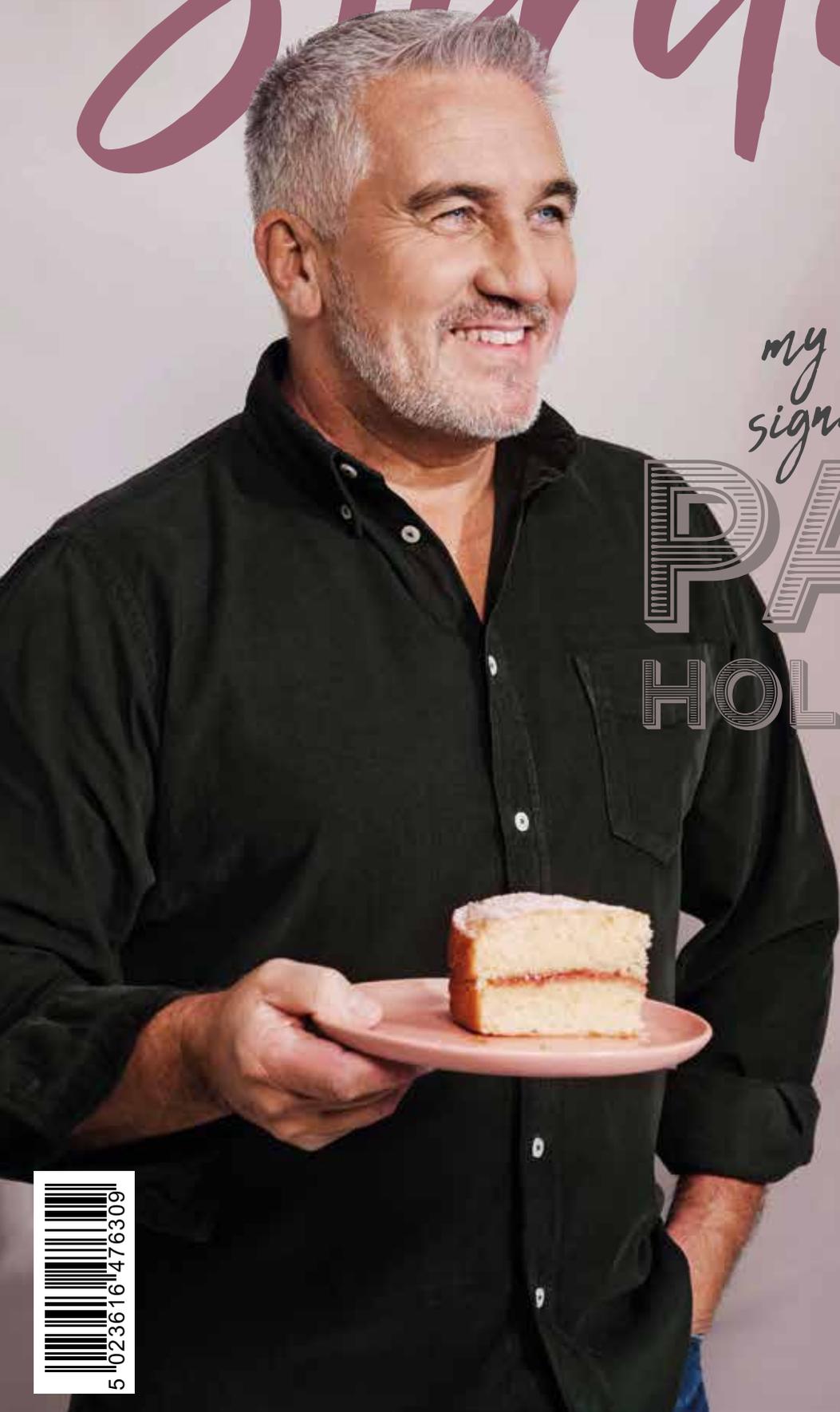


Stir it up



*my
signature
dish*

PAUL
HOLLYWOOD

*the power
of menu
engineering*

BOOSTING
PROFITABILITY
THROUGH YOUR
DISHES



Ingredients

As you'll see from our cover, we're honoured to have an interview with the amazing Paul Hollywood. Perfect timing ahead of the launch of The Great British Bake Off. We're also giving away a copy of his brand new cookbook, head to the Country Club feature for more details.

Our industry is facing huge challenges when it comes to rising costs and reducing waste. This month we're focusing on this from different angles and providing advice for caterers across the hospitality, education and care sectors.

In the hospitality feature we're focusing on how to engineer menus to improve profitability by up to 15%. For education, we're looking at our nursery schools can cater for children on a budget.

If you would like to get involved in one of our features, or have a new idea for one, let us know at editor@stiritupmagazine.co.uk

The Stir it up team



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Contact us ...

Writers
Lindsey Hoyle
Sam Houston
Jackie Mitchell

Subscriptions Telephone:
stiritup@countryrange.co.uk

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

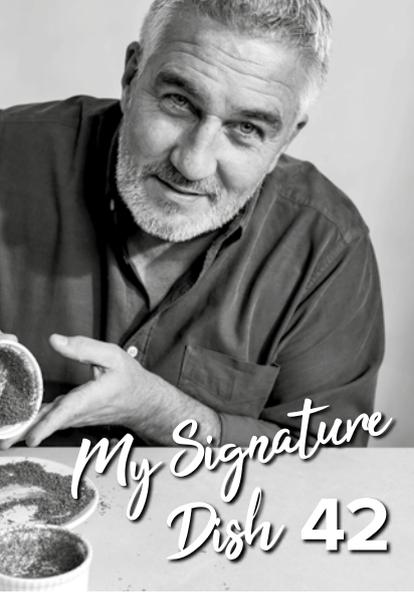
Front Cover
Paul Hollywood by
Haarala Hamilton

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...





Readers' Lives

NAME: Jo Wotton.

JOB TITLE: Catering & Visitor Services Manager.

PLACE OF WORK: Newquay Zoo.

TELL US SOMETHING INTERESTING ABOUT YOU THAT MANY PEOPLE WON'T KNOW? I was a BBC Food & Farming Cook of the Year finalist in 2016.

WHICH CHEF DO YOU RESPECT THE MOST AND WHY? Jeanette Orrey (Jamie Oliver's Dinner Lady). Jeanette was a great cheerleader to me in my time in school food. She made me realise I could drive change within the industry.

WHAT'S THE BEST ADVICE YOU WERE EVER GIVEN AND BY WHOM? My grandmother always told me 'believe you can and do it'.

WHAT'S THE WORST JOB YOU HAVE EVER DONE? Catering Manager for an academy. We need to be feeding children well with healthy, fresh choices. It was the role that made

me leave school food which was something I loved. We now offer the food I wanted to serve on our menu here at the zoo, offering good healthy options which look and taste great. It is great to have the freedom to use local suppliers and ingredients.

WHAT'S YOUR FAVOURITE DISHES TO COOK IN SUMMER? Jersey Royals, Cornish asparagus and salmon with dill and lemon sauce.

WHAT'S YOUR FAVOURITE SUMMER INGREDIENT TO WORK WITH? Cornish crab or Mackerel.

WHAT IS YOUR FAVOURITE COUNTRY RANGE PRODUCT AND WHY? Love the Brioche Buns as they hold so well, such a great burger bun. They are a huge favourite here at the zoo.

Country Range Brioche Buns
Pack size: 48 x 82g €



PLATE ARRIVALS France

Delivering on-trend dishes from around the globe

French cuisine has influenced the culinary world for centuries with its delicious cheeses, wines, breads, and extraordinary dishes. Restaurants, cafés, bistros, bakeries fill the streets of France, proving how seriously the French take food and eating.

BOEUF BOURGUIGNON There's nothing more comforting than Boeuf Bourguignon, a classic French beef stew made with red wine, pearl onions, mushrooms and bacon. Once you try it, this dish is guaranteed to become a regular on your menu!

POTATOES DAUPHINOISE This indulgent side dish consists of potatoes, cream, cheese, garlic and thyme. Out of all the ways to cook potato, this is one of the best.

CROISSANTS A buttery, crescent-shaped French pastry. Good croissants are light, flaky, and delicately sweet. This perfect pastry is enjoyed for breakfast, or as a snack with a cup of coffee. This delicious pastry can be eaten on its own or filled with sweet or savoury fillings.

CROQUE MONSIEUR The world's finest sandwich is nothing more than a grilled ham and cheese. What makes it so special? Velvety béchamel sauce oozing out all over the place. Take it one step further by adding a fried egg on top to create the masterpiece that is Croque Madame.

CHICKEN CORDON BLEU Chicken Cordon Bleu is a chicken breast pounded thin and filled with a piece of Swiss cheese and ham, then covered with breadcrumbs and baked in the oven or fried. It is extremely versatile.

SOUPE À L'OIGNON This is a traditional French soup made of onions and beef stock, usually served with croutons and melted cheese on top. The soup's unique flavour comes from the caramelization of the onions, which often have brandy or sherry added during the slow-cooking process.





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THE NO. 1 ICE TEA
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**READY TO DRINK TEA
 IS THE FASTEST GROWING
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**LIPTON IS DRIVING THIS WITH
 41% GROWTH****

*Nielsen scantrack data to WE 23rd April 2022

**Nielsen Scantrack, Total Coverage, Value % Change, MAT 23.04.22



Supporting our Industry



Your local foodservice wholesaler who provides you with access to this magazine is part of the Country Range Group.

The Country Range Group is a collective of foodservice wholesalers covering the whole of the UK and Ireland, each one is a family-owned business which has been serving caterers in and around their local community for many generations.

Through being a part of the Group, in addition to Stir it up, your local wholesaler is able to provide you with exclusive access to the Country Range brand of over 700 products that are developed specifically for use in your catering kitchen.

The Country Range Group is celebrating its 30th anniversary this year and in celebration, we want to support our industry and the communities local to each of

the individual depots and the central office.

As a result, we have pledged to raise £100k by the end of 2022, at least 50% of which is to be donated to Hospitality Action and the rest will be donated to local charities as selected by each of the individual members and the central office in your local communities.

Across the 12 members and the central office team, we are taking part in a number of individual and team Challenges across 2022.

Some of the activities include a 30 Million Step Challenge, climbing Mount Snowdon as well as supporting events in partnership with local charities.

HOSPITALITY ACTION

We have selected Hospitality Action as our main charity partner meaning at least 50% of the overall total will be donated to Hospitality Action to raise much needed funds to support and help those who work, or have worked, in our industry at times when they need it the most.

Hospitality Action was established in 1837 and has since offered vital assistance to all who work, or have worked within hospitality in the UK. Given the events over the past few years it's important now more than ever that we have

charities like Hospitality Action to support our people.

But what exactly does Hospitality Action do?

They ensure no one is left to face difficult times alone, by providing:

- An Employee Assistance Programme (EAP) offering care and assistance 24/7
- Alcohol and drug awareness seminars for hospitality students
- A grants programme for financial help
- A retiree scheme, called Golden Friends, to combat loneliness in older age
- Web chat and telephone help line, 24/7, 365 days a year
- Managerial advice line
- Personal counselling – both telephone and face-to-face counselling

- Financial planning and debt advice
- Addiction support expert help with alcohol, drugs, gambling or other addiction issues
- Parenting Helpline – topics covered include: pregnancy and birth, single parenting, shared parenting, and teenage challenges
- Elder Care – support and advice on caring for an older relative
- Whistleblowing service – a confidential service giving employees the opportunity to report any work-related concerns to an independent third party
- Critical Incident and Trauma Support

And much more...

For further information please visit www.hospitalityaction.org.uk

Please donate using the following link: www.gofundme.com/crg30 whatever you can contribute is very much appreciated and makes a huge difference to our Challenge and the charities we support.

Hospitality Action

Impact Report 2020-2021



"In celebration, the Group wants to support our industry and the communities."

NO NEED TO START FROM SCRATCH

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- ✓ No artificial colours, flavours* or preservatives. Meets UK 2017 salt target. GMO Free. No added MSG*

*Excluding Texan BBQ & Hickory Smoked BBQ sauces

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customer.services@aimiafoods.com

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IN SEASON: Raspberries

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.

Wonderful happy childhood memories my father would drop my brother and me off at the berry fields of Longforgan near Dundee, we would work solid for two weeks earning what for us was an enormous sum of money £1.50 a day back in 1968 that was a huge wage.



OFFICIAL TASTING NOTES

There are more than 200 varieties of raspberry, the most cultivated fruit is red, but they can be purple, gold or black – golden being the sweetest variety. Unlike many other fruits, unripe raspberries do not ripen after they are picked.

Properties: Raspberries contain potassium and folate, they have no fat, cholesterol, or sodium, have more vitamin C than an orange and are rich in antioxidants.

Usage: They can be used in sauces, jams, jellies, baked goods, and desserts. Indeed, being such an important Scottish fruit there is a dessert served at Burns or St Andrews night – Cranachan which means in Scottish Gaelic churn, toasted oats, double cream Malt whisky and raspberries of which the raspberry is the important ingredient.

WASTE NOT WANT NOT

It's very easy to dehydrate raspberries, allowing you to store them to use at another time. Dried raspberries can be used whole in baking, as decoration for recipes or cocktails and even be ground into a colourful and tart powder to use in cooking.

1/ ELEVATED ESPRESSO

This delicious concoction packs a punch by infusing the rich fresh flavours of summer raspberries to add a unique twist on a classic cocktail – the Espresso Martini.



2/ BITTERSWEET

Chocolate and raspberry, a match made in heaven. As shown here in this stunning baked chocolate and raspberry cheesecake.

3/ KEEP IT SIMPLE

A simple, homemade raspberry tart paired with a premium vanilla ice cream and topped with fresh raspberries can be the perfect end to a delicious meal.



4/ JELLY ON A PLATE

Create your own fresh layered jelly pots for residents, students or customers. Add biscuit crumbs or granola for added texture.

5/ VIBRANT VENISON

Don't stop at sweet dishes. Here a fresh raspberry sauce is paired with delicious organic venison, beetroot slices and pumpkin purée.



Recipes supplied by: 1. Bottlegreen; 2. Shona Sutherland, owner of Taystful, Blairgowrie; 3. Paul Dickson, Country Range development chef; 4. Paul Dickson, Country Range development chef For more inspiration visit www.stiritupmagazine.co.uk/recipes

Also In Season:



Grouse



Damson



Fig



Marrow



Halibut

Cooks Calendar

AUGUST

- 5 / International Beer Day
- 8 / Afternoon Tea Week
- 11 / International Bakewell Tart Day

17 / Cupcake Day

19 / National Potato Day

25 / National Burger Day



SEPTEMBER

1 / Sourdough September

1 / Organic Month

10 / National Hot Dog Day

13 / International Chocolate Day

28 / World School Milk

30 / World's Biggest Coffee Morning



Keeping kids full of beanz!

HEINZ
ESTD 1869

It's not just about what pupils learn at school or college – it's how they stay nourished throughout the day.

For children and young people, obesity is a widespread problem, so it's more important than ever to improve their futures through health and nutrition.



of children aged 2 to 15 are **OVERWEIGHT OR OBESE¹**



British teenagers aged 15 to 19 have **THE HIGHEST RATES OF OBESITY IN EUROPE²**



after learning³ of their nutritional benefits, **57% OF PARENTS SAID THEY WOULD LIKE TO SEE HEINZ NO ADDED SUGAR BEANZ ON SCHOOL MENUS MORE**



Up to 22% fewer calories, 60% less fat, 55% less sugar and 19% less salt than other reduced salt and sugar beans



High in protein & fibre, low fat, no artificial sweeteners



The first no added sugar beans on the market



1 of your 5 a day



Vegan

LIGHT MAYONNAISE

- Children voted Heinz their favourite sauce brand
- No mustard allergen (vs brand leader) and meets PHE salt target
- Low fat school meals are the 2nd most important criteria for parents
- 100% recyclable pail



TOMATO KETCHUP 50% LESS SUGAR & SALT

- Exceeds PHE's sugar and salt targets
- The **LOWEST** sugar, salt and calorie Ketchup⁴
- Low sugar options are parents number 1 priority for school meals
- Contains even more real tomatoes⁴



RECIPE IDEA

Sweet Chilli Chicken and Beanz Quesadillas

A delicious hand held snack, ideal for mid-morning break or lunchtime.

•• INGREDIENTS ••

- | | |
|---------------------------------|---|
| 300g Heinz No Added Sugar Beanz | 400g mixed red and yellow peppers, sliced |
| 1tbsp vegetable oil | 50ml Heinz Sweet Chilli Sauce |
| 250g red onions, sliced | 500g cooked shredded chicken |
| 10 flour tortillas | |



MAKES 10 PORTIONS IDEAL FOR SECONDARY SCHOOL PUPILS



LOW IN FAT, SATURATED FAT AND SUGARS



CAN BE MADE IN ADVANCE AND KEPT WARM IN THE HOT CUPBOARD



TO MAKE THIS RECIPE VEGAN SIMPLY REMOVE THE CHICKEN, INCREASE THE HEINZ BEANZ BY 300G AND ADD 200G GRATED VEGAN CHEESE



NUTRITIONAL INFORMATION



SERVES 10	ENERGY	FAT	SATURATES	SUGAR	SALT
	1328kJ 314kcal 16%	6.1g LOW 9%	2.0g LOW 10%	7.6g LOW 8%	1.4g MED 24%

Per portion
(215g) (177g)

WITHOUT CHICKEN OR VEGAN CHEESE	1075kJ 255kcal 13%	5.0g LOW 7%	1.7g LOW 9%	8.4g LOW 9%	1.5g MED 25%
---------------------------------	--------------------------	--------------------------	--------------------------	--------------------------	---------------------------

Check out our brand new, school-compliant recipe book that is full of beanz (literally) and set to help you sail through traffic-light systems with nutritious, versatile and flavour-packed meals using one of the nation's favourite ingredients.



Contact education@kraftheinz.com to find out more information or to discuss how we can help plan your return to normal.

¹ Health Survey for England 2018, NHS ² International comparisons of health and wellbeing in adolescence and early adulthood, Nuffield Trust, 2019

³ OnePoll survey of 1000 UK parents and their children, Feb 2020 ⁴ One Poll 'Heinz School Children' research: MW WM 2301 HSC

Double O Heaven in Exmoor

With over 300 years of history as a traditional English Inn, The Royal Oak Inn, based in the heart of the Exmoor National Park, has seen famous writers, artists, an English spy chief and even an American president within its walls during that time.

Run by landlady Tracey Morris since 2019, it is an ideal base from which to walk, ride, hunt, fish and shoot. Originally hailing from Oxfordshire, Tracey moved to Withypool with her family in 2016. Following a career in heating and plumbing, with no background in hospitality, she fell in love with the dilapidated building and decided to follow her dream of becoming a landlady.

"It was always my dream to run my own pub or hotel business so after moving to Withypool and first seeing The Royal Oak, I fell in love and made the leap from heating to pulling pints. I don't regret it for one instance and am incredibly proud of the business we have built in the last few years, even with a pandemic wreaking havoc," says Tracey.

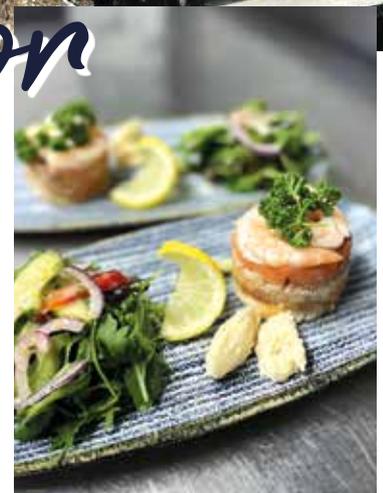
Following the purchase of the Inn, Tracey set about bringing the historic inn and business back to life, undertaking an extensive refurbishment project. The Royal Oak re-opened on the 1st June 2019, serving food every day and also offers eight individually decorated ensuite bedrooms, two bars and a dining/function room.

"We're blessed to have some of the UK's finest farmers, growers and artisan producers within miles of the pub so our menu really

reflects that. We keep it as seasonal as possible and we're passionate about cooking everything from scratch. Whether it is lighter lunches and snacks such as jacket potatoes, sandwiches and ploughman's, substantial sit-down meals such as Sunday Roasts, burgers and other pub classics or veggie and vegan offerings, we really cater for all. We even have a special menu for dogs and there is plenty that guests can order to takeaway" she says.

"We use a wide range of the Country Range staple products to supplement our seasonal produce. In fact, whether it's flour, seasonings, spices, dried herbs or something else, Country Range products more often than not provide the backbone of our proudly home-cooked menu. The brand never lets us down from a quality perspective."

Not one to let the grass grow under her feet, Tracey has more plans in place for the future. "I'm trying not to get too far ahead of myself, especially considering the last few years, but



Above (main)

An exterior view of The Royal Oak Inn

Above

The Royal Oak Prawn and Salmon Stack

Below (left to right)

The Royal Oak Cheese Dome and Port

A view of one of The Royal Oak rooms



while we're in a good place, we're always trying to improve whether it's the food, rooms or events. Withypool and the local area is really thriving. There is a fantastic community spirit and a new appreciation of the English countryside so I am excited about the future."

8th - 14th August

AFTERNOON TEA WEEK

Around 180 years ago, the 7th Duchess of Bedford, Anne Russell, decided that she could not make it from lunch all the way through to her evening meal without some serious hunger pangs. A lifelong friend of Queen Victoria, the Duchess, in a similar vein to the pioneering Earl of Sandwich, took matters into her own hands (not literally) and ordered her servants to prepare some tea and light food. With this simple order, Afternoon Tea was officially born and it soon grew to become the occasion and celebration it remains today.

So as the annual Afternoon Tea Week celebration begins on the 8th August, spare a thought for the Duchess and do her proud by making it a week to remember for customers and guests.

GO POSH

Afternoon Tea is the ultimate indulgence so it's one of those times that you can really push the boat out. It means taking no shortcuts with ingredients and recipes and ensuring your offering, tableware, crockery, cutlery or takeaway options have a regal feel to them.

CROSSING THE T'S

While a touch of bubbly will often be enjoyed during Afternoon Tea, the beverage of choice for most is still a quality cup of tea. Our award-winning 100% Rainforest Alliance Certified Tea Bags have great depth and flavour, making them the perfect accompaniment to scones, cakes and the various treats on show.



Afternoon Tea Selection



"I USE THE COUNTRY RANGE UHT DAIRY WHIPPING CREAM IN PLACE OF MASCARPONE, WHICH IS VERY EXPENSIVE, AND WHIP IT UP WITH LEMON JUICE AND VANILLA ESSENCE TO MAKE A CHANTILLY-STYLE CREAM." – HOSTEL, NOTTING HILL

STUNNING SCONES

For any Afternoon Tea worth its salt, exceptional scones are a must. Our Country Range Scone Mix can be used for both sweet and savoury options. All your guests and customers have to worry about is what goes first – cream or jam!

CHARMING CAKES

For guaranteed crowd pleasers without too much fuss, our Mini Cake Assortment and Mini Eclairs are all visually stunning and taste great too!

SENSATIONAL SANDWICHES

Sliced white bread still rules supreme for Afternoon Tea. Our frozen loaves just need thawing and will provide the perfect base for a selection of sandwiches. Add any Country Range filling for a varied sandwich selection throughout the week.





BURGERS OF THE WORLD

With many people missing out on world travel these past few years, why not give your burger offering a global twist. Add some chorizo for a Spanish feel, Parma ham for Italian, beetroot and avocado for an Australian version or even kimchi for a Korean-themed burger.

SUPER SALAD

Providing freshness, crunch and texture, salad is crucial for the all-round burger eating experience. Forget limp lettuce and pale tomatoes, liven things up with the best of the fresh and add our dressings for maximum taste.



“FOR ME IT HAS TO BE THE BBQ SAUCE, WELL FLAVOURED AND COATS EVERYTHING PERFECTLY” – STEPHEN D RUMMOND, HEAD CHEF, DARESURY PARK HOTEL

GET SAUCY

The right sauce can pay burger dividends. Our Country Range tomato ketchup, barbecue sauce, burger relish, mustards and mayos have your burger menu well and truly smothered.

NOT JUST A BIT ON THE SIDE

The burger experience isn't complete without side dishes, so whether it's our onion rings, macaroni cheese, sweetcorn, salad or something else, we have the finished products, ingredients and seasonings to make your sides the stars of the show.

DON'T BE FRY SHY

Our trifecta of plate-of-the-art fries that were launched earlier this year just cannot be bettered. Ensuring chefs have a top-quality, full-flavoured, crunchy and consistent fry for all occasions, our premium fry trinity are great for National Burger Day, delivering an impeccable crispness and crunch.

Country Range Fries... a burgers best side



Vegan Burger

25th August **National Burger Day**

While the true origins of the first hamburger on a bun are hotly contested, it is believed that they first started to find their way into the hearts, minds and stomachs of US citizens following the St Louis World's Fair in 1904, where other food innovations such as waffle ice cream, cotton candy and peanut butter were also creating a stir amongst discerning consumers.

Over a hundred years since that St Louis World's Fair and the burger train shows no sign of slowing down. National Burger Day now runs annually on the Thursday before the August Bank Holiday and this year it will take place on the 25th August, so flex your burger muscles and make it an occasion to remember!

BREAD START

The wrong carrier for your burger can mean disaster so don't skimp on quality. Our Country Brioche Buns are bang on-trend, offer maximum flavour and come pre-sliced for a quick and easy serve. For those looking to mix it up this burger day, make some rolls from scratch using our never fail bread mixes.

PATTY POWER

The beef patty generally rules supreme and our Country Range Steak Gourmet Burgers offer unbeatable taste and value, but National Burger Day presents the perfect platform to be inventive and run specials. Whether it's beef, pork, chicken, game or a plant-based option, don't be scared to make your own from scratch and play around with our spices and seasonings. This spicy Bengal Chicken burger recipe is guaranteed to raise the temperatures this August.





Celebrating NATIONAL BURGER DAY

Build a Better Burger Today



Fun, Fast & Flexible flavours to create mouth-watering burgers



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We have a passion to support *you!*



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www.majorint.com

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

HOSPITALITY

The Power of Menu Engineering



Whether you're an independent operator, a chain or a Michelin starred restaurant, menus are a critical communication and marketing tool. Manipulating the way information is presented on your menu can sub-consciously encourage customers to purchase more of your most profitable dishes – giving your business a cash boost. The practice is called 'menu engineering' and the results of a few subtle changes to your menu could increase profits by up to 15%.

The format and content of your menu gives customers an overall feel for your establishment even before they've ordered. Claire Scullion from Menu Scientist says "Menu engineering is as much about improving customers' experience as it is about increasing profitability. A well-designed menu will enhance the overall experience for a customer making them more likely to return and recommend."

1. Customer Demand

When planning the menu, research your demand. Carla McKenzie from MYA Consulting says "Understand your customer and their requirements. Look at what your target audiences require and also plan by day part (whether it's all day, breakfast, lunch or dinner)." Analyse any data available, determining the popularity and margin of each dish as well as the average spend per head. "Once a restaurant has a clear picture of what makes their visitor tick, they can experiment with variations to their menu journey and design with the ultimate goal of improving the guest experience as well as the long-term profitability."

Says Carla.

For more information visit
www.menuscientist.co.uk



2. Price Points

The price of your dishes and how costs are presented on your menu is just as important as the dishes themselves. Claire Scullion recommends removing currency symbols and to make sure prices aren't formatted in a list "so the customer isn't so easily guided by price."

3. Under the Influence

Colour psychology also plays a significant role in menu design. According to Claire, red encourages appetite and has been proven to increase the profitability of a menu as opposed to cooler colours on the spectrum. "Avoid blue, purple and grey as they suppress appetite because they're not commonly found in natural food sources," she says.

4. Keep it Simple

Keep the menu simple so that customers can easily follow it and clearly categorise each section depending on your target market. Our experts recommend listing desserts on the menu so customers can plan their meal and supplement this with a separate dessert menu to encourage upselling after a meal.

5. Stick to the Law

Legislation to include calorie labelling on menus was introduced this year and applies to foodservice businesses with over 250 employees. Claire says "If your restaurant needs to include calorie labelling, the theory around presentation is like that of pricing – make sure it's clear, but not the stand-out piece of information."

6. Change it Up

Some restaurants change menus on a regular basis, but this depends on your location and customer base. Claire says "If customers are visiting once or twice a year, a seasonal menu strategy will mean they can experience different dishes on each visit. On the other hand, if you have a larger following coming once or twice a month, you may wish to consider changing more frequently or adding specials."

7. Format Facts

As to the format of the menu, Carla McKenzie has the following advice. "Place the items you want to sell in your menu 'hot spots', probably the top right-hand corner. Use a mix of upper case and lower case as all capitals can be harder to read. Use boxes and stories to highlight dishes or features you wish to sell."



What will you create today?

Major mari base

are amazing when used in:

Salads • Wraps • Sauces • Wok • Pasta
Pizzas • Burgers • Soups



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

for the cuppas that show you care



quality

Tetley is the No.1 decaf tea brand in healthcare*

support

Alongside our POS materials, we offer a free downloadable Activi-tea Kit to keep your residents entertained

hydration

Offering a full range of beverages encourages residents to stay hydrated throughout the day

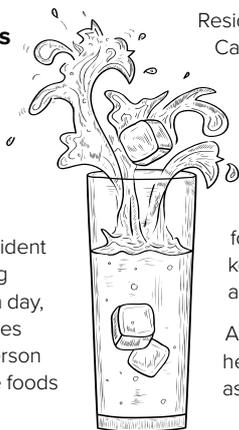
for the
love of
tea



Care Sector Focus: The Importance of Hydration

Hydration for elderly residents in care homes is critical, especially during the summer months. According to the British Nutrition Foundation, even mild dehydration can adversely affect mental functions such as memory or concentration and can also increase feelings of tiredness. Although these symptoms can affect us all, with elderly residents, staying hydrated also helps to prevent falls by reducing dizziness and confusion. "It helps regulate body temperature and keeps joints lubricated and kidneys working." Says Helen Core, National Wellbeing Manager, Anchor care home.

On average, a resident should be drinking two litres of fluid a day, "although this varies from person to person depending on the foods



they eat, medication, activity levels and hot weather," adds Helen.

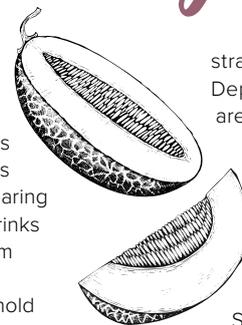
Making drinks easily accessible is the first step to ensuring residents are well hydrated. At Primrose Bank Care Home, snack and hydration centres on each floor are available 24 hours a day. "This enables residents to help themselves to fruit juice, flavoured waters and 'hydrating' snacks such as jelly and custard pots," says Aaron Watson, NACC Chef of the Year 2021 and Head Chef. "Drinks trolleys are on the go providing hot and cold drinks. As part of the residents' evening meal, we always serve a soup as the first course as this is a great way for them to consume extra fluids."

Residents at Primrose Bank Care Home have their fluid intake monitored using the CareDocs App. "We record the amount when we clear the cups," says Aaron. "Each resident has different needs, so if one resident is forgetful a member of staff will keep encouraging them to have a drink."

Adding ice cubes in drinks can help to increase fluid content, as well as serving drinks that

residents enjoy. Helen Core from Anchor suggests getting residents involved in preparing and choosing drinks and making them colourful and attractive. "We hold afternoon teas and mocktail events at our 114 care homes designed to encourage residents to drink more liquids." She says.

The new Hydration Guide from Care UK recommends noting



straws available. Nick Dutton, Deputy Chair, NACC, says "There are some great technological advancements such as talking cups. Whatever you choose, a person-centred approach is essential to make sure the right equipment is selected for each resident."

Serving foods with a high water content can help residents stay hydrated, especially in the summer. Nick suggests salads with cucumber and courgettes, fruit salads, melon platters, fruit kebabs, ice lollies and jellies. He also recommends holding regular

"We hold afternoon teas and mocktail events at our 114 care homes designed to encourage residents to drink more liquids."

whether a resident has a favourite cup or glass so you can use it as often as possible. This personal approach can encourage residents to drink more because it generates a connection to a favourite memory or emotion. For residents experiencing difficulties when drinking, there are a variety of adapted cups and

education sessions for staff and residents on the benefits of staying hydrated and how to spot the signs of dehydration. "It's equally important to make sure staff keep well hydrated throughout their shifts especially in fast-paced care homes." Notes Nick.

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Balancing the Books:

NURSERY SCHOOL CATERING ON A BUDGET

With food prices on the rise and budgets continually getting squeezed, planning your nursery school menu is imperative to maximise the use of every ingredient and continue to serve nutritious meals. As many nurseries are already aware, an increasing number of households are struggling to put food on the table and for many children, the meal they receive at nursery is the only meal they will have that day. The role of catering for children under 5 is now more important than ever before.

"It's vital that children under five receive the right nutrients for growth and development, but healthy eating doesn't need to be expensive." Says Harman Mohal, nutritionist from Early Years Alliance. "If your nursery has a garden, growing your

own vegetables is a great idea as it gets the children involved and educates them about where food comes from. Local farms may also

be a good source of inexpensive fruit and veg. Don't dismiss imperfect shaped items – they are just as nutritious."

The Power of Plant-Based

Vegetarian or vegan dishes are well-known within the industry as less-expensive options, so introducing two meat-free days each week will help keep costs under control. "Dark leafy greens contain iron, calcium and vitamins A, C and K and are relatively cheap" says Sean Cowden, Chef Lecturer at London Early Years Foundation (LEYF), which operates 39 nurseries in London. "Make everything fresh if possible. Bought in sauces are usually expensive and high in salt, sugar and preservatives. If your menu has meat and fish every day, consider alternative protein items such as beans and legumes."

Negotiating with suppliers to get a better deal and keeping in touch regularly to be aware of any discounts is essential. "Get to know the account manager – maybe invite them to your kitchen to see what you do. Do your research and compare prices to other suppliers – are you getting the best deal?" Recommends Sean.

Look out for Promotions

Special offers can help keep within a budget, but make sure you are mindful of the shelf life of your ingredients, otherwise you could be wasting more food than necessary, creating a false economy. Instead, consider cheaper cuts of meat such as diced beef, flank, silverside beef, lamb shoulder or chicken thighs and bulk buy non-perishable items you regularly use such as pasta and canned vegetables.

Think Big

Where your kitchen and equipment allows, batch cooking and freezing meals or sauces is another great way to save money, but check it meets your demands. "If the amount of food you batch cook is too much for your needs, then you literally have money sat in the freezer so avoid over-stocking. Work out what you need for let's say 10 days' worth of holding stock." Advises Sean.

Waste Not, Want Not

Maximising your catering spend is not only achieved by changing your purchasing habits. Introducing food waste management systems in the kitchen and dining hall will help

prevent throwing your budget in the bin. Monitoring how much of each meal goes to waste every day will give you a good indication of whether or not your portion sizes are too generous. "Follow the 'Eat Better, Start Better' national guidelines. My advice is to check the plate size. Children eat with their eyes. If the plate size is inappropriate (or adult sized) then the child will automatically think there is not enough food." Says Sean.

For more information about the London Early Years Foundation visit leyf.org.uk

For more information about the Early Years Alliance visit www.eyalliance.org.uk



IT'S *game,* SET & MATCH TO LOCAL



*Venison sirloin with
mushroom in gammon
red wine sauce and
mashed potatoes*

Featured in this year's Country Range Student Chef Challenge, Game is becoming increasingly popular both in the hospitality and consumer markets. Venison, pheasant, pigeon, partridge and wild boar are among the most sought-after meat, with venison often replacing beef on the menu due to its sustainability credentials.

Game has long been maligned by issues associated with lead-shot, however the tide is now turning and retailers such as Marks & Spencer are championing the use of lead-free game, working with the British Game Assurance in the process. This news provides a much-needed boost to the Game industry, which makes an important contribution to both the livelihoods of remote rural communities, as well as the local food system.

A GROWING APPETITE FOR GAME

As consumers increase their focus on sustainability and health, Game is answering the call. Low in fat and cholesterol, it is one of the healthiest meats available and rich in Omega-6 and Omega-3. It is for this very reason that the NHS is trialling pheasant, partridge and venison on their menu. Tests so far have proven positive, with

patients enjoying the addition to the menu alongside the added benefit of being easier to consume for patients with dysphagia.

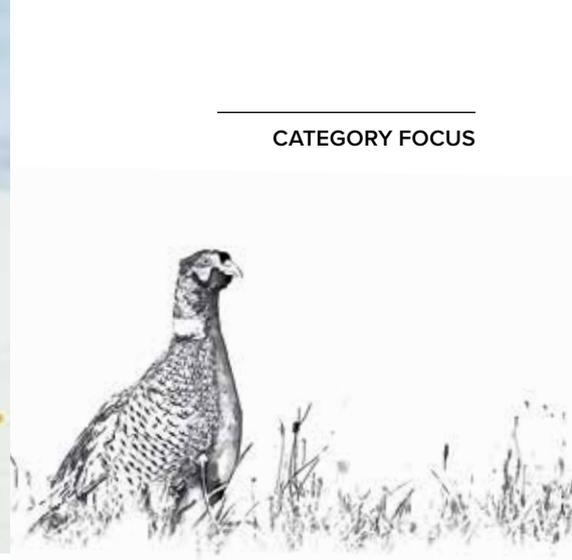
"Game is very high-quality meat, it is high-protein, low-fat and has an excellent micronutrient profile, so is a good fit for NHS patients. The game the NHS will be trialling will be sourced from estates that are both lead-free and assured by British Game Assurance, which is the gold standard of sustainable game procurement." Says Liam Stokes, CO of British Game Assurance.

In the education sector, schools have been given training and resources from recipe packs to a brace of pheasants to support teaching staff for over 40,000 pupils, including a hands-on cooking masterclass at GCSE level. Game is also appearing on the menu more frequently in many schools not only across Scotland, but throughout the UK including Queen Elizabeth's Academy in Mansfield and Chilwell School in Nottingham.

ARE YOU 'GAME' FOR CHANGE?

When introducing Game to your menu, do your research so you can be confident that you know where it is coming from, how and when it was shot. This gives you the opportunity to impart this information on to your customer so they can make a more informed choice between ordering sustainably shot, locally sourced Game, or another less environmentally friendly option.

Swapping wild boar for pork, pheasant for chicken or venison for beef are easy ways to incorporate Game into your menu. "If it is heavy on mainstream meats, introduce your customers slowly and with less powerful game meats to initiate the change" recommends Stephen Andrews Chef, Fish & Forest. The team at Wiltons in London have added pheasant schnitzel to their lunch menu for a lighter option and



Top tips from top chefs

Game is proving popular in a wide variety of cuisines. We asked a number of chefs to give us their go-to flavour combinations to inspire you

Colin Nicholson, Chef Patron of Mingary Castle: I like matching venison wellington with red cabbage for a touch of sweetness and chestnuts for a creamy balance or grouse with buttery wild chanterelles and brambles for some tartness.

Stephen Andrews Chef, Fish & Forest: Use the whole animal for the dish make sure you use the bones to make a stock for the sauce it will enhance the whole dish experience. For Partridge - black trumpet blanquette with wild berries works well because they are wild animals, so to put them with wild foraged ingredients makes a harmonious dish. Also, try wild boar (served pink) with boar and cider jus, roasted crapaudine beets, gold beet slaw and a smoked beetroot purée.

Vivek Singh, Founder, Cinnamon Club: My favourite combination is smoked grouse breast with my mum's pumpkin chutney, it's just magical. Others I recommend would be tandoor cooked venison served alongside pickled fruit/vegetables that have been roasted; and roasted partridge or pheasant served on a bed of earthy black lentils, which is perfect for the autumnal time of year.

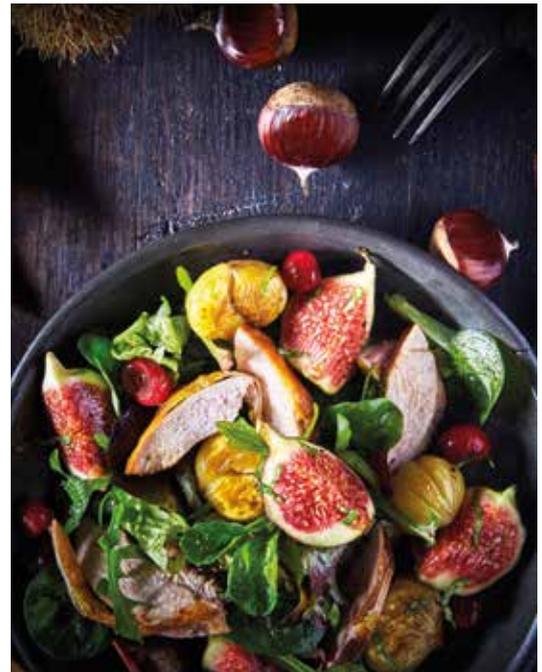
Head Chef Daniel Kent, Wiltons: Red partridge is great in a curry, venison goes wonderfully with chocolate but, equally, tastes delicious when paired with spice and fruit, such as cloves, pimento, and pomegranate which we have served on several occasions. It is important to use seasonal ingredients and enjoy playing with different flavour combinations. During October, pheasant pairs well with sweetcorn which we spice up with paprika jus.

Johnnie Crowe, Executive Head Chef, NEST: Wild berries are sprouting up all through May, June, July, August and preserving them and picking them gives you so much opportunity to create simple dishes that seem effortless. We will also usually just some of the beautiful autumnal root veggies to pair with game the sweet nutty flavours that come from Celeriac, Parsnip, and Squash go so well with the rich meat.



Above
Warmly spiced grouse at the Cinnamon Club

Right
Gourmet roast pheasant, fig and chestnut salad



"Game is very high-quality meat, it is high-protein, low-fat and has an excellent micronutrient profile"

offer salads with pheasant and venison to entice customers who may be trying it for the first time.

Game can be quite a strong flavour so a less-is-more approach may work for you, but for it to be well received and to keep your customers coming back for more, it has to be cooked well. "Game is a very lean meat, it tends to dry out quickly so it's important to cook or roast for just the right amount of time. For large joints of meat/whole birds, I recommend resting for as long as it cooks for, as this will keep the meat moist and tender." Says Vivek Singh, Founder, Cinnamon Club.

Using complimentary flavours of the season to enhance dishes will also help keep your menu looking

fresh and relevant, incorporating blackberries, watercress or bread sauce for classic, recognisable pairings. For a more decadent dish, try a chocolate and venison casserole, or if your café is renowned for homemade sausage rolls, change it up with a wild boar and redcurrant jelly option.

As with any new introduction, training front of house staff so they are not only knowledgeable, but have tried the dishes and can speak from experience, will help them sell it and answer questions your diners may have. Don't forget, they are also a great source of feedback so keep the lines of communication between front of house staff and the kitchen open to learn what is and is not working.



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KAM

By Katy Moses, Founder & Managing Director of KAM

A Forgotten CUSTOMER

The last couple of weeks at KAM have been filled with trying to understand an often-forgotten customer. Certainly, one who is not given the quality of choice offered to most in our fine establishments. And one who perhaps doesn't leave having had that outstanding customer experience that our industry strives for.

The scary thing is that this customer accounts for 1-in-4 of all pub visits and nearly 1-in-3 to restaurants.

What on earth does this customer do to get treated this way? They simply decided that they didn't want an alcoholic drink. (Gasp!)

We're in the process of kicking off our 2022 Low+No research, in partnership with Lucky Saint, and despite phenomenal continued growth in the low and no category we still have a long way to go in getting it right as an industry.

Do we put enough of our energy into our low and alcohol-free offer? The fact that 22% of

customers who come to a venue not wanting alcohol will typically default to 'tap water' suggests not. (Goodbye potential sales.)

I'm not just referring to getting a great low and no range here. Operators need to think bigger – how are your hot drinks? How are your alcohol-free cocktails and fresh juices? Which 'adult soft drinks' do you have available and visible and are they served with as much focus and flair as we give alcohol?

Last year only a third of customers rated the range of low and no alcohol options in pubs and restaurants as "good or very good". I'm interested to see how that's changed.

Re-building hospitality is going to be a long hard fight. Venues are

having to diversify to survive (many already have.) We need to open our eyes to new customer occasions, give customers new reasons to visit, embrace new dayparts, some of which may contain even fewer alcohol drinkers. Quality hot drinks for example are critical for remote workers. Quality juices, served beautifully, of course, are essential to a decent breakfast and brunch offer.

Just because a customer isn't drinking alcohol doesn't mean we can afford to give them any less of an absolutely outstanding experience. We simply can't risk not delivering on expectations on a potential 1-in-4 visits. I'm preaching to the converted here I know when I say that

Above
A group of friends enjoying a variety of Mocktails

Below
Rosemary Pear Mocktail

we need to make every single visit – every single experience – count, and that means accepting that not everyone will want alcohol on every single occasion.

And on that note, I'm off for a full alcohol G&T, it's been a long week!

We need to open our eyes to new customer occasions, give customers new reasons to visit, embrace new dayparts, some of which may contain even fewer alcohol drinkers.



THE MARKETPLACE

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

Aimia Foods help operators tap into chocolate orange demand with 1883 Terry's Chocolate Orange Syrup

Aimia Foods are delighted to unveil the latest flavour to join their line-up of 1883 syrups: Terry's Chocolate Orange.

A match made in syrup heaven, 1883 Terry's Chocolate Orange syrup offers the identifiable taste of the nation's favourite orange flavoured chocolate – one that can be added to any hot or cold beverage as Karen Green, Marketing Manager at Aimia Foods, details:

"At Aimia Foods, we have tested 1883 Terry's Chocolate Orange syrup in a wide range of beverages, from zingy orange lattes and indulgent orange hot chocolates right through to chocolate orange shakes and frappés, the results of which have all been delicious!"

As with all 1883 syrups, Terry's Chocolate Orange syrup is created with finest ingredients

including pure cane sugar and water from the French Alps in which surround 1883's home. What's more, the natural properties of 1883 syrups ensure consistent quality without any need for preservatives.

Due to the impressive high concentration of 1883 syrups, a bottle of Terry's Chocolate Orange syrup has an extremely good yield compared to competitors. To put this into perspective, from a single 1 litre bottle of Terry's Chocolate Orange syrup, baristas can create up to 125 chocolate orange hot drinks or 63 cold drinks based on an 8oz cup.

To find your nearest stockist, or for more information on 1883, contact Aimia Foods on 01942 4086000 or visit www.aimiafoods.com



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Frozen food distributor Central Foods has launched a range of KaterBake Lebanese flatbreads for its foodservice customers.

The new breads are available in a selection of flavours and sizes and can be used as wraps, pizza bases, traditional accompaniments to hummous and dips or for dipping into olive oil flavoured with herbs.

Also known as Khoubz, the Arabic word for bread, the KaterBake Lebanese flatbreads are extremely versatile and more than earn their keep in any kitchen.

MD for Central Foods, Gordon Lauder, said: "We are very pleased to be expanding our range of exciting breads for the food service sector with this selection of KaterBake Lebanese flatbreads.

"Many food service operators have streamlined or simplified their menus as a result of the covid pandemic due to staff shortages, supply chain issues or uncertainties over demand. Products like the KaterBake Lebanese flatbreads can be a blessing in any kitchen as they

are so versatile and can be served in a number of different ways at different points in the day.

The new range features eye-catching beetroot, carrot and spinach flatbreads, along with plain versions. The flavoured options are available in 10" diameter, while the plain flatbread is available in 8", 10" and 12" diameter sizes.

"A quick and easy, traditional way of serving Lebanese flatbreads is to top with herbs, such as za'atar, feta cheese or minced meat and slice or fold to serve for a Middle Eastern version of pizza," added Gordon Lauder.

The KaterBake Lebanese flatbread is halal approved and has a defrosted shelf-life of three days when unopened. It is also suitable for vegans and vegetarians, which makes it perfect for the growing demand for plant-based sandwiches, pizzas, wraps and other bread-based products.

The 8" flatbreads (65g each) are available packed 28 x 5, the 10" (72g each) 25 x 5 and the 12" (116g each) 20 x 5.

For more information, visit www.centralfoods.co.uk

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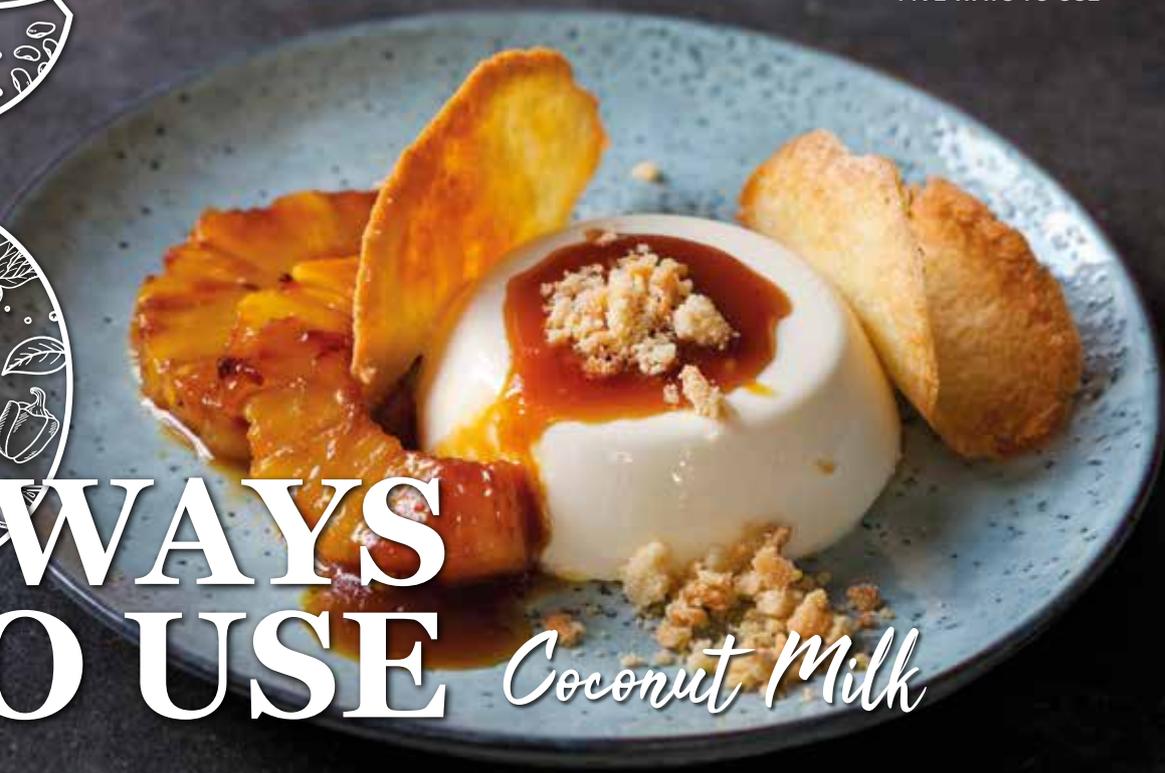


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With World Coconut Day taking place at the beginning of next month on the 2nd September, it's surely time to go coco-nutz this August so you're ready for the big day. Available in 400ml cans in cases of 12.

ABOUT: HAYLEY MCCOOK

A former student at City of Glasgow College, Hayley first started using the Country Range brand after competing in the Student Chef Challenge. Fast-forward 5 years and Hayley is now a Lecturer in Culinary Arts at the college and instead of competing, helped mentor her team into the Grand Final earlier this year. Here is her quintet of ideas for incorporating coconut milk into dishes.



1 / Scintillating Sauces

Coconut milk is a key ingredient to make a punchy paste into a glorious creamy sauce for an array of dishes. I love using it to make a sauce for fresh chilli and coconut mussels.

2 / Roll the coconut dice with the rice

People always seem to stick with plain old rice when there are so many ways to spruce it up and maximise flavour. Instead of just boiling in water, use 50% stock and 50% coconut milk and cook for 10 mins or so. Add a squeeze of fresh lime and you have an incredible coconut rice – great to accompany the satay above.

3 / Coconut & Lemongrass Panna Cotta

Lemongrass and coconut milk are a wonderful combination in curries but also pair brilliantly in slightly more refined desserts. I love combining them together in a Panna Cotta with caramelised pineapple and roasted pecans.

4 / Mind-blowing marinades

When cooked down or used alongside some intense flavours, the coconut milk works beautifully as a marinade to keep meat and veg moist and give a boost to taste. I use it to make the ultimate Chicken Satay.

5 / Perfect Pudding

Rice pudding is a dish that will never ever go out of fashion but a twist is always nice every now and again. I love using the coconut milk to give a tropical feel to a rice pudding and often serve it with sliced poached peaches and toasted coconut.

Country Range Coconut Milk
Pack size: 400ml



ANDREW GREEN CRAFT GUILD OF CHEFS

August traditionally for us is a quite month, with thoughts going towards what we have done so far this year, and preparing the calendar for the following year. That aside we have just completed the Graduate Awards mentor days, where the young chefs got the chance to experience first hand about cider and gin making, seeing the tasks that they will be asked to do in the final, speaking directly with both the butcher and fishmonger, and getting the chance to mix with their peers. The final will be held in September at the University of West London, with the presentation on 12 September, the following week we will be celebrating our 50th year of National Chef of the Year.

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



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NATHAN EADES

With over 16 years of experience working in top restaurants across the UK and beyond, Nathan Eades is now Executive Chef at the award-winning three AA rosette, fine-dining restaurant The Terrace at The Montagu Arms in Brockenhurst.

Having worked under Luke Tipping at Simpsons in Birmingham, Nathan moved to The Wild Rabbit in Oxfordshire, which received recognition within the AA and Michelin Guides and was listed in the Top 50 Gastropubs under his stewardship. We caught up with Nathan to discuss his new challenge, his journey and his inspirations.

When and how did your passion for food and cooking begin?

I really fell into cooking if I'm honest; I originally wanted to be in the RAF but that didn't work out for one reason or another. I started pot-washing at my local pub on the weekends whilst doing my A-levels and a chef didn't turn up one day, so I got involved and the rest is history really. When I was a child, I remember making mince pies with my Nan at Christmas. She will be turning 90 in August and still makes them for us every year!

Did you have any mentors?

I still ring up Luke Tipping and Andreas Antona for advice every now and then. They have both built such a fantastic dynasty of a hospitality business within Birmingham and beyond. My wife Charlie is also someone who I confide in and always is the voice of reason and a sounding board for ideas of change.

How do you create new dishes?

My creativity comes to me in many weird forms and random places, whether that's walking the dog, seeing a sea vegetable growing or when I'm eating out in restaurants. Once we have an idea, to get a dish on the menu we have to go through a rigid process of tasting, analysing and making sure the relevant people are in the loop with operation changes. This includes everything such as website updates, menu updates, till updates, wine choices, allergen updates, calorie counting, dish costing; it is usually about a 3–4-week process.

What cuisines, flavours or techniques are you loving right now?

I love the simplicity of Italian cuisine; taking the best of the best ingredients and flavours and doing as little to them as possible to create incredible dishes.

How can the hospitality industry improve for those who work in it?

I would change it to make our work life a bit more balanced. We are very good at being hospitable to others when in this industry but usually not to ourselves. When we are tired, we usually aren't at our best and the guests can usually feel that in the dining room. The simple remedy to that is to take quality time out of work regularly to refresh and ensure you're prioritising your own downtime.

Tell us about your current role and the food

I am responsible for all things food including breakfast, pub favourites such as fish and chips at Monty's Inn, tasting menus at The

Terrace and high-quality wedding breakfasts/dinners in our dining room.

I see hospitality in the same way I do welcoming somebody into my home. I do my very best to cater to guests every need, no matter how random the request. I always put the same thought, focus and passion into every dish, whether it's a sandwich, breakfast, tasting menu or wedding meal as that's our job and ultimately what I love to do!



The Hampshire larder is one brimming with fantastic produce and I'm excited to develop dynamic dishes using the finest ingredients and I look forward to creating a memorable experience for our guests with these. For example, I can't wait to use the Pannage Pork in the autumn as well as the summer produce from the Isle of Wight. There are plenty of great producers and wholesalers in the area such as our friends next door, Bellord & Brown. It is a chef's dream!

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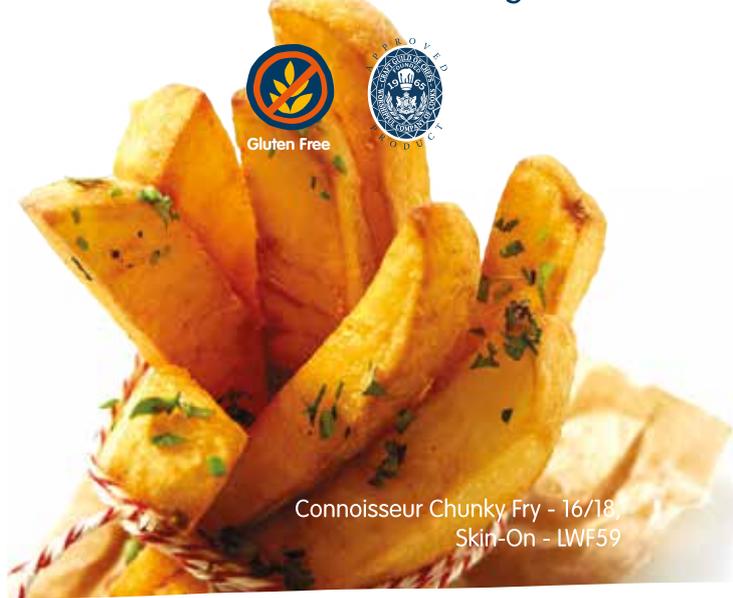
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chefs on fire

Somewhere in everyone's favourite memory is an occasion spent cooking and eating around an open fire.

Whether dining at a teppanyaki grill, experiencing the intense smoky flavours of a tandoor oven or enjoying a BBQ, cooking with fire has had a huge resurgence and consumer demand is fanning the flames. In this month's melting pot, our experts give us advice and guidance for making the most of this outdoor cooking trend.

**MANISH PATEL**

Head Chef, Indus at Park Regis hotel

I am originally from the state of Gujarat in India and take inspiration

from my homeland to elevate my favourite dishes. The Park Regis hotel is the only one in the city with its own tandoor oven and I find making the dough, shaping it and baking it in an authentic oven is very satisfying. Meat or bread cooked in a clay oven has a distinct flavour - clay oven cooking and curries complement one another very well.

There is nothing quite like the aroma of freshly cooked naan as it bakes and turns a wonderful colour. Customers have buttered naan at the top of their list! The must have dishes to dip your naan into is the Shahi Darbaar Murgh Tandoori chicken tikka cooked in a creamy cashew, red pepper and tomato gravy or the Indus Haddi Wala Ghost, mutton on the bone slowly cooked in rich almond, onion and aromatic spices. Naan dipped into succulent spiced sauce - there is nothing more comforting! It takes a while to get the expertise in clay oven cooking, but it is never too late to start learning.

**NIKOS KONTOGIANNATOS**

Head Chef, Firebird

At Firebird we use an open fire grill with ash charcoal and kiln

logs. We want to give our guests the opportunity to try this style of cooking where smoke and charr play a big role in the flavour of our food. The menu at Firebird takes inspiration from the Mediterranean with dishes such as charred peaches with ricotta and coriander and day boat monkfish with sauce vierge.

All our dishes incorporate open fire and we want to give the opportunity for our guests to travel with every bite. Firebird has an open kitchen, making the guest experience super interactive. We can communicate with them and talk them through our menu, all from behind the counter in front of the grill, something we put a lot of thought into when planning the concept of cooking over live fire. The most important part of using fire in our food is the flavour. The flavour you can gain from charcoal and smoked wood is exceptionally unique and one that cannot be achieved through other means of cooking.

**NIKLAS EKSTEDT**

Chef and Proprietor, Ekstedt and Ekstedt at The Yard

Wood-fire cooking is fundamental at Ekstedt

at the Yard; it's at the core of our kitchen and menu. Our cooking technique over an open flame is derived from indigenous Nordic traditions, which have long been used to sustain tribes in Northern Scandinavia through the seasons – so naturally, we use it all year round. Of course, the difference is that it's not just about survival at the restaurant: it's also about flavour.

One of our specials at Ekstedt at the Yard is flambadou oyster – we render dried beef fat in a flambadou that is at more than 600°C; at this temperature, the fat drips over the oyster from the small hole in the base of the flambadou, which is what semi cooks the fresh oyster (Smokey and caramelised on the outside creamy and fresh on the inside) it's a mind-blowing combination. They are served with butter sauce seasoned with the salt water from the oyster shell and juniper smoked apple which adds the perfect acidity which cuts through the fat.

**VIVEK SINGH**

Founder, Cinnamon Club

Every chef worth their salt loves to cook on open fires

/ tandoor ovens as there is little else that connects the cook and their ingredients the way fire does. The smokiness, the realness and authenticity of the process and the brilliant results make it all worthwhile. There is something intensely beautiful, powerful and primal about cooking on open flames and it brings out the flavour of ingredients in a way that refined processes like sous vide and high-technique equipment don't!

Since time immemorial, the open fire has elevated our ingredients to bring out the best in them, and as a cook, there is little else that is more satisfying than taming open fire to cook insanely tasty dishes. A personal favourite is our smoked Kentish saddle of lamb, which we serve at all restaurants across the Cinnamon Collection!



ANDREW CLARKE
*Chef-Owner and
 Co-Founder, Acme
 Fire Cult*

Almost every dish has a component that comes

from the fire in some way, whether it is smoked, charred, grilled, burnt, boiled or fried. Anything that needs cooking will find its way onto the hearth. We change the menu every service, but we try to keep some of our core dishes around, as these are usually the best sellers. Grilled leeks with a pistachio romesco; Coal roast celeriac with mushroom-kelp XO and coco bean miso; Aslam's butter-style cauliflower; Tamworth pork chop and mojo rojo, and grilled mackerel with green tomato gribiche are a few of our classics.

On our grill, temperatures can hit 400C, and that heat can do very interesting things to ingredients that can't be achieved with gas ovens and stoves. Other than having incredibly delicious things to eat, the kitchen at Acme is outside, so you get to watch the theatre of chefs cooking over our huge custom built hearth. Guests often come up taking photos and asking questions, and we're always happy to talk them through what we do. We want it to feel like you're at a BBQ party. It's just like everyone gathering around a grill in your backyard. Oh, and you will get smokey!



MARCO ARDEMAGNI
Head Chef, Yatay

Cooking on open fire is definitely one of my favourite ways of playing with food. It requires

many hours to master it, but the flavours developed are second to none. Here at Yatay, our robata is at the heart of our menu and we use it throughout the day during many stages of the whole preparation, from charring the skin of red peppers used in our beef skewer sauce, to giving a unique flavour to signature dishes like the sweet potato and miso cured cream cheese or the grilled pineapple with dulce de leche foam.



AMAN LAKHIANI
Chef Patron, Junsei

We cook using Binchōtan charcoal, a white variety made from Japanese oak, considered the

purest charcoal in the world. Burning at a high heat, meat cooks from the inside out resulting in succulent texture and a pure finish which emphasises the distinctive flavours of each part of the chicken used in our yakitori skewers, such as Tebasaki (wing) and Hatsu (heart).

We choose to cook on an open fire mainly for flavour and quality. Using natural flame to flavour food is something we are deeply connected to because our ancestors have been doing this for all their lives. Even though cooking with fire requires much more attention and control rather than electric or gas, the flavour is far superior.



CRAIG GOSLIN
*Managing Director,
 Vapiano UK*

Pizza ovens are in popular demand as indoor-outdoor living

is becoming increasingly common in the warmer months. Our advice before cooking the pizza is to have fun experimenting with toppings. It's always a fun activity to get the younger ones involved with kneading and making smiley faces or characters, like our chefs do for the children's pizzas. You can go with something traditional like our prosciutto e funghi pizza, or more contemporary like our barbecue chicken - or even make a calzone. Just remember your pizza will cook in mere minutes, so keep an eye on it.



Above (left)

A selection of dishes from Acme Fire Cult

Above (right)

Grilling salmon fillets on cedar planks with lemon and dill garnish

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PHILIP
SIMPSON

Food waste disposal is a costly exercise. With every tonne of general waste stung by landfill tax charges,

operators are needlessly throwing away thousands of pounds every year. By recycling food waste, operators can avoid these costly charges and realise savings of approximately 50% on their waste management bills.

Alongside the financial implications, landfilling food waste results in a number of negative environmental consequences too. Indeed, the natural degradation of food releases greenhouse gases considered 21 times more damaging to the ozone layer than CO₂. Recycling food waste uses this gas to generate renewable energy and prevents its release into the environment.

Every year, across the UK, ReFood collects more than 450,000 tonnes of food waste from a diverse range of businesses – from grocery retailers and food manufacturers, to hospitality venues and catering companies. While caterers aren't the biggest culprits for food waste,

a study by AI food waste tech business Winnow found that 90% of every catering business nationwide wasted more than 5% of all food purchased.

Once food waste arrives at ReFood's state-of-the-art anaerobic digestion (AD) facilities, it's tipped into hoppers, any packaging is removed and liquid is added to the remaining waste so it can be pumped. Next, the food waste is passed through a heat

The remaining liquid is transformed into ReGrow bio-fertiliser for local farming and agricultural use.

exchanger, warmed to 70°C and held there for one hour. The pasteurised waste is cooled naturally and then moved to a mixing tank and held for three days.

Each digester tank is filled with 3,500 tonnes of blended organic material. Over the next 30 to 35 days, it is naturally broken down by bacteria to produce methane. Gas is collected from the digesters and passed through a biological scrubber, before being kept in storage tanks until required. It is then pre-conditioned, cooled and pressurised before being sent for processing.

At ReFood's Doncaster plant, the gas is used to fuel combined heat & power (CHP) engines, with the resulting electricity generated exported directly to the National Grid – enough energy to power 10,000 homes. The heat produced by the engines is used to produce hot water and steam for the process and the pasteurisation of the raw food waste. At their London and Widnes plants, the biogas undergoes a further

refining process and an odorant is added to the biomethane before it is pumped directly into the National Gas Grid. The process produces enough gas to supply up to 12,600 homes. Once the biogas process has been completed, the remaining liquid is transformed into ReGrow bio-fertiliser for local farming and agricultural use.

Many operators are worried that food waste recycling is a complicated, costly and difficult process to implement, but this is far from the case. ReFood provide clean,

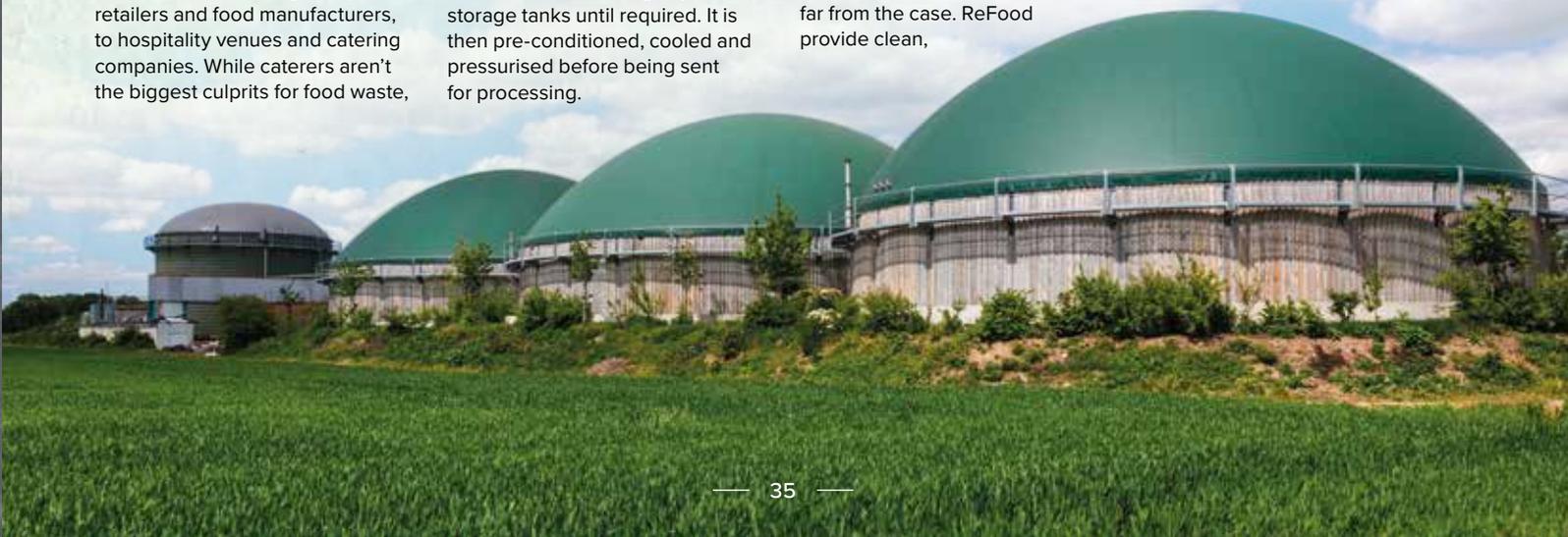
sanitised bins, collected and replaced at a frequency to suit your business by their bespoke fleet of purpose-designed collection vehicles.

These sanitised bins can be used in kitchen areas alongside general waste bins, so the only changes needed are behavioural ones. Waste can be separated at source – making it quick and easy for team members to recycle.

ReFood have also invested in comprehensive depackaging equipment and can handle fully-packaged items (such as spoiled produce collected directly in its packaging from grocery retailers and food manufacturers), with recovered plastics cleaned and used to create refuse-derived fuels.

For it to be successful, ReFood have recognised that food waste recycling has to be made as easy as possible for businesses. So, with a simple change of mindset to prioritise sustainability, any hospitality operator can now make a positive difference.

Find out more at refood.co.uk



FOOD & INDUSTRY *news*



INDUSTRY

ROBINSONS READY TO DRINK PARTNERS WITH THE HUNDRED TO GROW SUMMER SALES

Robinsons Ready to Drink is delighted to announce that it will be the official soft drinks partner for The Hundred cricket tournament, which kicks off this month.

Adam Russell, Director of Foodservice & Licensed at Britvic, comments: "In recent times,

traditional mealtimes out of home have shifted considerably, and the sector has a range of opportunities to entice customers through their doors as a result. Consumers are now, more than ever, looking at all times of the day for meal and snack solutions, including a soft drink, and with plenty of opportunities to get out and about this summer, Robinsons Ready to Drink is the perfect portable solution for operators to appeal to a range of customers and occasions."

Since the launch of Robinsons Ready to Drink, the momentum continues with a value growth of +79%, growing ahead of the category⁽¹⁾. The brand recently added a third flavour to the line-up - Blackberry & Blueberry. The new addition to the range is full of the great taste of Robinsons, with no added sugar, and joins the already-popular Raspberry & Apple and Peach & Mango variants.

⁽¹⁾ NielsenIQ RMS, Total Coverage, Value Sales YOY % Chg, Robs Juice Drinks (incl. RTD & Refresh'd) v total juice drinks, Single Serve Formats, Britvic Defined, L12wks, Data to w.e. 26.03.22

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SUSTAINABILITY

Nestlé wins Sustainable use of Natural Resources Award at the Footprint Awards 2022

Nestlé Professional UK&I are the proud winner of the Sustainable use of Natural Resources award at the recent Footprint Awards 2022, which has recognised their



sustainability commitments to the foodservice industry.

Their success was achieved through the First Milk partnership, with the milk used in the Out of Home and Retail products coming from a cooperative of 80 farmers, with whom Nestlé has been working with since 2015 to implement a long term sustainability programme. These products include NESCAFÉ Gold frothy coffees and confectionery chocolate such as KITKAT and SMARTIES.

To learn more about Nestlé are building on their regeneration journey and making a positive difference to people and pets, planet and communities, please visit: www.nestleprofessional.co.uk/about-us/environmental-sustainability

EDUCATION SECTOR

MEDWAY COUNCIL ANNOUNCES BRIGHTER FUTURES FOR SCHOOL FOOD

The lacklustre Government Food Strategy is not stopping local councils improving school food on their own terms. Schoolchildren, caterers and teachers will be in the driving seat to create healthy school environments with a new three-year project.

Medway Council has become part of Food for Life, a national project which promotes healthy and sustainable food in schools.

Food for Life will be working with up to thirty schools each year in Medway, supporting caterers and pupils to design improvements to menus, whilst boosting food education through activities such as hosting school farmers markets with local producers.

Food for Life Programme Manager, Chloe Smee, said: "We want every child in Medway to have a healthy, sustainable meal at school every day, and to leave school knowing what good food looks like. Knowing how to grow fresh veg and to cook basic meals is a fundamental building block of a healthy life – which every child in Medway has a right to enjoy."



Kara

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We are taking action with purpose on the NESCAFÉ stickpack range by removing all the plastic shrinkwrap from the outer box of all stickpack SKUS, now securing them with two Nescafé non-perforated stickers. This includes the Nescafé Original, Nescafé Gold and Nescafé Azera core and decaf range. This will remove about 5,000kg plastic across the products each year*!

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.



Crafting the Perfect Cup of Coffee

Stuart Wilson, Founder of Lost Sheep Coffee has been working in the industry for over 10 years, brewing his own unique style of speciality 'Aussie coffee'. Having started with a mobile coffee van, the business has now grown to include a further site and award-winning coffee roastery.

Does the best cup of coffee only come from big, expensive machines?
 In short NO, a quality recipe and grinder is super important! We can pull some great shots from an entry level commercial machine or a home machine such as a Sage. You could have an amazing espresso machine but if you don't have a good recipe and use your grinder properly it will be worthless.

What are your top tips for making the perfect cup of coffee?
 Recipe, Recipe, Recipe! When we are creating espresso recipes for new coffees, we start with a simple

2:1 ratio, something like 18g ground coffee that produces 36g (36ml) of espresso. That takes about 30sec to complete its pour. Always use this solid base for any espresso recipes, once you have this you can then work on fine tuning your recipe to the particular type of coffee you have, thus ensuring the best taste!

Do different types of milk affect the quality of a coffee?
 We use full fat milk when making milk based drinks, we use this to produce the sweetest milk to marry with the espresso. Aim for a temp of 65c for perfect milk and ensure you stretch the milk properly and not just blast it with steam.

Which milk substitutes work better for producing a latte or cappuccino?
 Oat is by far the most popular alternative option these days, our best tip is do NOT take it to hot or it will separate. Aim for around 65c again.

Are there any coffee trends to exploit this year?
 With summer fast approaching, cold brew is something to massively get involved with, there is some easy to follow recipes out there that create great drink experiences.

How many different blends of coffee should an operator stock?
 Many quality coffee shops now operate on the basis of two grinders, one will hold the 'House Blend' that will be used 24/7 and the other a rotating 'Guest' coffee, this guest coffee can be a single origin or a blend. It's a great way to introduce customers to a different tasting coffee and to build value. The 'Guest' grinder can be used for espresso or filter coffee, many shops now offer a filter option from Guest roasters.

When researching coffee brands, what should an operator look for?
 When we look for coffee to 'Guest' we don't just follow the crowd, have a good root around the internet and look for smaller 'Speciality Roasters', after all you want something different to most people. A speciality coffee roaster will be able to tell you everything about their coffee, you should expect them to know and you should be able to see the following: Origin drilled down to the town or farm it was grown / Altitude / Varietal (Bourbon/ Catuai/Caturra/etc etc) / Process (Washed/Natural/Honey/Etc Etc). Also the roast date should be on



Above (main)
 Lost Sheep Coffee Shop
Above
 Lost sheep coffee roasting
Below
 Lost sheep coffee pod

the bag. Many roasters will be able to supply images of the farms and farmers which are great to display to customers. Always ask for samples and anyone who cannot answer the above questions is not worth spending your money with in my opinion.

What types of coffee should an operator offer as a minimum (latte, cappuccino etc)?
 Milk based drinks are still and most likely always will top the best sellers list, they are a staple of everyday life and will continue to be for sure! But you should definitely get involved with batch brewing (bulk brewed filter coffee), it is an amazing way to produce great tasting coffee easily and quickly.



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Stefano's Chicken Curry

Based in Lytham St Annes on the Lancashire coast, the St Annes Old Links course was founded in 1901 and was voted in the January 2021 issue of *Golf World* as one of the "Top 100 Courses in England 2021".

A haven for local golfers as well as the numerous visitors and golf societies, the course offers a tricky test to players but a wonderful hospitality experience across the bar and restaurant, which is led by Stefano La Camera. Born and raised in Genoa, Italy, Stefano worked as a head chef for the San Carlo Restaurant Group in Manchester, Riyadh, Dubai and Delhi before moving to Poulton-le-Fylde in 2020. On arriving back in the UK with no job and hospitality venues closed, a chance meeting with the captain of St Annes Old Links Golf Club quite literally changed the direction and his outlook on life.

"It's a beautiful place to work, our members and guests are wonderful and it's also a job where I can really be creative with my menus and dishes as I have total control. We cater for a lot of society groups and we have a wide selection of events so I'm able to keep it as seasonal as possible but still run plenty of internationally-themed menus and dishes, whether it's Greek, Indian, Italian or something else." Says Stefano.

"This Chicken Curry recipe is a favourite with the society golf guests and is slightly different from the norm due to a few techniques I picked up while working in Asia. It's spicy, surprisingly packed with veg and the Country Range Tikka Masala Curry Sauce gives it a luscious consistency and finish."



**STEFANO
LA CAMERA**

INGREDIENTS

Makes enough for 30 hungry golfers

- 5 tsp Country Range Turmeric
- 5 tsp Country Range Ground Cumin
- 5 tsp Country Range Curry Powder
- 2 tsp Country Range Paprika
- 1 tsp Country Range Chilli Powder
- 1 Jar of Country Range Tikka Masala Curry Sauce
- 5kg Country Range Fresh Chicken Breasts (cubed)
- 1kg sliced red onion
- 1kg sliced red peppers
- 500g grated carrot
- 100g ginger
- 100g garlic
- 500g grated courgette
- Bunch of coriander
- Lime leaf
- 100ml water

"It's spicy, surprisingly packed with veg and the Country Range Tikka Masala Sauce gives it a luscious consistency and finish."

METHOD

**SERVES
30**

**COOKING
TIME
50 MINS**

1. Add oil to a pan and wait for it to get hot before adding the onion, garlic, ginger, carrot, courgette and red peppers. Fry for 3 minutes. Next add in the chicken and fry for a further 3 minutes.
2. Add the spices to the water and pour into the pan and cook for a further 5 minutes.
3. Pour in Country Range Tikka Masala Sauce, add in the chop coriander, lime leaf, stir to combine and cook on a low simmering heat for an hour.
4. Serve with Jasmine rice.





Paul

HOLLYWOOD



With his new book *BAKE* published earlier this summer and the 13th *GBBO* set to begin next month, we caught up with everyone's favourite baker, Paul Hollywood to discuss how it all began.

How did your awareness of baking begin?

It probably began with visits to my dad's bakery when I was a ten-year-old kid. He was the boss so he would often be in his office upstairs banging away with the numbers, meeting the accountants and financial guys and all that stuff so my brothers and I would often be downstairs in the bakery, causing a nuisance and

playing around. I was in and around the bakery, brushing up behind the scenes and my dad would pay me a few quid. Being in the bakery was the norm and it wasn't unusual to be watching the bakers pull the dough out, making cakes and icing buns. I remember watching the bakers work, even at that young age, and trying to understand the processes.

What made you ditch your college art course for a job at your dad's bakery?

I was alright at art so ended up going to art school, which is more of my mum's side of things. I wasn't long into it before my dad made me an offer I couldn't refuse. At the time I had long hair past my shoulders so my dad offered me £500 to get my haircut and join the business. As a teenager it was tough to say no to that sort of money back in the 70s so I jumped professions very early to the bakery business.

Where did you start?

After a haircut, I ended up working in a bakery in Liverpool at the top end of County Road in Walton. I worked with a couple of old timers there who were great bakers. I learnt how to work on the table, how to make doughs, on the ovens and then eventually I went over to work with my dad in Lincoln and I took over the Lincoln shop. I picked it up really quickly and worked with my dad for about two years, learning the ropes from some seriously good bakers. Two years later, I moved back to Liverpool and started working in local bakeries as an assistant baker and began climbing the tree. I realised that the time working for my dad and the upbringing in and around bakeries had given me a great grounding for the business. My dad used to put me with the best guy on the ovens, or the best guy on the table, the best guy who does this or that. I was very lucky as I learnt from the best of the old school. I found I picked things up quickly and I was as fast, if not faster, than many of the other bakers who had been doing it a lot longer. I just had a natural aptitude for baking.

In terms of the art side of things – did it help with your baking and if not, what do you put your success down to?

I don't think so. It probably just meant I wasn't very smart and I was far better at the manual and practical jobs. I have always been one of those people where if you show me something once, I will pick it up quickly. If I don't know how to do something, show me and I will practise it until I can nail it. It's the same in other parts of my life. I have been in the car with some great racing drivers who have won Le Mans. And they

Enter our Country Club competition to win a copy of Paul's *BAKE* Cookbook on page 45

have sat in next to me when I have been driving, giving me advice and telling me what to do. Follow this line, do this, do that. Then I have been let loose to race and like with my early baking, I found once shown, I could adapt.

What was key to your development?

It's about learning. You learn through repetition and practise and it's no different whether it's baking bread or driving at 200-plus mph around a track. This way of development always suited me. I like to push myself, I always liked climbing ladders and I always like to have my future in my own hands.

How did the TV work come about?

It's cruel to say but I had lost a little motivation while working over in Cyprus and I did get a little bored and probably felt I needed a new challenge. I had done a little bit of filming in Cyprus and someone said – you're alright at this, contact me when you get to the UK. About a year and half later, I arrived back and met this agent and within three months I was actually filming a series so it all happened pretty fast.

Is there still a need for bakers in hotels? What's the difference between a pastry chef?

Yes, I think so. The industry is crying out for decent bakers, not just pastry chefs. Bakers make a proper scone – big and beautiful. Pastry chefs will create a tiny one with a lovely pattern or decoration on it. Bakers are more hands on, they get on with it and will concentrate a lot on bread, croissants, pain au chocolats, Danish pastries etc – especially in the hotels. But they would be doing big, big numbers – 600, 700, 1,000 of each. Pastry chefs will dabble in all sorts of avenues in baking.

Tell me about the new book?

Basically, the book was written and put together during lockdown and Bake Off. I have always loved the baking classics so this book showcases them with my updated recipes. Today, there are so many new ingredients around and a need to reduce salt, sugar etc so the classics needed some adjusting. I wanted to create a book that covers all the baking bases – pizzas, bread, cakes, pies, pasties, pastries – the lot.

You're a country chap now - do you grow your own produce and garden?

I'm a bit like Forest Gump. If gardening involves my ride-on mower then count me in. Otherwise, I can give it a swerve. I was actually bought a great t-shirt recently. It says – I'm sexy and I mow it. You can't beat straight lines on your lawn.

Any baking trends we should be watching out for?

Nothing has been leaping out really when it comes to brand new trends but I think Covid has probably been to blame and has probably scuppered a lot of that. I think interest in the approachable classics such as teacakes, cherry cakes, banana breads etc has always been there but home-baking has probably given them a popularity boost. As we're becoming unlocked, I think we will start to see a bit more of the faddy trends but I haven't seen too much of it just yet.

What Signature dish or bake have you chosen?

It's so hard to choose a favourite or signature dish or bake but something that everyone loves but not everyone gets right is a Margherita pizza. It's an easy thing to do but it's about good ingredients and the right technique. Put good in and you get good out. I have a pizza oven in the garden, like a lot of other people who bought them during lockdown do. I wanted to show how to do them properly so spent a lot of time perfecting the recipe. It's very simple and about a great San Marzano tomato sauce, good buffalo mozzarella and fresh basil but the preparation of your dough is crucial. If you want that thin and crispy base then it's in the oven for a minute twenty tops.



Recipe is extracted from **BAKE** by Paul Hollywood, published by Bloomsbury on 9 June 2022

Photography © Haarala Hamilton

PIZZA MARGHERITA

INGREDIENTS

MAKES
4

For the dough:

500g strong white bread flour
60g sourdough starter
7g fine salt
5g fast-action dried yeast
20g caster sugar
30ml olive oil, plus extra for oiling
270ml water

For the topping:

400g tin San Marzano tomatoes, drained
30g Parmesan, freshly grated
3 x 125g buffalo mozzarella balls, drained
A handful of basil leaves, roughly torn
Extra virgin olive oil, to drizzle

METHOD

1. For the dough: Put all the ingredients into a large bowl and mix together, using one hand or a wooden spoon, combine the mixture until you have a soft dough that comes together as a ball. Tip the dough out onto a lightly oiled surface and knead well for 10 minutes until smooth and elastic. Alternatively, use an electric mixer fitted with the dough hook to mix and knead the dough, allowing 2 minutes on a slow speed and 7 minutes on medium.
2. Put the dough back into the bowl, cover with a large plastic bag and leave to rise for at least 2 hours, ideally 3–4 hours if you have time.
3. Tip your risen pizza dough out onto a lightly floured surface and

divide into four 200g pieces. Flatten down each piece then fold it over and place in a cage formed by your cupped hand on the work surface. Move your hand in a circular motion to roll each ball lightly but firmly into a smooth, taut ball. Leave the balls to rest on the floured surface covered with a roomy plastic bag, to prevent them from drying and cracking, for about 30 minutes.

4. Roll out and stretch each ball of dough on a lightly floured surface to a thin circle, 25–30cm in diameter. If using a domestic oven, dry-fry the bases.
5. For the topping: using a blender or food processor, blitz the tinned tomatoes until smooth.
6. If you are using a standard domestic oven to cook your pizzas, heat to its highest setting.

7. Put a small ladleful of tomato pulp in the middle of each pizza base (dry-fried if cooking in a standard oven, uncooked if using a pizza oven, see below) and spread out to 2–3cm from the edge. Sprinkle with the grated Parmesan, then break off little pieces of mozzarella and scatter all over the tomatoes.

8. Bake each pizza on a tray in the hot oven for 5–7 minutes until the topping is melted and golden and the pizza crust is crisp. Scatter the basil over the pizzas and drizzle with extra virgin olive oil. Serve at once.

9. If you're using an outdoor pizza oven: Heat up your pizza oven. Roll out your pizza bases to 25–30cm. Prepare the topping (as above) and distribute over the uncooked bases. Bake in the hot



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10x500g

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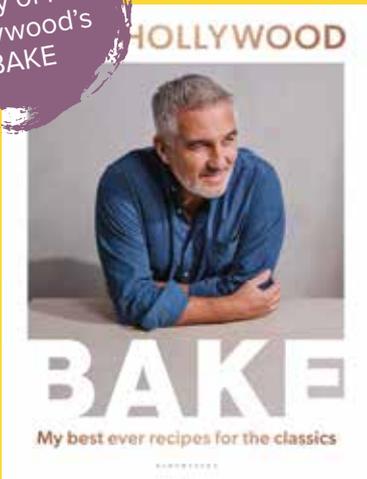
The Country Club

*** EXCLUSIVELY FOR CUSTOMERS OF THE COUNTRY RANGE GROUP**

WIN
A copy of Paul Hollywood's **BAKE**

BAKE OFF

We're delighted to have an interview with Paul Hollywood in this issue, where he shares his 'Signature Dish' with us. We're also giving away a copy of Paul's brand new recipe book **BAKE** to one lucky reader.



Cakes, biscuits and cookies, breads and flatbreads, pizza and doughnuts, pastries and pies, and showstopping desserts: this book has it all. From classic cakes like the Victoria Sandwich and Chocolate Fudge Cake, through brilliant breads like his fool proof Sourdough, to savoury and sweet pastries like Sausage Rolls and Danish Pastries, these are the only recipes you'll need to create perfectly delicious bakes time and time again.

With more years as a professional baker than he'd care to remember

and over 10 years judging the best baking show on TV, Paul has created, tested and tasted a huge number of bakes. He has also travelled widely and learnt so much about the craft he loves. For Paul, one of the most joyful things about baking is how it evolves as we discover new techniques, ingredients and influences. As our knowledge improves, so do our recipes.

Paul combines every tip and trick he has learned together with his incredible technical know-how to create the ultimate collection of incredible bakes.

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

Closing date for the competitions: 31 August 2022. All winners will be notified by 31 September 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.stiritupmagazine.co.uk/about



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Taste and
Flavour
without
compromise*



*For more flavours
to explore visit www.richsauces.com*



INSPIRATIONAL PLATES FOR *August menus*

1 WATERMELON SUGAR

Bring fresh summer flavours to your mocktail menu with this non-alcoholic MONIN Watermelon Garibaldi recipe.



2 JAPANESE FLAVOURS

Katsu is becoming an increasingly popular flavour across menus, this Cauliflower Katsu with Bang Bang Noodles dish is delicious whether served to take out or dine in.



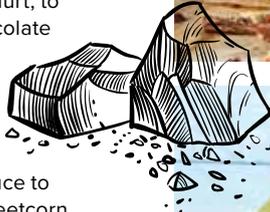
3 CUTE CUPCAKES

To celebrate Cupcake Day this month, ensure you have some grab-and-go sweet treats for customers, students and residents. These carrot cake cupcakes are delicious and gluten-free.



4 COOKIE MONSTER

Add these delicious, healthier Double Chocolate Cookies made with Country Range Natural Yoghurt, to your menu for National Chocolate Chip Cookie Day.



5 BREAK TIME

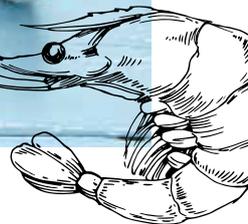
Use Maggi Rich & Rustic Sauce to create veg-packed Tuna Sweetcorn Ciabatta Pizzas for hungry pupils and students in schools and higher education.

6 A TASTE OF THE SEA

Celebrate a selection of seafood and other local produce by including sharing boards within your menu, perfect for encouraging diners to have a bite to eat with their drinks.



The full recipes can be found at www.stiritupmagazine.co.uk





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