

THE COUNTRY RANGE GROUP MAGAZINE FOR CATERERS
JAN/FEB 2022

Stir it up



The veganuary effect

**THE AGE OF THE
PLANT-BASED
REVOLUTION**



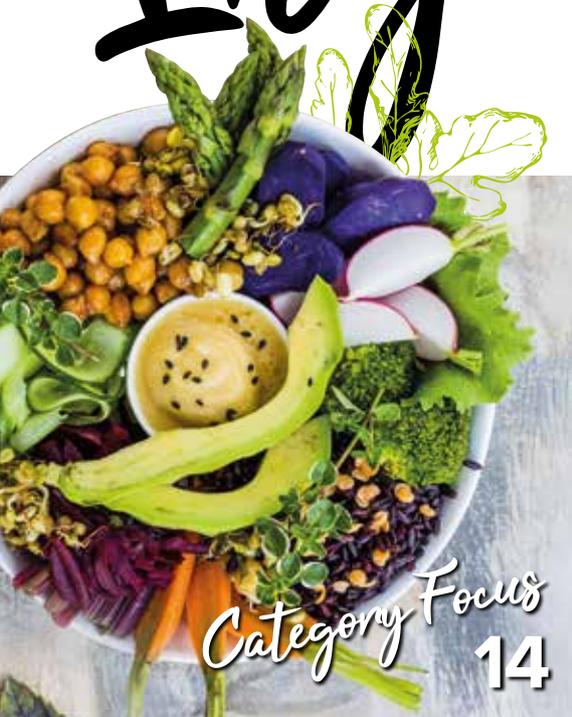
5 023616 476309

Ingredients

Happy New Year! We're delighted to bring you a bumper magazine bursting with advice, insight and inspiration. Look out for our new Rising Stars feature which shines a light on the catering stars of the future.

We hope you enjoy our first issue of 2022. If you would like to get involved contact us at editor@stiritupmagazine.co.uk

The Stir it up team



Category Focus
14



Melting Pot
26



NEWS

- 03 Readers' Lives
- 07 Customer Profile
Nutri bar breaking down fast food misconceptions
- 17 Education
Brain-boosting menus at Gordonstoun
- 33 Marketplace
- 39 & 43 Food & Industry News
- 45 The Country Club

ADVICE

- 13 Advice From the Experts
Doctor of happiness
- 14-15 Category Focus
The age of the plant-based revolution
- 19 Hospitality
#ShowUpForHospitality
- 21 Health & Welfare
V for Life launches self-advocacy guide for vegans and vegetarians in care
- 37 The Green Gauge
Nurturing a nation of sustainivores

INSPIRATION

- 05 Eat the Season
Leeks
- 08-09 News From Country Range
- 23 Five Ways to Use
Dijon mustard
- 31 On the Range
Squash & mushroom wellington with kale pesto
- 34-35 Leading Lights
Ben Ebbrell
- 41 Rising Star
Tes Ryu

TRENDS

- 03 Plate Arrivals
Korea
- 26-27 Melting Pot
The veganuary effect
- 28-29 KAM Media Insight
One strike and you're out
- 47 Food for Thought
Inspirational plates for Winter menus

Contact us ...

Writers
Lindsey Hoyle
Sam Houston
Jackie Mitchell

Subscriptions Telephone:
stiritup@countryrange.co.uk

Design & Print
Eclipse Creative
www.eclipsecreative.co.uk

Front Cover
Karolin Baitinger

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



OUR EDITORIAL PARTNERS...



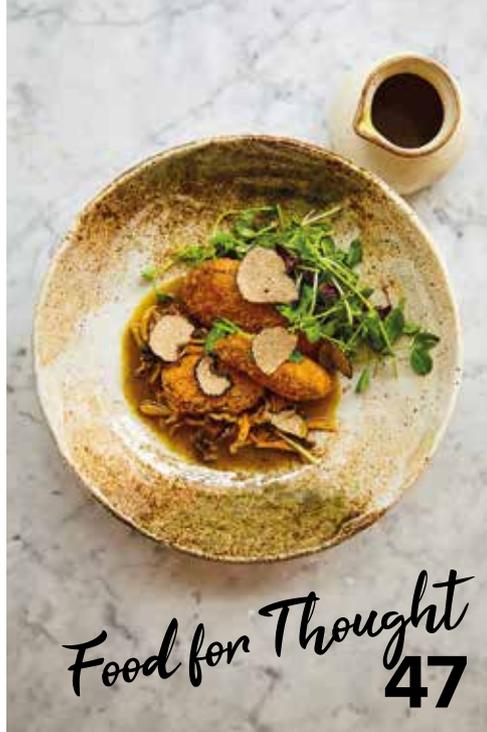
thefoodpeople



Leading Lights 34



Customer Profile 07



Food for Thought 47



Readers' Lives

1. **NAME:** Greg Cook
2. **JOB TITLE:** Chef
3. **PLACE OF WORK:** Bell Inn, Chittlehampton
4. **HOW LONG HAVE YOU WORKED IN THE CATERING INDUSTRY?** 29 years
5. **TELL US SOMETHING INTERESTING ABOUT YOU THAT MANY PEOPLE WON'T KNOW?** I'm OCD when it comes to Lego being built correctly
6. **WHAT IS YOUR FAVOURITE CUISINE TO EAT?** Probably Indian
7. **WHAT IS YOUR SIGNATURE DISH?** Lamb rack with sheep's yoghurt, braised breast lamb fat potatoes, pickled courgette and mint salsa verde. This one www.greatbritishchefs.com/recipes/lamb-rack-recipe-mint-salsa-verde
8. **WHICH CHEF DO YOU RESPECT THE MOST AND WHY?** Rick Stein. I have watched all his TV shows and

- he was bit of a food hero while I was growing up
9. **WHAT IS YOUR FAVOURITE COUNTRY RANGE PRODUCT AND WHY?** The Country Range red pesto makes Lasagne taste banging
 10. **WHEN DID YOU KNOW YOU WERE GOING TO BE A CHEF?** By age 10 at least
 11. **WHAT'S YOUR FAVOURITE DISH TO COOK IN JAN/FEB?** Slow braised cuts of meat ie. oxtail, shin, lamb breast and shoulder
 12. **WHAT'S YOUR FAVOURITE WINTER INGREDIENT TO WORK WITH?** Pink rhubarb

Country Range Red Pesto Pack size: 500g >>



PLATE ARRIVALS Korea

Delivering on-trend dishes from around the globe

Korean cuisine is exotic, intensely flavoured, and pungent. Korean cuisine is influenced by Chinese and Japanese dishes.

KIMCHI This signature Korean dish consists of Korean cabbage, onion, and ginger with chilli powder, crushed garlic and salted seafood, which is then left to ferment. The main flavour notes you'll find in kimchi include sour and spicy.

BIBIMBAP A filling and nutritious dish that's widely available in restaurants, food courts, and street markets. The most common bibimbap consists of warm rice topped with mixed vegetables, beef or chicken, and raw egg, as well as soy sauce and a dollop of chilli pepper paste for seasoning. Ideal for seafood lovers.

TTEOKBOKKI (red rice cakes) Distinguished by its bright red-orange colour, this popular snack is usually sold at street vendors and independent snack bars. This traditional Korean street food is made with thick slices of boiled rice cake, fish cake, onions, diced garlic, salt, sugar and assorted vegetables that are stir-fried in sweet chilli sauce.

BULGOGI Thin slices of marinated sirloin steak are cooked alongside, onions, peppers, and garlic. Cooked on a charcoal burner this dish has a deliciously, distinctively smoky flavour.

JJIGAE (Korean Stew) Usually served as a palate cleanser between heavier dishes, jjigae has a similar consistency to a western stew. This Korean stew usually contains meat, seafood or vegetables in a broth seasoned with hot pepper paste, fermented miso, soybean paste, or fermented shrimp.

JAJANGMYEON A Korean-Chinese fusion dish, Jajangmyeon uses thick handmade wheat noodles topped with raw cucumber slices and a mixture of salty black soybean paste, diced pork and vegetables.



Violife

100% Vegan

**EMBRACE
THE VEGAN
OPPORTUNITY.**

Violife **100% VEGAN**
cheese alternatives
are trusted by Vegans
and can be enjoyed
by **EVERYONE.**



Free From **DAIRY**
SOYA · GLUTEN · LACTOSE
NUTS · PRESERVATIVES



Learn more at upfieldprofessional.com

 **Upfield**
Professional

IN SEASON: *Leeks*



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

The leek is a vegetable, a cultivar of *Allium ampeloprasum*, the broadleaf wild leek. The edible part of the plant is a bundle of leaf sheaths that is sometimes erroneously called a stem or stalk. The genus *Allium* also contains the onion, garlic, shallot, scallion, chive, and Chinese onion.

Leeks have a mild, onion-like taste. In its raw state, the vegetable is crunchy and firm. The edible portions of the leek are the white base of the leaves (above the roots and stem base), the light green parts, and to a lesser extent the dark green parts of the leaves. Leeks need to be washed at least three times in running water as sand and dirt can usually be found between the layers.

The dark green portion is usually discarded because it has a tough texture, but it can be sautéed, or more commonly a few green leaves are sometimes tied with twine add bay leaf, thyme and peppercorns to form a bouquet garni that is one of the foundations of French cuisine.



WASTE NOT WANT NOT

There are lots of options available when it comes to leftover leeks. An obvious option is a delicious Leek and Potato soup, or you could freeze them for future use in stocks. Julienne (long thin strips) and deep-fry them in a tempura like batter for canapés or crumble them and use them as a topping on soups and salads, like bacon bits. The opportunities are endless!

1 / A TOUCH OF CLASS

Turkish Terbiyeli Pirasa (Leeks) braised with Ghoe Cress and served with Avgolemeno Sauce and Honey Cress by Masterchef Hulya Erdal.



2 / SOUP

A winter warming crowd pleaser – warm your cockles with a colourful, tasty Leek and Potato soup. Add some crunch with some herbie croutons!

3 / NICE & EASY

“Shakshuka is Hebrew for ‘all mixed up’, and while it’s traditionally a tomato-based dish, this twist freshens it up with greens.



4 / EASY AS PIE

This vibrant tasty pie with zucchini, leek and peas is bursting with colour and flavour – a great addition to any menu!

5 / FISH FRIDAY

This succulent fillet of halibut on a pillow of stewed leeks would be a great crowd pleaser to add to your menu!



Also In Season:



Oranges



Pineapples



Cabbage



Butternut squash



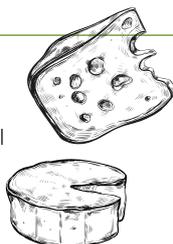
Pears

Cooks Calendar

JANUARY

- 1 / Dry January
- 1 / National Bloody Mary Day
- 1-31 / Veguary

20 / National Cheese Lovers Day



FEBRUARY

- 5 / International Nutella Day
- 6 / British Yorkshire Pudding Day

6 / Ice Cream for Breakfast Day

14 / Valentine's Day

18 / Drink Wine Day



ONLY! PLANT BASED.

A delicious range of award winning
mayonnaise and sauces.



itsonlyplantbased.com

AVAILABLE IN
1.14ltr
& 325ml



"AWESOME JUST GOT BIGGER!"





Nutri Bar

BREAKING DOWN FAST FOOD MISCONCEPTIONS

After leaving college and starting work at a company specialising in PPI claims, it wasn't long before Ollie Birchall knew that the life of an office worker wasn't for him. He wanted to be his own boss but was not sure what to focus on, so when his mum commented one day about the lack of healthy fast food available, the penny dropped for the avid gym-goer and six months later in April 2015, Nutri Bar was born.

"I always had an entrepreneurial streak so knew a normal 9-5 job wasn't going to be for me but like a lot of people when leaving college, I wasn't 100% sure where to focus. Even though I had no experience or background in catering, when my mum got me thinking about the terrible choice of healthy fast food available, I knew there was an opportunity" explains Ollie.



Benefiting from the health boom which has hit the UK in the past five years, Nutri Bar's mission is to help people be

the best version of themselves by making healthy food convenient and above all tasty. Based in Bolton, the kitchen now serves over 2,000 healthy meals every week with a popular delivery service also in operation.

"We launched in April 2015 on the site of my grandfather's old car repair garage, which is over the road from a David Lloyd gym, but we're also well positioned to attract plenty of local office workers and builders searching for quality but convenient healthy breakfasts, snacks, lunch and dinner" says Ollie. "Our simple philosophy is to offer great tasting, balanced dishes using the best ingredients that are prepared in the healthiest way. We make, cook and freshly prepare everything each and every day and we bake and air-fry instead of deep frying in oils. Our air-fried breaded chicken is a big customer favourite and contains around 60% less calories than usual chicken shop stuff. We want to get people away from common misconceptions that items such as chips are unhealthy. They're not if you cook them in the right way."

Developing new dishes for the menu every quarter, Nutri Bar offer a large selection of burgers, hot Nutri boxes, wraps,

smoothies, sides, shakes and snacks as well as a new breakfast menu. Dishes include the Piri Piri Powerhouse Nutri Box - grilled chicken with wholegrain rice, shredded cucumber, carrot and baked sweet potato - a Chilli Jam'In wrap and air fried burgers.

"We use a lot of the Country Range products across our menu such as their olive oil and honey. There is probably not a Country Range spice that we don't use as they are key in our flavour combinations. Quality and margin are both essential for our business to succeed and the Country Range products help us achieve both" enthuses Ollie.

Expansion plans for Nutri Bar are well under way after a pause to proceedings during the pandemic. Look out for additional sites popping up later in 2022!

Above (main)
Nutri Burgers

Below (left to right)
Nutri Breakfast
Smoothies & Shakes

Ollie opening Nutri in 2015





GET PLANT INSPIRED

As the environment, health and animal welfare plays a bigger part in people's decision-making when it comes to the food and drink they consume, kitchens have to be prepared to offer higher quality options and variety in 2022.

With over 500,000 people taking part in Veganuary last year and more expected this January, the campaign has energised large parts of the nation into reducing their meat consumption. It has also helped people re-connect with vegetables and creativity around plant-based dishes has never been so strong.

The number of vegan products and ingredients now available has increased rapidly in recent years. Our award winning Country Range Vegan Mayo which launched last Autumn is great for sprucing up salads, sandwiches and grilled treats this month. The Country Range portfolio also contains vegan sausage rolls, pasties, sauces, desserts, cakes and much more so now there's nothing stopping you from planting your vegan flag in 2022.



Using a few every day ingredients, you can create a number of vegan dishes that are bursting with flavour. Try our Aubergine and Chickpea Tagine with Jewelled Couscous, Berry Tart, Almond Crumble or Cinnamon and Vanilla Sauce recipes this January.

Scan for full recipe



Berry Tart with Almond Crumble



Aubergine, chickpeas and sweet potato Tagine with Jewelled couscous



INGREDIENTS

- 50ml Country Range Vegetable Oil
- 1 Sweet potato diced
- ½ Aubergine diced
- 200g Country Range Chickpeas
- 200g Country Range Chopped Tomatoes
- 10g Country Range veg stock
- ½ tsp Country Range Garlic purée
- 1 Red onion, diced
- ¼ tsp Country Range Cinnamon
- ½ tsp Country Range Coriander Seeds crushed
- ½ tsp Country Range Cumin Seeds crushed
- ¼ tsp Country Range Smoked Paprika
- ¼ tsp Country Range Chilli flakes
- Salt and pepper to taste

Jewelled cous cous

- 100g Country Range Cous cous
- 25ml Country Range Olive oil
- 8 Country Range Dried Apricots sliced
- 25g Country Range flaked almonds
- ½ tsp Country Range Turmeric
- 100ml Hot water
- 1 Lemon (juice and zest)
- Salt and pepper to taste

METHOD

1. To prepare the Tagine - heat up your veg oil and add all your spices to start to release their aroma.
2. Add the diced onion and sweet potato and gently fry for 5 minutes.
3. Add the aubergine, chickpeas and garlic and continue to fry for 5 more minutes.
4. Add the crumbled veg stock, chopped tomatoes and simmer for 10 minutes or until the sweet potato are just cooked.
5. Season to taste and serve with the cous cous and garnish with pomegranate, chopped coriander and a few mint leaves.
6. To make the cous cous - pour the boiling water over the cous cous and turmeric and cover to steam for 2 mins.
7. "Fluff up" with a fork and add the apricots, and flaked almonds and season to taste.
8. Add the lemon juice, zest and oil and serve with the Tagine.



VEGANS AND VEGETARIANS LOOK SET TO MAKE UP A QUARTER OF THE BRITISH POPULATION BY 2025

- THE VEGAN SOCIETY



Scan for full recipe



Greek Tray Baked Salmon

14th February

VALENTINES THE FOOD OF LOVE - EAT ON

Whether you're looking to attract couples, drive takeaway sales, run a special event, simply treat guests or act as Cupid, the menu has to be set for seduction on Valentine's Day. For a savoury showpiece for two, try this beautiful Baked Salmon, Greek Vegetables and Whipped Feta recipe or for a sweet that will melt hearts, give this Poached Rhubarb and Champagne Panna Cotta Heart with shaved white chocolate a blast. You can find the full recipes on www.stirupmagazine.co.uk

SERVES 2

COOKING TIME 3 MINS



METHOD

1. Heat up your cream and sugar until it comes to the boil.
2. Add your softened gelatine, champagne and vanilla and allow the mix to cool.
3. Pour your mix into heart shaped moulds and place in the fridge to set.
4. Whilst your mix is chilling, melt your white chocolate and pour onto your cold table, once it sets use a knife and scrape the chocolate to get shavings.
5. Mix together the rhubarb and raspberries and drizzle with a little Champagne and a dusting of icing sugar to sweeten.

To serve:

1. Place the underside of your heart shaped panacotta in hot water to melt the edges of the dessert.
2. Carefully remove and place the wobbling delight into your bowl.
3. Top with the rhubarb mix, dress with the juices and add the white chocolate shavings.
4. Add a drizzle of champagne to finish.

INGREDIENTS

- 150g Country Range whipping cream
- 2 Country Range gelatine (soften in cold water)
- 40g Caster sugar
- 50ml Champagne (optional)
- ½ tsp Country Range vanilla essence
- 50g Country Range white chocolate
- 10 Country Range frozen raspberries
- 100g Country Range Tinned rhubarb
- 1 tbs Champagne

Poached rhubarb, Champagne panacotta heart, shaved white chocolate

Shrove Tuesday

Shrove Tuesday is a little later this year, taking place on the 1st March. If you are looking to raise your pancake-game take a look at our two new recipes – a crowd pleasing cheese and ham savoury pancake stack and a sweet orange cardamon souffle pancake. For full recipes, visit www.stirupmagazine.co.uk



Souffle pancakes with orange and cardamon

INGREDIENTS

- 30g Country Range Self Raising flour
- 3 Country Range free range eggs
- 30g Caster sugar
- ¼ Country Range ground cardamon
- ¼ tsp Country Range ground cinnamon
- ½ tsp Country Range vanilla essence
- 25ml Country Range veg oil or butter
- Garnish
- 25g Greek yoghurt
- 1 sliced orange
- 15ml Country Range Honey or maple syrup

SERVES 2

COOKING TIME 4 MINS

METHOD

1. Separate the eggs carefully and in 1 bowl whisk the egg yolks and sugar until thick and creamy.
2. In the other bowl whisk the egg whites until soft peaks.
3. Gently fold the flour, vanilla, cardamon and cinnamon into the egg yolks.
4. Add 1/3 of the whipped egg whites to the egg yolk mix to loosen the mix before you add the remaining egg whites.
5. Add the remaining egg white carefully until you have a light and airy pancake mix.
6. In a non stick pan add a little veg oil or butter and drop spoonful of pancake mix.
7. Once the underside has set and is golden, flip over and cook for a further couple of minutes.
8. Repeat until you have all of your pancakes and serve with caramelised orange slices, honey or maple syrup and a dollop of greek yoghurt.



Discover Our Delicious Plant Based Bakery Range

YOU CAN CHOOSE FROM OVER 100 PRODUCTS FROM OUR BREAD
& VIENNOISERIE RANGE THAT ARE SUITABLE FOR VEGANS



Délifrance

www.delifrance.com/uk

Pancakes

TO BE PROUD OF



DISCOVER STACKS OF DELICIOUS PANCAKE RECIPES HERE!

Your go-to
Baking experts

Discover more: oetker-professional.co.uk in   





FIND
— YOUR —
DRAGON
THIS CHINESE NEW YEAR



Doctor of Happiness

Regularly featured on television and radio, Dr Andy Cope (also known as the Doctor of Happiness), is a happiness expert, best-selling author, keynote speaker, trainer and authority on employee engagement, wellbeing and human flourishing.

What are happy people?

It's important to understand that happiness isn't a 'thing'. It's an emotion. Although it seems as though the world is making us happy or sad or anxious or angry, the truth is that your emotions aren't coming from the external world. They're manufactured by your thinking, in this moment. Therefore, the key to unlocking more happiness lies in your head!

Why are there only 2% of people who are much happier than the average person?

The modern world is fast, exhausting and relentless. It's easy to get stuck in a rut of counting down to your next holiday and accidentally wishing your life away. But we can all think of a handful of people who stand out in our lives – the happy few. They have energy, passion and resilience. If you plot them on a happiness graph (which is what I did) they are in the top 2% of the population. Note, they're not necessarily rich or famous. Just happy.

What can hospitality operators do to nurture staff happiness?

You can't command anyone to be happy. All you can do is lead by example. Human emotions are contagious, so when you're genuinely feeling amazing, those emotions will leak out of you and create upward spirals of emotion in those around you. Obviously, negativity is also contagious! So please be careful what you pass on.

How important is it to people to work in a happy environment?

Happy people are more productive, more creative, have 40% more energy, give better customer service, go the extra mile, have less time off, create positivity in their work colleagues. In hospitality, happiness is your competitive advantage!

How can people, who work in the hospitality industry, be happy and create a fun, buzzy atmosphere for customers?

A team of 2-percenters is something to behold! These are the days when work doesn't feel like work. There's a buzz about the place. Even better, you don't feel exhausted, you feel exhilarated. The biggest factor in creating a "flourishing" culture is to allow people to bring their best selves to work every day. Recognise and encourage their moments of excellence.

If there is a 'grumbler' (negative person) in the team, what can you do to make them happier?

Every workplace

has 'mood hoovers'. In hospitality, customers can be mood hoovers. It's easy to let an angry customer ruin your week! Our messages are not about making other people happier. Positive psychology starts with YOU. It's your job to build your

rewire itself to notice the positives. Gratitude flips your thinking. Bottom line - most people spend a massive amount of their life grumbling about what they haven't got whereas happy people tend to be grateful for what they have already got.

"Creating a "flourishing" culture is to allow people to bring their best selves to work every day."

wellbeing strategies so that you can stay upbeat more often. You know you've nailed it when a negative situation doesn't ruin your day because you've taken charge of your own wellbeing.

You suggest making a list of things you feel grateful for? How does this help people be happy?

Gratitude has been proven as a therapeutic technique. If you write about three good things that have happened in your day, your brain will gradually

Can you describe what you mean by the "To Be" list and how people can use this to learn to be their best self?

We learn to write a to-do list and then get busy ticking things off it. I always start with my to-be list. That means I have to dare to ask myself a BIG question; who am I being while I'm doing the things on my to-do list? That means I can commit to being kind, respectful, present and a nice person. I advise you to write a to-be list once a week.

Find out more about Dr Andy Cope and how to be happy in his book The Happiness Revolution.





The Age of the PLANT-BASED

The vegan food category, previously infamous for bland, lacklustre meals with no variety has been transformed over the years and we have witnessed more vegan food coming to market in the last 12 months than ever before.

The Hospitality sector is now a frenzied hive of vegan and plant-based activity, forming one of the most exciting movements we have seen in quite some time. The market is in fact moving so fast, that what was only a pipe-dream last January, is now in market and selling like hot cakes (vegan ones, of course!). So to assist with your menu planning for 2022, the Stir it Up team made a round of soya lattes, opened a packet of vegan KitKats and researched some of the latest vegan products to hit the shelves.

EGG-CELLENT NEWS FOR DAIRY SUBSTITUTES

The dairy substitute category is booming at present, milk alternatives in particular are leading the way. For those of you keen to explore the latest plant-based milk, try pistachio milk. Nutty and sweet, it is made from pistachios and its unsweetened form is also keto-friendly. Use it to make overnight oats or to add a new flavour to your coffee menu.

Egg substitutes have been used by operators for a while, but with limited success when it comes to baking. Mashed banana, apple sauce and arrowroot have all been tried and tested, however try as we may, they still render certain items out-of-bounds... that is, until now! Not only has aquafaba changed the baking game for meringue lovers everywhere, but operators can now select from a variety of options including Beyond Egg, Crackd, Terra Vegane and VeganEgg which can be used to make scrambled egg, omelettes, cakes and scones.

Often it's the little things that make a difference and finding a good alternative for crème fraiche is one of them! Pasta, fajita and nacho lovers can breathe a sigh of relief and cravings can be satisfied with a vegan alternative to crème fraiche that ticks both taste and texture boxes. Certain dairy substitutes have been notoriously difficult to get 'right' – cream and cheese are two of them, with many vegans coining the phrase "it's a taste you get used to" as opposed to gushing over the flavour profile. Fortunately the tide is turning, and not only are we

"THE COUNTRY RANGE VEGAN MAYO HAS BEEN HUGE POPULAR SINCE LAUNCH LAST YEAR AS IT'S SO VERSATILE AND CAN BE USED ON A RANGE OF DIFFERENT DISHES. MOST CONSUMERS WHO TRY IT WOULDN'T EVEN KNOW IT'S VEGAN WHICH HAS ALSO HELPED IN BREAKING DOWN PEOPLE'S PRECONCEPTIONS OF VEGAN FOOD."

KATE BANCROFT, COUNTRY RANGE GROUP MARKETING MANAGER

REVOLUTION

WE'RE IN THE MIDDLE OF A CHAIN REACTION!

There has been a surge in creativity throughout the hospitality sector when it comes to vegan food – from local independent restaurants to school canteens and care home caterers. While we champion all operators who are forging their own vegan path, we thought we would shine a spotlight on a few restaurant chains who are also finding new ways to bring plant-based to the masses. Their efforts will, without doubt, influence consumer behaviour in 2022 and beyond. Here's a taster of what was introduced across a number of chains in the last 12 months.

Chiquito updated their vegan menu to include paella, enchiladas, telera buns, loaded wedges corn ribs and deep-fried ice cream

Costa Coffee launched a new vegan BBQ chick'n panini, a sumptuous Jamaican ginger loaf cake and a roasted butternut squash pastry roll to their growing list of vegan and plant-based options

Delighting us with their play on words is Domino's chick-ain't pizza, topped with vegan cheese, onions, peppers and southern fried vegan nuggets.

Serving up an alternative to a traditional goat curry, is Las Iguanas with their Dominican-style jerk-spiced jackfruit and Scotch bonnet curry, served with spring onion rice and pink pickled onions

Adding to their range of hot wraps, is the Meatless Meatball wrap from Pret A Manger, made with a layer of red tapenade and chipotle ketchup, topped with crispy onions. Pret A Manger have also added a new vegan breakfast baguette and hoisin mushroom wrap to their menu in the last 12 months

Already streets ahead with their PETA Award-winning vegatsu curry, Wagamama has also launched vegan sticky ribs, vegan chilli squid and firecracker curry. Pledging to transform half of their main menu to meat-free options by the end of 2021, we are keen to see how long it will be before they remove meat from the menu completely!

seeing better cream substitutes on the market, but cheese substitutes are also coming along in leaps and bounds too.

POWERFUL PROTEIN

Meat substitutes have been in the market for some time and are constantly evolving to improve taste, texture and appearance to appeal to meat eating consumers and flexitarians alike, however work has also

value of vegan and plant-based food, assisting with sustaining a feeling of fullness after a meal. The protein flakes recently launched by Gold and Green Foods are a good example of ingredients now readily available - they can be used in patties, falafels and fillings for pastries, pies or dumplings as well as granola and smoothies for a nutrient boost. Developments such as this will change

"THE HOSPITALITY SECTOR IS NOW A FRENZIED HIVE OF VEGAN AND PLANT-BASED ACTIVITY."

been underway to elevate the flavour and nutritional value of alternatives to meat-based snacks and deli items. The Country Range Vegan Sausage Rolls and Vegan Pasties are two products which have received plaudits for their fantastic taste and ease-of-use. Simple to prepare and an ideal handheld snack, they have proved a winner with outlets offering takeaway options throughout the pandemic.

Protein is a hot-topic within the vegan and plant-based category and over the last 12 months we have seen a number of protein-focused introductions. Oat bran, pea protein and fava bean protein are all helping to raise the nutritional

the game for operators who no-longer have to rely on beans for protein or bread for 'bulk'.

With exciting times ahead for 2022 when it comes to vegan food, our advice to operators everywhere is to continue trialling and testing as many new products that come to market as possible, updating and broadening your menus accordingly to encourage more plant-based sales.

Open vegan tortilla wraps with sweet potato, beans, avocado, tomatoes, pumpkin and sprout



FULL ON FLAVOUR

THE UK'S
NO.1
RIDGE CUT
CRISP*



McCoy's brand is growing at **+11.4%**

THE REAL
MCCOY'S
FULL ON FLAVOUR

*AC Nielsen Total Coverage List 12wks 17.07.2021



Brain-boosting menus at Gordonstoun

Menus focusing on brain boosting foods are helping students at Gordonstoun, near Elgin, northern Scotland to excel in their work, exams and sport. The school is an international, co-educational day and boarding school for students aged 4 to 18.

During the first year of the new menu, GCSE results were the best ever and levels of obesity were far lower than average.

Lisa Kerr, Principal, says "The menu is based on solid scientific evidence. Many studies have shown the link between food and both mental and physical wellbeing. We also know that a healthier diet makes a difference in the school environment because we have been running a revision course for several years, which combines brain boosting foods with study and exercise. All students on our revision course have seen their performance improve by at least one grade compared to their mock exams, with 60% improving by two grades."

As a result of this success, the menu was completely overhauled and different dishes trialled. Jamie Campbell, Catering Manager, says "We always review menus at the end

of every term, but when Covid hit, we had the opportunity to start from scratch. That's when the idea for a "Phased Learning Menu" came up. We wanted to create a menu that would benefit the students and give them the energy they needed."

According to Ross Burgess, Executive Chef, some dishes were already "brain boosting" such as salmon and trout, fresh berries, seeds and pulses, so it was a matter of creating new dishes to fit the brief. The whole catering team was involved in devising the new menu which includes dishes such as Beef and Beans Burritos, Potatoes with Chilli and Cheese Sauce and Hake with Asparagus.

"We tried to leave favourite desserts on the menu," says Ross "but I think it would have been a problem taking off fruit crumbles! We've reduced the amount of sugar in the crumble and use 50% wholegrain flour to make it healthier."

Another positive for the new menu is a reduction in food waste. "We monitor the food left on students' plates and in the food bin and estimate there's been 40% less food waste over the past eight months," says Jamie.

One of the aims of the new menu is to educate students about food so they can make their own informed choices. Every Friday evening there is a Carb and Protein Bar offering chicken, fish, rice and wholegrain bread.

"Students will compete in sports such as hockey and rugby on the Saturday," says Jamie, "so we want them to have plenty of energy. Students are encouraged to 'build' their own tacos and choose what dishes to have."

Above
Pupils eating lunch at Gordonstoun

Schools seeking to introduce a similar initiative are recommended to involve the whole team. "Everyone has been involved – it's been a team effort, it's not just down to one person. Chefs who've worked here a long time were so excited by this new challenge. We took the plunge and started from scratch, you could start the process by changing one or two dishes, but it will take longer," advises Jamie.

Sharad Ris is in Year 13 and is a 400 metre runner:

"In all sports, the actual event is only half the battle. You have to prepare accurately whether it comes to training, stretching, warming up, or making sure you've got that nutrition to make sure you're not running on empty the entire event or match. I have dietary requirements and the school caters for that. Even though I might be glucose or lactose intolerant, knowing that I can still get a nutritious meal before my sports events is very reassuring."

Keira W-N is in Year 13 and plays hockey and netball:

"I think the new menu really makes a difference because food really is the fuel for your body and eating right is a massive step towards that. If we don't eat the right food then we're not going to achieve at the highest level, so it's very important to us."

NESCAFÉ
AZERA

Discover
**BARISTA
STYLE**
coffee



NEW
DECAFF
420g



in an instant



#ShowUpForHospitality

Customers abandoning their restaurant reservations is costing the hospitality sector around £17.6 billion a year. Recent findings from The Go Technology report from Zonal and CGA reveal that the worst offenders are younger people with more than a quarter (28%) of 18-34 year olds not honouring their bookings, compared to 1% of those aged 55 and over.

As a result of the research, hospitality organisations including Zonal, CGA, UKHospitality, Bums on Seats and Wireless Social have joined forces to introduce a campaign called #ShowUpForHospitality. The campaign aims to demonstrate to customers the impact of not showing up for reservations, as well as providing tips for operators to help them cope with the issue.

Educating customers on the effects of no shows is crucial. There has been much controversy over charging cancellation fees, however an increasing number of operators are considering this route as the issue of no shows continues to bite. Jane Pendlebury, CEO of the Hospitality Professionals Association (HOSPA) says "By bringing in cancellation fees, restaurants will help people understand the implications of no shows and give them reason to

pause and reconsider doing so. Taking a booking deposit or holding credit card details in case of cancellation offers a level of insurance to your business, while also diminishing the revenue impact of no shows. Finding the right cancellation fee to match your offering is important as, if this is too high, you could discourage booking in the first place."

To combat no shows at Bao + BBQ restaurant in Cheltenham, the team asked customers to enter

"We feel this helps us to create a positive relationship at a time when the industry has lost a lot of human interaction."



their credit card details at the time of booking. Emily Redman says "We were worried this would put people off booking, but we've found people are understanding and happy to do that. We use ResDiary the online reservation system. It sends an automatic email when the booking is made and again, just before the booking date. In the case of a no show, £10 per head is automatically charged to the card."

At Annie's Burger Shack restaurants in Nottingham and Derby, their booking system sends customers an alert asking them to confirm their booking and in many cases, this works. Daniel Griffiths adds "Not everyone will respond, which is why every morning we telephone every customer and ask them if they will want their table that evening. This gives them a chance to tell us if there is a change in numbers or if they can't make it. We feel this helps us to create a positive relationship at a time when the industry has lost a lot of human interaction. Since we've been doing this, there has been a notable decrease in no shows. It might not suit everyone as it takes a certain level of staffing."

Making it easy for people to cancel their booking via a single click a mobile device or computer is also an idea that many are adopting. Jane says "If a restaurant is using an outdated booking system or even traditional pen and paper, you're making it difficult for customers to cancel which could, in turn, cause them to do nothing and not show up. It's often stated that Millennials are reluctant to use the phone so whether that's true or not, make it as easy as possible for them to let you know if they have to cancel without having to call. This is something that's usually incorporated in the latest booking management

TO JOIN THE CAMPAIGN, SIGN UP AT:

<https://www.zonal.co.uk/show-up-for-hospitality/>

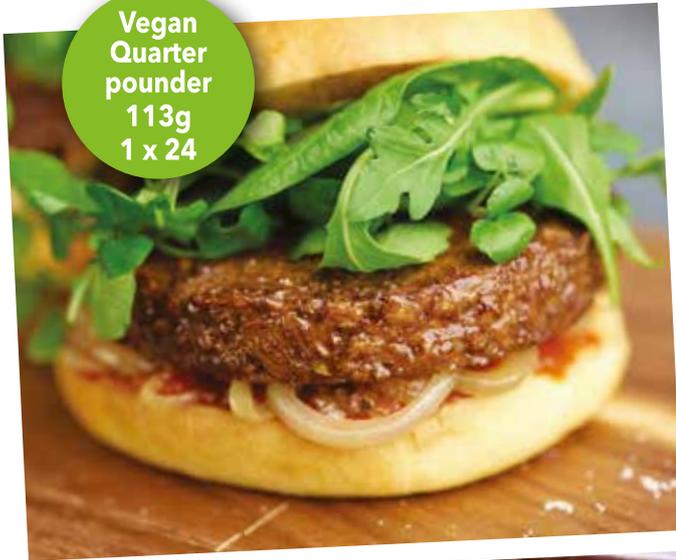
#

software. Even if this cancellation occurs on the evening itself, you can still give a table to walk-ins, safe in the knowledge that the booking won't be turning up – even last minute cancellations are better than a no show."



NEW!

PLANT POWER



Vegan
Quarter
pounder
113g
1 x 24



Vegan
Sausages
50g
1 x 40

GLUTEN
FREE



IQF
Vegan Mince
10 x 1kg
(splittable)

GLUTEN
FREE



Vegan
Meatballs
14g
1 x 1.5kg

GLUTEN
FREE

Serving suggestions

Made with seasoned, textured soya protein, our **new vegan range** is ideal for customers looking for delicious **meat-free alternatives**.

- ✓ EU Organic Soya* ✓ NO glyphosate used* ✓ HIGH protein
- ✓ LOW sat fat ✓ LOW sugar ✓ SOURCE of fibre
- ✓ Salt BELOW PHE 2024 Targets

When will you serve yours?

*KaterVeg!*TM

VEGAN 

* Except Vegan Meatballs



V for Life

LAUNCHES SELF-ADVOCACY GUIDE FOR VEGANS AND VEGETARIANS IN CARE

The charity V for Life (also known as Vegetarian for Life), which works on behalf of older vegetarians and vegans, has launched a Self-Advocacy Guide for vegans and vegetarians in care homes, detailing the laws and regulations in place that protect their rights to practice their beliefs.

Amanda Woodvine, CEO, V for Life, says "The aim of the pack is to help empower this group and their families so they have all the information at their fingertips and have the confidence to protect their vegan and vegetarian beliefs.

By giving residents and their families this guide, it will encourage conversations with care homes about their dietary beliefs and how they would like to be cared for now and in the future."

An important part of the guide is the template "statement of wishes" which older people can complete. This will provide instructions for the care home, explaining how the resident wishes to be treated and the beliefs they wish to live by.

According to the charity, around 70% of people living in care homes have dementia or severe memory problems and may be unable to explain their dietary beliefs, or have periods when they can't remember their values.

Amanda says "When a resident starts losing their memory, they can forget that they became vegan and revert back to when they ate meat. They may no longer have access to a vegan magazine or see the vegan symbols which triggers that memory. They may not be alarmed at being offered sausage and chips, as they may assume it's a vegan sausage."

There is still a lack of knowledge about vegan and vegetarian diets. Amanda says "The biggest misunderstanding is that vegetarians eat fish. Vegans don't eat anything from animals living or dead - for example, honey or by-products from dairy such as

when. Vegetarians don't eat meat but do eat dairy and eggs, although some don't."

There is a growing trend for people to reduce their meat consumption or become vegans and vegetarians. A survey from the University of Oxford concludes that meat consumption in the UK has dropped by 17% in the last decade (between 2008/9 to 2018/19), while the proportion of vegetarians and vegans has more than doubled.

There is still a lack of knowledge about vegan and vegetarian diets.

As Amanda states, it couldn't be simpler to cater for vegans and vegetarians. "If you're making a meat pie, make a vegetarian/vegan one and put it in the oven at the same time on separate trays, if you're making stew or soup, the base ingredients will be the same, so you can create different versions. If it's Quiche Lorraine, use mushrooms in place of ham or quorn or lentils instead of meat in a shepherd's pie. Some foods are naturally vegan such as Vitalite vegan spread, chocolate bourbon biscuits and most Oreo biscuits."

THE CHARITY HAS THE FOLLOWING ADVICE:

- Use vegan or vegetarian symbols on menus. A separate vegan and vegetarian menu will avoid mistakes.
- Seat vegetarians and vegans together to avoid the chance that someone may pick up a piece of meat from another's plate. Amanda notes "If they are seated with other people and their food looks different, they may forget they don't eat meat."
- Make sure the resident chooses from the vegan and vegetarian options rather than meat options.
- Staff training is vitally important. V for Life runs several training courses online and in person, accredited by the BDA (British Dietetic Association)

<https://vforlife.org.uk/resources/publications/self-advocacy-england>

www.vegetarianforlife.org.uk



Mushroom Quiche

What's on
YOUR MENU
 FOR VEGANUARY?



Serving suggestion

CREATE SENSATIONAL VEGAN SPECIALS

MADE WITH



DID YOU KNOW:

PLANT BASED IS THE FASTEST GROWING PROTEIN OOH

73% OF CONSUMERS THINK IT IMPROVES THE IMAGE OF A RESTAURANT¹

THE NUMBER OF VEGAN MEALS CONSUMED **86%** BY NON-VEGANS²

+5.5% YOY THE GROWTH OF THE OOH PLANT-BASED MEAL MARKET²

NEW



GARDEN GOURMET®
 Vegan Balls



GARDEN GOURMET®
 Sensational™ Burger



GARDEN GOURMET®
 Sensational™ Fillet Pieces



GARDEN GOURMET®
 Mince

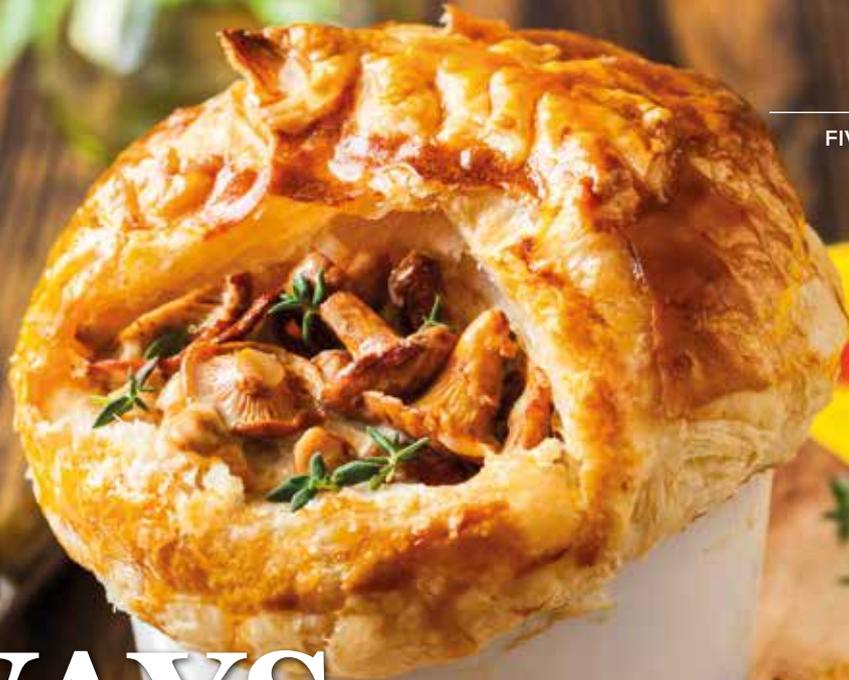
SPEAK TO YOUR SALES REPRESENTATIVE TO FIND OUT MORE

VEGANUARY

SOURCE: 1. Datassential July 2019 KANTAR, July 2019. 2. Understanding the Out of Home plant based meals market report, Kantar May 2020. GARDEN GOURMET® - Reg. Trademark used in agreement with the Trademark owner



5 WAYS TO USE *Dijon Mustard*



Dijon mustard is a traditional mustard of France, named after the town of Dijon in Burgundy, France, which was the centre of mustard making in the late Middle Ages and was granted exclusive rights in France in the 17th century.

The main ingredients of this condiment are brown mustard seeds and white wine, or a mix of wine vinegar, water and salt designed to imitate the original verjuice. It can be used as an accompaniment to all meats in its usual form as a paste, or it can be mixed with other ingredients to make a sauce

The Country Range Classic Dijon mustard has subtle vinegar notes used as an ingredient in dishes rather than as a condiment. Use it to marinate meats, make vinaigrettes and add it to roast potatoes for a unique side dish.

This issue we have Paul Dickson, Country Range Development Chef who shares five innovative ways to use this Dijon Mustard.

ABOUT: PAUL DICKSON

Paul Dickson is a chef, brand ambassador, food stylist and Home Economist. With a vast culinary knowledge collected from some of the finest establishments in London, Manchester and the North West. He creates exceptional visual stories about what and how we eat.

Country Range work with Paul to create recipes from using the latest insight trends to make up inspirational menus through to developing new ways of serving up traditional favourites.



1/ Sauce
Hollandaise is one of the classic French mother sauces along with Béchamel, Veloute, Tomato and Espagnole. One of the best hollandaise derivatives is sauce Moutarde. Hollandaise with a spoonful of Dijon, perfect for vegetables, poached meat and fish and eggs

3/ Coating
Brush a rack of lamb with Dijon mustard, coat in a herby breadcrumb and slowly bake in the oven until pink. It's a great way to add extra flavour to this classic!

5/ Mix
How can we leave out a perfect mustard mayo. Absolutely life changing in a freshly made egg mayo sandwich

2/ Dressing
Dijon is perfect in a honey and mustard dressing. Try whisking 1 tbsp Dijon, 1 tbsp honey, 1 tbsp white wine vinegar and then whisk in 3 tbsp veg oil and 1 tbsp of water. This will be your go to dressing for all salads. My favourite is red onion, sliced tomato, and cucumber

4/ Flavour
Dijon goes so well with chicken and mushrooms. Next time you make a chicken and mushroom pie add a generous dollop of Dijon and some snipped tarragon leaves. You will be amazed at the difference

Country Range Dijon Mustard
Pack size: 2.27 lt >>>



ANDREW GREEN
CRAFT GUILD OF CHEFS

After a Christmas period that was a little more like the normal one that we are used to, we can now plough into 2022 with a much fuller calendar that we did this time last year. We are starting the year with the newly named Major Chef's Culinary Challenge, formally known as the Major Series, 4 great competitions over January and February. There is of course the Country Range Student Chef Competition, which has its heats this spring with the final on 22 March at the HRC show at London's, ExCel centre, a good chance to see the next generation of Chefs, and supported by Country Range Group members. On 24th February we have our Phoenix dinner, where we and our friends at the British Culinary Federation, are putting on a joint dinners to help support the rising of the Hospitality Industry, to purchase tickets please do visit our website

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



aah!
VEGAN



aah!
BISTO

**GRAVY
GRANULES
FOR MEAT**

MAKES **25** LITRES

aah!
BISTO

**GRAVY
GRANULES
REDUCED SALT**

MAKES **25** LITRES

CERTIFIED BY THE VEGAN SOCIETY

WWW.PREMIERFOODSERVICE.CO.UK

 @PremierFoods_FS  PremierFoods_FS  @PremierFoodsFoodservice



**GLUTEN FREE,
SUITABLE FOR VEGANS**



& NO ALLERGENS TO DECLARE

WWW.PREMIERFOODSERVICE.CO.UK

 @PremierFoods_FS  PremierFoods_FS  @PremierFoodsFoodservice



the Veganuary effect

Over half a million people participated in Veganuary 2021, an increase of over 180,000 people in 2020 and this year, the numbers are set to rise once again.

More than just a movement, Veganuary has been the turning point for many consumers seeking to implement a lifestyle change.

Once renowned for boring, tasteless flavours, vegan and plant-based food has undergone a huge transformation, delivering tasty dishes that are not just directed at an ethically minded consumer group.

As we gear up to explore the bounty of new vegan dishes launched this January, we took to the streets to ask chefs, hospitality experts, nutritionists and operators throughout the sector to share their best-selling dishes, advice and plans for Veganuary 2022.

Left (main)

Carrots Autumn,
Photo Credit: Maray



DANIEL DUPRAT
Foodservice Manager,
Bennett Opie Limited

Menu evolution can be a tricky balance with the spiralling costs

that are really hitting the industry - especially if specific ingredients are required - and menu rationalisation is one way of keeping costs under control. Introducing ingredients that can be used creatively across a wide range of dishes and meal occasions that complement both a plant-and-meat-based menu, help ease the ingredient overhead. For example, considering items like compotes that can be used for breakfast with granola or soya milk pancakes and then later in the day for a non-dairy cheesecake topper or fruit crumble. The same applies for olives. A good quality olive can transform a vegan breakfast burrito and be used later in the day for sharing platters – and even for traditional martini cocktails.

It needn't be daunting; a great place to start is with your best-sellers – adding simple twists to “veganise” your offering. Ambient ingredients really win here as any potential food waste is limited especially as once they are opened, they can often be stored in the refrigerator for a couple of weeks.



ANETA JARZMIK
General Manager, Hard
Rock Cafe Manchester

Our menu is always evolving and adapting to tastes and trends,

one of which is the increased demand for tasty, nutritious, vegan dishes. We're busy developing some exciting vegan options, but one favourite already on the menu is our '100% guilt-free burger'. It has no cholesterol and the wheat, soy and pea protein create a texture similar to a meat burger. The mushroom and coconut oil gives mouthwatering succulence, whilst the beetroot juice makes it look like a real burger when you bite into it. With vegan buns and cheese, it's perfect for Veganuary.



GORDON LAUDER
MD, Central Foods

Interest in meat alternatives continues apace, and there's a growing plethora

of options that operators can serve to their customers looking for plant-based meals, but there are big differences in the ingredients used to make vegan and vegetarian meat alternative products and the nutritional benefits that they provide.

The soya used in our recently launched KaterVeg! vegan mince, sausages, burgers and bangers is organic, non-GMO, EU soya, grown in existing, established agricultural areas without the use of the controversial herbicide glyphosate. This makes it as good as it gets from both an environmental and a health point of view. The soya is also high in protein, low in fat, low in sugar, a source of fibre and has salt levels below the PHE 2024 targets – all positive attributes which will appeal to customers looking for healthy, sustainable, meat-free menu swaps.



THOMAS WHITE
Co-Founder, Maray

In January we will be running our annual Green January offering. Green January is about

celebrating our vegetarian and vegan offerings which we are so well known for. Vegetables are a huge part of what we do, they are incredibly versatile and a mainstay of Middle Eastern, North African and Mediterranean cuisine all of which are a huge source of inspiration for our food.

Our Autumn/Winter menu features an abundance of vegan dishes, including confit carrots with a hazelnut butter, tamarind, pickled celeriac and parsley - king oyster mushrooms with cannellini beans, lemon and capers and a comforting braised rice dish with local Ormskirk Kale and chilli oil. These appear alongside our menu favourites which include a vegan rendition of our flagship Disco Cauliflower and sweet potato with tahini and date molasses.



ALEX HANNAH
Owner, The Dark Kitchen

Last year we made a decision to focus our burger offering on a completely plant-based

product, launching Bae Burgers using the Beyond meat products and sourcing greens from an urban farm in Liverpool that uses hydroponics in an old warehouse in the city centre. We decided to offer just the Bae Burgers with no meat alternative, to prove just how good the vegan burgers were.

We found this was a great way to get people to try them and have experienced customers re-ordering based on how good they are! To promote them, we used direct quotes from people who couldn't believe the burgers were all vegan. We even had customers calling the restaurant to double check what was in them as they couldn't believe the similarities in taste, texture and overall look. They still remain the only burger option on our takeaway menu and are consistently one of the most tagged items on our customer's social media feeds.



KIM KAEWKRAIKHOT
Owner and Head Chef
at Chaophraya

Our best-selling vegan dish here at Chaophraya is our Pumpkin Thai Red

Curry. Made with fresh red chillies, galangal (similar to ginger), cumin, coriander root and lemongrass, this flavoursome curry is the perfect option for those looking for something substantial. This vegetable and protein-rich dish uses Thai pumpkin, which provides a new experience for your taste-buds.

Our customers love how incredibly tasty and creamy this recipe is, despite it being completely plant-based. This dish is garnished with aromatic Thai Basil and pumpkin seeds. With this deliciously comforting recipe, you can expect a sweet and 'melt in the mouth' style texture, stemming from cooking over a longer period of time. We'd recommend pairing it with Jasmine rice for a true taste of Thailand.



THIS *Veganuary*
**CHOOSE AMAZING
 FLAVOUR, JUST LIKE
 SCRATCH-MADE**

Choose from our award winning Pan-Asian
 Pastes and over 24 Stocks & Bouillons



Major Stock, Bouillons and
 cooking pastes deliver high
 quality and natural flavour
 ingredients for a superior taste



We have a passion to support *You!*



FREE SAMPLES available delivered
 to your door, register at
www.majorint.com



part of Givaudan

* Includes Products do not contain any food allergens as designated by EU Legislation



KAM
 media

By Katy Moses, Founder &
 Managing Director of KAM Media

ONE STRIKE *and you're out*

Roll back to pre-pandemic and hygiene probably didn't weigh heavily on your mind as an operator (unless like me, you have teenage sons!) – it was more about experience and ambience. Fast forward to 2021 and despite the initial flurry of high-visibility Covid measures hastily implemented in many venues, most operators have started to shift their focus to more 'exciting' things- whilst keeping standards high, of course!

But this month we finished a project at KAM looking at how people's attitudes have changed since COVID-19 when deciding where to go out for a drink or meal or order food for delivery, and guess what is still very much firmly on our customers' minds? Yep, hygiene and also- food safety.

Nearly 2 in 3 consumers agree that hygiene standards have

become MORE important to them when visiting a hospitality venue since COVID-19 hit. This is consistent across all age groups and gender demographics.

The research, which we carried out in partnership with Food Alert, found that there is now no room for error and that customers are incredibly unforgiving when standards fall; 1-in-2 said that if a venue falls short of their hygiene expectations just once then they will never return. To be crystal clear, that means you've got one strike and then you're out, for good.

There are two hygiene measures which customers want long term; hand sanitising stations (69%) and adequate spacing of tables (63%)- both measures which don't dilute the customer experience but just give enough reassurance that their health and well-being has been considered and is important to the venue. This is, ultimately, what the customer is looking for.



Hand sanitising stations are one of the key measures to keep up the hygiene expectations of your customers.



"Nearly 2 in 3 consumers agree that hygiene standards have become MORE important to them when visiting a hospitality venue since COVID-19 hit."

It comes as no surprise then that food hygiene ratings (FHR) are now also an all-important decision maker – or breaker – for customers and getting the scores on the door can be the difference between business success or failure. Interestingly, though again perhaps not surprisingly, food hygiene ratings are of even higher importance to customers when ordering food for delivery.

This heightened awareness of health and hygiene in general has been more prominent in older generations during the pandemic. But when it comes to checking 'food hygiene ratings' in particular, it's Generation Z

and younger Millennials who are more actively 'ratings aware'. Venues should be using positive Food Hygiene Rating scores as a footfall driving mechanism for these savvy consumers.

Astute operators should be looking at this and thinking about how they can use their high-ranking hygiene standards in a positive way to separate them from their competitors and influence the valuable 18-34 year old market.

No, hygiene isn't a particularly sexy topic, but ignore it at your peril. You can consider this your 'one-strike and you're out' wake-up call!



NEW

THIS *Veganuary*
MAKE A CHANGE FOR THE BETTER
 WITH GREAT TASTING FORTIFIED GRAVY



NEW MAJOR INSTANT GLUTEN FREE GRAVY GRANULES WITH VITAMIN D



PRODUCT	YIELD	PACK SIZE	ALLERGEN FREE
For Meat Dishes	25L	1.88kg	✓
For Poultry Dishes	25L	2kg	✓

= Vegan Certified = Gluten Free - Suitable for Coeliacs



We have a passion to support *You!*



FREE SAMPLES available delivered to your door, register at www.majorint.com



part of Givaudan

* Includes Products do not contain any food allergens as designated by EU Legislation

Tilda

EXPLORE A WORLD OF FLAVOUR THIS VEGANUARY

Mixed Grain and Avocado Salad

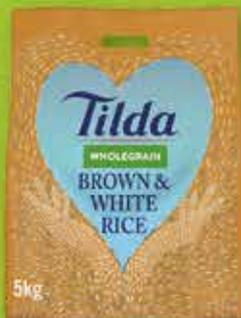
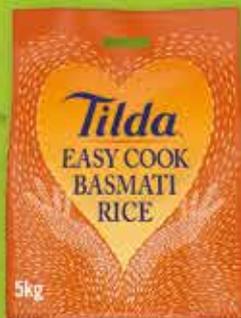
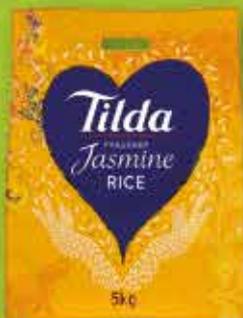
Roasted Cauliflower Peri Peri

Spiced Chickpea and Sweet Potato Pilaf

Green Buddha Bowl

Vegetable Rogan Josh

Quality grains for all occasions



Vegetable and Tofu Rice

For inspirational plant-based recipes and more,
visit tildafoodservice.com

TildaRice

@TildaChef

We support
mary's
meals

Tofu Fried Rice

**COUNTRY
RANGE**
The Leading Independent
Foodservice Brand

Growing Well is a unique farm-based Mental Health Charity near Kendal, providing a powerful alternative or accompaniment to therapy, where the cycle of food from field to fork is central to everything they do.

Working with adults in Cumbria and North Lancashire who are experiencing mental health illness, the charity provides a sanctuary where individuals can help with a range of different jobs, using activity as therapy.

In addition to donations, the farm relies on the sales of veg boxes in the local area. Their organic produce is used to supply local businesses and is often transformed to create unique products for retail.

Visitors are able to play different roles throughout the farm and are also invited to take courses and classes, interact with peers and learn new life skills such as growing veg, cooking and goal-setting.

Head of Catering at Growing Well, Sarah Hill, said:

“The kitchen is an integral part of the recovery process at Growing Well. We are an organic horticulture site growing a wide range of fruit and vegetables for a local crop share scheme and other retail and catering outlets. Any surplus is donated to our kitchen to create healthy delicious vegan food for beneficiaries and staff daily. After all the hard graft, there has to be reward.”

“The menu is changed daily depending on what surplus vegetables are available from the field so it’s a case of ready, steady, cook. It certainly tests our creativity to come up with a menu and also produce different retail products that are varied, healthy and delicious, especially in the winter months. We currently have five types of squash, kale, potatoes, onions, cabbages and chard, which we often turn into curries, stews, soups and risottos using the Country Range spices and herbs. Occasionally we will create pies or pastries and this Squash, Mushroom and Kale Pesto Wellington is one of our favourites.”



**GROWING
WELL**

Squash & Mushroom Wellington with Kale Pesto

**SERVES
4**

**COOKING
TIME
45 MINS**

INGREDIENTS

- 500g block of Country Range puff pastry
- 1 butternut squash peeled and cut into small chunks
- 4 tsp of Country Range garlic purée
- 6 tbsp Country Range olive oil
- 1 tbsp Country Range dried thyme
- 1 tbsp Country Range dried sage
- 600g chestnut mushrooms chopped
- 50g Country Range walnut halves
- 180g vacuum packed chestnuts, roughly chopped
- 1 tbsp Country Range lemon juice
- 100g kale
- Country Range Salt and pepper

METHOD

1. Heat the oven to 200C/gas 6.
2. Cut the squash into small chunks and toss in a large roasting tin with a drizzle of olive oil and a pinch of salt and ground black pepper. Roast for 25-30 minutes until tender and lightly charred. Set aside to cool.
3. Toss the mushrooms in a separate roasting tin and roast alongside the squash for 15 mins. Remove from the oven and stir in 90g of the chestnuts, thyme, sage and 2 tsp of garlic. Roast for a further 5 mins then set aside to cool. Once cooled add both the vegetable mixes together and keep to one side.
4. Bring a large pan of salted water to the boil, tip in the kale and cook for 1 min until wilted. Drain and then run under cold water until cool. Squeeze all the water from the kale, then put it in a food processor along with 2 tsp of garlic purée, 90g of the chestnuts, the lemon juice, 4 tbsp olive oil and some seasoning. Blitz to a thick pesto and check seasoning (add more lemon juice if required).
5. Meanwhile, roll out one third of the pastry block on a lightly floured surface to a rectangle, roughly 16cm x 25 cm. Put on a baking sheet lined with non-stick baking paper, then lightly score a 2cm border around the edge. Score the pastry in a criss-cross pattern within the border, chill for 30 mins then bake for 12-15 mins until golden and puffed.
6. Roll out the remaining pastry on a lightly floured surface to a 24cm by 35cm rectangle (this is the top). Spoon the kale pesto onto the centre of the baked pastry base followed by the vegetable filling and shape into a thick cylinder within the 2cm border. Brush the edges of the pastry base with a little oil, then drape the uncooked pastry rectangle over the top of the filling, tucking in the edges underneath. Brush with oil then chill for 30 mins.
7. Brush a little oil over the pastry. Sprinkle with sea salt flakes and ground pepper (You could also add poppy seeds here if you wish). Bake for 30-40 mins until golden and puffed and the filling is hot.



DOES EVERYTHING DAIRY DOES. AND MORE.



DAIRY
FREE



GLUTEN
FREE



GOOD FOR
THE PLANET



VEGAN

SERVE EVERYONE.

**RICH AND CREAMY
ALTERNATIVE TO
DAIRY BUTTER
AND CREAM**

100% PLANT BASED



Learn more at:
www.upfieldprofessional.com

THE MARKETPLACE

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



INVISIBLE CHEF

'Invisible Chef' is an exciting 'Cook and serve in pack' snack range which includes big fill burritos, breakfast muffins, paninis, muffins and Croque Monsieus. These are all available in both vegan and vegetarian options.

The products can be cooked in their pack in almost all devices - taking just two minutes to cook. They can then hot hold for 90 minutes.

Products are delivered frozen and have a three-day chilled shelf life which helps with waste reduction, constant stock availability and other related cost savings.

'Invisible Chef' is perfect for deskilled kitchens, one-person operations, and is Natasha's Law compliant.

Visit www.invisiblechefsacks.com for more information.

"'Invisible Chef' is perfect for deskilled kitchens, one-person operations, and is Natasha's Law compliant."



THE UK's No.1 CEREAL BRAND*

Weetabix is made with 100% wholegrain to give the perfect start to the day!

Portion Packs



Single packs available in cases of 96



Twin packs available in cases of 48

Bulk Pack



- Convenient individual serving
- Perfect for portion control
- Ideal for lower volume service
- Clearly branded packs to aid recognition

- Individually wrapped sleeves of 12
- Perfect for high volume service



48 packs available in cases of 6

A 2-biscuit serving contains

Energy 574kJ 136kcal	Fat 0.8g	Saturates 0.2g	Sugars 1.6g	Salt 0.10g
7%	1%	1%	2%	2%

of an adult's Reference Intake
Typical values per 100g: 1531kJ / 362kcal

• High in fibre • Low in salt, fat & sugar • Fortified with vitamins & iron

Visit our website for more information about our delicious Foodservice range

www.weetabixfoodservice.co.uk



Chef and co-founder of online food community – SORTEDfood, Ben Ebbrell is part of an internet sensation that has taken the world by storm since its launch in 2010. Twelve years and 2.4million subscribers later, the SORTEDfood YouTube channel regularly achieves over 300,000 views a day. Never ones to rest on their laurels, in 2020 SORTEDfood launched their very own answer to meal kits with the Meal Packs App, a meal planning phone application that takes the stress out of cooking and uses everyday ingredients to save time, money and reduce food waste.

We do our best to work with a huge variety of global influences... but there are a few favourites at the moment that I think reliably give food the flavour boost required. They are inspired by some of the best places I've visited, either with SORTEDfood or personally. For instance... harissa, preserved lemon, tahini, rose and cinnamon are all fairly iconic with North African and Moroccan flavours and are useful store cupboard additions. As are wasabi, miso, yuzu and togarashi from Japan... I find them easy extras to twist up regular meat, fish, veggie dishes.

How many new recipes a week does your team have to produce to maintain fresh content for your audience?

On YouTube we publish two videos a week... subject to the episode format they might include anywhere between 1-5 recipes that need to be developed. On top of that there's our Meal Packs App. This meal planning tool focuses on recipes that are smartly created to enable the user to buy less and use it all up so there isn't any food waste at the end of the week. To keep things fresh and dynamic there is at least one new Meal Pack with 3-5 recipes per week. And as if that's not enough, our food team also develops recipes for cookbooks that we publish (we've produced 10 in the last 3 years!), live events/dinners with sponsors and for cooking demos. So, needless to say, there's always ample being tested to keep the team well fed!

How do you keep up with the trends to make sure your content is relevant?

The sentiment behind all our content is that the audience helps to shape it and invariably, the thousands of comments we receive each week skews towards topics or trends that are timely and popular. Therefore, our attention is drawn to things that are growing outside of our bubble too. That said, if we can jump on those conversations quickly then SORTEDfood's platforms can definitely give them a real boost and help to speed up the momentum behind them. Beyond the online community, we also have great connections with top chefs, restaurants and PR teams in London, which naturally gives us the inside track too.

Keen advocates of healthy eating for children, the team have since moved on to work with local primary schools, charities and food banks, learning more about the barriers to cooking healthy meals in a bid to reduce levels of childhood obesity. We caught up with Ben to find out more about what goes on behind the scenes at SORTEDfood and how they nurture open channels of communication with their subscribers to keep abreast of trends and continue developing relevant content.

When working on new dishes, what is your development process?

Generally, our mid-week recipes for the Meal Packs app are fairly quick to develop, test, photograph, proof and publish. However, others that are more 'out of the box' for the YouTube channel often take a bit of tweaking before we're fully happy with them. Regardless though, all the new dishes benefit from a collaboration between our food team of professional chefs and the other skill sets we have in the business... the 'normal' home cook sanity check is vital!

Do you have any "go-to" cuisines or global dishes that you gravitate to more than others?

Ben EBBRELL

What has your YouTube audience taught you about cooking?

Loads! Sometimes entirely new recipes or ingredients that are highlighted for us to explore in our video formats such as 'Food Trends' or 'Pretentious Ingredients'. Whilst other times it's simply a helpful tip or snippet of information about an ingredient or recipe origin. All of this context helps. One thing is for sure, they often help to correct our pronunciation of ingredients or dishes from languages less familiar to us. For instance, I once got loads of helpful advice and reassurance when trying to make kombucha for the first time and the SCOBY looked evil! Haha

How much influence do your audience have on the recipes you produce?

At two levels... broadly speaking the thousands of engagements each week help to steer the direction of the next recipes and topics we focus on. But also, at a granular level. When it comes to specific dishes or destinations that we are less familiar with we reach out for input from our global community. They swiftly jump into action and help by suggesting cool tips and tricks or flavour combinations that inform our food development and production teams. We also regularly host feedback sessions (1-on-1 and in the form of questionnaires) with our Meal Packs subscribers to make sure the content is serving them well... all of their suggestions filter into the development process to continually improve the product.

You recently broadcast a live event, how different did that feel to pre-recorded episodes and what additional prep did you undertake?

The Live shows were a very different operation to the usual pre- and post-production that our team usually handles, so we brought in an external production team to provide some expertise. There was a huge amount of extra planning and contingency across all areas of the business - from sales to customer service and beyond!

Once we began the Pass It On challenge, the pressure felt pretty similar for us on-screen to the normal way we shoot it. We always film it in 'real-time' and therefore the pressure remains high even without a live audience. The addition of a talk-back earpiece to give us time checks plus highlight a few comments from the audience added an extra dimension... it all felt very grown up. Whilst we've been on live TV and radio plenty of times before... never in front of people who paid to watch our show. The adrenaline was high and it was great fun.

Thai Green Tofu Lettuce Cups

INGREDIENTS

150g echalion shallots
1 red chilli
10g fresh ginger
1 clove garlic
1 large avocado
2 limes
1 tbsp vegetable oil
2 tbsp vegetarian thai curry paste
280g extra firm tofu
10g fresh mint
30g fresh coriander
1 tsp caster sugar
1 tbsp light soy sauce
2 heads little gem lettuce

SERVES
2

METHOD

Prep

Halve, peel and thinly slice the shallots. Thinly slice 1 red chilli, then peel and finely grate the ginger and clove of garlic.

Make your sauce

1. Cut the avocado in half lengthwise around the stone, scoop the flesh out of the skin and into a small bowl.

2. Add the ginger, garlic, zest and juice of 2 limes.

3. Mash everything together with a fork until semi-smooth, then loosen with 2-3 tbsp of water to reach a mayo-like consistency. Season to taste with salt.

For the Tofu

1. Pour 1 tbsp of oil into a large frying pan and place over a high heat.

2. Once the oil starts to shimmer and loosen, add the curry paste. Fry for 1-2 minutes, until fragrant, then add the shallots.

3. Fry everything for a further 3-4 minutes, until the shallots soften slightly.

4. Crumble in the tofu and continue to fry everything for 6-8 minutes, until it starts to crisp. Roughly chop the mint and coriander for serving.

Assemble and serve

1. Once the tofu is ready, scatter in $\frac{3}{4}$ of the herbs, the sugar and soy sauce. Toss everything together.

2. Cut the roots from the gem lettuce and break them down into their individual leaves.

3. Load the leaves up with the tofu mix. Spread $\frac{3}{4}$ of the sauce onto 2 plates. Place the filled lettuce cups on top and drizzle over the remaining sauce or take everything to the table and let everyone construct their own lettuce cups.

4. Scatter over the chilli and reserved herbs to finish.



With multiple recipe books, a hugely successful social media following, meal app and a number of tv appearances under your belt, what's the next challenge for 2022?

As we emerge from lockdown it's more clear than ever before that food (cooking at home midweek, hosting with friends/family and eating out) has the power to connect us. As many return to a physical workspace and with ever decreasing 'work-from-home' options, the speed, ease and efficiency of midweek cooking is hugely important again. As is understanding where our food comes from, how it fuels us and how we can engage with food responsibly whilst also making tight budgets stretch further. Therefore, all those tools you mention... from our video content to our meal planning and recipe app... need to continue to grow and adapt to support people. That will remain

the focus of our entire team over the coming months. That said, with our finger always on the pulse we will also be dipping our toes into a few other projects... no spoilers yet... but keep an eye on our social media channels to be the first to hear!

What recipe have you selected to share with us and why?

We've chosen the Thai Green Tofu Lettuce Cups because they're simply stunning - lettuce cups are stuffed with fragrant crumbled tofu, shallots, chilli and served on a bed of a light bright avocado vinaigrette so you don't miss the dairy fat. Super fresh, super vibrant, super green - absolutely perfect for blowing away those January blues!

Left
Ben Ebbrell

Above
Ben's Thai Green
Tofu Lettuce Cups

NEW

PIZZA *Perfettissima*

Discover the art of perfect pizza

Cooking from frozen in as little as 4 minutes, Perfettissima pizzas have a consistently crispy, thin base with an artisan crust and authentic hand-made visual appeal. Made from extra-long fermented dough, the range is pre-baked in a stone oven for an unbelievable texture and flavour.

- ✔ 12" long fermented, stone baked pizza
- ✔ Available in 5 authentic flavours or the pomodoro base for you to top yourself
- ✔ Cooks straight from frozen in as little as two minutes

FOR SAMPLES PLEASE EMAIL
info@oetker-professional.co.uk



Please scan me for more information

**YOUR GO-TO
PIZZA EXPERTS**

oetker-professional.co.uk in



Professional

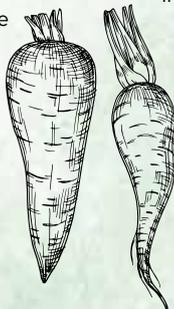


Nurturing a Nation of Sustainivores

Four years ago, scientists undertaking a comprehensive analysis of the impact of farming on the planet concluded that the single most substantial way to reduce environmental damage was to avoid meat and dairy products. Fast-forward into 2022 and we are witnessing the impact of that study, as an increasing number of the population take matters into their own hands by making some dramatic dietary changes to protect the planet.

Meat production has long been attributed to an increase in emissions, but not many people realise that it also consumes a large amount of water too. Animals need both food and water to survive – in fact, a single chicken requires over 735 litres of water to produce – the equivalent of 4.6 bathtubs.

“There are lots of different sectors that have an impact on emissions and the food system is surely one



of the most important ones as it is globally responsible for about a third of all greenhouse gas emissions,” said Dr Marco Springmann, senior researcher on environmental sustainability and public health at the University of Oxford.

As the world wakes up to climate change, a new “low-carb” diet is emerging – a low carbon diet. None of us can ignore the fact that what we choose to eat impacts our planet, adopting a climate friendly approach to food will be the biggest difference we can all make every day. However, the ownership of our impact does not end with whether or not we reduce or remove meat and dairy from our diets, it goes right to the heart of the supply chain.

It is often a misconception that a plant-based diet has no negative impact on the environment.

Avocados – a hugely popular brunch favourite may seem like the ideal alternative to eggs on toast, but the food miles, packaging and energy used to keep a single avocado at the exact temperature is astounding. Research by

Carbon Footprint Ltd found that the carbon footprint of two avocados is almost twice the size of 1kg of bananas. Bottled beer, cell-based meat alternatives and some processed plant-based foods also register high on the carbon footprint scale due to the production techniques required.

“There are lots of different sectors that have an impact on emissions and the food system is surely one of the most important ones”



Working closely with local producers and selecting ‘in-season’ produce is the most sustainable route, however to be truly sustainable, operators need to ensure that worker’s rights are protected and they have access to fair treatment and fair pay. It is also important to understand the system for crop rotation to prevent over-farming and the use of chemicals to enrich the soil or as pesticides. This is particularly important when sourcing soya,

which is farmed across Argentina, Brazil and the US and has been widely reported to be responsible for deforestation in South America as producers race to keep up with demand.

Overall, offering more plant-based options or a

predominantly plant-based menu will help to reduce our collective carbon footprint, but we need to look carefully at what we replace it with. A sector passionate about food, we have a responsibility to understand the detail behind our ingredients - acknowledging that a sustainable plant-based diet is dependent upon our choices - and use this knowledge to educate our consumers, taking the opportunity to communicate our decisions and engage diners on a deeper level.



UK'S #1 PORRIDGE SACHETS BRAND*



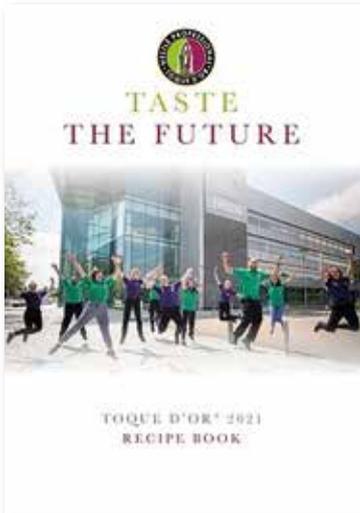
*Source: Nielsen, Value Sales in Total Coverage Hot Cereals Segment Data, MAT WE 18.07.20. Prices shown are Recommended Retail Price only, pricing is at the sole discretion of the retailer.

**Quaker Original Sachets (27g – 12 pack) + Quaker Golden Syrup Sachets (36g – 10 pack) are the No.1 + 2 selling Sachets SKUs, Nielsen, Total Impulse MAT WE 18.07.20.

FOOD & INDUSTRY *news*

TALENT

NEW TOQUE D'OR® 2021 COOKBOOK FEATURES INSPIRING RECIPES FROM THE UK'S HOTTEST YOUNG TALENT



Nestlé Professional has launched Taste the Future – a collection of food and drink recipes and inspiration from the UK's finest up and coming talent.

Featuring locally sourced and seasonally inspired dishes and drinks, the recipe book is compiled using recipes from FOH and BOH finalists from the 2021 prestigious Toque d'Or® Competition. To inspire menus and budding foodservice superstars across the UK, Nestlé Professional has made it available for download on its website.

The 2021 Toque d'Or® Competition was focused on creating the recipe book. Under the theme 'sustainable futures', the competition covered elements including nutrition, health, food waste and seasonality. In a series of challenges, competitors were tasked to develop recipes that met these criteria, using seasonal and locally sourced produce where possible.

Past winner turned food writer and influencer, Julie Jones, was on the judging panel. With her bestselling *The Soulful Baker* as inspiration for the book, she provided tips on developing an authentic voice through biographies and recipes. Finalists also learned how to stage and capture enticing food shots while boosting their Instagram and Facebook presence with help from creative media specialists, ShutterSmith.

Katya Simmons from Nestlé Professional said, "As ever, we've been blown away by the standard of the dishes and skills of the contestants."

"Toque d'Or® is continually evolving in response to industry needs. We equip entrants with a wide array of hospitality skills, but we also keep a nose to the ground, to make sure that they're learning fresh skills that are valuable and relevant."

"Social media has transformed the landscape for foodservice professionals. Now it's easier than ever to broadcast your recipes to a global audience, but there's only one chance to make a first impression. That's why skills like photography, and writing recipes and biographies are now vital."

To stay informed on or register your interest in Toque d'Or 2022 visit: www.nestleprofessional.co.uk/toque-dor/registerinterest

Kara

FOODSERVICE BAKERS

VEGAN BRIOCHE STYLE BUNS



1 in 5 dishes
on menus are
now adaptable, with
burgers ranking as
the top customisable
menu offering*

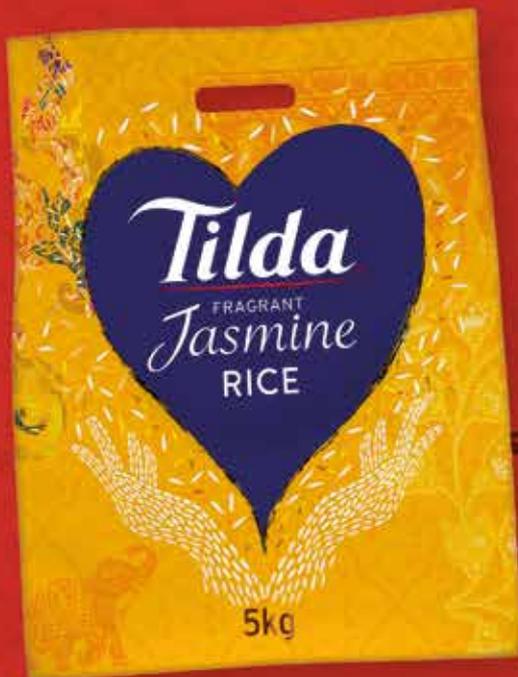
*Lumina Intelligence, Oct 2021





ELEVATE YOUR PLATE

*Quality grains for your Chinese
New Year celebrations*



恭喜发财



For festive recipe inspiration and more,
visit [tildafoodservice.com](https://www.tildafoodservice.com)

Rising star TES RYU

Tes Ryu is the much-talked about sushi chef at 123V, Michelin-starred vegan chef Alexis Gauthier's restaurant in Bond Street, London. We caught up with the rising star to talk about her career, food and philosophy.

Tell us a bit about your background

I was born in 1985 in South Korea. I studied art and design and moved to New York where I worked in Fashion Design.

What was your route into the industry?

I was working in Fashion, in New York. I was disillusioned with that world. I felt powerless to change anything. So I decided to try cooking. I began to do supper clubs and found I really enjoyed them, something I didn't find in my real career at the time.

Tell us about your current role and what it entails?

I was employed to help create the sushi section of the menu at 123V. Alexis was a massive sushi fan but not a sushi chef. He was not afraid to bring in someone to help with that and I'm now the head sushi chef at 123V!

Have you always been vegan?

No, I became vegan in 2018. But like many others, it was a journey I was on for a long time.

Why do you love your job and why is hospitality a great industry to work in?

Because the food we eat is the easiest way to have a direct positive impact on the planet and the environment. I feel I am making a difference. There is nothing more nourishing than the food we eat, so there is nothing more nourishing to the soul than making the food we eat as sympathetic to the planet as possible.

Why is the vegan food scene so exciting at present? Is there more to come?

It changes so fast. It feels like silicon valley in the 1970s, or the dot com bubble in the late 1990s. Every day I wake up to some new

evolution or discovery, putting everything suddenly out of date. The world is literally buzzing with new ideas and positivity, whereas the regular meat world is stuck trying to reheat itself constantly. It is tired, boring. They seem terrified of the future, always looking at the past, nostalgic, sad for an age disappeared. Whereas vegans are excited for a new world.

What is exciting you at the moment in food? What trends do you see taking off?

The meat and fish replacement and lab-grown world is on fire. Pretty soon the products will be so good, it will be impossible to make the case for using actual animal flesh. At that point there will be competition to improve things even further, and because these things are created, there is no limit to how they can taste. Imagine being able to grow fish flesh which tastes like fish tasted before the sea became so polluted? Or meat from before the soil and environment was damaged and animals were pumped full of

The world is literally buzzing with new ideas and positivity

drugs? Every ingredient used to taste far more intense than it does now. That's why modern food requires so much seasoning.

Who has been pivotal to your training, improvement and growth as a chef?

I've learned from all the restaurants I've worked in. Ippudo, Meiume at the Four Seasons, Sticks & Sushi all had some great chefs. I learned the discipline of the kitchen in these restaurants, they are very professional, successful places. But I find working with Alexis Gauthier most rewarding. He has an amazing enthusiasm for creativity and makes me feel like I can suggest any crazy idea without being dismissed or laughed at. This is so important.

Tell us about your 123V and vegan sushi, what is key to success?

I think the key is keeping it simple and focussing on quality rather than trends. I create new dishes quite slowly, by carefully testing new marinades, textures, and combinations. It has to come naturally. Nothing forced ever works. We are about to launch the sushi as delivery, which is more tricky than it sounds. But we want it to be perfect. Look out for '123V Sushi Vegan'!

What are your career ambitions?

Maybe one day I will have my own restaurant. But really, the idea that I could work in a restaurant which is fully plant-based and nobody really questions that, or considers that when choosing, like it's normal, that would be an amazing place to be.

What advice would you give to young chefs entering the industry?

Arrive early.



Sushi Set



Master Meat-Free

Chefs say Philly is significantly creamier than leading competitors, giving your dishes instant body and richness*



Discover Sweet Potato Philly Curry created by Nicole Pisani



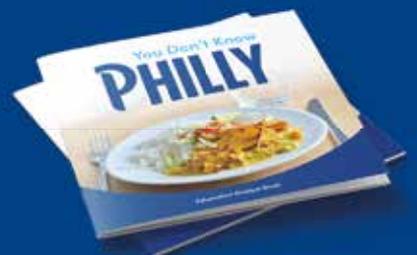
Nicole Pisani, Head Chef,
Gayhurst School

You Don't Know PHILLY

Download Nicole's education
recipe book and get in the know



www.philadelphiaprofessional.co.uk



*93% of chefs stated during blind taste tests that they felt that Philadelphia Original was either creamy or very creamy during independent research conducted by Good Sense Research in July 2020 with 101 chefs with 3 competitor products.

FOOD & INDUSTRY *news*

HOSPITALITY

All tips to go to staff as government plans overhaul of tipping practices:

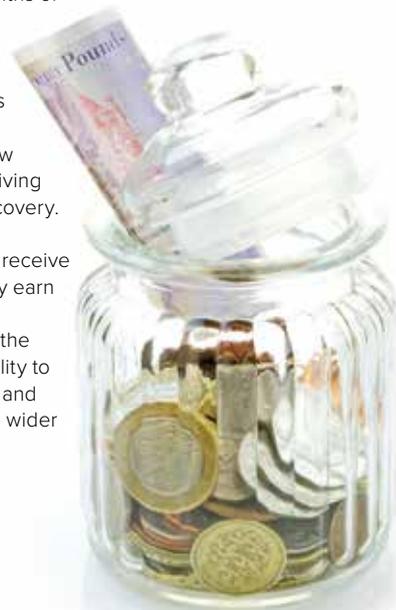
All tips will go to staff under new plans to overhaul tipping practices set out by the government. Most hospitality workers – many of whom are earning the National Minimum Wage or National Living Wage – rely on tipping to top up their income. But research shows many businesses that add a discretionary service charge on to customer's bills are keeping part or all of these service charges, instead of passing

them on to staff. The government said this will ensure customers know tips are going in full to workers and not businesses, ensuring workers receive a fair day's pay for a fair day's work.

The government said 80% of all UK tipping now happens by card, rather than cash going straight into the pockets of staff. Businesses who receive tips by card currently have the choice of whether to keep it or pass it on to workers. But the legislation will include a requirement for all employers to pass on tips to workers without any deductions; a statutory code of practice that will set out how tips should be distributed to ensure fairness and transparency; and new rights for workers to make a request for information relating to an employer's tipping record, enabling them to bring forward a credible claim to an employment tribunal.

Under the changes, if an employer breaks the rules they can be taken to an employment tribunal, where employees can be forced to compensate workers, often in addition to fines. UKHospitality chief

executive Kate Nicholls said: "UKHospitality supports the right of employees to receive the deserved tips that they work incredibly hard for. The hospitality sector as it begins to rebuild after 18 months of restrictions and enforced enclosure is already creating new jobs and driving the jobs recovery. Ensuring employees receive the tips they earn will further strengthen the sector's ability to create jobs and support the wider economic recovery."



Discover our vegan range: pure taste without compromise



Baker & Baker
— WE ARE AMERICAN BAKERY —



DELICIOUSLY FRUITY FULL OF FLAVOUR

NEW



ALSO AVAILABLE IN PEACH & MANGO.

The Country Club



EXCLUSIVELY FOR CUSTOMERS OF THE COUNTRY RANGE GROUP



WIN
Set of Samura Damascus Knives

LIFE AT THE CUTTING EDGE

Every great chef needs a great set of knives – so be sharp and enter our latest 'cutting edge' competition.

To win this prize send an email titled 'Damascus', along with your name, contact details and the name of your Country Range Group wholesaler to competitions@stiritupmagazine.co.uk

This presentation box creates a beautiful set of Samura Damascus knives to be gifted to the head chef in your life. Including a Paring Knife 98mm, Utility Knife 150mm and Chef's Knife 208mm for all of those daily kitchen needs.

67 layer Damascus steel blades make for cutting through meat and vegetables with ease.



Nestlé®

WE'VE GOT YOU COVERED WHEN IT COMES TO CEREAL!



67 layer Damascus steel blades make for cutting through meat and vegetables with ease.

GET A SLICE OF **Veganuary**

**FROM BASES TO FULLY TOPPED PIZZAS,
DR. OETKER PROFESSIONAL HAS A
SOLUTION FOR YOU THIS JANUARY**

Hello Veganuary! Top quality Vegan options are a must for menus that go the extra mile.

Cooking from Frozen in as little as 4 minutes, our varied range has something for everyone to enjoy and provide a quick, consistent pizza solution for your business. Delight your customers with convenient fully topped pizzas which can be served in as little as 4 minutes or choose one of our vegan bases to create your own recipe ideas.

**FOR MORE INFORMATION VISIT
oetker-professional.co.uk**



**Scan for more
information
on our vegan
range.**

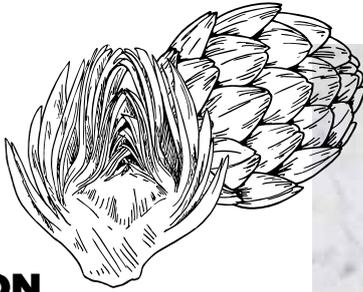
**YOUR GO-TO
PIZZA EXPERTS**

oetker-professional.co.uk in  



Professional

INSPIRATIONAL PLATES FOR *winter menus*



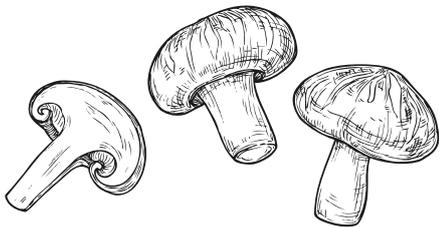
1 CARBON NEUTRAL CUISINE

This tasty recipe of Jerusalem Artichoke Schnitzel with Chanterelles, Katsu & Autumn Truffle is from Jikoni, the first independent restaurant to be certified as carbon neutral in the UK.



2 SOUL FOOD

This roasted Thai spiced tofu broth is a warming bowl of delicious flavours and the perfect vegan alternative to the comforting hug of chicken soup



3 TASTY TREAT

Try these baked Apricot Breakfast Bars with dates, desiccated coconut, apricots, mixed fruit and walnut for the ultimate healthy snack. Supplied by RM Curtis.



4 MEAT FEAST

New onto the menu at Heliot Steak House is this 'Spanish Fillet on the Bone' introduced by Ioannis Grammenos, Executive Chef.

5 SWEET & SAVOURY ASIAN DELIGHT

Tilda Chef Team of the Year 2021 winners Wayne Corbett and Nicola Harper created a vegan Thai Pineapple Fried Rice with Smoked Crispy Tofu.

For the full recipe, go to <https://www.tilda.com/professionals/recipes/thai-pineapple-fried-rice-with-smoked-crispy-tofu/>



SIMPLE ↑ SWAPS

FOR PERFECT
PLANT-BASED
DISHES



DISCOVER SIMPLE INGREDIENT
SWAPS & RECIPE INSPIRATION
FOR YOUR PLANT-BASED MENU:
UFS.COM/PLANTBASED



FUTURE
50
FOODS



Unilever
Food
Solutions



Support. Inspire. Progress.