSPIRATION

- 07**
Eat the Season
Crab
- 10-11**
New From Country Range
- 29**
On the Range
Dill cured mackerel, chargrilled cucumber, pickled pearl onions, dill aioli & sesame seed
- 30-31**
Leading Lights
Elizabeth Haigh
- 39**
Five Ways to Use
Green pesto

TRENDS

- 05**
Plate Arrivals
Pakistan
- 26-27**
Melting Pot
Shaping up: tapping into the health-conscious consumer
- 41**
KAM Media Insight
The secrets to delivering a winning experience
- 43**
Food for Thought
Inspirational plates for May menus

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



OUR EDITORIAL PARTNERS...

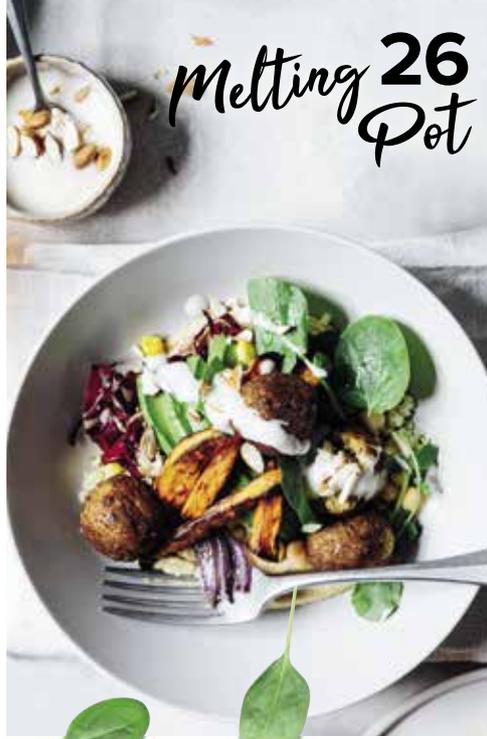




Leading 30 Lights



New From Country Range 10



Readers' Lives

1. **NAME:** Jack Bayliss
2. **JOB TITLE:** Chef
3. **PLACE OF WORK:** Boscastle Farm Shop
4. **WHAT ARE YOUR TYPICAL WORKING HOURS?** Typical working hours are between 8am and 5pm but longer days are required in the peak season
5. **HOW LONG HAVE YOU WORKED IN THE CATERING INDUSTRY?** 11 years
6. **WHAT IS THE MOST INTERESTING FACT ABOUT YOU?** I would say my diversity when it comes to my catering experience. I've worked in every possible area you can imagine
7. **WHAT IS YOUR FAVOURITE CUISINE?** It has to be British cuisine - it's what I was brought up on, it's what I was trained in and it's what I love
8. **WHAT IS YOUR SIGNATURE DISH?** It has to be a traditional Sunday roast. Very simple to put together but also very easy to mess up. The roast potatoes can make or break a Sunday dinner

9. **WHAT IS YOUR MUST-HAVE KITCHEN GADGET?** My must have kitchen gadget has to be the pastry roller. When making hundreds of pasties in one day, having one of these truly makes life a dream
10. **WHAT IS YOUR TOP CULINARY TIP FOR OTHER CATERERS AND CHEFS?** My top tip is just to keep things simple and let the ingredients speak for themselves
11. **WHO IS YOUR INSPIRATION AND WHY?** My inspiration has to be my mother. She always cooked lovely homemade dinners when I was young and it made me want to do the same for other people. One day I hope to be up to her very high standards
12. **WHAT IS YOUR FAVOURITE COUNTRY RANGE PRODUCT AND WHY?** The Country Range Creamery Salted Butter, without which we couldn't make our pastry for our delicious pasties

Country Range Creamery Salted Butter Pack size: 250g >>



PLATE ARRIVALS Pakistan

Delivering on-trend dishes from around the globe

Pakistan has a population of more than 200 million people, including the second largest Muslim population in the world, and is bordered by China, Afghanistan Iran and India.

Its cuisine is a diverse mix of regional specialities and cooking traditions passed down from one generation to the next. The dishes are full of flavour, colour and spice. Here are just a few of the delicious traditional Pakistani dishes...

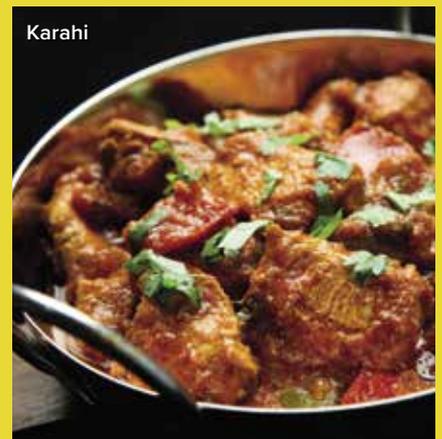
NIHARI Slow cooked meat, usually the shank meat of beef or lamb, which is cooked in a heap of dried spices and a generous portion of ghee. This dish is traditionally served at breakfast time.

KARAHI Taking its name from the black, iron, U-shaped pan, this curry dish is often placed straight into the centre of the table allowing many guests to serve themselves. The dish is often made from goat, but commonly with chicken or shrimp cooked in a tomato broth with onions and animal fat, and occasionally a dollop of cream too. This smokey iconic dish can be found throughout the country.

SAAG The word saag refers to common leafy vegetables found in the Indian subcontinent. The leafy vegetable such as spinach is slow-cooked in a variety of spices until tender.

CHAPLI KEBAB This isn't your standard kebab, this is known to be one of the greatest. This hand-formed deep-fat-fried patty of buffalo meat is a popular street food option across Pakistan. Spiced with a multitude of dried spices, white onions and coriander, this dish is worth crossing the globe for.

DOODH PATHI CHAI This beverage, a variety of chai tea, is made with tea leaves, milk and sugar. The Dooth Pathi reigns the supreme version in Pakistan as a go-to drink throughout the day.



Karahi

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IN SEASON: Crab

EAT THE SEASON



Message from George McIvor, Chairman of The Master Chefs of Great Britain

The Master Chefs of Great Britain was formed in 1980 to provide a forum for the exchange of culinary ideas and to further the profession through training and the guidance of young chefs.

As more people discover crab, they love it, more restaurants and pop-up crab shacks are springing up all over the UK and Ireland. Rachel Blackwood is a student studying for the gold programme at Moray College in Elgin, under the guidance of chef lecturer Alistair Fowlie MCGB. Rachel has provided us with a very well thought out and presented recipe for brown crab accompanied by the most excellent photography.



OFFICIAL TASTING NOTES

Around 65 species of crab can be found in the waters around the British Isles. Most British crabs are omnivorous, meaning they feed on several types of food. They are usually scavengers, feeding on dead animals and plant matter, but will also graze seaweeds and prey on small animals when they can.

The UK's native brown crab species is the heaviest variety of edible crab on our shorelines. It's versatile white and brown meat can be used in many delicious recipes – from crab cakes to crab pasta ravioli or tarts. Brown crabs are caught all year round but are most abundant and best to eat in spring, summer, and autumn. It is best to avoid eating crab during winter spawning months.

Properties: Brown crab is a healthy choice as it contains omega-3 fatty acids, which we need for heart function and to maintain healthy cholesterol levels. It is also high in protein.

1/ GOLD STANDARD

This delicious tartlet is made of a filling of brown crab meat, Arran whiskey cheese, tarragon, eggs and double cream sat in a lemon pastry tart. The dish is finished with a honey-mustard dressing and a radish and pea salad.



2/ AIMING HIGH

This colourful dish created by Highbury College student chefs is Lymington crab tortellini served with gem lettuce and a fragrant mussel and saffron broth.

3/ CATCH OF THE DAY

Here brown crab is one of the incredible flavours in the bouillabaisse that accompanies this fillet of dollaghan trout freshly caught in Lough Neagh.



4/ CORNISH KING CRAB

The newly named 'Cornish King Crab' is celebrated in this delicious burger, complemented by fresh flavours of ginger, spring onion and cucumber and finished with a creamy Hellmann's Real Mayonnaise.

5/ MAKING WAVES

Add variety to your pasta dishes by utilising unusual pasta types such as riminesi which is paired here with crab, mantis shrimp garlic and shallots in a stunning celebration of seafood.



Recipes supplied by: 1. Rachel Blackwood, student chef, Moray College UHI, 2. Highbury College, 2018 Country Range Student Chef Challenge Final, 3. Jim Mulholland, co-owner and head chef at No14 at the Georgian House in Comber, County Down, 4. Unilever Foodsolutions, 5. Surgital Visit www.stiritupmagazine.co.uk/recipes for full recipes.

WASTE NOT, WANT NOT

Never forget to reserve your crab legs and shells for a stunning seafood stock or broth that can then be used in a variety of dishes.

Interestingly, crab shells can also be used as an ingredient in compost as an organic fertiliser.

Also In Season:



Asparagus



Lamb's lettuce



Mackerel



Spring onion



Blackcurrants



Wild garlic



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Weetabix Catering Pack A. 6 x 48



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Alpen No Added Sugar
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More delicious flavours available

Colm finds his home

For a professional plasterer who couldn't cook and didn't even like vegetables, the last 12 years has been a remarkable rise for Colm Smyth, head of catering at The CWC Group, a family-owned healthcare leader providing nursing, residential and disability care throughout Ireland.

With the 2008 recession shattering his prospects as a plasterer, aged 26 with a family to feed and rent to pay, Colm needed a plan B. While he always loved his food (just not his veg), he had never considered a career as a chef.

Colm said:

"If you saw me, you would pick me as a food lover but it was never something I remotely considered as a career. I was actually one of those 30-year-olds who wouldn't eat any vegetables outside of peas and carrots. When the recession hit, I did some work with a foodservice wholesaler and got a real insight into the life of a chef. It definitely piqued my interest and when that role didn't work out, I took a job at a restaurant as a pot washer. Soon, I was promoted into the kitchen and it didn't take long before I was hooked. I quickly reskilled at South East Regional College (SERC) and while passing my Level 2 and Level 3 qualifications, I started working in

local restaurants to increase my knowledge base and experience. It's amazing what can happen in five years."

After continuing to gain experience in a variety of kitchens, Colm then set up an outdoor barbecue catering business and following an event at Corriewood Private Clinic five years ago, out of the blue, an offer came his way.

"A friend of mine worked for The CWC Group and needed a barbecue for one of their incredible fundraising events so I said I could help. On the day of the event, I was introduced to a part of the community that I previously had little knowledge of. I realised my skill set was directed to the general public and that my skills could be used in a specific area where food experience could be an important aspect of a person's day. That was five years ago and it was the best thing I did – I absolutely love it here. The company is very family orientated and all staff are treated as part of it."

Established in 1985, The CWC Group's vision is to provide a person centered approach where independence, choice, dignity and the highest standards of care are valued above all else.

The Group has six sites including Corriewood Private Clinic, The Gate Lodge, Blair Lodge, Seeconnel Private Village, Croob Cottage

and Wood Lodge with four kitchens and a team of 21 staff feeding and looking after around 220 guests.

Colm continues:

"It's a great environment to work in as a chef as there is so much diversity and plenty of opportunities for us all to be creative. Each of the four kitchens has its own menu, all of which run in three-week cycles so the offering is always changing with the seasons. We're always on the search for new ideas so I'm always pushing the team to explore and be adventurous, whether it's online or by actually visiting local restaurants."

"For any chef, the feeling you get when you make something for someone and they eat it and love it, is the pinnacle. It's why we do what we do but when you're creating a dish for someone who can't do it themselves and appreciates it so much, it doesn't get any better. It's an incredibly rewarding job and with The CWC Group acquisitions in the last few years and exciting plans for further improvement, I have definitely found my home."

On the food itself, Colm says:

"We love the Country Range sauces, their huge range of spices and our Country Range Group wholesaler's top-quality range of fresh meats and poultry, which offer fantastic quality and flavour. While curries and stir fries are very popular, it's the classics that still rule. We find some traditional or retro desserts such as a trifle, blancmange and even ice cream cake roll work brilliantly as triggers and help take our guests down memory lane."



Above (main)
Corriewood Private Clinic

Right (top then bottom)
Colm Smyth
Some of the dishes served at Corriewood Private Clinic

"There is so much diversity and plenty of opportunities for us all to be creative."

KEEPING CUSTOMERS SWEET, COME WHAT MAY!

Lighter evenings, the culmination of the football season, two bank holidays and that feeling that summer is just around the corner is set to raise the spirits of the nation.

When it comes to food, the month holds extra significance with a slew of sensational seasonal produce arriving, plus National Vegetarian Week, British Sandwich Week, and International Tea Day all making it a fantastic opportunity for caterers to update their offering.

Throw in the fact that May will, hopefully, signify the start of the long-awaited easing of restrictions across the UK and Ireland, businesses need to be prepared to hit the ground running and ensure you have the right offering to entice customers back through your doors once again.

A SLICE OF HEAVEN

Just in time, Country Range are launching two bite-sized dessert selections, each featuring classic flavour combinations and on-trend dessert formats, that are ideal for kitchens lacking the time or resource to create their own in-house.

Thinking about your customers' needs, cost savvy consumers still want to treat themselves to small occasions of 'edible indulgence', just on a smaller scale. Also, for those consumers that are conscious of their health may be more likely to be persuaded to purchase a bite-sized treat alongside a hot beverage rather than a larger slice of cake or dessert.

As well as being perfect as part of a hospitality caterers' dessert offering, the selections are ideal for the care sector. Care caterers can provide a small dessert slice with a hot beverage as a snack for residents during the day or utilise the selections as part of an afternoon tea which is a great opportunity to promote social interaction and increase the intake of fluid and essential calories.

COUNTRY RANGE MIXED DESSERT SELECTION

A selection of pre-portioned small, on-trend desserts consisting of:

- **Blueberry Crumble Cheesecake** – A crunchy crumble base topped with luxurious vanilla cheesecake, swirled with a fruity blueberry compote and finished with a buttery crumb coating (47g per portion)
- **Chocolate Salted Caramel Torte** – A rich chocolate truffle layered with smooth salted caramel sauce and topped with an indulgent chocolate mousse and a crunchy crumb topping (46g per portion)
- **Lime & Meringue Pie** – Sweet pastry filled with a creamy lime custard and topped with flamed meringue (39g per portion)

Pack Size: 3 x 10 Pre-portioned

COUNTRY RANGE CHEESECAKE SELECTION

A selection of pre-portioned small cheesecake favourites consisting of:

- **Lemon Cheesecake** – A zesty lemon cheesecake on a crisp biscuit base topped with a lemon glaze (40g per portion)
- **Raspberry Ripple Cheesecake** – Crisp digestive biscuit layered with creamy vanilla cheesecake rippled with a fruity raspberry sauce (40g per portion)
- **Marbled Chocolate Cheesecake** – A creamy vanilla cheesecake on a chocolate biscuit base swirled with a rich chocolate sauce (40g per portion)

Pack Size: 3 x 10 Pre-portioned

New

Lime & Meringue Pie

Chocolate Salted Caramel Torte

Blueberry Crumble Cheesecake

Marbled Chocolate Cheesecake

Raspberry Ripple Cheesecake

Lemon Cheesecake



Potato Cakes with
Smoked Salmon

NEW FROM COUNTRY RANGE

**COUNTRY
RANGE**
The Leading Independent
Foodservice Brand

The Summer Breakfast Opportunity

While touted as the most important meal of the day, breakfast was often a meal rushed, missed or certainly down the list of importance when it came to eating occasions.

Thankfully, that has all changed and now there is a newfound respect and excitement around breakfast which is only going to build this summer.

You can be certain that for kitchens to survive and thrive in the coming months, they will need to make the most of every dining occasion, across all day parts.

Here we've broken down the latest consumer trends to help support you to create the perfect breakfast offer:

HEALTH – Even before the pandemic, the trend for healthy living and eating was growing. This has only increased in the last year with more and more people looking to keep fit. Make sure you have the food and drinks to fuel and reward this health-conscious crowd. In care homes a healthy, fortified breakfast can give residents a big boost in the morning. Offering a variety of drink options such as our Summer Fruit Smoothie made with Country Range Frozen Summer Fruits as well as a breakfast food dish can help to increase intake of essential vitamins, fluid and calories.



Summer Fruit Smoothie

INDULGE – This summer will be dominated by reconnecting with friends, family and loved ones. With many opting for breakfast or brunch, instead of the big Sunday roast or night time drinks, there is a great opportunity for kitchens to pull out all of the stops. Mix it up with some savoury and sweet specials such as our Yogurt Pancakes or Potato Cakes with Smoked Salmon and Cream Cheese recipes.

"I'M A BIG FAN OF THE COUNTRY RANGE MAPLE AND AGAVE SYRUP ON PORRIDGE, WE ALSO SERVE IT WITH OUR AMERICAN-STYLE PANCAKES AND BACON" - CATERING OPERATION, EXETER



BREAKFAST-TO-GO – A newfound love of the outdoors for many, means local parks and commons will still be popular breakfast dining venues so make sure your menu has takeaway options, smoothies and coffee to-go.

"THE WHOLE RANGE IS GREAT TO USE, SO IT'S DIFFICULT TO PICK A PARTICULAR FAVOURITE, BUT I'D PROBABLY GO FOR THE COUNTRY RANGE BAKED BEANS. WE HAVE TRIED MANY ALTERNATIVES BUT THESE HAVE ALWAYS COME UP THE BEST"

- SCHOOL, EAST YORKSHIRE

THEMED BREAKFASTS – Go the extra mile and run some themed breakfasts in the month of May, as there are plenty of occasions coming up. Think bottomless brunches or breakfast's for the bank holiday weekends, a mexican inspired breakfast or brunch for Cinco de Mayo, or even a sport or charity related breakfast event.

GO GLOBAL – People are desperate for sea, sand, surf and serene scenery abroad so cater for these whims by showcasing some classic international twists on breakfasts. Consider using global inspired flavours and formats in both a sweet and savoury option. For a savoury option our Baked Mexican Egg recipe uses Country Range Medium Free Range Eggs, Country Range Tomato and Basil Sauce and a variety of the Country Range herbs and spices. For a sweet option recreate our indulgent Bombay Spiced French Toast recipe which includes the Country Range Natural Yoghurt, Country Range Coconut Milk and Country Range Medium Free Range Eggs.

To find out more information about the products and recipe inspiration detailed in this article please visit www.countryrange.co.uk

Spiced Bombay Style French Toast





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Sharwood's

INDIAN CUISINE

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 & DELICIOUS ACCOMPANIMENTS
AT THE HEART OF YOUR MENU



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Gourmet grilling

This year offers a huge opportunity to capitalise on barbecuing with the opening of beer gardens and outdoor dining areas.

As a result of lockdown and the pandemic, people are used to being outdoors. National BBQ Week, which celebrates its 25th anniversary from 2nd to 11th July, raises further awareness for barbecues with its week-long calendar of events, offering another push for the market.

Brian George, creator of National BBQ Week, who is known as The Grill Master says “As a result of the pandemic, people’s mind-sets have changed - outdoor dining is here to stay. This year is the biggest opportunity that the trade has been presented with for years. Businesses can take advantage of alfresco dining and the “pent up demand” – people have been shut in their homes and want to get out.”



SO HOW CAN YOU MAKE THE MOST OF BARBECUING?

Barbecues are all about theatre so the more visual you can make it, the better, as it draws people in. Brian recommends that the barbecue grill, whether charcoal or gas-fired, should be the focal point of the alfresco cooking station. “Consider getting a couple of ‘smokers’ for smoking meat and fish, as well as an outdoor pizza oven,” he says. “Have the grill at the centre with the smokers and pizza oven as an “add on” – this will create additional interest.”

It’s a matter of choice whether you opt for a charcoal or gas-fired grill. “Each chef will have their own preference,” Brian says. “Charcoal can create more theatre whereas a gas grill works well for larger numbers and is more controllable.”

He points out that although restrictions may have been eased, customers may still feel apprehensive, so suggests distancing tables 2m apart – if you have the space.

Barbecues have come a long way from burnt sausages in a bap covered in ketchup. “It’s more gastro grilling now with more exotic fare such as swordfish and oysters. Oysters are easy to prepare – shuck the oyster and stick it on the grill, add marinade or a splash of tabasco,” he says.

Burgers remain a firm favourite, but be creative; Brian’s signature dish the Best Ever Burger has layers of halloumi, blue cheese, pancetta, avocado, onions, peppers, chillies, a burger patty and mayo in a brioche bun.

Fish has come into its own with tuna, shark and swordfish which can be put straight onto the grill. “Fish cooks quickly – make sure it’s well-oiled with rapeseed oil which doesn’t burn as quickly as olive oil,” says Brian.

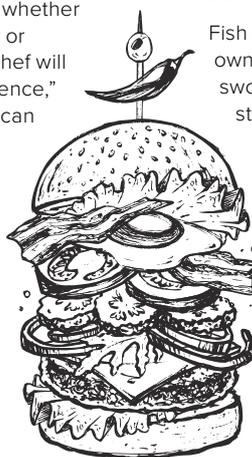
Seabass can be placed in foil with salt, which helps to retain the moisture in the fish and exaggerate the

flavour. Another option is “salt bath sardines” – sprinkle sardines with sea salt, wrap in foil and put on the grill.

Vegetarian or vegan options are in demand too in line with the continuing trend towards meat-free meals. Brian’s suggestions include asparagus drizzled with truffle olive oil and chargrilled peppers with Parmesan or vegan cheese. “Grilling fruit is another idea. Chargrill a whole pineapple, for example – no need for foil.”

Marinating barbecue food is important as it will not only give it an aromatic flavour, but also ensure it is less likely to dry out when cooked. Brian advises marinating food in a sealed plastic bag and placing in the fridge. “Leave fish for 30 minutes, meat an hour and chicken 90 minutes so that the marinade is really absorbed.”

www.nationalbbqweek.info



Barbecues have come a long way from burnt sausages in a bap covered in ketchup.



Catering for residents with dementia

Catering for residents with dementia in care homes needs careful planning. People with dementia have more complexities which make eating and drinking more difficult independently, so it is essential they are offered food that they not only enjoy eating but also benefits them nutritionally.

Sue Cawthray, National Chair of the National Association of Care Catering (NACC) says "Dementia creates an ever-present barrier to eating well for many reasons – from a person not understanding that it's breakfast, lunch or dinner time, to not recognising some foods or having difficulties with fine motor skills. It is therefore imperative that chefs and catering teams understand the individual needs of each resident living with dementia and are agile and creative in the approach to food and mealtimes."

We've spoken to Sophie Murray, Nutrition and Hydration Ambassador, NACC and Head of Nutrition & Hydration at Sunrise Senior Living (a group of 45 care homes) who shared with us various elements of their approach to catering for their residents with dementia.



QUESTION TIME

When a resident with dementia first arrives at a care home, it is vital to glean information from the family about what food they like, as well as asking the resident key questions. Sophie says "Questions can include 'After you were ill, what was the food you craved, what foods helped nurse you back to health?'"

FEEDBACK LOOP

Tasting sessions are a good idea to get residents' feedback. "There may be residents from four decades from their 60s to 100s so you have to cater for different tastes."



MIX UP THE MENU

Most care homes have a weekly menu with key choices which run for three or six months. It is seasonal taking into account residents' likes and needs. Sophie says "In addition we have what's called an "always available" menu. If it's a roast dinner on the set menu, but the resident prefers a salad, they can order it from this menu."

Popular dishes include cottage pie, beef bourguignon, lamb hotpot, salmon with tomato cream sauce and for vegetarians, 'shepherdless' pie with lentils and vegetarian gravy or nut roast. Fruit based sponges are a hit, as well as mousse and ice cream.



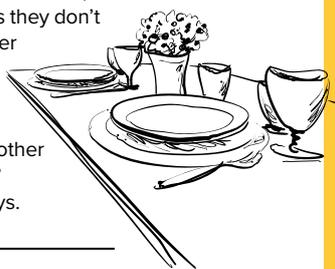
"It is imperative that chefs and catering teams understand the individual needs of each resident living with dementia"



DEMENTIA ACTION WEEK MONDAY 17TH MAY TO SUNDAY 23RD MAY
 Dementia Action Week is organised by charity Alzheimer's Society to raise awareness for the condition.

SUITABLE SETTING

It's important the dining area has a relaxed atmosphere with the table laid out properly, pictures on the walls and so on. Crucially, the dining experience needs to be without distractions. "Service needs to be co-ordinated with no washing up going on. You need to find out what each resident prefers-sometimes they don't want a carer sat next to them and prefer to sit with other residents," Sophie says.



EVENTFUL

Running themed events work well. For example, during Wimbledon Week Sophie's team serve strawberries and cream.

Involving residents in aspects of cookery keeps them stimulated and interested in food. Baking is a great activity with several steps for people to be involved in. The Alzheimer's Society is holding its annual fundraising Cupcake Day on Thursday 17th June to encourage baking.



STIMULATE THE SEASONS

Loss of appetite is a common difficulty, so an effective way to encourage residents to eat is to stimulate the sense of smell. Sophie says "Bread machines, toasters, waffle machines, popcorn machines all emit delicious aromas and can be used in front of residents."

FEAST YOUR EYES

The key at meal-times is to make the food visual by showing them a plate of food. "Picture menus work as well," says Sophie. "So at breakfast they can be shown a cooked breakfast or a bowl of cooked porridge and asked to make a choice. Then the server gives them a fresh plate of food."



Keeping
MEAL-TIMES
flexible

At Heath Lodge residential care home in Harrogate, Yorkshire, run by Harrogate Neighbours, 40% of the 28 residents have dementia.

Stephen Wilkins, Hospitality Manager, Harrogate Neighbours, says "We find out about the person's background, their history and understand their level of dementia. Every resident has a profile provided by the family or local authority. We complete a food evaluation form with likes, dislikes, allergies and so on. We look at their past life, where they worked, lived, occupation so we build a picture of the person. We work closely with the care staff and have regular meetings to raise any concerns."

All food is cooked fresh daily by the catering team. The set times for meals are very flexible and service is not rushed. Stephen's advice for menus is to make portions small, bite-sized, appetising and accessible, "as anything too big can put the resident off the meal."

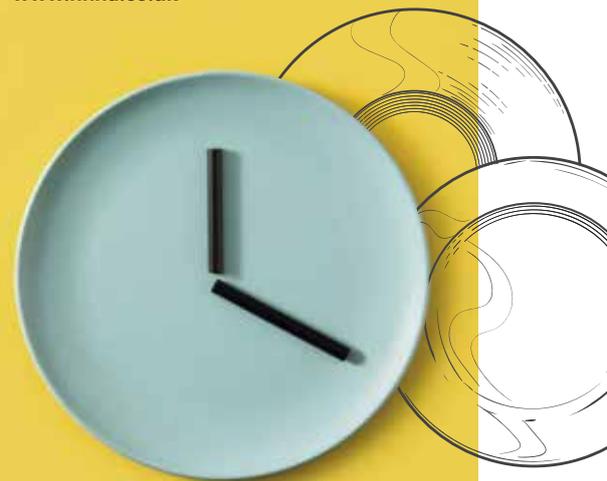
Pies, roast dinners, sausages, fish and chips, corned beef hash are all popular. "We build a profile of the nutritional elements to make sure the meal is balanced," he adds. "We celebrate days such as Shrove Tuesday, National Pie Week and special events during the year associated with food such as VE Day and St Patrick's Day."

There are also areas where residents can enjoy snacks such as pâté on toast, cheese and biscuits, small pieces of cake, mini fruit and finger sandwiches.

At meal-times residents are encouraged to sit together where possible with care staff. "We serve food on a tray so they can see the food."

To help residents recognise which meal they are having and to encourage their appetite, Stephen says they use "prompts" and by that he means verbal prompts, pictures of food or a trolley laid with appetising dishes.

www.hnha.co.uk



To find out more information about the NACC please visit www.thenacc.co.uk



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Chefs in Schools

The aim of charity Chefs in Schools is to improve the health of children by transforming school meals and food education. The charity, which started in 2018, does this by recruiting chefs to work in schools or by training existing catering staff.

Currently, Chefs in Schools works with 80 schools in London and plans to expand into other areas of the country.

Nicole Pisani, co-founder and Executive Chef says “We believe school food is vitally important to a child’s education. Our mission is to encourage and enable schools across the country to serve great, creative school food that doesn’t just fill them up, but feeds their imagination too. Any school can use our service. They tell us what their vision is and we’ll help them achieve it, whether it’s having a farm or alfresco eating.”

Nicole sees the dining room as an extension of the classroom. “It’s all about getting children excited about food and making sure they are encouraged to try

different ingredients. You need to put children at the centre. Their experience of food at school sets them up for life. If a child is carrying a tray with their main meal and dessert and can’t carry it properly, the ice cream may slip into the peas and this makes them cry. It might put them off ice cream or peas for life.”

In 2014, Nicole hit the headlines when she took over the school kitchen at Gayhurst Community School in London’s Hackney. Prior to this, she was head chef at the acclaimed Nopi restaurant in London. While writing the School Food Plan with a colleague, Henry Dimbleby (a governor at his children’s state primary Gayhurst Community School) posted a tweet asking if anyone would be interested in taking over the school kitchen. “I decided to apply as my body was telling me to slow down,” she says. “I didn’t know about school meals as I was brought up in Malta and we used to go home for lunch.”

From her first day at Gayhurst, Nicole realised how meaningful and rewarding it was to work in

a school “and that I was making a difference. I wanted to serve food that was made with love and from scratch and that everyone would want to eat. I also had a better work/life balance.”

Her first job was to retrain the school cooks using the restaurant brigade system, so sections were introduced and job descriptions were changed into head chef, sous chef, chefs di parti, kitchen porter and so on.

“Staff who came into the kitchen to serve the food felt disconnected, so we all started prepping and serving together so they would feel part of the team,” she says.

Gayhurst Community School became the model for Chefs In Schools, formed by Henry Dimbleby, Nicole Pisani and Louise Nichols, executive head teacher of the Leap Federation of Schools, which includes Gayhurst. It is backed by some of the country’s leading food influencers such as Prue Leith and Yotam Ottolenghi.

In a collaboration between Chefs in Schools and Gayhurst, Nicole and Louise set up Hackney School of Food. Nicole says “The concept is that a child can pull up a carrot from the school’s gardens, cook and eat it on the same day.” Described as a “field to fork” cooking school, it trains school chefs and offers food education to children and communities in Hackney.

www.chefsinschool.org.uk



Above (main)
Chef making fresh bread

Left (Clockwise)
Barwood School meal
Woodman Stern School meal
JB the Chef School meal
Woodman Stern School meal

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How do you like your eggs in the morning?

Whether you are a hotel, care caterer, café or cost-sector caterer breakfast or brunch will most likely be an important part of your business – in fact it has become so significant, pubs and restaurants are expanding their menus in a bid to secure a share of a consumer market that is estimated to be worth over £7.3 billion.

From hot breakfast rolls to light bites, ramen noodles, sweet treats and boozy brunches, there has never been so much choice tempting us out of our homes every day of the week, providing opportunities to catch up with friends, find some quiet time to ourselves or simply fuel up to help us face the day ahead.

OUT OF HOME TRENDS

Prior to the recent pandemic, it was estimated that 35 million adults in the UK and 17% of consumers in Ireland ate breakfast out-of-home every year with the demand for breakfast and brunch being twice as strong amongst millennials than any other consumer group. While weekend trade has been a significant contributor to growth in this market (almost 50% of adults surveyed in the UK stated that they go out for breakfast as a weekend treat), a 15% rise in the number of people working more than 48 hours a week has driven weekday demand. Breakfast at home is often one of the most sacrificed meals when time is scarce and as such, 1 in 3 consumers who skip breakfast at home are opting for grab-and-go solutions as part of their daily commute.

A brunch selection, including vegan waffles with fresh fruit and poached egg on a bed of salad

24-35 YEAR OLDS ARE MOST LIKELY TO HAVE BREAKFAST OUT-OF-HOME MULTIPLE TIMES A WEEK?



INDULGENCE IS NOT ONLY LIMITED TO SWEET TREATS, IT CAN ALSO TAKE THE FORM OF ALCOHOLIC BEVERAGES SERVED AS PART OF A BOTTOMLESS CELEBRATORY BRUNCH

The top four breakfast items have rarely changed over the years, with pastries topping the bill as firm favourites “Over the past five years our sales of fresh and frozen viennoiserie have increased by +30%” comments Stéphanie Brillouet, Marketing Director, Délifrance. However, this doesn’t mean to say that consumers are not willing to branch out. Global foods currently influencing dinner and lunchtime menus are now appearing on breakfast and brunch menus too, with dishes such as Shakshuka, Turkish poached eggs or Southern style biscuits and gravy becoming popular choices.

A HEALTHY START TO THE DAY
Still considered one of the most important meals of the day, it is not surprising that consumers are keen to have a healthy breakfast. Porridge remains one of the go-to options for operators in every sector due to its versatility. Whether topped with fruit, nuts or a touch of honey, it provides a fibre rich source of carbohydrates to fuel our bodies, support gut health and helps us feel fuller for longer.

Fruit pots and cereals in a bag are great grab-and-go options which meet the needs of a broad range of dietary requirements, but try branching out a little, adding bircher muesli with stewed fruit, protein bars or overnight oats to your menu. “Overnight oats are a fantastic breakfast option for those working across the cost-sector. Where calorie intake is an essential consideration – chefs can simply switch from Philadelphia Light to Philadelphia Original for residents to benefit from its excellent fortification properties” comments Gareth O’Hara, Philadelphia Professional Healthcare Chef Ambassador.

Adding vegan dishes to a breakfast or brunch menu is quick and easy, using vegan friendly yoghurt, oat, cashew, almond or coconut milk and for hot options, vegan sausages and beans or avocado on toast. However just because it is vegan, does not mean it is healthy as Luxey Dayanandan, Head of Wellness & Nutrition at RA Group notes; “Vegan options are usually considered to be healthier, but they can be high in fat, sugar and salt so carefully consider the ingredients you use and the overall nutritional profile of the recipe. Be mindful of the sugar content in items such as smoothies as it can often creep up when using fruit and juices which impact blood glucose levels.”

INDULGENT TREATS

Breakfast and brunch is not just about eating healthily, it is also seen as a luxurious treat. “As a society, we’re more health conscious than ever, but ‘good behaviour’ with eating and exercise often leaves people feeling like they deserve a treat. On the flip side, those less interested in leading a healthy lifestyle often use indulgent food as easy gratification. It just goes to show that there’s always going to be a place for more indulgent options, no matter who your customers are” says Bee Farrell, Culinary Anthropologist.

Adding a little sweetness to your menu by way of pancakes, waffles or pain au chocolat will give your business broader appeal “Once seen as exclusively an after-dinner treat, sweeter choices have become much more inclusive with consumers choosing more indulgent items across the whole day” comments Anna Sentance, Gourmet Marketing Manager, Callebaut UK and Ireland.

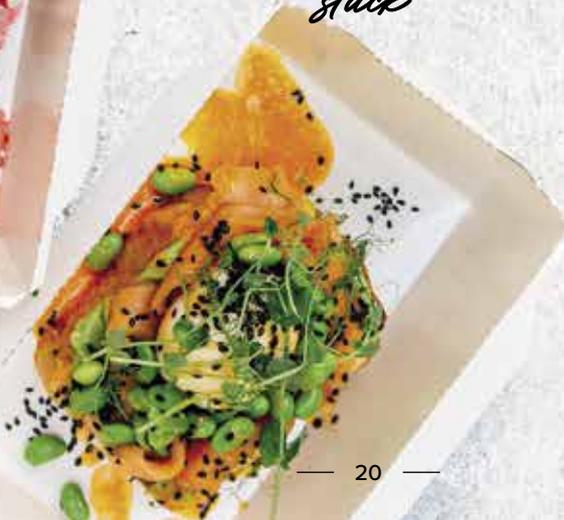
Although breakfast menus clearly feature some well loved favourites, when it comes to brunch, operators can throw the rule book out of the window and get creative with dishes that are more akin to lunch and attract a diverse population. Whichever route you choose, your level of success will be dependent upon the quality of your ingredients, breadth of selection and your ability to meet the needs of an increasingly demanding consumer.

Smoked ham and egg bruschetta



41% OF CONSUMERS DEEM A GOOD COFFEE OFFER ESSENTIAL FOR A VENUE TO BE CONSIDERED ‘GOOD’, FOLLOWED BY A VEGAN (15%) AND GLUTEN FREE (11%) SELECTION³

Fresh berries and yoghurt, & smoked salmon breakfast stack



¹ UK survey of adults 2007-2017

² Délifrance Beyond Breakfast and Brunch Insight Report

³ Délifrance Beyond Breakfast and Brunch Insight Report



*Scrambled egg,
pancetta and
fresh greens on
a seeded bagel*



**ETHNIC INFLUENCES ARE ON TREND,
WITH CONSUMERS MOST WANTING TO SEE:**



Feeding young minds

With many schools operating breakfast clubs and universities featuring on-campus cafés, breakfast in the education sector is an important consideration. Quick and easy options of fruit, cereal and bagels are great staples, although keeping abreast of food trends will help encourage engagement amongst younger consumers. Category blurring for breakfast is one such trend that is worthwhile investigating, including dishes such as smoothie bowls, drinkable oats and popcorn muesli.

“Popcorn is a great way to add wholegrains into the diet” explains Luxey Dayanandan, Head of Wellness & Nutrition at RA Group, “experiment with flavours, perhaps a little cinnamon or paprika. Oatcakes with sliced tomatoes or some easy home bakes using dried fruit, oats, seeds and low fat spread to make flapjacks or berry balls can be a great way to get more fruit into children’s diets and will help provide valuable vitamins and minerals outside of main meals to fuel them through the afternoon.”

In the higher education sector, think about what influences purchasing decisions, introducing drinks such as kombucha which is currently popular amongst younger, health aware consumers or increasing the variety of vegan dishes on your menu. This sector is the most convenience oriented and will be price sensitive, so meal deals with grab-and-go options will be key to drive sales.



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NATIONAL VEGETARIAN WEEK 10TH-16TH MAY 2021



Plant-based profits

Sam Platt,
manager
of the Vegetarian Society
Cookery School

National Vegetarian Week is organised by the Vegetarian Society to highlight the versatility of vegetarian food and encourage consumers and celebrities to try vegetarian food for a week through its Veggie 123 initiative.

This presents a great opportunity for you to show off veggie and vegan products and capitalise on this awareness campaign.

It isn't unusual for the vegetarians in a group of family or friends to have a big say in where the whole group will choose to eat. By offering creative veggie/vegan choices on menus you are not only meeting customer demand, but also increasing the likelihood of return business.

How can you make the most of National Vegetarian Week?

- **WHEN CREATING YOUR MENU, DON'T LEAVE THE VEGGIE DISHES TILL LAST.** If you're a meat-eater, you may need more thought and ingenuity to design veggie and vegan dishes, don't leave it until the creative juices run dry.

- **THINK ABOUT STRUCTURING VEGGIE/VEGAN OPTIONS IN JUST THE SAME WAY AS MEAT DISHES** - "Where's the protein? Where are the carbs? Where are the vegetables? Where's the flavour?"

- **DON'T OVERDO THE CHEESE.** Not every veggie dish needs it. If cheese is an ingredient in your veggie starters, avoid it in your main courses and vice versa. Try other ways to add protein in a dish; pulses and grains, tofu, nuts, seeds, and tempeh all have great protein content – and are tasty too.



- **EXPERIMENT WITH FLAVOURS AND COOKING METHODS.** For example, try combining different vegetables in one dish. Cook them in various ways too – mashing, roasting, marinating, steaming, frying and sous vide them. The Vegetarian Society website has a wealth of recipe ideas such as Vegan Fish and Chips, The Hairy Bikers' Veggie Burgers, Tofu Rogan Josh with Chilli Rice, 'Not That Naughty Burger' with Frisbee Fries or Bangers and Garlic Herby Mash with Onion Gravy.

- **MAKE SURE YOUR VEGGIE/VEGAN OPTIONS ARE JUST AS ENJOYABLE and satisfying as the non-veggie dishes.** A plain green salad can be tasty but on its own it doesn't make a great dining experience.



- **BE AWARE OF NON-VEGGIE 'HIDDEN INGREDIENTS'.** There are ingredients that may appear to be veggie but in fact aren't. For example, Worcestershire sauce contains anchovies and many French and Italian cheeses are not vegetarian such as parmesan, but there are vegetarian alternatives. Make sure you label vegetarian cheese as veggie on your menus. Certain beers and wines have non-veggie ingredients, but veggie options are available.

- **EDUCATE YOUR STAFF.** It is so important that your customers can access the correct information. Ensure that staff know the basics of vegetarian and vegan diets and which items on your menu are suitable or adaptable.

Gluten Free VEGAN

- **ENSURE THAT VEGGIE/VEGAN OPTIONS INCLUDING DESSERTS ARE CLEARLY MARKED ON YOUR MENU.** It will speed up the order process if veggies/vegans don't have to ask if dishes are suitable for them.

- **RUN A PROMOTIONAL OFFER DURING THE SPECIAL WEEK** which can be featured on the National Vegetarian Week website, social media and the Veggie 123 kit, available digitally to participants. For more details, download the business kit from the website.



FREE RESOURCES AND PUBLICITY

Don't forget that you can download free resources via the National Vegetarian Week website. Share your favourite vegetarian recipes, events or offers on social media using #NationalVegetarianWeek. www.nationalvegetarianweek.org



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*Proof: Cambridge Direction "FOH Sauces and Brand Choices" research 2016

Is your menu climate friendly?

COVID-19 has been a destructive force across the catering industry. Yet there is a silver lining. Caterers are reducing costs, improving employee wellbeing, and increasing meal uptake by putting climate, nature and health at the forefront of their business.

Clare Clark, Senior Business & Product Development Manager, Food for Life Served Here, a Soil Association programme, shares her 5 top tips for healthier, climate friendly menus and explains why this can help your business thrive

MOUNTING PRESSURE

In a competitive market, caterers need to demonstrate their ability to deliver high quality food safely. We're now seeing increasing customer demand for healthy food with a low environmental footprint.

Caterers are under mounting pressure to know their stuff when it comes to crucial topics from palm oil, to single use plastics, animal welfare and climate change. This

is a big challenge. Caterers are grappling with complex and often contrasting technical information, whilst at the same time striving to meet bigger targets with smaller budgets.

WHAT'S GOOD FOR HEALTH IS GOOD FOR THE PLANET

Recognising that climate, nature and health are interlinked is vital to understanding how to make your business greener. What's good for health is usually good for the planet.

Food for Life works with caterers to sift through the 'greenwash' - to establish what catering for human and environmental health looks like for kitchen practice, procurement and plates.

A GREEN RECOVERY

A green recovery from COVID-19 is best for people, the planet and the resurgence of the catering industry.

The great news is you don't have to become specialists – there is help available to caterers of all sizes.



OUR 5 TOP TIPS FOR HEALTHY, CLIMATE FRIENDLY MENUS:

1 Reduce ultra-processed foods on menus

Research associates ultra-processed foods with obesity, cancer, type-2 diabetes and cardiovascular disease.¹ These foods also typically have a much higher environmental footprint than fresh, whole foods. You can read more about this in the Soil Association's Ultra Processed Foods report.

2 Use less but better meat

Many chefs have reduced meat on their menus by introducing meat free days or lowering the meat content in recipes. By saving money on quantity, chefs can purchase higher welfare produce such as organic or free range.

3 Use less or better palm oil

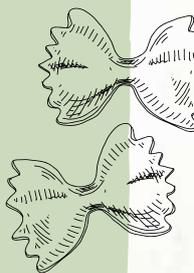
Keep your palm oil products to a minimum or, where necessary to use palm oil, use Roundtable on Sustainable Palm Oil (RSPO) certified palm oil.

4 Make a food waste reduction plan

One third of all food produced is thrown in the bin – then we have to pay someone to dispose of it. To ensure the fresh, healthy meals you serve are being eaten, measure your food waste.

5 Introduce more whole food

Increasing whole foods is great for health and for the planet. These foods generally aren't as processed and are likely to require less energy overall. Switch white rice for brown, use wholegrain pasta, pulses and different grains and lots of fresh fruit and vegetables.



Stir it up readers can book a free appointment with one of the Soil Association's sustainable catering experts. Visit [foodforlife.org.uk/stiritup](https://www.foodforlife.org.uk/stiritup) or contact Clare directly on cclark@soilassociation.org



¹Elizabeth, L., Machado, P., Zinöcker, M., Baker, P., & Lawrence, M. (2020). Ultra-Processed Foods and Health Outcomes: A Narrative Review. *Nutrients*, 12(7), 1955. <https://doi.org/10.3390/nu12071955>

shaping sup



Tapping into the health-conscious consumer

Superfoods were the superheroes of the early 2000's and since then the health food market has exploded, exposing consumers to juice bars, the introduction of protein snacks in cafés and the growth of healthy fast-food retailers such as Leon.

Recent KAM Media research indicates that consumers are now looking for pubs, bars and restaurants to cater for this evolving trend with 43% wanting to see lower sugar options, 41% wanting lower salt content and 1 in 5 would like to see meals fortified with protein and fibre. With every consumer offering a very different opinion on what they perceive as healthy, how can operators start to break into this market? We spoke to chefs, nutritionists and operators in the industry to learn more about the many ways healthier dishes can be introduced to menus across each sector of the foodservice marketplace.

*Vegan Falafel Bowl with
hummus, sweet potato,
spinach and almonds*



IAN HUMAN

Head of Culinary, Ways to be Well

At Ways to Be Well, our plant-forward and nutritionally designed menus are packed

with fresh, seasonal produce that promote gut, brain and heart health and are available at participating restaurants across the country. We focus on a variety of different plant-based food sources such as beans, lentils, nuts, seeds (chia, camelina, sunflower, pumpkin) to create dishes such as spicy bean shakshuka that are good sources of protein, fibre and full of good fats. We are also experimenting with fermented foods such as sourdough bread and kimchi that can help support a healthy gut and adds unique flavours and textures such as our Smoked Mackerel with Kimchi and Apple sandwich.



DR AAMER KHAN

Author and Founder, Harley Street Skin

When it comes to meal staples, we want to make sure our fish, poultry and

meat come from healthy livestock sources. So think organic and grass-fed for your meat and fish sourced from the sea and natural rivers. Customers will know the difference because of how much tastier fresh produce is. But what to serve alongside the fish, poultry and meat? In-season vegetables are a must as they haven't been in cold-storage for lengthy amounts of time, dishes such as creamy sweet potato and parsnip mash or vegetable patties would make great healthy options.

Magnesium is essential for the absorption of calcium, as well as for keeping blood pressure in check, and both are crucial to the body's function. Foods rich in both are sardines, white beans, kidney beans, sesame seeds, greens such as cabbage, kale and broccoli, almonds and goat cheese.



SIMON SOLWAY

UK and IRE OOH and Retail Country Manager, Gold&Green® Foods

Switching from meat to a plant-based alternative is

an easy way to upgrade your menus and boost nutrition. The plant-based market was already in growth but following the events of 2020 demand went into overdrive – pushing the market to grow a further +243%! Consumers are increasingly aware of what's in their food so Pulled Oats® by Gold&Green Foods has made this easy for operators, containing only five ingredients which are 100% natural, no soy and offer more protein than beef and chicken. Start by flipping meaty favourites such as Bolognese or Chilli Con Carne on your menu with Pulled Oats® and wow your diners.



ZOE DAVIES

Nutritionist, Action on Salt

Many consumers are now looking for options that are lower in fat, salt, sugar and

calories. With the options currently available this is very hard, so making our food environment a healthier, more accessible one is a much-needed priority. Simple measures can include: providing clear nutrition labelling on menus, promoting lower salt, fat and sugar food options as the default option, including more whole-grains and vegetables into dishes, adding less salt when cooking or using lower/reduced salt ingredients and opting for less indulgent side dishes, sugary drinks and desserts on menus will play a vital role in shaping the food choices we make.



JUGGY SIDHU

Nutritionist

Building in gut friendly foods doesn't need to be too difficult and with a little strategic thinking you can

add a vegan friendly dish to your menu that packs a powerful protein punch! In practical terms, adding kimchi to your repertoire using cabbage, radishes, ginger, garlic and spices will give you a functional addition to most dishes, either to the side of a dish, over the top of a grain bowl, to flavour or braise meats or even to be used as the base to a pasta sauce!

You can also try adding tempeh to your menu as a great meat substitute. Tempeh covers a few bases, it is a high protein vegan alternative to meat and is derived from probiotic filled soy, which means you are not only catering to the vegan market but the health conscious too!



GARETH O'HARA

Healthcare Chef Ambassador, Philadelphia Professional

Delicious, seasonal soups are a fantastic option for chefs working in the healthcare sector.

Warm and comforting they're a great way of packing in extra nutrients and also work well for patients who struggle with swallowing.

Honey Roast Squash, Philly and Red Pepper Soup has a lovely creamy taste and importantly, can be easily adapted to suit residents' needs. Try leaving on carrot skins for even more essential dietary fibre, swapping in seasonal veg to improve cost savings and to enhance fortification simply add more Philly into the mix.

Left (main)

Vegan Falafel Bowl with hummus, sweet potato, spinach and almonds

Right

Kimchi cabbage and radish salad



JAMES BIRCH

Business Development Chef, Unilever Foodsolutions

Eating Healthy is not just about taste. Our choice of

what we cook as chefs for our customers can have a really positive impact beyond the plate. Knorr Future 50 ingredients are a great starting point.

This list of Future 50 Foods, consists of various varieties of vegetables, grains, cereals, seeds, legumes and nuts from across the globe, that contribute to more resilient and sustainable food systems with greater biodiversity and less waste.

Chefs can be a key part of this and really help to drive this action. Focusing on creating those super healthy dishes, such as a delicious Fresh Corn Polenta with Soy, Parsley Root, Walnut and Kale Pesto, which are healthy for the planet and taste fantastic too.

Other menu ideas perfect for your summer menu are found in the KNORR future 50 foods cookbook. Such as tofu and black bean tacos, quinoa (risotto made with quinoa, beetroot tops), orange tomato gazpacho, Bombay sweet potato rolls with red cabbage koshimbar.

Please see www.ufs.com for lots more information.



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Dill Cured Mackerel

CHARGRILLED CUCUMBER, PICKLED PEARL ONIONS, DILL AIOLI & SESAME SEED

**SERVES
4**

The Wychwood Inn is an award-winning, family run Cotswold restaurant, hotel and pub located in the picturesque village of Shipton-under-Wychwood, Oxfordshire.

Known simply as 'Shipton' by locals, this small village sits on the edge of the Cotswolds, a national Area of Outstanding Natural Beauty.

The kitchen is the domain of head chef Joe McCarthy, who has been in charge of a small team in the kitchen for the past 6 years.

Joe undertook his apprenticeship at the Lords of the Manor in Upper Slaughter, while training at Gloucestershire College in Cheltenham. He went on to gain experience at a number of restaurants around the Cotswolds before settling at the Wychwood Inn, where he has been central to their success.

"I have the trust of the bosses and completely free reign in the kitchen, which is a dream for any chef, especially when you're lucky enough to be surrounded some of the best produce in the UK. Whether it's classic pub fayre or fine dining, I get a real buzz off surprising diners with innovative combinations and twists using the best seasonal ingredients."

"This dish has been a favourite wherever I have been. It has a few different stages to it but it is simple to put together and beautifully refined, with the key ingredients and flavours lifted to magnificence."



**JOE
MCCARTHY**

INGREDIENTS

Dill Cured Mackerel

- 4 Country Range Juniper Berries
- 4 mackerel fillets
- ½ bunch dill
- 50g caster sugar
- 50g rock salt
- Lemon peel of ½ lemon

Dill Oil

- 700ml Country Range Vegetable Oil
- 2 bunches of dill

Pickled Pearl Onions

- 2 Country Range Juniper Berries, crushed
- 40ml Country Range White Wine Vinegar
- 200g pearl onions
- 15g sugar
- 15g dill
- 5 kombu (kelp)

Dill Aioli

- 3 Country Range Medium Free Range Egg, yolks
- 2tsp Country Range Dijon Mustard
- 1tbsp Country Range Garlic Purée
- 500ml dill oil
- 1tsp table salt

To Serve

- Country Range Sesame Seeds, toasted
- Chargrilled cucumber
- Oyster leaves
- Fresh bread

METHOD

- 1. For the mackerel** – blitz all ingredients together and cover the mackerel. Leave for 2 hours, wash off and pat dry.
- 2. For the dill oil** – warm the oil with two bunches of dill to 50°C. Blitz and strain the mixture before covering the mackerel fillets with 200ml of the oil and leave until ready to serve.
- 3. For the chargrilled cucumber** – cut the cucumber in to 4 pieces, evenly trim the edges then lightly salt and leave for 15 minutes. Chargrill evenly for 30 seconds on each side then refrigerate until required.
- 4. For the pickled pearl onions** – pickle the pearl onions in a mixture created from the rest of the ingredients for 3 hours.
- 5. For the dill aioli** – mix all of your ingredients together in a bowl except the oil. Slowly pour the oil into the bowl, continuously mixing until it emulsifies into a mayo consistency.
- 6. To serve** – take the chargrilled cucumber out of the fridge, bring back to room temperature and then add to the plate. Top with the pickled pearl onions. Add your marinated mackerel fillet to the side. Add a generous amount of the Dill Aioli to the plate and dress with oyster leaves and toasted sesame seeds. Serve with fresh bread.





For those who have doubts about their career and are hesitant about making a change, chef Elizabeth Haigh's meteoric rise proves that it can pay to be brave. Four years into an architect course at the age of 21, Elizabeth ditched it in for a career in the kitchen. Ten years later, Elizabeth is now one of London's most talked about chefs with her Mei Mei restaurant in Borough Market launching in 2019, appearances on Saturday Kitchen following, and her first recipe book – Makan - out in May. We spoke to Elizabeth ahead of the big hospitality reopening.

Where does your love of food come from?

I was born in Singapore and moved to the UK when I was a baby so it's really my mother's Singaporean heritage that is central to my love of food. Food and cooking are ingrained in the blood of all Singaporeans so my mother would cook fresh South East Asian food six nights a week for us as kids in Maidenhead. With holidays often spent back in Singapore with our big family, food was central to everything and I was always trying new ingredients, dishes and flavours.

How did your career in food begin?

I can't remember it ever being an option for me to start a career in food. It was all about getting exams, qualifications and going to university. While studying architecture at university, I just realised there was something missing. It wasn't that I didn't like my course or the subject but my fire just wasn't burning. I was spending pretty much all of my student loan and all of my time in my university flat kitchen so when a friend dared me to enter MasterChef, I jumped at it and thankfully it went well.

How was it making the shift from MasterChef to a professional kitchen?

Following MasterChef, I realised I had found my passion but I didn't really know much about getting into the industry. I started to write letters to a selection of top restaurants and chefs but I didn't realise how easy it was to get started. I was literally working within a week and getting my first real taste of the gruelling hours, the work and the life in a professional kitchen. I

started at the bottom, working five days a week learning the basics, with my two days off spent at Westminster Kingsway where I was getting my qualifications. I did this for about three years which was a lot of hard graft but it was extremely rewarding.

What was next?

After receiving my qualifications, I concentrated on building up my experience with long periods working at Bubbledogs, The Kitchen Table and eventually for Neil Rankin at the Smokehouse.

It was here that I really learnt the importance of building my profile as a chef, running events and pop ups, and it obviously worked as I was soon poached to be head chef at Pidgin in Hackney. This was completely different to anything I had done and while the role gave me so much more creative freedom and control, it was also extremely challenging. Winning the Michelin star in 2016 made it all worthwhile though and it was during this time that I learnt a lot about what sort of chef I wanted to become and was glad I made the decision to move on.

Tell us about Mei Mei?

The idea really came about when my husband asked me where you could buy some good Hainanese Chicken Rice and I struggled to give him an answer. Thinking about it more, I realised that the Singaporean food I was brought up on was very under-represented in London. The food halls and hawker culture in Singapore dominates with a real community feel and this is what we wanted to recreate. The menu is very personal showcasing my mother and wider family's recipes and heritage.

What have you learnt in the past year?

We opened in November 2019 in Borough Market so it's not been the year we envisaged to say the least. No one puts in their business plan details on what they would do if a pandemic hit. While in bigger restaurants, there is a team to deal with everything, we quickly found that it was all on us and the only way to keep going was to get our hands dirty, work hard and be innovative. It's incredible that prior to launch I was a Michelin-starred chef and I was confident I could run any restaurant. Now, I am a chef, accountant, online retailer, product and website developer, marketer, e-commerce expert and lots more. My Linked In profile is going to look unbelievable when I get a chance to update it!

Your first cook book called Makan launches in May. What can we expect?

Makan is a collection of Singaporean-inspired recipes that would form the basis of family meals. Inspired by the traditions and recipes my mother taught us as kids, it's not fine dining but more vibrant, everyday recipes that are accessible to everyone. For those who haven't tried Singaporean cuisine before, it's a fantastic way to begin your journey.

What are your three kitchen secrets?

1. Prepare as much as you can. Whenever I do a meal, I prepare as much as I can first, chopping, slicing, measuring out anything, then start cooking. Saves you rummaging around or realising halfway you don't have milk etc.

2. Buy a good thermometer - I use a Thermopen, a quick, accurate thermometer for checking whether meat/fish/dishes are ready to eat. After a while you get used to how long it takes to cook something but I still use my thermometer as I'm constantly checking and changing dishes.

3. Use sharp, good knives and good ingredients. I always support independent shops/businesses for my ingredients because I know that the meat/fish has come from a good place.

Aubergine and Pork Mince Stir-fry

INGREDIENTS

4tbsp cooking oil
400g minced pork
1 aubergine, cut into 5cm batons
150ml water (approx.)
1tsp cornflour, mixed with a little water to make a slurry
1tsp white wine vinegar
½ tsp toasted sesame oil

For the sauce

3tbsp chicken stock
1 teaspoon miso paste
2 garlic cloves, finely chopped
¼ fresh red chilli, finely sliced (add more if preferred)
10 sprigs of coriander, leaves picked and stalks finely chopped
Caster sugar
Salt

METHOD

- 1.** To make the sauce, mix together the stock, miso paste, garlic, chilli and chopped coriander stalks in a bowl. Adjust the seasoning with sugar and salt to taste.
- 2.** Heat the cooking oil in a wok on a medium-high heat. Add the pork mince and stir-fry until it starts to brown. Add the aubergine with the water and cook, stirring occasionally, for 3–4 minutes or until the aubergine has softened.
- 3.** Add the sauce to the wok and stir through before adding the cornflour slurry, white wine vinegar and sesame oil and stirring again.

SERVES
4

(This is known as 'velvetting', to make the sauce rich with a velvet-like texture.)

4. When the sauce has thickened, it's ready to serve, garnished with the remaining coriander leaves.



What is your favourite ingredient and why?

Salt. Because it transforms any ingredient into something more special.

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

Of course, this recipe is Aubergine and Pork Mince Stir-fry, which is from my book Makan. It's super quick, easy and adaptable for the family. As a typical toddler, I struggle to get Riley to eat a lot of vegetables but the pork hides it for him, and so I adapt this recipe to have less or more chilli if I'm cooking for him.

This recipe makes a quick and easy dinner. The key is to cook the aubergine properly, making sure it is softened before adding the sauce. If you need to increase the cooking time for the aubergine, add more water to the wok to help it 'flash-steam' through.

Makan | Elizabeth Haigh

Published on the
13th May 2021 | £26 |
Hardback | 9781472976505

@kaizenldn | @themodernchef

Be in with your chance of winning a copy of Makan over on page 33

McVitie's Tasties



**Now available McVitie's
Tasties Range, perfect for catering
in Healthcare and Education**

Code	Product	Format
36546	McVitie's Tasties Shorties	24 x 300g
36593	McVitie's Tasties Coconut Rings	30 x 300g
30582	McVitie's Tasties Ginger Nuts	24 x 300g
30583	McVitie's Tasties Jam & Cream Sandwich	24 x 150g
30587	McVitie's Tasties Bourbon Creams	24 x 300g
30563	McVitie's Tasties Custard Creams	24 x 300g
30567	McVitie's Tasties Digestive	24 x 300g

The Country Club

 EXCLUSIVELY FOR CUSTOMERS OF THE COUNTRY RANGE GROUP



HERE COMES THE sun



We can't actually guarantee the weather but we can help you make the most of it by giving away a fantastic Weber Bar-B-Kettle Charcoal Barbecue to one lucky reader this month!

We have plenty of advice over on page 13 on making the most of the al fresco dining opportunity and the theatre of barbecue cooking, now you have the chance to recreate that experience at home.

The Weber Bar-B-Kettle Charcoal Barbecue is a high quality, portable barbecue which has a porcelain-enamelled bowl and lid. It has a gourmet barbecue system plated steel cooking grate, bottom wire rack, removable ash catcher and two durable all-weather wheels. The perfect equipment for experimenting with different barbecuing methods of a variety of food types from sausages and burgers to fish, seafood and even fruits.

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

Rising star

The star of our **Leading Lights** feature this issue is Elizabeth Haigh, who launched her restaurant **Mei Mei** in Borough Market in 2019 and has just launched her first recipe book **Makan: Recipes from the Heart of Singapore**. We have two copies of the brand new recipe book to give away to two lucky readers.

Makan means 'to eat' or 'dinner time' in Malay, in the book Elizabeth draws together recipes that have been handed down through many generations of her family, from Nonya to Nonya, creating a time-capsule of a cuisine. Growing up, it was through food that Elizabeth's mum demonstrated her affection, and the passion and love poured into each recipe is all collated here; a love letter to family cooking and traditions.

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



DAYS OF OLD

In our **Health & Welfare** feature this month we are focusing on catering for residents and patients with dementia in celebration of **Dementia UK's 'Time for a Cuppa' Week** campaign.

Memory loss is a symptom of dementia or Alzheimer's, one of the many factors that can impact a person's quality of life within a care setting. There are a wide range of products on the market that have been created to support people suffering from memory loss from daily life support aids to packs that are used as part of reminiscence therapy.

We're giving a reminiscence activity pack including memory games, a beech dementia care memory box and a bud sensory cushion.

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



Closing date for the competitions: 31st May 2021. All winners will be notified by 30th June 2021. Postal entries can be sent to: Country Range Group, 4 & 5 Jupiter House, Mercury Rise, Altham Business Park, Altham, Lancashire, BB5 5BY. Full terms and conditions can be found at: www.stiritupmagazine.co.uk/about

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INCREMENTAL
SALES****

THE MARKETPLACE

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

NEW RADNOR VITS

Radnor have recently released Radnor Vits 200ml TETRA PAK, a new Public Health England approved daily Vitamin drinks range. Created alongside Public Health England, Radnor wanted to produce a drink that would help fight Vitamin D deficiency, and went a step further ensuring it is an everyday prevention of deficiency. In the UK there is a lack of natural Vitamin D, the 'Sunshine' Vitamin due to our weather patterns, and as a result an average of 1 in 5 people in the UK have low Vitamin D levels.

Vits is Low calorie, vegetarian, vegan, sugar free option for everyone, available in Lemon & Lime and Apple & Raspberry. This drink, designed as your once-a-day vitamin and minerals boost, increases your daily intake of Vitamin D and other recommended vitamins and minerals up to 200%.



"In the UK there is a lack of natural Vitamin D, the 'Sunshine' Vitamin due to our weather patterns, and as a result an average of 1 in 5 people in the UK have low Vitamin D levels."



Tango Dark Berry

Tango, one of the fastest growing brands within the fruit carbonates segment, is introducing Dark Berry to its popular sugar free range.

Over the last year, the pandemic has accelerated health trends, with the value of low-calorie drinks up +7.7% within in total soft drinks. The addition of Tango Dark Berry brings a mouth-watering taste of sweet, tangy raspberries and rich blackberries ensuring shoppers don't have to compromise on taste when choosing a healthier option. The launch will help catering outlets to tap into the growing consumer desire for healthier soft drinks, a key growth area for the fruit carbonates segment.

ON A MISSION

Mission Foods UK is expanding its range with two brand new product launches.

The first is the new Mission Mini Vegan Naan Breads, created with the modern consumer in mind, this smaller option makes the perfect vegan menu accompaniment. Available in two flavours and two shapes to suit any menu, new Mission Mini Vegan Naans are an essential addition to any plant-based menu.

The second is the new Mission Durum Tortilla which is perfect for takeaway options as a great tasting, flexible and reliable kebab base, ensuring those vital repeat visits from consumers in today's competitive market.

Each pack has a long shelf life of 180 days, providing a cost-effective solution and dramatically reducing food waste with the tortillas lasting longer when being stored.

To find out more about the new products as well as the existing range visit: www.missionfoodservice.co.uk



Délicrance expands vegan range with exciting new launch

If 2019 was the 'year of the vegan', 2020 is when plant-based bakery really came into its own with numerous artisan bakeries competing to produce the best vegan croissant, and Veggie Pret launching its Vegan Bakery. As leading bakery supplier Délicrance's latest research shows, this trend is here to stay and is firmly cemented when it comes to viennoiserie.

As a result, Délicrance has launched its latest vegan product development, the Vegan Croissant. The croissant is made using a blend of shea and sunflower vegetable fats and oils for a great tasting vegan alternative to a classic croissant. The 80g croissants are ready to bake, and will be perfect to serve in 18-20 minutes at 170°C. For more details of the range visit delifrance.com

FOOD & INDUSTRY *news*

SUPPORTING CHARITIES

TILDA CONTINUES TO SUPPORT MARY'S MEALS THROUGH COVID-19

Despite the challenges of the past year, UK-based charity Mary's Meals has continued its life-changing work by providing meals to impoverished school children across the world and Tilda is proud to continue helping them do so.

Since the partnership began in 2019, Tilda has donated over 198,000 meals as part of Tilda's Big Meal Giveaway. For every 5kg bag of wholegrain rice bought by chefs and caterers, Tilda donates 8p to cover the cost of feeding a child through Mary's Meals. In the wake of the COVID crisis, the charity has pivoted to ensure the children who previously depended on Mary's Meals at school, now receive the same nutritious food at home due to COVID safety restrictions.

Tilda has supported the charity through not only Tilda rice sales, but through company fundraisers and wholesale partner programmes as well as initiatives such as 'Double the Love' which saw Tilda double their pledge. Whilst over the last few months, Mary's Meals has also raised awareness and funds via their initiatives surrounding World Porridge Day and a virtual seat at the Christmas table over December.



Operators can contribute to the growing number of meals donated by purchasing a 5kg bag of Tilda's wholegrain range, which includes Tilda Brown & White, Tilda Brown Basmati and Tilda Wholegrain Brown Rice. For every bag purchased, Tilda will donate a meal to a child through Mary's Meals.

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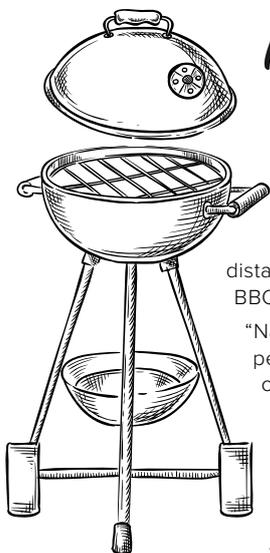
BRITISH POTATOES
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SUPPORT BRITAIN
SUPPORT BRITISH FARMERS AND BUSINESSES
SO THEY CAN CONTINUE TO SUPPORT YOU.

* Sensory testing for crispness, Sensory Dimensions – August 2018

INDUSTRY

25th National BBQ Week

Moved to 2nd-11th July 2021



This year's 25th National BBQ Week will involve a delicious digital effort showing smokehouse solidarity with key workers and frontline staff.

Due to the COVID lockdown and easing of social-distancing restrictions from June 21st, the 25th annual National BBQ Week has been moved back to July 2nd – 11th 2021.

“National BBQ Week was originally created to educate people in the art of Better BBQ. Back in the dark days of 1997, a BBQ was just a tin tray on legs grilling a burnt sausage in a bap covered in ketchup.”

This year's National BBQ Week will once again feature experiential BBQ roadshows touring the country attending foodie festivals and county shows, they will also feature virtual experiential BBQ tasting activity through a Zoom style interactive on-line experience

Kicking off on Monday 2nd July, Barbi for Britain is a charitable initiative, running the whole week and encouraging the nation to virtually come together online to share their BBQ experiences, while raising money for the NHS, frontline workers and those less fortunate who are struggling at the moment.

For more information visit <https://nationalbbqweek.info>



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5 WAYS TO USE *Green Pesto*



Pesto is synonymous with Italian pasta dishes, but this flavoursome ingredient can be utilised to lift a multitude of recipes across various areas of your menu.

The Country Range Green Pesto has the perfect balance of basil, olive oil and hard cheese. It has just enough garlic to give it that pure 'pesto alla Genovese' taste. It is gluten free and is also suitable for vegetarians.

This issue we have Christopher Basten, who is the Head Judge for the Country Range Student Chef Challenge competition, sharing with us five different ways to utilise this versatile product.

ABOUT: CHRISTOPHER BASTEN

Christopher Basten is head judge of the Country Range Student Chef Challenge, as well as the Craft Guild of Chefs' Chairman of Judges. A classically trained chef, Chris has worked with the likes of John Burton-Race and Raymond Blanc, and is currently chef lecturer at Westminster Kingsway College in London responsible for teaching the culinary arts to students.

A former national chairman of the Craft Guild of Chefs, he is also an active member of the Craft Guild of Chefs' culinary team and competes in culinary competitions around the world.



1/ *Roasted Tomato and Ricotta Tart with Pesto Dressed Rocket*

Take a roll of puff pastry and unroll onto a parchment lined baking sheet. Prick the pastry all over with a fork, bake for 15mins then leave to cool. Mix ricotta with lemon zest and a spoonful of pesto then spread over the pastry. Add sliced tomatoes, cook again for 15 mins then serve with pesto dressed rocket.

2/ *Gnocchi with Smoked Aubergine, Pesto & Shaved Parmesan*

Gently burn the skin of your aubergine until black then place into a bowl and cover with cling film for 20 mins. Remove the flesh with a spoon and blend with a tablespoon of pesto then fold the mixture into the gnocchi and finish shavings of parmesan.

3/ *Charred Onions, Pesto Avocado and Rye*

Cook your onions until they are nice and crispy. Mash your avocado and spread it on top of toasted rye. Mix two tablespoons of mayonnaise with a teaspoon of pesto and drizzle over your rye before topping with your crispy onions – delicious!

4/ *Spinach, Blueberry and Cucumber Couscous Salad with Lemon Pesto*

Take some cooked couscous and put into a bowl, add baby spinach leaves, diced cucumber and cubed feta cheese. Zest an unwaxed lemon, add two tablespoons of green pesto and drizzle over the salad, finish with blueberries.

5/ *Spring Pesto Pasta*

Toss freshly cooked farfalle pasta with the pesto, add charred asparagus and spring onions, snipped chives and cubed feta cheese. This dish can be served hot or cold and can be accompanied by crusty fresh bread and a dipping oil or tapenade.

ANDREW GREEN CRAFT GUILD OF CHEFS



We have like all experienced challenges with COVID-19, but at the same time ensured that where possible maintained a good calendar of events. Entries are out for the Graduate Awards, with National Chef of the Year starting to 'ramp up' also. Last month saw our AGM where we celebrated our new Chairman Matt Owens into the 'hot seat'. A new look committee will focus on driving us forward in these uncertain times, but there is light at the end of the tunnel.

Country Range Green Pesto
Pack size: 1.12kg >>



For more on the Craft Guild, visit www.craftguildofchefs.org or follow the Craft Guild of Chefs on Twitter at [Craft_Guild](https://twitter.com/Craft_Guild)

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By Katy Moses, Founder & Managing Director of KAM Media

KAM
media

The secrets to delivering A WINNING EXPERIENCE

You can't please all the people all of the time. The challenge for any operator is that as customers, as consumers, as human beings, we're all very different.

So how on earth do you create an environment which keeps your different customers happy, at different times of day who are visiting you for very different occasions? Here lies the challenge.

1 KNOW THE KEY CUSTOMER TOUCHPOINTS

There are key touchpoints where customers decide to love you forever or cast you aside. Ensuring you have carefully considered each touchpoint is vital to delivering an outstanding customer experience. From deciding where to book through to deciding on what to eat and drink (have you heard of decision fatigue?) Then being served the meal, paying the bill and even ease of leaving a review all come into the overall enjoyment and likelihood to recommend.

Identify which touchpoints are most important for your customers, find out where your weaknesses lie, and address them fast. You also need to consider that many customer journeys are more digitally-led than 12 months ago so things like ease of booking online or being able to pay a bill online is key.

2 FORM AN EMOTIONAL CONNECTION

Focus marketing on experience, happiness, atmosphere and innovation, rather than safety or price. Obviously, hygiene and safety are still critical BUT those most likely to venture out this summer are already convinced of the safety of the industry. Operators should be looking to tick three boxes;

- Re-assure the customer that they are safe and make safety measures visible (app/socials/website as well as in venue)

- Let the customer know that you're looking forward to welcoming them back

- Tell them something NEW to get them excited about getting back out into hospitality- new drinks? New food? New events? Something to create that anticipation and excitement.

3 TAKE YOUR BRAND INTO THEIR HOME

Some operators have moved delivery and takeaway from a purely functional transaction to experiential. Moving beyond 'feed me now', operators are considering the total experience, including branded packaging, additional seasoning and sides (giving customers the options to personalise), drink pairings and even tableware and playlists! Packaging needs to be innovative and attractive as well as functional- a true reflection of your brand. Think of it as a gift arriving on your customers' doorstep.

WHY IS EXPERIENCE KEY?

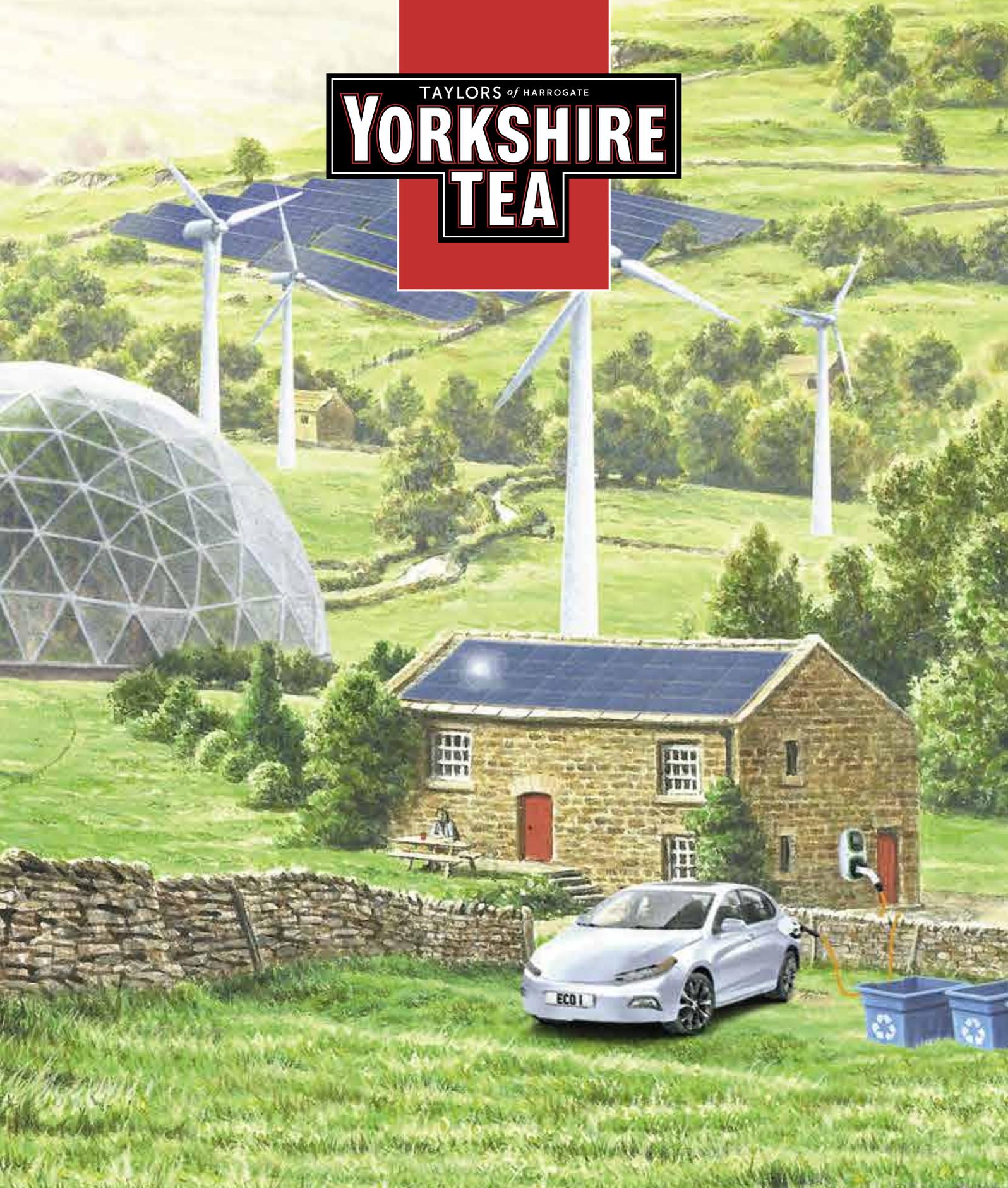
Consumers will continue to need to be convinced that they should leave their home and join the world of hospitality once more. Some are jumping at the bit to get through the doors but for many their habits will have been changed at least in the medium term. The best way to tempt them back will be to remind them why they loved you in the first place.

Hospitality is, in many ways, a unique industry. We sell products and we sell a service, but most importantly of all, we sell experiences and memories. A pint may last 15 minutes but an experience, good or bad, can last a lifetime. Of course, we need to focus on safety, our range, our décor, our staff, but the place from which all these evolve should be the customer experience. After all, we are hospitality. The clue is in the name.



TAYLORS of HARROGATE

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Yorkshire Tea is now 100% carbon neutral!

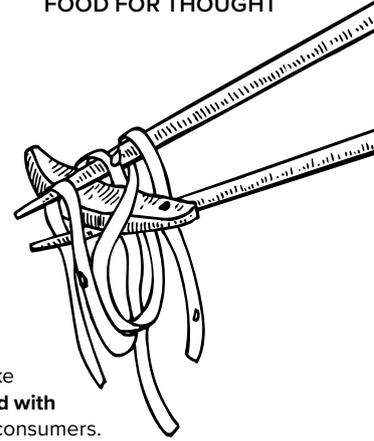
But don't worry, the pack's not covered in solar panels & wind farms now.
We'll just pop this logo on instead.

Find out more at taylorssimpact.com



CarbonNeutral.com

INSPIRATIONAL PLATES FOR *May menus*



UNDER THE SEA

Sea vegetables are full of minerals which are essential for the human body. Utilising interesting ingredients within your menu like the seaweed in this **Seaweed Noodle Salad with Miso Tofu** will appeal to health-conscious consumers.

FIRE UP THE FIESTA

Celebrate **Cinco de Mayo** by adding this **Burrito Bowl** to your menu! Bursting with colour and the high protein meat alternative Pulled Oats®, it's sure to get the party started!



BLAZING BARBECUE

This **Bourbon Glazed BBQ Brisket**, is the perfect indulgent menu option for (almost) summer menus and al fresco dining.

www.unileverfoodsolutions.co.uk/recipe/bourbon-glazed-brisket-R0064840.html



LIGHT BITE

Embracing **National Vegetarian Week** is a great way of testing out some new and exciting meat-free recipes on menus. This **Pea, Asparagus and Philly Frittata** is a great lunch or light dinner option.



A SWEET START TO THE DAY

Ensuring people are starting their day with a great first impression is imperative as it is, after all, the most important meal of the day. **Callebaut's Chocolate Oat Bowl** recipe is suitable for vegan diets, whilst also remaining a healthier chocolate option.

SENSATIONAL SEASONALITY

Consumers will be looking for exciting new menu additions that utilise fresh, in season ingredients. This **garbugli pasta dish with fresh lobster, saffron, wild asparagus and tomato** is the perfect option for your specials menu.



The full recipes for all ideas shown here can be found at www.stiritupmagazine.co.uk/recipes





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