

THE COUNTRY RANGE GROUP MAGAZINE FOR CATERERS  
MAY 2022

# Stir it up

**PROMOTING  
INCLUSION:**  
CATERING FOR  
CUSTOMERS WITH  
DISABILITIES

---

**RIISING TO THE**  
*occasion*

WHAT'S NEW IN EVENT CATERING



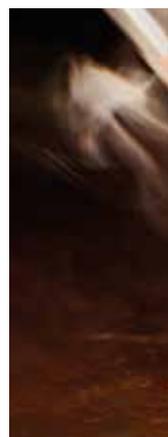
# Ingredients

This month, the issue is bursting with menu inspiration and advice perfect for refreshing your offering as we look towards the summer months.

In our Category Focus feature we're focusing on how the face of event catering has changed over the years. The Melting Pot feature looks at Promoting Inclusion and how to cater for customers with disabilities.

If you would like to get involved contact us at [editor@stiritupmagazine.co.uk](mailto:editor@stiritupmagazine.co.uk)

*The Stir it up team*



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### Front Cover

The Picture Pantry

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



### OUR EDITORIAL PARTNERS...



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# Readers' Lives

**NAME:** Hayley McCook

**JOB TITLE:** Lecturer in Culinary Arts

**PLACE OF WORK:** City of Glasgow College

**HOW LONG HAVE YOU WORKED IN THE CATERING INDUSTRY?**  
8 years

**TELL US SOMETHING INTERESTING ABOUT YOU THAT MANY PEOPLE WON'T KNOW?** Before I really got into cooking, I played in a band. We toured the UK and played sold out shows at the infamous King Tuts in Glasgow

**WHAT IS YOUR FAVOURITE CUISINE TO EAT?** I think Scottish produce is some of the best in the world. Our seafood and game are unrivalled

**WHICH CHEF DO YOU RESPECT THE MOST AND WHY?** This is a really difficult question as there are so many amazing chefs that I have a massive amount of respect for. I think Gareth Ward is up there though. He cooks the food that he believes in with an immense amount of passion and skill

**WHAT'S THE BEST ADVICE YOU WERE EVER GIVEN AND BY WHOM?**

One of my first head chefs told me to make sure I always brought a pen and notepad to the kitchen and to keep my knives sharp

**WHAT'S YOUR FAVOURITE DISH TO COOK IN SUMMER?**

I think one of my favourite dishes to cook would be a nice BBQ rump of lamb with Jersey Royals and a wild garlic salsa verde

**WHAT IS YOUR FAVOURITE COUNTRY RANGE PRODUCT AND WHY?**

I love the range of spices and dried products, they are always packed full of flavour

Country Range >>  
Herbs and Spices Range  
Pack sizes: Various



## PLATE ARRIVALS Lebanon

Delivering on-trend dishes from around the globe

Using fresh, flavourful ingredients and spices, Lebanese cuisine combines Turkish, Arab, and French cooking styles. Although relatively simple, Lebanese cuisine is incredibly delicious. The heart of the flavour in Lebanese food is spice.

**SHAWARMA** Shawarma seasoning contains staples like cumin, coriander, paprika and turmeric along with some warm spices such as cloves, nutmeg, allspice, and cinnamon. Slow cooked for hours in their own juices, it allows the meat to gain an incomparable succulence.

**BABA GHANOUSH** Traditional Baba Ghanoush contains a mix of roasted and puréed aubergine, garlic, olive oil, lemon juice and tahini. However, this recipe has been adapted over the years to occasionally contain an addition of mint, onions and various spices.

**FALAFEL** Falafel is a traditional Lebanese dish which contains a mix of chickpeas, herbs, onion and garlic. These protein-packed fritters are a staple in every Lebanese kitchen.

**HUMMUS** Typically drizzled with olive oil, this tangy dip is the perfect accompaniment to bread, and it is loved across the globe for its tangy flavour and the fact it is filled with nutrients.

**MA'AMOUL** This ancient cookie is filled with fruits and nuts such as dates, walnuts, and pistachios. The cookies are traditionally prepared for Easter, festivals, and celebrations, and they are typically shaped into balls or domes.

**FATTOUSH** This simple salad contains small pieces of fried pitta bread, these are tossed with other salad vegetables, and drizzled with a sweet and sour dressing made up of olive oil, lemon juice and pomegranate syrup.



Baba Ghanoush



# REAL FRUIT

## WE'RE GOOD TO GO



\*Contains naturally occurring sugars



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# IN SEASON: *Asparagus*

EAT THE SEASON



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

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

As a Chef de Partie back in the '80s I recall asparagus would be delivered in wicker baskets. We would peel and trim the spears and then tie them into little bundles with string they would be stood upright and cooked to order. To serve they would be wrapped ornately in a starched white napkin served with a classic hollandaise sauce, melted butter and lemon.



## OFFICIAL TASTING NOTES

Like all seasonal vegetables, there is none greater than the huge anticipation that the first crop of British Asparagus being delivered into our kitchens brings us.

As a perennial crop, asparagus produces spears year after year and has been known to grow several inches per day under optimal conditions. The English asparagus season runs from around St George's Day in April until the summer Solstice in June. In Scotland, the season starts a little bit later in May.

There are several varieties of asparagus including those of a different colour such as purple or white.

**Properties:** Asparagus is a very good source of fibre as well as vitamins A, C, E, K and folate.

**Usage:** Asparagus can be steamed and served with Hollandaise or Choron sauce; it can be grilled, barbecued, roasted, baked in pastry, mousses, flans, ethnic stir fries, pasta, as dip for soft boiled eggs or turned into ice cream. Asparagus really is the king of new season vegetables.

## 1/ FLOWER POWER

Here, asparagus is paired with pea in this delicious, summery girasole. Girasole is the Italian word for sunflower, which is where this flower shaped filled pasta gets its name.



## 2/ LIGHT BITE

Update your summer lunch menu with a seasonal produce filled quiche like this asparagus and bacon version made with Country Range ingredients.

## 3/ IN BLOOM

In a delicate starter white asparagus is accompanied by mimosa egg, goats cheese and an edible flower to finish off the stunning dish.



## 4/ PIZZA PERFECTION

A fresh seasonal twist for the toppings of weekly pizza special would be to add courgette and asparagus spears with prosciutto and mozzarella.

## 5/ SUNNY SIDE UP

Toasted open sandwiches are perfect for your brunch menu, and to be served as part of a bottomless brunch. Layer your bread with avocado, asparagus, peas and top with a fried egg.



**Recipes supplied by:** 1. Masterchefs of Great Britain, 2. Paul Dickson, Country Range Development Chef. For more inspiration visit [www.stiritupmagazine.co.uk/recipes](http://www.stiritupmagazine.co.uk/recipes)

## Also In Season:



Mackerel



Grapefruit



Sorrel



Lamb



Globe Artichoke

## Cooks Calendar

### MAY

13 / Hummus Day

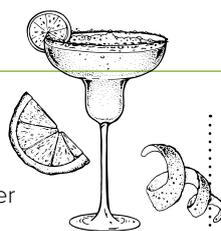
13 / World Cocktail Day

16 / National Vegetarian Week

28 / World Hunger Day

29 / National Biscuit Day

30 / National BBQ Week



### JUNE

1 / World Milk Day

3 / National Fish & Chip Day

5 / The Big Lunch

15 / National Beer Day

18 / International Picnic Day





SINCE 1934

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# Sweet Success

**After the Great British Bake Off first burst onto our screens in 2010, a new generation of baking aficionados were born and they have been raising the standard of cakes and bakes ever since. Emily Jones is one such trailblazer, launching Barefoot Oxford in 2013 from her home kitchen. Starting at local farmer’s markets, her business quickly took off as she began to make a name for herself amongst local businesses and consumers for her unique concepts.**

Within a few years, Emily’s cakes were available across Oxford at markets and in delis, tearooms, cafés, restaurants and hotels. When a local shop became available in Jericho in 2015, her loyal local customers were adamant that the space was made for Emily, so her part-time hobby became a full-time job. Ten years on and Barefoot Oxford has two retail shops, a 12,000sqft bakery, ‘cakery’ and warehouse, a growing wholesale business and a successful e-commerce

revenue stream with their famous brownies and cakes now being ordered online by fans around the UK.

With 25 full-time staff members across the shops and production facility, a lot has changed for the couple. “Prior to Barefoot Oxford, Emily and I worked in the food and drink event arena for the likes of Jamie Oliver’s Fabulous Feasts and ran a restaurant so a food business wasn’t completely alien to us. After Emily’s early success at markets and events, we soon reached tipping point where I either gave up my job and went all-in with Emily on Barefoot or we called it a day and took the safer option. We took the riskier approach and looking back now, it was the best decision I made as we both love our job and being in control of our own fate. It’s also a lovely slice of the food and drink industry to be involved in. After all, what’s not to like about cake.” Explains Emily’s business partner, Fraser.

While the business has grown substantially with 10 full-time ‘cakers and bakers’ working in production, Emily still keeps a tight control on the new product

development with a wide selection of cakes on offer for all occasions, seasons, diets and allergies. “Emily’s inventions continue to be what sets us apart from our competitors. She is seriously talented and has an amazing imagination that means there is always something new, seasonal and exciting hitting our menus,” says Fraser. “We had an amazing Black Cod with Miso in Ibiza last year so she has recently been trying to recreate those sweet, salty and umami flavours in cake form, obviously minus the fish! We will definitely have our Courgette &

Lime cake back this summer, along with the fan favourites Peach & Raspberry and the tropical slice of heaven – the Hummingbird, which includes banana, coconut and cinnamon.”

Like many businesses, the last two years have been far from straight-forward for the couple and the business but Fraser feels that they’re in a good place after hopefully seeing the back of the pandemic. “Our wholesale accounts and local customers were incredibly supportive right from the beginning of the pandemic and thanks to some key decisions we made such as launching e-commerce, we have some very positive strands to the business that we can develop further.”



**Above (main)**  
Exterior view of Barefoot Oxford  
**Below**  
Barefoot Brownie and Cake



*“Emily’s inventions continue to be what sets us apart from our competitors.”*

# SWEET DELIVERY AS SUMMER SOCIALISING RAMPS UP

New

With sunshine socialising moving up a gear this month, we've got the sweets and treats well and truly covered after the roll-out of our five new decadent desserts.

Great for chefs and caterers who lack the time and resources to make-from-scratch, these new versatile sweets are perfect for dessert menus, afternoon tea, takeaway offerings or simply when served alongside a hot drink as an affordable treat.

## COUNTRY RANGE BAKED SALTED CHOCOLATE TORTE

Tipped as the successor to salted caramel, this salted chocolate torte is luxurious, rich and insanely indulgent. One for the chocoholics, it is dusted with cocoa for a refined finish and is great either cold or warmed through with some Chantilly cream as an accompaniment.

**Pack Size: 1 x 14 Pre portioned**



Country Range Baked Salted Chocolate Torte

Country Range Luscious Lemon Cheesecake



Country Range Cappuccino Cheesecake

Country Range Lemon Panacotta Tart

## COUNTRY RANGE CAPPUCCINO CHEESECAKE

A dream for coffee aficionados out there, a crisp mocha biscuit base sits beneath layers of coffee and milky cheesecake topping which is then baked and topped with a cream cheese frosting before being finished with a dusting of cocoa powder.

**Pack Size: 1 x 14 Pre portioned**

## COUNTRY RANGE LEMON PANACOTTA TART

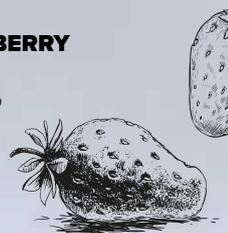
Another tried and tested bestseller that showcases the finest ingredients at their best. A rich, buttery shortcrust pastry case is flooded with a smooth lemon Panacotta filling and finished with a light dusting of icing sugar.

**Pack Size: 1 x 12 Pre portioned**

## COUNTRY RANGE RHUBARB & STRAWBERRY CHEESECAKE (GLUTEN-FREE)

With flavours reminiscent of those classic rhubarb and custard sweets, this Rhubarb & Strawberry Cheesecake is nostalgic, comforting and supremely scrumptious. Light rhubarb cheesecake topping sits on a bed of delectable digestive crumb, which is then finished with a strawberry mirror glaze.

**Pack Size: 1 x 14 Pre portioned**



Country Range Rhubarb & Strawberry Cheesecake

## COUNTRY RANGE LUSCIOUS LEMON CHEESECAKE (GLUTEN-FREE)

A classic and always one of the best-selling cakes, this Luscious Lemon Cheesecake is gluten free and full of zing! A sweet digestive biscuit crumb base lies underneath a refreshing, citrusy lemon cheesecake topping, finished with a stunning marbled lemon mirror glaze.

**Pack Size: 1 x 14 Pre portioned**

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22<sup>nd</sup>-28<sup>th</sup> May **National Sandwich Week**

**"THE COUNTRY RANGE TORTILLA WRAPS ARE OUR FAVOURITE PRODUCT BECAUSE IT'S EXTREMELY HARD TO FIND A WRAP IN THAT SIZE, AND THEY'RE CONSISTENTLY A PERFECT QUALITY PLUS THEY ARE VEGAN"**  
 — JOSH CANNON, EXECUTIVE CHEF, JOSIES

While we lay claim to the creation of the sandwich, thanks to the gambling-mad Earl of Sandwich in the 18th century who couldn't be bothered to leave the card table to eat, we're not the only country to elevate and hail this humble dish.

From Vietnamese Bánh Mi, Mexican Burritos, Scandinavian open sandwiches, and India's stuffed naan breads to Portugal's decadent 'Franceshina' – there are plenty of options to explore.

Country Range has you and your favourite sarnies covered. Within the range we can offer a variety of different breads and wraps, fillings such as our tasty gammon ham or delicious tuna, seasonings, sauces and much more to take your customers on a journey of discovery this National Sandwich week.



**SERVES 4**

**COOKING TIME 25 MINS**



**Open Toasted Sourdough with soft parmesan polenta, prosciutto, roasted veg and caper salsa**



**Tostadas**

*Pulled Pork Burrito*

**INGREDIENTS**

- 4 cups of prepared pulled cooked pork
- 2 cups Country Range Barbecue Sauce
- 2 cups Country Range Easy Cook Long Grain Rice
- 4 Country Range Tortilla Wraps
- 1 cup Country Range Grated Cheddar Cheese
- Guacamole
- Cooking spray

**METHOD**

1. Preheat oven to 200°C.
2. Coat oven proof baking dish with cooking spray.
3. Mix pork and barbecue sauce together, reserving 1/4 cup.
4. Preheat tortillas in oven on middle rack for 3 minutes.
5. Lay tortilla on flat surface and add a spread of guacamole.
6. Spoon 1 cup of pork mixtures, 1/2 cup rice and 1/4 cup cheddar cheese into the tortilla.
7. Roll tortilla around ingredients and place in baking dish.
8. Repeat with other 3 burritos.
9. Drizzle remaining barbecue sauce on burritos and sprinkle with cheese. Bake for 25 minutes.



*Greek Chicken Gyros*



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FOODSERVICE  
SOLUTIONS



# Transforming pubs into community hubs

**Pubs have always been an important part of the local community, but even before the pandemic, some were struggling to keep afloat. To keep the doors open, publicans have applied a little creativity, transforming their premises and adding amenities such as takeaway/delivery, 'cook at home' food, postal services or groceries to their offering.**

John Longden, chief executive of Pub is The Hub, a not-for-profit organisation that helps pubs to diversify by providing essential local services says "Pubs and good publicans are crucial in helping their local area rebuild from the impacts of the pandemic. Whether pubs

operate independently or are owned by the local community, diversification may be a helpful strategy, as the key to future viability is certainly having extra strings to your business bow."

John cites examples of pubs providing takeaway coffee kiosks, meals on wheels and offering craft cabins, repair shops or community allotments as ways to bolster sales and continue trading. "Other projects we've worked with include a community apple press, delicatessens, performing arts facilities and farmers' markets," he added.

Pub is The Hub operates a Community Services Fund to support a broad range of projects, however it's not just about grants

and funding schemes, a team of expert regional advisors are on hand to help businesses expand their services and learn from others in the industry. "We act as an independent sounding board and source of advice," says John. "The first job for a pub thinking about diversifying is to do plenty of research and make sure your local community is supportive."

A starting point is to survey customers and local residents to find out whether a service or activity would be well received, seeking suggestions for other services or activities that they would find useful. He says "The parish council and local authority need to be on board too. Keep your MP informed and speak to the local council to see if any funding is available and obtain any planning you might need. Pubs don't need a 'change in trading' as they are licensed already. The first consideration is to look at whether

there's a dedicated space in the pub that can be converted or if there's space to install a cabin/container in the car park. You may need planning permission for this, so do your research."

Trialling a service can help gauge demand and receive vital feedback. During the pandemic Barrie Walden from The Ponthir House Inn in Ponthir, Wales, opened a pop up shop in the dining area of the pub, selling essentials such as fresh fruit and vegetables. The local shop had been shut for some time, public transport in the area is limited and the nearest town is over three miles away, so there was a clear community need. The store was such a success that Barrie decided to make it a permanent fixture. A log cabin shop was opened in the car park with Pub is The Hub's expert help and a Community Services Fund.

Whether reinstating a local post office to provide a vital village service or if you have grander schemes in mind, diversification with the right support and knowledge can yield strong results and ease the long-term effects of the pandemic. To learn more about the opportunities available for your pub, visit [www.pubisthehub.org.uk](http://www.pubisthehub.org.uk) and get inspired!



#### Above (main)

Hospitality - The Ponthir House Inn has opened the log cabin village store to support local residents

#### Left

Pubican Barrie Walden outside the log cabin village store

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**NOTTINGHAM TRENT UNIVERSITY**

*Wins Green Gown Award*

**Nottingham Trent University (NTU) has scooped a Green Gown Award in the ‘Campus Health, Food and Drink’ category for its commitment to sustainability. The Awards recognise exceptional sustainability initiatives being undertaken by universities and colleges throughout the world. The university was also highly commended in the Student Engagement category as a result of its Green Rewards programme.**

During the judging, the university demonstrated a vast range of initiatives, actions and ongoing improvements over an extended period. This included a reduction in food miles, waste and energy consumption as well as increased usage of Fairtrade, organic, Marine Stewardship

Council (MSC), Red Tractor and plant-based produce.

Describing their approach Ivan Hopkins, Head of Hospitality and Catering, NTU, says “We source, prepare and monitor our products and processes to ensure minimum environmental impact. We do this through ethical and local sourcing, strong supplier partnerships, minimising waste and reducing food miles.”

The university constantly works with suppliers to ensure that they purchase from local farms and producers. “Our suppliers were fantastic in buying into our vision for sustainable and ethical food and supporting this in a proactive manner, which obviously contributed to us winning the Award.” Says Ivan.

Not only is the university a silver accredited member of the Soil Association’s “Food for Life Served Here” program, they also partnered with TUCO to achieve Marine Stewardship Council (MSC)

certification. Ivan says “We procure MSC seafood across our restaurants and kitchens and are audited annually to confirm compliance. We worked with our suppliers to source and swap to MSC certified items such as canned tuna.”

The range of plant-based options has been extended and 68% of vegetarian dishes have been converted into vegan by swapping certain ingredients. Street food style concepts have been introduced as such as a vegan ‘pop up’ serving a range of dishes. These include ‘Vegan Hot Box’, a noodle box style of international dishes.

Charmaine explains how the university reduces energy. “We engage in initiatives such as ‘Vacation Switch off’. During vacations, fridge and freezer stock is consolidated so that a number of units can be turned off. Non-essential equipment such as water boilers and coffee machines are also switched off.”

Alternative cooking methods have been adopted to reduce energy and when buying new equipment, energy ratings are a high priority. “We have reverted to induction hobs and reduced the number of fryers by using oven cooking methods instead,” Ivan says.

To reduce waste, the university encourages suppliers to use reusable crates as opposed to cardboard or plastic bags. Food waste is monitored in the kitchens



and on plates in restaurants. Ivan adds “We take corrective actions relating to portion size and menu options. We also have a system in place where we donate unsold food such as pre-packed sandwiches, salads, fruit pots to local homeless and vulnerable people charities.”

The university was also commended in the ‘Student Engagement’ category of the Green Gown Awards for promoting more sustainable and wellbeing lifestyle choices in a fun and meaningful way, through its Green Awards programme. This is a joint venture between NTU and the students’ union (NTSU). Through a free app, students are able to track their positive actions across six key themes such as reducing food waste, sustainable travel and connecting with nature. They can take part in monthly challenges and earn points to win prizes.



**Above (main)**  
Sustainable architecture at Nottingham Trent University

**Right**  
Lunch menus



# Catering for people in a care home can be a tricky business.

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# Calcium Keeps the Care Sector Moooving

**Increasing the intake of food rich in calcium and protein such as milk, yoghurt and cheese reduces falls and fractures among older care home residents, according to a controlled trial, published by the British Medical Journal (BMJ). Researchers undertaking the trial say the research “has widespread implications as a public health measure for fracture prevention in the aged care setting and potentially in the wider community.” It is estimated that older adults in care homes are the source of around 30% of hip fractures, reducing this figure through dietary changes not only eases the burden**

*“The use of dairy products is a simple yet effective way of increasing the nutritional value of a dish and meal.”*

**on the NHS but also saves residents experiencing unnecessary pain.**

Sue Cawthray, National Chair, National Association of Care Catering (NACC) says “From cradle to grave, dairy products (if a person is able to eat them) are recognised for their nutritional benefits, such as supporting healthy bones, muscles and teeth. In a care environment, dairy can play a much greater role. You’ll often find dairy products used in the fortification of dishes, which are necessary when additional calories and nutrients are needed in an individual’s diet. From using cream and butter in the cooking process to serving dairy based desserts such as cheesecakes, rice pudding or custard, the use of dairy products is a simple yet effective way of increasing

the nutritional value of a dish and meal.”

There are many opportunities for caterers to improve dairy intake throughout the day, however Sophie Murray, Nutrition and Hydration Ambassador, NACC highlights that it is essential to make food appealing, accessible

and available, suggesting caterers “Have an easy-to-read menu listing as well as attractive displays so people can see the food. Many residents don’t want to be any trouble, so if they can’t see a certain food, they won’t ask for it.”

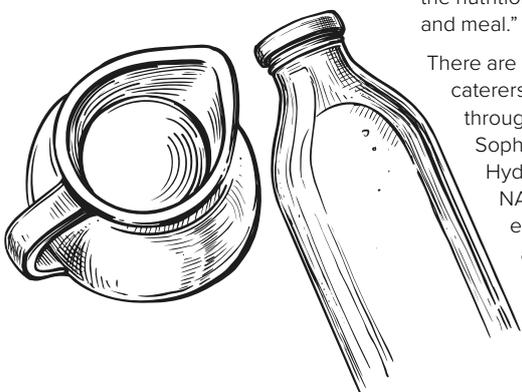
Sophie also recommends investing in display items to encourage residents to eat breakfast. “For example, a loaf of bread on the side with a carton of milk and a plastic dispenser for cereal isn’t inviting. A breadbasket with pastries, cereal in attractive containers, a jug of milk, yogurt and fruit salad in a display fridge with a menu in a stand works well. Older adults can have set preferences and routines and unless they are tempted by the offer, they may not be open to change.”

A typical breakfast menu can include bircher muesli, cheese on toast, full fat yoghurt, berries or compote, chopped fruit, cereal, fruit milkshakes or smoothies.

Other breakfast options include a filled omelette with cheese, spinach and mushrooms, a kedgeree made with brown rice, fish and eggs or porridge with milk and toppings such as flaked almonds, banana and cinnamon. “These dishes are nutritious, but make sure they look appealing. For example, an omelette can be folded and shaped with chopped parsley on the top or a garnish to match the filling,” says Sophie.



At Harrogate Neighbours, dairy products are used to enrich many of the meals served. Stephen Wilkins, Hospitality Manager says “We use milk powders, alongside fresh milk, butter, cheese and double cream to add both flavour and nutrients. Due to age related issues, some clients find too much dairy hard to digest, so we always make sure the meals are balanced with other key ingredients such potato, egg or a sauce element to ensure a good all-round nutritional balance is achieved.”



# THE IMPORTANCE OF HYDRATION AND FORTIFICATION

Catering for the various nutritional needs of patients' and residents does not have to mean a sacrifice of taste, nor speed of preparation. Fortification, or the addition of key nutrients to food and drinks, is a daily need within healthcare and education sectors, as caterers strive to provide food that is nutritionally rich and promote health benefits. It is common for elderly patients to have deficiency in nutrients like protein, calcium and vitamins A and D - all of which contribute to immunity, bone health and muscle health.



## THE FIRST FORTIFIED SOUPS IN THE MARKET

The number one dried soup brand, Batchelors is the first brand to introduce soups fortified with Vitamins A and D, to the foodservice market. The addition of fortification helps support a normal immune system, on top of soups' value for money and hydration properties. In a recent survey within the NHS and care sector, 100% of the respondents said that they serve soup every day<sup>1</sup>. The ease and familiarity of the dish makes it a perfect lunchtime and evening option, especially for those in need of dementia and dysphagia management. Available in four flavours - Creamy Tomato, Thick Vegetable, Creamy Chicken, and Creamy Mushroom - the range is set to offer a convenient way to boost vitamin intake, and comes in both 25 portion and 180 portion pack sizes.

1. Premier Foods NHS and Care Sector Soup Survey 2021

Batchelors fortified dried soups meet a variety of dietary requirements and are suitable for vegetarians, low in fat and sugar and contain no MSG. All four flavours are 2024 salt target compliant and contain no added colours or preservatives as well as being fortified with Vitamins A and D. The soups are also conveniently resealable in either 25 portion or 180 portion pack sizes for the foodservice channel.

# MARVEL INSTANT HOT CHOCOLATE

We have continued to expand our popular Marvel range, introducing the industry's first fortified instant hot chocolate last year. Hot chocolate and malt drinks are popular choices for caterers as a tasty, convenient and inexpensive solution. Fortified with vitamins A and D, it helps to ensure normal function of the immune system. Also, naturally a good source of calcium, Marvel provides an instant hot chocolate that's vegetarian and gluten-free, with added functional benefits to help improve micronutrient intake.



## HYDRATION



Staying hydrated is highly important for all, but especially the elderly or those of ill health. Caterers should think beyond hydration solely via liquids, also considering foods that have a high-water content such as watermelon or jelly. For example, our **McDougalls Jelly**, available in a wide range of flavours including raspberry, strawberry and orange (which are each available in a vegetarian option), is highly versatile for a range of desserts.



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**NEW**

**NO FISH  
FINGERS**

*I'm made  
from plants*



**NEW**

**NO CHICKEN  
NUGGETS**

**MEAT MADE  
FROM PLANTS**



# Mastering the BBQ with Rachel Green



Rachel Green is a chef consultant to the hospitality sector and has a wealth of experience as an outside caterer, looking after up to 1,200 guests at a time. Constantly pushing the boundaries of how to cook and prepare delicious food, Rachel is equally at home rustling up a feast on the BBQ at events and festivals as she is in the kitchen of a fine dining restaurant.

**HOW VERSATILE IS BBQ COOKING?**  
 There's so much more to BBQs than simply cooking sausages and burgers. Think BBQ watermelon and feta salad, slowly cooked whole vegetables, burnt ends brisket, chargrilled salad leaves, buttermilk and charred lemon dressing, BBQ breakfast burritos, shakshuka with charred egg yolks, rotis, flatbreads, grilling fruits such as peaches, baking soft fruits and fondant chocolate puddings or pancakes. BBQs are not just for the summer months, they are brilliant in the winter months as well.



## WHAT SHOULD OPERATORS THINK ABOUT WHEN INTRODUCING BBQ COOKING?

The first consideration when introducing a BBQ is to get to know your suppliers well! You need great quality ingredients, great sides and sauces. You need dishes that are simple and easy to cook in a small space - preparation is everything - you have to be organised and have a production line. If you have a lot of meat, pre-cook some of it, steaks could be pre-sealed to help with the speed of service, chicken can be cooked through and just finished off on the BBQ, however as always, the food is always best freshly cooked.



## HOW MUCH SPACE DOES A BUSINESS NEED FOR A BBQ?

The space you need depends on how many people you are feeding and the complexity of your menu. However, for vegan and vegetarian customers, there has to be separate BBQs to avoid cross contamination. It is often easier to have a vegan option to accommodate both dietary requirements.

## WHAT ARE THE COMMON PROBLEMS YOU HAVE SEEN OPERATORS COME UP AGAINST?

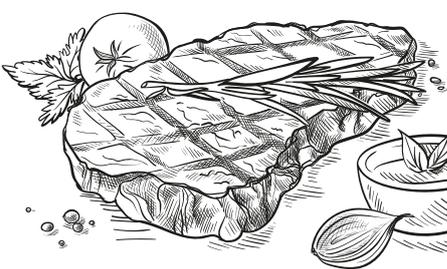
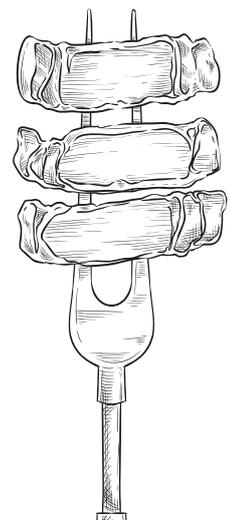
A common mistake is exposing food (especially meat) to too high heat this will give you tough dry meat. A good BBQ requires steady, low heat over a long period of time.

Caterers should also be conscious of avoiding fridge chill, taking raw ingredients out of the fridge at least 20 minutes before BBQing them. If the meat is too cold when it is put on the grill it can burn on the outside before being cooked in the middle and will reduce the BBQ temperature. If you are using charcoal, use good quality charcoal, the flavour it infuses depends on the tree it has come from.



## HOW 'BIG' CAN YOU THINK WITH BBQ COOKING?

An Argentinian Asado for 250 people is one of the wildest events I have ever done – roasting 8 whole lambs over an open fire pit. We wired the lambs onto metal crosses and sunk steel tubes into the ground to put the crosses in so we could turn the lambs more easily, every 30 minutes. We lit the fire at 5:00am started cooking the lambs at 7:00am and the lambs were cooked by 3:00pm. As the guests walked past the fire, they were sold on the food even before they tasted it. It just goes to show, there are rarely any limits with BBQs!





## MAKING EVENTS EASY



**SCJohnson**  
PROFESSIONAL



# RISING to the occasion

*What's new in event catering*



Catering plays a central role in any event and is something that will be talked about long after the occasion has finished. Not immune to trends and external influences, the face of event catering has changed significantly over the years. Caterers are facing a barrage of challenges, from staff retention to designing elaborate menus for a growing group of demanding consumers - who are not only seeking the freshest ingredients cooked in the most unusual venues - but highly personalised, unique food experiences that raise the bar amongst their peers.

**ADD HEIGHT AND INTEREST TO YOUR PRESENTATION WITH REUSABLE TIERED SHELVING, OR USE A BED OF EVERGREEN BRANCHES AGAINST A WOOD TABLE FOR A NATURAL, FOREST FEEL INSTEAD OF TABLE LINEN.**

*Charcuterie Cones are a trendy and appealing addition*



## **BIG IDEAS – SMALL PLATES**

Event caterers have had to radically re-think service since the pandemic, replacing buffets with individually portioned plates and wrapped, handheld items. The result is an explosion of creativity which has transformed the offering and how it is served....or should we say styled! From noodles housed in mini branded takeaway cartons with chopsticks artfully poised, to individual cakes served under mini glass domes, charcuterie cones stuffed with portions of cheese, flatbread, meat and fruit and vintage teacups containing soup, the sky is the limit when it comes to quirky displays that enable socially distanced dining.

"Canapés, bowl food and light bites are the most popular items on our event menus, as they offer variety and facilitate a sociable atmosphere at an event - perfect for the increasingly popular standing receptions. We love being experimental with these, and we find that our clients are growing increasingly interested in foreign cuisine and fusions, flavour combinations and textures. People increasingly want to try new things and experiment in order to have an experience." Comments Robert Hunningher, Managing Director, Humdingers Catering.

Demand for experiences is at an all-time high and with this comes a willingness to experiment, but it is worth bearing in mind that experimentation when it comes to food can be an elevated take on a traditional dish or a new flavour profile, so keep an open mind when designing your menu.

## CATEGORY FOCUS

### HEALTHY EATING & SPECIALITY DIETS

Although special occasions are typically seen as a good excuse to indulge, an increased focus on health and wellbeing is leading to a rise in popularity of fermented foods and probiotics appearing on the menu. Whether its Korean kimchi or a prebiotic soda with apple vinegar, event planners and guests are eating up the chance to improve their health wherever possible.

Healthier lifestyles are a key contributor to a reduction in alcohol consumption. Growth in the low-and-no-alcohol beverage sector is soaring, so seasonal signature mocktails such as a mango margarita or a hibiscus iced tea and a range of mixers will be increasingly important as we progress through 2022.

As host are becoming more aware and willing to accommodate their guest's dietary restrictions, caterers can have quite the challenge on their hands! "As we emerge from the pandemic, our clients want to have an enhanced experience, and relish our rediscovered freedom to socialise and entertain. This means we are seeing an uptick in making dishes and selections more

inclusive e.g. more vegan options, more vegetarian options etc." Notes Robert. Offering the right nut-free vegan or vegetarian dish such as maple tamari seared tofu or a lentil, beetroot and rosemary naked burger can easily satisfy guests who are health conscious, have nut allergies and a speciality diet, so although there is no simple fix to the increasingly complicated needs of guests, it is possible to design a menu that is suitable for a group of individuals with a range of requirements.

### A RETURN TO 'GREENING'

The toll of the pandemic has certainly sent efforts to be more sustainable sideways, however eliminating plastic and waste is back on the menu and event hosts are more conscious of their environmental impact than ever before. "We are finding that buffet and sharing style catering is resuming, however for our corporate lunches and shoot and filming catering, while we once served this sharing style, we have kept the individual packaging, as it is more convenient for the client. We do however ensure that all our packaging is biodegradable or recyclable. When choosing suppliers, we look at their sustainability and environmental impact, especially when it comes to our meat and fish and are increasingly expanding our vegan and plant-based options. We also try our best to support smaller and local businesses like ourselves," says Robert.

Reducing single-use plates or using materials that are compostable such as banana leaves,



*Individual portions of beautifully crafted canapés*

sugar cane, palm leaves or coconut not only adds value to the way food is presented, it also improves your sustainability credentials too. For those looking for a challenge, try creating a carbon-zero catering package that uses locally sourced ingredients, is plastic free, composts all waste and recycles all remaining materials, off-setting any emissions with a tree-planting program.

As the demands of event hosts increase, it is more than likely that caterers will need to combine multiple factors into their menu and catering execution. The team at Brock Ice have done just that, with locally made ice cream served from a traditional ice cream bike. Not only does the bike attract attention on its travels, it also delivers a memorable experience for guests who delight at making their own personalised ice creams from the various flavours, cones, toppings and syrups available. Event planners can choose to include compostable ice cream cups and spoons or minimise all forms of waste entirely by opting solely for edible cones. The empty plastic tubs which contained ice cream are sent back to the manufacturer to be cleaned and re-used.

Although the challenges and trends within the hospitality sector can be applied to most operators with broad brush strokes, there are particular nuances for specialist areas such as events. Any single event caterer could be installing a mobile kitchen in an office one week and preparing a hog roast for 300 guests in a field the next. Agility, organisation and the ability to think on your feet are the hallmarks of any event caterer and these skills are going to continue to be tested to the limits as consumers push the boundaries of what can be achieved in order to make their event a moment to remember in 2022.

### TOP TIP

HYGIENE WILL STILL BE IMPORTANT TO GUESTS THIS YEAR AND HAND SANITISERS WILL STILL NEED TO BE ON DISPLAY, BUT THINK ABOUT HOW YOU CAN INTRODUCE THIS STEP WITH HUMOUR. FOR EXAMPLE, INTRODUCING SIGNPOSTS SAYING "TIME FOR SOME GOOD, CLEAN FUN" IS A LIGHTER APPROACH TO AN ESSENTIAL PROCESS.



#### Left (clockwise)

Brock Ice's Traditional Ice Cream Bike. Image courtesy of Brock Ice

Canapés sectioned into individual glass serving bowls. Photograph by Aneta Pawlik

Hanging glass balls with individual canapés placed inside



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Based in a historic 250-year-old boat warehouse, which was converted into a pub around 60 years ago, The Riverside in the picturesque Lechlade has been part of the Arkells Brewery Estate since 2011. With space for 250 people outside, The Riverside is blessed with what has to be one of the UK's most beautiful beer gardens and caters for an additional 100 covers inside.

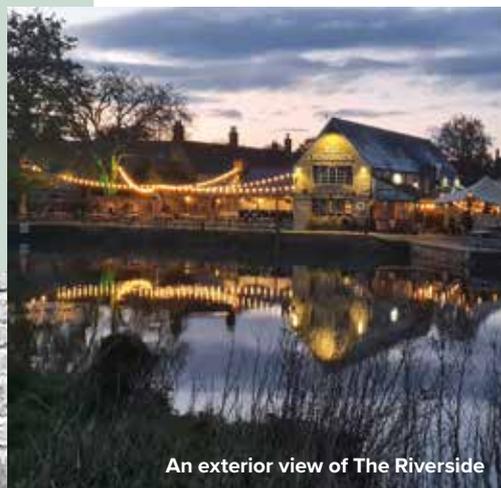
General Manager and sometimes Chef Gareth Chapman took the reins in April 2021 as lockdown finished and the on-trade began to open up. After ditching biology and physics at college for a hospitality course, Gareth never looked back and embarked on a successful career as a chef in hotels and pubs before winning his dream job at The Riverside.

"My first day was literally the first day back after lockdown last April so it has been full-on but last year ended up being a record-breaking year and we have high hopes and targets for an even bigger 2022. My role is General Manager but having a background as a professional chef definitely helps when creating new dishes and menus, plus during busy periods or when people are sick or on holiday." Says Gareth.

"We offer classic pub food but we also have our Pizza Locker concept, which is being run by Toby Parris, a young 22-year-old chef who first started working for me as a 16-year-old and who I brought with me to The Riverside. The Pizza Locker has its own special area and oven on the side of the building, making outdoor service very easy."



**GARETH  
CHAPMAN**



An exterior view of The Riverside

# Jubilee Pizza

## INGREDIENTS

- Defrosted Country Range Pizza Dough Ball
- Country Range Grated Mozzarella/ Cheddar Mix
- Country Range Jalapeños
- Chicken Tikka Slices
- Gomo Pizza Sauce
- Thai red curry paste
- Gomo Chargrilled peppers in oil - sliced
- Sliced red onion
- Semolina
- Fresh coriander - chopped

## METHOD

**SERVES**  
1

**COOKING  
TIME**  
15 MINS

1. Set pizza oven to 280°C.
2. Sprinkle semolina on the side to prevent the pizza from sticking.
3. Hand-stretch the pizza dough until the correct size.
4. Mix a teaspoon of curry paste with the pizza sauce and then spread on the pizza base.
5. Sprinkle the cheese mix over the pizza.
6. Place the chicken tikka slices on top with sliced peppers, jalapeños and red onion.
7. Sprinkle more cheese on top before using a pizza slice to place it in the oven.
8. Cook until edges start to crisp, remove from the oven and serve with a sprinkle of chopped coriander.





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KAM media

By Katy Moses, Founder & Managing Director of KAM Media

# WHY DON'T YOU SEE KID'S MEALS on Instagram?

Over 7 million households in the UK have children under the age of 14 years old. Our recent research suggests that 1-in-2 of these families eat out with their kids at least twice a week. It most likely to be in fast food or quick services venues, but casual dining and pubs come a close second and third.

These families are spending a whopping £4,350 a year on average on food and drink consumed out-of-home making them an incredibly valuable customer group for venues.

But KAM's latest research suggests that parents aren't exactly overwhelmed by many of their 'family dining' experiences and many think the standard children's menu need a re-think? 65% of parents think menus need a shake-up. 39% would like to

see more child-friendly venue in their local area.

So, we know there is an opportunity to improve.

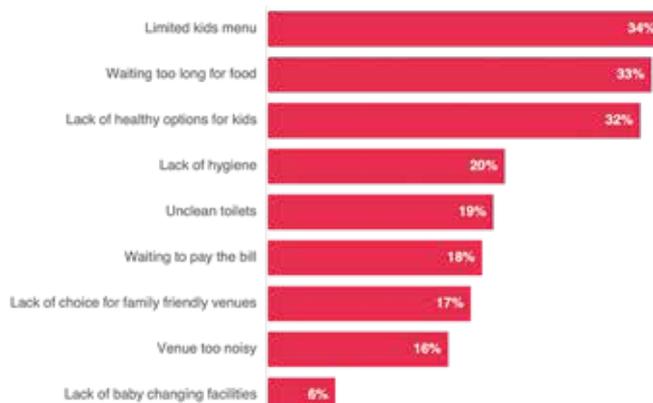
## LET'S REFRESH OUR KIDS MENUS

51% would like more nutritional food to be available- we're not talking a plate of greens, I'm a realist, not a sadist, but if we can manage to "hide" the goodness in kid's food (vegetables blended into sauces etc) whilst still making it attractive to them, wouldn't that be a step-up from where we are currently? 1-in-3 are frustrated by the lack of 'healthier' options for kids.

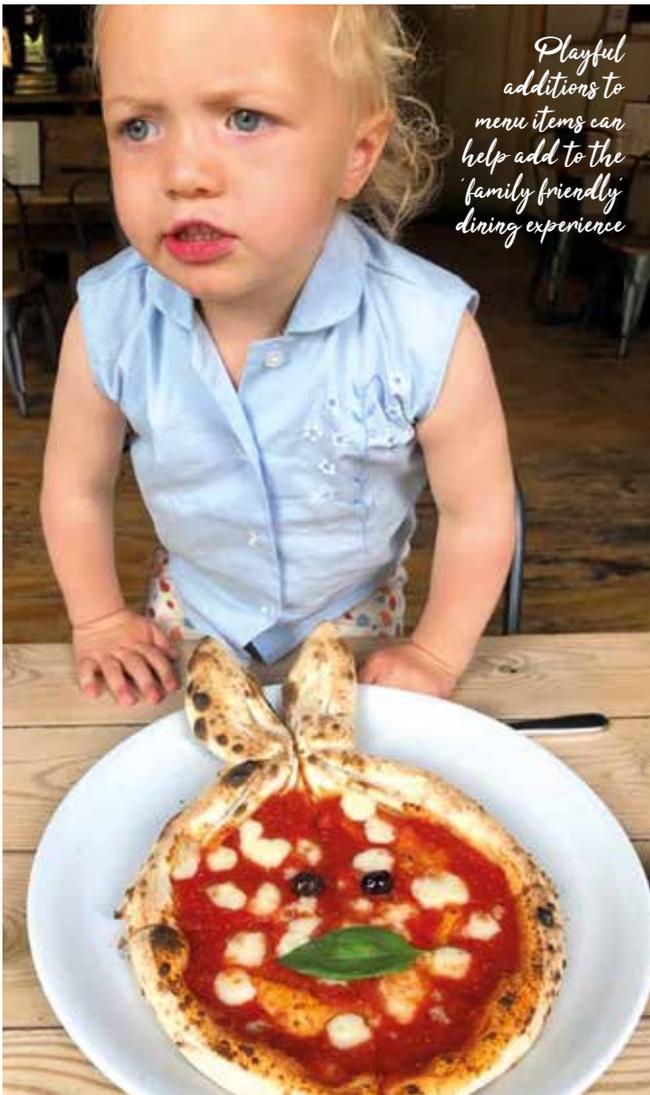
Parents also want a better choice of 'healthier' drink options. A significant proportion will only order tap water for their kids- what a lot of lost sales!

Why do we rarely see kid's food and drink on Instagram? Simply because, generally speaking,

Which have the following have caused you concern or frustration when eating out with kids in the last 3 months...



Source: KAM - Family Dining report 2022



*Playful additions to menu items can help add to the 'family friendly' dining experience*

*"1-in-3 are frustrated by the lack of 'healthier' options for kids."*

it's not something we're particularly proud of.

**MAKING THE EXPERIENCE MORE 'FAMILY FRIENDLY'**

And it's not just the food, the whole experience needs to be 'family friendly'- throwing a packet of colouring pencils at the table may not cut it anymore! 40% of parents told us they felt they'd waited too long for their food when dining out with kids in the last 3 months. 18% have waited too long to pay the bill.

Ultimately, it's the parents who make the decisions in terms of which venue they go to, so they need to have a good time too - 41% of decisions on where to eat are made without any consultation with the child. And parents say this part of the process can be stressful too.

Parents will turn first to a general google search, with the 'near me' search feature being particularly key. Facebook and, to a slightly lesser extent, Instagram play a key role in influencing venue choice too.

To me, the kid's offering doesn't need a re-think, it needs a drastic change in order to keep this valuable group of people in our venues. I truly believe that improving family dining is a huge opportunity for our industry. Surely the 7 million households that are dining out more than twice a week with their little darlings, and spending nearly £4,350 a year, deserve more than a plate of dry nuggets!



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**AARON**

**WATSON**

**Chef Aaron Watson made the transition from restaurant kitchens to the care sector and has never looked back. In the last year he was crowned Care Chef of the Year by the National Association of Care Catering (NACC) and is passionate about leading his team at Primrose Bank to create a centre of excellence for care catering in the North of England.**

**How did you get into the hospitality industry?**

I actually started off as front of house in pubs and ended up being thrown in the kitchen to a cover staff absence. I really enjoyed it so I decided to go back to college to study Professional Cookery. I competed in the Nestle Toque D'or while at college and it was a great experience even though somebody set the fire alarm off. We had to evacuate for 20 minutes whilst the rack of lamb was in the oven. I was also a national finalist in the National Seafood Competition.

**What do you love about working in the care sector?**

Your food makes a real difference to people's lives and you see it first-hand, whether that is in the happiness they have after eating a meal, improving resident's health or weight through tailored diets or reminiscing about food experiences through their life and being able to help recreate that. You aren't focused on TripAdvisor reviews, restaurant write-ups or weekly turnover. There is a freedom to play with menus and use great ingredients and we have fantastic equipment and a modern kitchen. You learn a lot of skills which you don't in other sectors and focus on nutrition, texture modification for those with dysphagia and

catering for cultural diets. The hours are good, hardly any late nights, no split shifts, and every other weekend off.

**How did it feel to win Care Chef of the Year in 2021?**

It was a great experience and very unexpected as I had only moved to the care sector a couple of months before Covid hit so I really didn't expect to win and only took part to see what other care chefs were doing and to get some new ideas.

**Tell us about Primrose Bank, the food and the philosophy behind it?**

It's an independent care home and has been run by the same family for over 30 years. We locally source as much produce as possible using small independent suppliers where we can. All the catering team are NACC members and we have a focus on training and development.

Our aim is to offer restaurant quality food that you might not expect to see in the care sector, whilst looking after the individual residents' dietary requirements.

**How would you like to see the industry improve?**

I think things are heading in the right direction. When I started it was always seen as a macho thing to work 100+ hour weeks and I was guilty of this too until I was so run down and started to suffer from depression. I think over the years the industry has lost so many talented people due to the lifestyle expected of them. When it comes to the care catering sector, it would be brilliant to see it recognised more widely as the incredibly skilled industry it is.

**Above and Below**

Aaron Watson preparing and plating up a variety of dishes



# THE MARKETPLACE

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

## LUCKY BOAT ADDS RICE STICK NOODLES TO ITS FOODSERVICE RANGE

Lucky Boat launches a range of rice stick noodles, adding to its growing portfolio of high quality, authentic noodles for foodservice.

Thai is the UK's third most popular Asian cuisine and is recovering fastest YOY\* thanks in part to its healthy positioning, wide variety of dishes, balance of flavours and ease of preparation.\*\* And according to the Bidfood 2021 Trends Update report, South East Asian flavours are one of those growing in popularity.

To address the demand from both consumers and foodservice operators for authenticity, Lucky Boat has added a number of rice stick noodle variants to its range, following on from last year's launch of rice vermicelli.

Greta Stroylte, Brand Manager, Lucky Boat: "Greater interest in Asian cuisine is apparent; our research shows Thai food is now the third most popular Asian cuisine, loved for its vibrant, fresh flavours and suitability for many diet types, be that vegetarian, vegan or flexitarian. Consumer desire for more adventurous and exciting global cuisines is at an all time



high, with Asian favourites such as Regional Chinese, Southeast Asian, Korean and Japanese predicted to experience great demand.

"Operators can rely on Lucky Boat as an authentic, superior quality, affordable brand. The new rice stick noodles answer the call for an on-trend, easy to use, great tasting product. These quick to prepare noodles are made in Thailand using no artificial ingredients and provide operators with exceptional cooking performance; the noodles deliver excellent separation and minimal breakage, meaning less waste. They are suitable for many dishes such as traditional Pad Thai, stir fries, soups, noodle salads and more."

# VIVA

## New!



## The taste preferred by 3 in 4 kids!\*

Single serve carton with a paper straw



## THAT'S WHY WE'RE #1 IN SCHOOLS

\*Three in four kids preferred the taste of new VIVA Chocolate Milk Drink - No Added Sugar versus another leading brand of no added sugar flavoured milk in blind tests (Independent research, Feb 2020)

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**Lakeland**  
DAIRIES

# Aimia Foods help operators whizz up a menu of vegan beverages

In a bid to help operators expand their beverage offering and to tap into the ever-growing vegan demands, Aimia Foods has created a menu of vegan drinks recipes that operators can easily create with the help of Iglooh.

Within the vegan recipe collection, operators can find step-by-step instructions for creating an array of on-trend, plant-based beverages such as a Iglooh's Strawberry Oat Smoothie, Double Chocolate Dream Shake and Drink Me Chai Iced Latte – drinks which would have once been a “distant dream” for those following special diets as Karen Green, Marketing Manager at Aimia Foods remarks:

“Not so long ago, drinks such as milkshakes and frappés would have simply been a distant dream for vegan diners. Fortunately, Iglooh - the vegan base mix - is able to turn that dream into a reality for thousands across the UK, whilst making it easier than ever before for caterers to put great tasting options on the menu.”

With a fast-growing market of milk alternatives, Iglooh, the dairy-free vanilla base-powder mixes perfectly with any dairy-free milk to provide frappés, smoothies and milkshakes for all to envy.

To find your nearest stockist, or for more information on Iglooh, contact Aimia Foods on 01942 4086000 or visit [www.aimiafoods.com](http://www.aimiafoods.com)



# BISCUIT? CAKE? DONUT?

SPONGEY RINGS  
WITH AN ORANGEY  
DOOMP



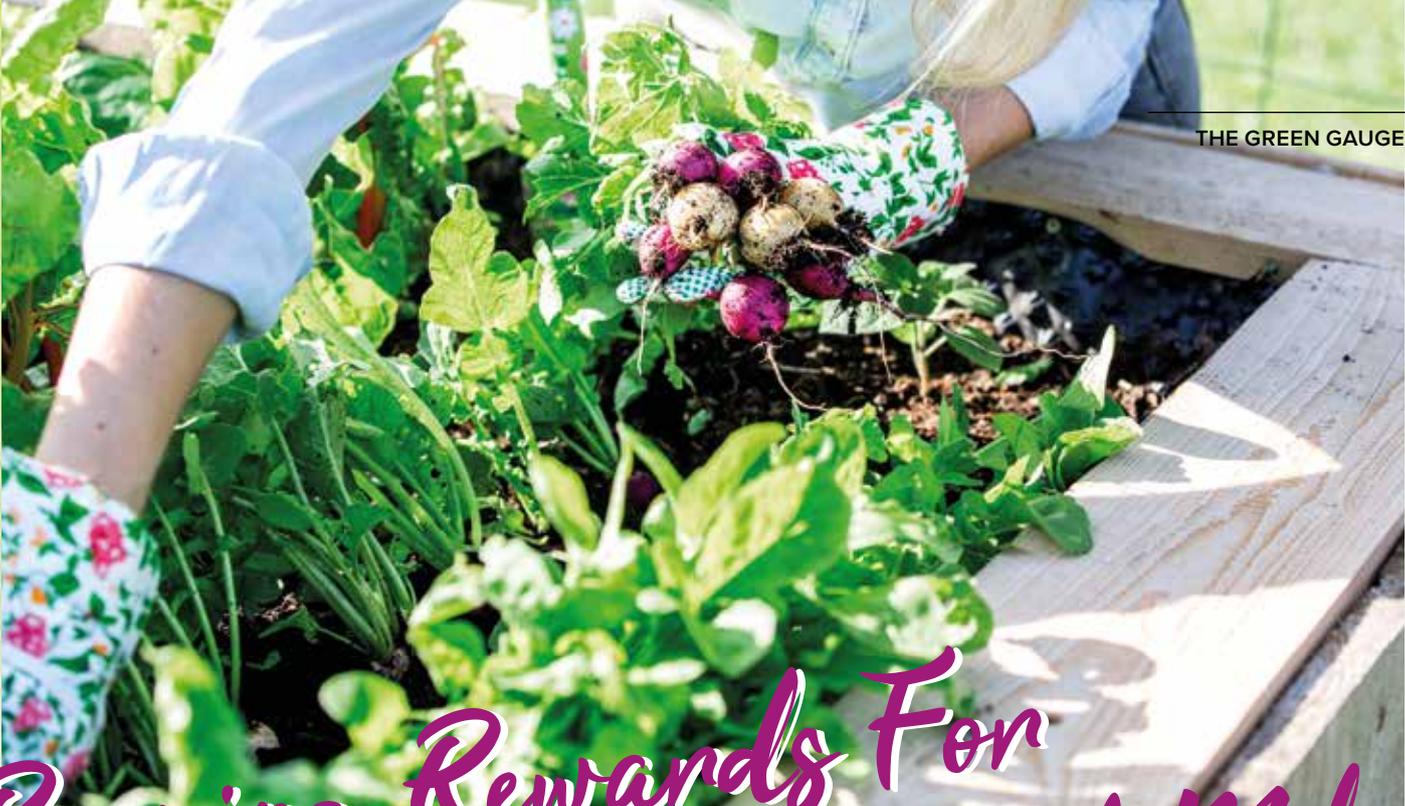
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# MAKE THE SWITCH TO BIODEGRADABLE TEA BAGS





# Reaping Rewards For Reducing Food Miles

**With the cost of food increasing and a desire to minimise food miles, more operators are keen to grow their own produce, however introducing a kitchen garden can be a daunting process. To help you get started, we joined former Royal Head Gardener, Jonathan Tannock for a little advice. Jonathan learnt his trade the practical way and has years of experience including a stint at the Royal Botanic Gardens, Kew.**

When we think of kitchen gardens, we usually think of expansive, luxurious spaces used by the likes of River Cottage, but a kitchen garden is possible for operations of all sizes. "Even if your available space is too small for a vegetable

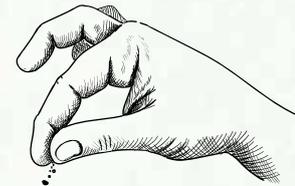
patch, consider planting in 20-30L pots instead." Says Jonathan.

"If you want to construct a ground bed (a plot with a border), these can be constructed from timber, precut kits and sleepers, alternatively try recycling old window frames – its environmentally friendly and you can build them up to different heights by stacking one on top of the other. Because they are plastic, they won't rot either. Where space is limited, think about successive sowing – for example, in a single 3m row, sow 50cm every 2-3 weeks to yield a continuous crop."

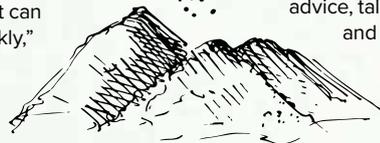
If you are starting a kitchen garden to improve your environmental credentials, it is important to note that artificial fertilisers are not always good for the environment, they are also very expensive so

now is a good time to go natural. "Bonemeal, fish blood and bone, seaweed, farmyard rotted manure are all good options, but make sure you wear protective clothing. The best water for your kitchen garden is rainwater so consider collecting it in water-butts where possible, its also much better for the environment too." Advises Jonathan.

Not all fruit and vegetables are easy to grow, some take a bit more skill than others, so select your crops wisely. There are plenty of fruit and veg that are relatively low maintenance and yield results quickly. "My personal objective is to grow for a quick return, using high value crops that can be rotated quickly," says Jonathan. "Autumn



"Potatoes, especially the salad varieties can be bag grown or grown in open ground. To get a continuous supply, plant a good mix from earlies to maincrop. Talk to local growers too to get advice, talk doesn't cost and it can save you a lot of wasted time and effort."



*"There are plenty of fruit and veg that are relatively low maintenance and yield results quickly."*

fruiting raspberries are a quick crop, fruiting from August to the first frost and need minimal care, whereas apples, plums and pears take a lot more skill, time and space. Strawberries are also easy to grow and are available for a long season. Vegetable crops worth considering are shallots, leeks, cut and come again leaves such as spinach, lettuce, curly kale, rocket or lambs lettuce. Beetroots are also easy to grow as are radishes, mange tout, sugar snap peas and snow peas - the new shoots can be used for salads and as a garnish too."

Growing a kitchen garden does take a little time and love, however once the ground preparation and sowing has been completed, maintaining your vegetable patch gets easier as the seasons progress. If you are short on time, perhaps encourage front of house staff to work on the garden too, giving staff time to decompress and improve their well-being, developing a community atmosphere which will benefit your entire business operation.



# promoting INCLUSION

## *Catering for customers with disabilities*

The 2019-2020 Family Resources Survey reported that there are 14.1 million disabled people in the UK, 8% of whom are children, 19% are adults and 46% are pensioners. In 2019, the Disability Federation of Ireland reported that 13.5% of the population of Ireland, or 643,131 people have at least one disability.

Disabilities can be both hidden and visible, so it is important to understand the wide range of needs customers may have and adapt catering accordingly.

By doing so, operators will benefit from additional trade from families and groups who have specific requirements for a member of their party and ensures everyone has the same opportunity to enjoy their dining experience.

There are many easy adaptations an operator can make to be more inclusive, this month's expert panel have given us a few tips to get you started.



For the full recipe for each of the elements of this Afternoon Tea Selection, all of which are appropriate for those living with dysphagia, can be found at [www.stiritupmagazine.co.uk/recipes](http://www.stiritupmagazine.co.uk/recipes)





**KEVIN ASHLEY**  
*Founder and CEO  
 of the learning  
 management system,  
 myAko*

To build an inclusive menu, consider incorporating dishes from a range of cultures, a range of consistencies to suit developmental levels, and a range of food and drink catering to different allergies and gastrointestinal tolerance issues.

People with sensory issues usually have a limited food range. Bland foods (chicken, bread, pasta), with little to no smell, appeal to people with hypersensitivity. Conversely, spicy, colourful foods such as sticky pork tacos with pickled cabbage or Punjabi-style black dal with cumin rice offer stimulation and improve swallow function in those who are hyposensitive.

A variety of crockery and cutlery is available to assist with eating and drinking, but consideration should also be given to specialist seating, that will optimise and improve posture, chewing and swallowing function.



**JUSTINA  
 BAJORINAITE**  
*Roving Chef,  
 Vegetarian for Life*

It is especially important to make mealtimes enjoyable for those living with dysphagia. Planning menus and ensuring those with dysphagia can eat the same meal as others is really important to ensure they don't feel excluded. There are some food items not suitable for dysphagia, so you need to be mindful when planning your menus and prepare to pass puréed food through the sieve even though it may look smooth, food such as pulses still have skin. Ice cream or other melt in the mouth foods should be only consumed when the speech therapist advises it is ok.

For a person with dementia, it's a good idea to have high calorie bite size food available throughout the day. It could be a cake sliced in pieces, finger sandwiches, mini pies or a protein ball. These can be eaten on the go and help ensure they get enough calories even if they struggle with a sit down meal. It's important to have visible liquids available too, such as juice in a clear cup. Someone with dementia needs a contrast between the plate, tablecloth, and the food so use a coloured plate with no pattern and serve contrasting coloured food.



**DR. ELIZABETH  
 BOADEN**  
*Fellow of the Royal  
 College of Speech and  
 Language Therapists*

Finger foods such as mini carbonara quiches, potato bites, empanadas, arancini and mini cakes prolong independence and dignity for people who find cutlery difficult to use, take longer to eat or wander at mealtimes. The use of finger foods can improve a poor appetite and increase food intake between meals. Specialist crockery and cutlery may assist in improving nutritional and fluid intake. Small, nutritionally dense meals and drinks should be provided for people who consume small amounts. This also applies to all those with hypermetabolic diseases, such as Parkinson's Disease.

People with dysphagia should have an assessment of their swallow function and should be prescribed food and drink aligned to the IDDSI framework. People may also have swallowing strategies and exercises that optimise their swallowing abilities.



**ALISON SMITH**  
*Global Product  
 Developer for Mars  
 Foodservice*

At Mars Foodservice, we believe that everyone deserves to feel welcome, to be heard and to have nutritious food which excites the senses. This is why we have dedicated ourselves to helping caterers create meals and experiences that offer everyone a seat at the table.

The range of Ben's Original™ Professional® and Dolmio Professional® foodservice sauces and rice are particularly good for chefs that wish to cater to the needs of every customer, no matter if they suffer an allergy, intolerance or follow a certain diet out of choice.

The sauces also allows chefs to create dishes with different textures, thus encouraging a sensory eating experience. For example, Ben's Original™ Professional™ Mexican Salsa is a delicious chunky tomato sauce with onions, red, green jalapeno peppers, chilli & coriander – perfect for topping crunchy tacos or filling soft enchiladas. In contrast, the smooth consistency of Ben's Original™ Professional® Hickory Smoked BBQ offers a silky texture alternative with a moreish tangy taste."

#### Left (main)

Dysphagia suitable Afternoon Tea made with Country Range ingredients

#### Below

Spinach and ricotta stuffed puff pastry mini pies



#### WHAT IS DYSPHAGIA?

Dysphagia can affect people at any stage in their lives, but is increasingly common with advancing age. Symptoms include difficulty swallowing, pain when chewing or swallowing, dry mouth, coughing or choking. Some cancer treatments can induce dysphagia, it can also affect people with learning disabilities or cerebral palsy, although it is most commonly associated with advanced Alzheimer's disease and can also arise following a stroke.

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FIVE WAYS TO USE



# 5 WAYS TO USE Peach Slices

**Canned peaches are as loaded with nutrients as fresh peaches, and in some cases, pack more of a nutritional punch. It's been reported that canned peaches have four times more vitamin C in them than fresh peaches with comparable levels of vitamin E.**

Country Range Peach Slices in Syrup are a great staple ingredient for caterers to use in a variety of ways on their menus. These slightly tart peach slices are sweet and moreish and can be used across a selection of sweet and savoury dishes.

Paul Dickson, Country Range Development Chef shares his five innovative ways to use Peach Slices.

## 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/ Garnish

Peach slices are great as a garnish for sweet or savoury dishes. Tinned peaches are great for pavlovas and ice cream, but also add an amazing twist on a nice slice of grilled gammon.

## 2/ Filling

These peach slices are great for a deep filled fruit pie or tart. Coat them in a little custard powder first and when the juices come out, the pie will have a creamy custard finish.

## 3/ Breakfast

Next time you make porridge for breakfast. Top with slices of peach, a drizzle of honey or brown sugar and toast under the grill.

## 4/ Purée

Perfect for your milk shakes and smoothies. Take it to the next level by freezing them first before you purée them, and your smoothies will be thick and creamy.

## 5/ Salads

Amazing in sweet or savoury salads. I like to grill mine and serve with Parma ham, mozzarella or feta and rocket.

*"Peach slices are sweet and moreish and can be used across a selection of sweet and savoury dishes."*

Country Range  
Peach Slices in Syrup  
Pack size: 2.6kg >>



## ANDREW GREEN CRAFT GUILD OF CHEFS



The shortlist for the Craft Guild Awards is now out, tickets are still available to attend the dinner on 9th June, please contact the Craft Guild office for further details. We are looking forward to this month's Golf Day at Wyboston Lakes Resort, still a few places left if you could join us. Entries are out for both the Graduate Awards and National Chef of the Year, with the semi-finals taking place in June. As for membership, if there are any of you who are wishing to join the Craft Guild of Chefs, please ring the Craft Guild office and we can look at a discounted rate for any Stir It Up readers.



For more on the Craft Guild, visit [www.craftguildofchefs.org](http://www.craftguildofchefs.org) or follow the Craft Guild of Chefs on Twitter at @Craft\_Guild

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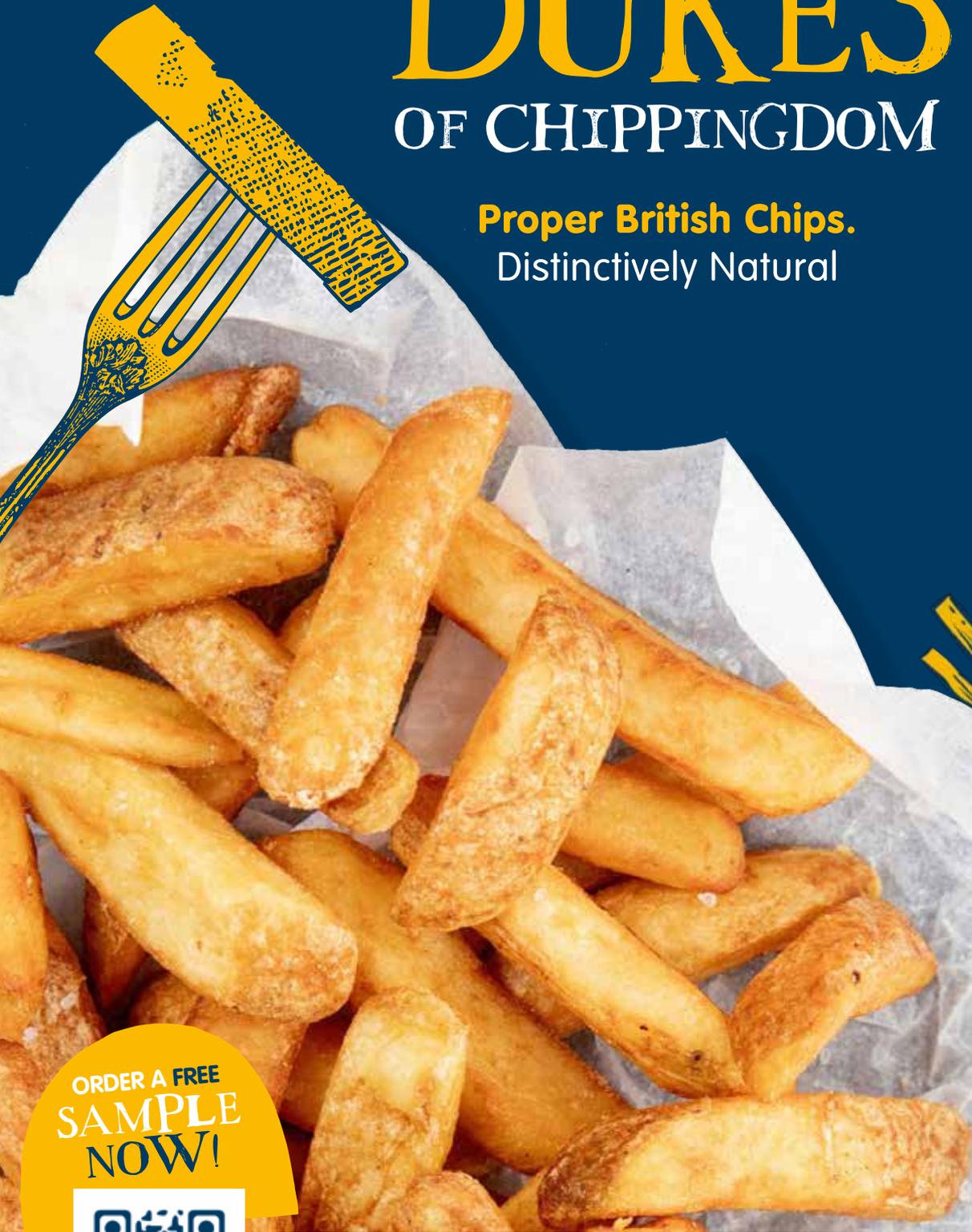
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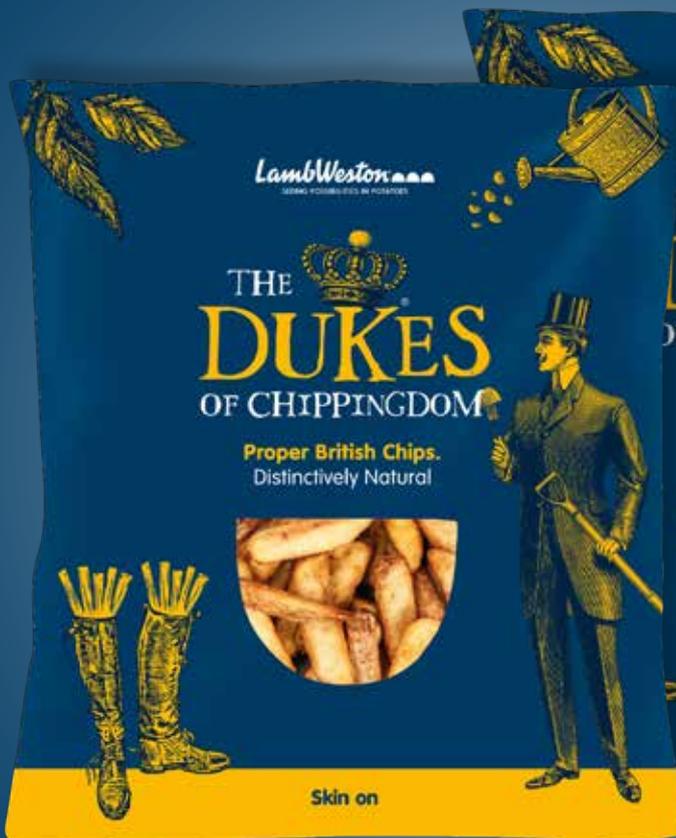


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SEEING POSSIBILITIES IN POTATOES

# FOOD & INDUSTRY *news*

## DÉLIFRANCE RESEARCH REVEALS HOW FOOD OPERATORS MUST ADAPT TO IMPROVE SERVICES FOR CONSUMERS WITH FOOD ALLERGIES

**Leading bakery solution, DéliFrance, released its latest insight report aimed at helping food operators navigate the challenges of allergen legislation. To learn more about food hypersensitive (FHS) consumers and how food operators are adapting to their needs and new legislation, DéliFrance commissioned a UK-wide survey – speaking to consumers who either have a food allergy, or have a child with one.**

More than 2 million UK consumers have a diagnosed food allergy and, according to experts, the UK is experiencing a 'second wave' of allergic disease.

Stéphanie Brillouet, marketing director at DéliFrance, "At DéliFrance, we've been eliminating or reducing allergens across our range for years. We're also continually developing delicious new baked products that meet the needs of different diets – whether they're allergen-free, vegan or organic. It's a huge job, but we believe essential to keep the growing numbers of FHS consumers safe and happy.

Jacqui McPeake, consultant for Food Allergy Aware says, "There's a huge community of people with allergies on social media – on Instagram, Twitter etc – and they all talk to each other. If an FHS consumer trusts a food operator and enjoys the food, they'll become a regular customer, tell their friends and share their experiences on social media using hashtags like **#allergyapplause**

Around 3 in 10 consumers dining in restaurants and hotels would like staff to be more knowledgeable about ingredients and allergens.

We realise this represents a big challenge for some food operators, but we're convinced that it's good business as well as being vital for public health and wellbeing. We've shared some of our processes and approaches in the report, in the hope that they'll inspire food operators to adapt, giving them the chance to attract rather than alienate what can often be a highly loyal group of consumers."

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*Seafoods*

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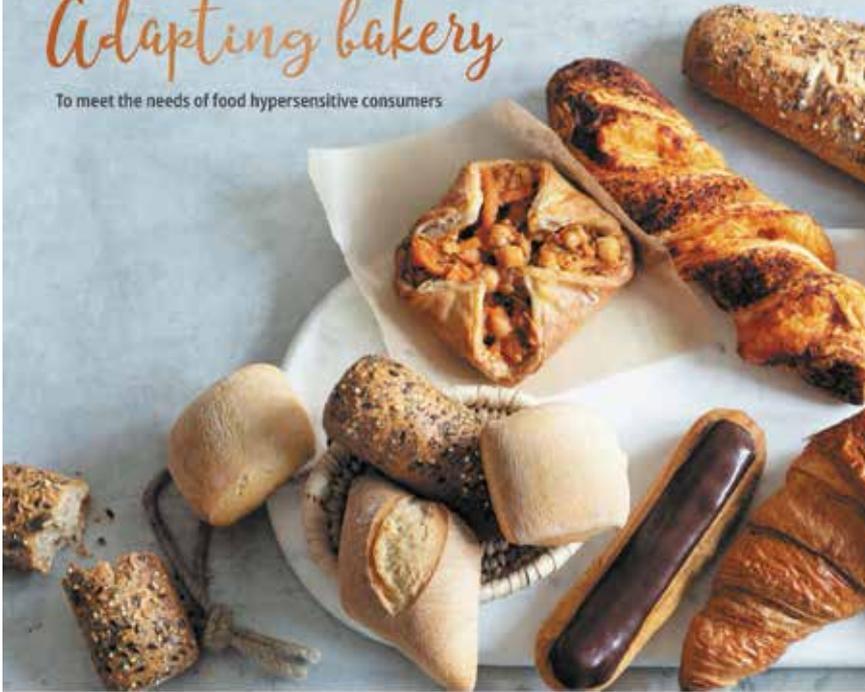
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## PROVE IT:

# Adapting bakery

To meet the needs of food hypersensitive consumers



FOOD & INDUSTRY NEWS

### Déifrance top tips for catering with food allergens:

- Prepare allergen free requests in a separate area, using a separate table or bench and equipment where possible.
- Use purple chopping boards and knives when preparing allergen free requests. This should act as a psychological prompt to prepare the order carefully.
- If working in a smaller kitchen, prepare and cook all allergen free items first. Then cover and store away from the production area.
- If after conducting a risk assessment, there is a chance of cross contamination, add a statement on the ingredient information "May Contain" - but this should only be used if the risk can't be eliminated or significantly reduced. This should not be used as a blanket statement for all products.

*"It's worth remembering that FHS consumers are vocal on social media if they have a bad experience too. And with allergies on the rise, this could affect businesses negatively in the long-run."*

To learn more about FHS consumers, key areas food operators should be addressing, and how best to adapt these to meet market needs, download the Déifrance report Prove It: Adapting bakery to meet the needs of food hypersensitive consumers <https://www.delifrance.com/uk/food-hypersensitive-consumers-report>

\*NARF

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With three decades of experience working in the hospitality sector, Chef Dayashankar Sharma is one of the best Indian chefs in the country, having won Chef of the Year at the Asian and Oriental Chef Awards in 2020 and chef of the year at the Asian Food & Restaurant Awards in 2019. His success hasn't come easily however, hard work and dedication to his craft are at the foundations of his career which spans the Oberoi and Taj group of hotels in India to the Tamarind Group which owns many of London's best-known Indian restaurants. A master of delivering dishes featuring subtle, balanced spices, Chef Sharma runs Heritage in Dulwich, showcasing the very best of traditional regional Indian food.

**When did you forge your career as a chef and what inspired your choices?**  
 Becoming a chef was not really my plan, I always thought I would become a doctor! However, growing up in Rajasthan, I used to help my mother cooking large meals for the whole family, so she was definitely my early inspiration.  
 As soon I finished my diploma in hotel management, I worked as Trainee Chef at

*Marinading Masterclass with*

# DAYASHANKAR SHARMA



**Left (main)**  
Dayashankar Sharma

**Left (insets)**  
The Gentlemen cocktail  
Goan Stuffed Fish

Oberoi's hotel in India. I was always curious to learn, working in different sections across the kitchen and I still vividly remember having to skin chickens all day in the butchery section!

**What did you enjoy about working within large hotels and how does the experience differ to an independent restaurant?**

Working in hotels opens you up to a large variety of cultures. Compared to working in an independent restaurant, you get the opportunity to cook multiple cuisines on a large scale, as well as experiencing all different sectors of hospitality such as accommodation, tourism, recreation!

**How has your training shaped your career path?**

When training, you learn the foundation of skills such as discipline and focus which stay with you throughout your career.

**What has been your proudest achievement?**

I was among a chosen few to cook for the prime ministers and VIP delegates at the South Asian Association for Regional Cooperation (SAARC) summit - it was an absolute honour.

**What have you learnt from exploring different regional Indian dishes and traditional foods?**

I have learnt the influence of cultural identities, history, religion and how all of these factors can impact the final dish. For example, if you look at a dish like butter chicken, which comes in a makhani sauce, there isn't a fixed recipe for that sauce – many chefs might make it in a similar way, but not exactly the same, because of where they come from, and how they were taught.

**Are you still uncovering new traditional Indian cooking techniques?**

As India has a very diverse gastronomy, the learning never stops! Before I launched Heritage, I travelled around India for almost four months researching and learning. The rural parts of India were the main places I discovered new flavours and techniques.

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

For me it is very important to stick to the roots of Indian cooking. While I add my own twists and get creative when developing a dish, I try to maintain the originality of the flavours and spice pairings.

**What inspires you to continue innovating?**

Of course, innovation is key to the competitive industry I am in, but I also love the feeling of always being able to give more to my guests.

**What do the next 12 months have in store for you?**

I have recently launched Jhakaas, a new premium Indian delivery and takeaway brand, as I wanted to bring something fresh to the Indian take-away market! The aim is to grow the brand and open at least two more sites in London neighbourhoods in the next 12 months.

**What would be your advice to young chefs joining the industry?**

Patience is key, learning is a process and passion and hard work is important. My favourite motto is don't count the hours but make the hours count!

**What have you selected for your masterclass?**

I have chosen to do my masterclass on how to marinate lamb chops. The recipe is how I make one of the most popular dishes on the menu at Heritage Dulwich - Heritage lamb chops.

**What is the secret to marinading red meat?**

My secret to perfectly marinading red meat, which is prone to becoming tough, is that I marinate it twice. Marinading it once relaxes the muscles of the lamb and allows it to tenderise. By marinading it a second time, for which I use an oil-based marinade, you are giving the meat longer to infuse the oils and flavours, which prevents the meat from shrinking during cooking and also ensures that it doesn't become chewy once it is cooked. I like to include spices like cinnamon and star anise in the marinade mix as they are warming and complement the flavour and soft texture of the meat.

I hope this helps all the Stir it up readers to make the perfect lamb chops, just like I do!

# Heritage Lamb Chops

## INGREDIENTS

A rack of lamb

**First Marinade**

- 1 tbsp ginger paste
- 1 tbsp garlic paste
- 1 tbsp coarsely grounded star anise
- 1 tbsp cinnamon
- 25ml lemon juice
- Pinch of salt

**Second Marinade**

- 150ml mustard oil (mustard oil withstands high temperatures and absorbs flavours faster!)
- 150g raw papaya, skin on
- 6 garlic cloves
- 1 tbsp Kashmiri chilli powder
- 50ml lemon juice
- Salt to taste

## METHOD

1. Pre heat your oven to 180°C.
2. Cut away any excess fat and excess

meat between the bones from the lamb (this prevents shrinking of the meat), and then cut it into four medium sized cutlets.

3. Cover the meat in the first marinade and leave to rest for 30 minutes. This begins the breakdown process of cooking and relaxes the muscles of the lamb.

4. Whilst the meat rests, blend all the ingredients for the second marinade together, then add to the lamb after the 30 minutes is up.

5. Ensure the grill is coated with oil to stop the lamb from sticking. Grill the cutlets for 10 minutes, turning after 5 minutes.



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## SMOKIN' SUMMER

This issue we have a brilliant Advice from the Experts feature all about BBQ as well as a meat marinating masterclass. To give you the chance to try out all of the tips and advice for yourself this summer, we're giving away a brand new Weber Master-Touch GBS E-5750 Charcoal Grill.

The ritual of charcoal barbecuing meets innovative features, convenience and overall wow factor in the Master-Touch charcoal

barbecue. The Gourmet BBQ System cooking grate allows you to cook breakfast, simmer stews and prepare a perfectly barbecued pizza. With improved bowl venting, you can now barbecue and smoke with one barbecue; and features such as the Tuck-Away lid holder and One-Touch cleaning system bring convenience to charcoal barbecuing and everyday life.



For your chance to win, send an email titled 'BBQ', along with your name, contact details and the name of your Country Range Group wholesaler, to [competitions@stirupmagazine.co.uk](mailto:competitions@stirupmagazine.co.uk)

Closing date for the competitions: 31 May 2022. All winners will be notified by 30 June 2022. Postal entries can be sent to: Country Range Group, 4 & 5 Jupiter House, Mercury Rise, Altham Business Park, Altham, Lancashire, BB5 5BY. Full terms and conditions can be found at: [www.stirupmagazine.co.uk/about](http://www.stirupmagazine.co.uk/about)

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# THE MAGNIFICENT SEVEN



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Infectiously sweet mango, with a gentle kick from our chef's chosen spices.

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# INSPIRATIONAL PLATES FOR *May menus*

## 1 COCOA LOCO

This fresh and fruity Pink Cocoa Cocktail combines premium gin, beetroot and orange zest with deZaan's Crimson Red cocoa powder to enhance the cocoa flavour and incredible colour!



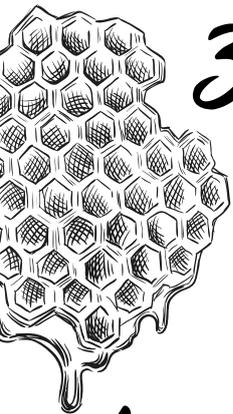
## 2 JEWELLED SALAD

Rice salads, bursting with flavour will complement your grill brilliantly. This aromatic Tilda Basmati and Wild rice salad with saffron cauliflower and honey-roast pears is summer on a plate!



## 3 AS SWEET AS HONEY

Celebrate World Cocktail Day with MONIN by creating this Yuzu & Honey Collins cocktail. Let customers explore the further outreaches of Asia with this exotic and refreshing gin highball with vibrant yuzu notes and floral notes of honey.

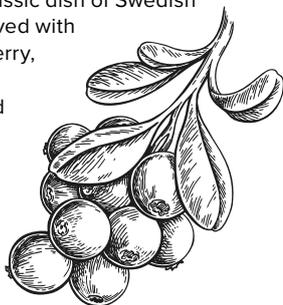


## 4 REFRESHING RASPBERRY

Mixing Heartsease Farm Raspberry Lemonade with vodka and ice is a simple way to create a deliciously refreshing cocktail. Finish with a splash of raspberry liqueur and a spring of rosemary.

## 5 SWEDISH SIGNATURE

Head Chef Jonas Karlsson at Aquavit, London has an elevated take on the much-loved classic dish of Swedish Meatballs. Served with sweet lingonberry, zingy pickled cucumbers and creamy potato mash it is a signature dish loved by many.



Lots more inspirational ideas can be found at [www.stirupmagazine.co.uk/recipes](http://www.stirupmagazine.co.uk/recipes)

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Packaging is one of the key pillars in the #GoodPeopleDeserveGoodCoffee brand narrative, because we believe that good coffee does its best to be better.

\*Based on yearly sales 2019-2021.