

THE COUNTRY RANGE GROUP MAGAZINE FOR CATERERS
APRIL 2020

Stirrup

SHORE THING:
PAUL AINSWORTH'S
PADSTOW PARADISE

*new
arrivals*

CARE CATERING FOR
BABY BOOMERS

NEW REPORT
PUTS SCHOOL
MEALS IN THE
SPOTLIGHT



*Sweet
sensations*

WHAT'S TRENDING IN THE
DESSERTS CATEGORY

Stir it up

THE COUNTRY RANGE GROUP MAGAZINE FOR CATERERS

Polling Station

Are we still creating a stir in your kitchen?

We love to hear from you, our readers, throughout the year but April is the time when we ask you to complete our reader survey, so that we can check we're still on track in providing you with the best possible content in the magazine.

Stir it up is widely considered to be the best customer magazine in foodservice but we're always looking for ways we can further improve in line with changing demands and needs.

In last year's poll, you gave us a big thumbs-up for our newly introduced Green Gauge column and also asked for further help and inspiration for plating up dishes. In response, in January of this year, we launched

our Art of Plating feature, fronted by talented chef Adam Reid – and we'd love to know what you think of it, along with all of the many other features in the magazine.

We took on board many of your suggestions for topics you'd like to see covered in our Advice from the Experts, Melting Pot and Category Focus features when creating our editorial calendar for the year – and we welcome you to do the same again this year. Your thoughts and ideas really do help shape the future of the magazine!

With this in mind, please could you spare five minutes to fill out the attached questionnaire.

All completed questionnaires will be entered into a prize draw to win

£250
in Amazon vouchers

Reader Survey 2020



69%

of readers spend
15 minutes or more
reading the magazine

75%

of those polled said
they loved our new
Green Gauge feature



74%

said what they read
in the magazine
influences their menu

over 60%

of you don't read
any other catering
magazines



For starters...



Life is sweet here at Stir it up HQ.

This issue we're all about decadent desserts and sweet treats, with a three-page feature all about maximising your dessert menu, plus we're celebrating the launch of six fabulous new Country Range desserts and three premium cakes.

To help cater for people with dysphagia who love a delicious sweet treat, check out the texture-modified red cherry roulade created by care chef Ian Clifton on page 31.

As more and more well-travelled Baby Boomers are moving into care homes, care caterers are advised to review their menus and offer new dishes in line with more sophisticated flavour profiles. Our Melting Pot (page 33) examines this changing sector and provides a wealth of suggestions and ideas to help.

Pop-up restaurants continue to thrive and, if it's something you're considering doing, our Advice from the Experts feature on page 43 is well worth a read.

For school caterers, we examine the Soil Association's State of the Nation report and how it relates to school meals, with recommendations on how to improve.

I hope you'll agree, there's something for everyone! On the subject of magazine content, please could I urge you to spare five minutes to complete our reader survey. Your thoughts, suggestions, compliments and criticisms are always very welcome.

Keep creating a stir!

Janine

Editor
Janine Nelson

*Premiumise
your desserts by
adding on-trend
macarons*

THE COOKS CALENDAR

April

1/ April Fool's Day

10/ Good Friday

13/ Easter Monday

21/ National Tea Day
<https://www.nationalteaday.co.uk>

23/ St George's Day

23 - 30/ Great British Beef Week
<http://www.ladiesinbeef.org.uk/events/>

27 - 3 May/ UK Coffee Week
www.ukcoffeeweek.com

May

1 - 31/ National Asparagus Month

8/ Early May Bank Holiday
(Scotland, Ireland, England and Wales)

9 - 16/ National Doughnut Week
www.nationaldoughnutweek.org

11 - 17/ Coeliac UK's Awareness Week
www.coeliac.org.uk

11 - 17/ National Vegetarian Week
www.nationalvegetarianweek.org

17 - 23/ British Sandwich Week
www.sandwich.org.uk

18 - 24/ Mental Health Awareness Week
www.mentalhealth.org.uk

23 - 31/ English Wine Week
www.englishwineproducers.co.uk

25/ Spring Bank Holiday
(Scotland, Ireland, England and Wales)

28/ World Hunger Day
www.worldhungerday.org



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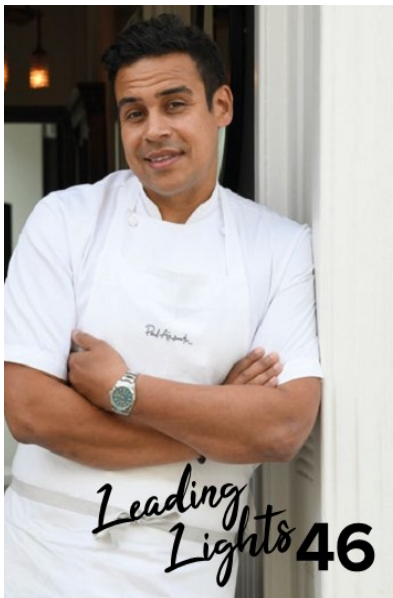
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Edalin Photography

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



OUR EDITORIAL PARTNERS...





Readers' Lives

1. NAME David Whiffen

2. JOB TITLE Executive chef

3. PLACE OF WORK Neo Restaurant (Oceana Group), Bournemouth

4. TYPICAL WORKING HOURS 50+

5. HOW LONG HAVE YOU WORKED IN THE CATERING INDUSTRY? 45 years

6. MOST INTERESTING FACT ABOUT YOU I worked as executive chef for Royal Bank of Scotland which involved everything from a cup of coffee to a two Michelin star standard of food. This was for all of the executives in the whole of the country

7. FAVOURITE CUISINE Fish, Mediterranean and light, 'summer' food

8. SIGNATURE DISH Seared scallops with honey roasted parsnip and black pudding

9. MUST-HAVE KITCHEN 'GADGET'

A happy team

10. TOP CULINARY TIP Fresh is best!!

11. WHO IS YOUR INSPIRATION AND WHY? My dad. When I was five years old I saw a chef on the telly and said to my dad "That's what I want to do when I am older!" and he supported me throughout my career whilst he was alive

12. FAVOURITE COUNTRY RANGE PRODUCT AND WHY? The full range of the Country Range Chocolate Drops because of their quality and consistency

Country Range
70% Dark
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PLATE ARRIVALS Kazakhstan

Delivering on-trend dishes from around the globe

Kazakhstan, the 'land of the wanderers', boasts dramatic landscapes, futuristic cities, a diverse cultural heritage and vast mineral resources.

It's no surprise then that the cuisine of this Asian nation, the largest landlocked country in the world, is unique and extraordinary. But it's not the land for vegans, as meat and dairy feature highly on the menu. Here are some of its national treasures...

AIRAN A drinkable yogurt prepared from fermented cow's milk.

BESHBARMAK Meaning 'five fingers', is eaten by hand. Boiled horse or lamb is served with lasagne-like noodles in an onion gravy. Honoured guests receive a sheep's head on the side.

CHECHIL Stringed cheese woven into a figure of eight before being soaked in brine to create a consistency similar to mozzarella. Sometimes smoked before eating.

CHOOK-CHOOK A sticky treat for a sweet tooth. Bits of dough, fried and covered in a sugary glaze.

KAZY Sausage made from horse rib meat stuffed inside the animal's intestines which is then dried or smoked before being boiled.

KUURDAK The national dish of 'stewed brown meat', made from the chopped heart, liver and kidneys of cow, horse or sheep. Boiled in oil and served with onion and pepper.

PELMENI Dumplings filled with minced meats, spices, onion and garlic which are wrapped in thin, unleavened dough made from flour and water, and sometimes egg.

PLOV Rice is cooked in a seasoned broth after being sautéed lightly to give a golden colour. Cooked onion, vegetables and spices are added.

SHUBA SALAD Known as 'herring in a fur coat', it features layers of pickled herring covered with grated boiled vegetables, chopped onions, apple and mayonnaise, swathed in a purple cloak of boiled beetroot.



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IN SEASON: *Watercress*

EAT THE SEASON



**By 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. In addition, the association seeks to promote all that is best about British cuisine and produce. We are delighted to be working with Country Range and providing information and recipes for their Eat the Season feature.

For more information on the association and the competitions and training opportunities we provide contact masterchefs@msn.com.



OFFICIAL TASTING NOTES

By New Covent Garden Market, the UK's leading wholesale fruit and vegetable market www.newcoventgardenmarket.com

Properties: Watercress plants produce four small round green leaves. Their stems are hollow, allowing it to float in water where it grows. Part of the same family as broccoli and kale, it is a nutritional powerhouse with several health benefits.

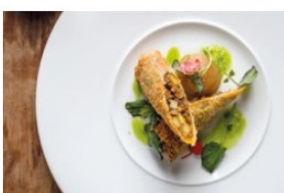
Usage: The entire watercress plant is edible, and the leaves add a peppery flavour to salads and sandwiches. Eaten raw, it tastes bright and fresh, however the flavour becomes less pungent when heated, allowing for a gentle kick to seep through into soups or sauces.

Notes: For a less punchy flavour, use young leaves which contain less mustard oil and so have a milder taste, ideal for serving alongside eggs.

Health benefits: Gram per gram, watercress contains more vitamin C than an orange and more calcium than milk. It is thought to help lower blood pressure, reduce the risk of cancer and slow skin ageing as well as helping maintain a strong immune system.

1/ A CRACKING IDEA

For a healthy and colourful treat, try this roasted red and yellow pepper and watercress frittata.



2/ SPICE IT UP

Create a delicious garnish for these authentic lamb rolls with Bramley apple ketchup and a spicy watercress and lime dressing.



3/ CHILL OUT

Heat things up with this spicy chicken, watercress, avocado and chilli salad.



4/ DO THE SALSA

Jazz up a traditional roast rump and smoked rib of Scotch beef and Jersey Royals with some salsa verde made with watercress and grated horseradish.

5/ PASTA PERFECTION

This simple creamy watercress spaghetti is made by combining butter, watercress, white wine and cream, and topped with grated cheese and watercress garnish.



Recipes supplied by: 1. Cooks & Co, 2. The University of West London - 2018 winners of Zest Quest Asia, 3. Cooks & Co, 4. John McMahon of Prestonfield House, 5. Pritchitts
Visit www.stirupmagazine.co.uk/recipes for full recipes.

"Part of the same family as broccoli and kale, it is a nutritional powerhouse with several health benefits."

Also In Season:



**Jersey Royal
Potatoes**



Radishes



Plaice



Rhubarb



Spring Onions



Lamb

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JULIE WINDEBANK

Everyone knows that little boys have a huge appetite for life - and lunch, and Julie Windebank has made it her life's work to satisfy their hunger.

This month, the catering manager at the all-boys Moultsford Preparatory School in Moultsford-on-Thames, Oxfordshire, notches up an impressive 30 years' service, making her the longest-serving member of the school staff.

"I started off as an evening cleaner and worked my way through the ranks," explains Julie. "I've learned on the job and, when my manager left 12 years ago, I took on the position. Julie's son Daniel also works in the kitchen as a chef with her.

"I love my job. The school is in a beautiful location right by the River Thames and it is such a lovely school."

In that time, Julie has seen the school grow from 127 boys, aged between four and 13, to 360. The school has day pupils and also offers part-boarding, Monday to Thursday, so Julie and her team are required to prepare three meals per day.

Morning break includes a freshly baked snack, such as a croissant or crumpet, and lunch is taken by all staff and pupils and always comprises a main cooked dish of the day, plus jacket potatoes, and a 'made from scratch' soup. A revamped and refreshed addition to the dining hall is a fantastic salad bar laden with a wide range of cold meats and fish, pulses and salads.

"It's served ambient on a tabletop so the boys can see all around it and help themselves," explains Julie. "It has been a great success. They never go hungry!"

Fussy eaters are well accommodated and Julie regularly witnesses improved eating habits as the children experiment and try new things. However, not all requests can be fulfilled.

"One boy asked for caviar and another for lobster but we don't quite go that far!" laughs Julie.

Themed days are a big hit with the youngsters, the most recent being World Book Day last month, which saw the dining hall transformed for a Mad Hatters Tea Party.

The warmer summer months also offer the opportunity for outside dining. "We have a hog roast machine, barbecues and an outdoor paella pan. One pre-prep child thought we were cooking a lion on the hog roast machine!"

Match teas are also hugely popular, with the sports teams tucking in to Country Range Traditional Cornish Pasties and Sausage Rolls after their games, whilst their parents enjoy sandwiches and fresh cakes and scones.

Says Julie: "The size of the Country Range Traditional Cornish Pasties is perfect and they have a great flavour. They're so handy and the boys really enjoy them."

To minimise food waste, the school runs an innovative weighing scheme. "We weigh their food waste every day and, if they get under a certain amount each week, they get a treat," explains Julie. "It's a great incentive for the boys to try and eat everything on their plate."

TOP THREE FAVOURITE MEALS AT MOULSFORD:

1. Chicken curry and rice
2. Chicken fajitas
3. Chicken and chorizo paella

Above (main)

Pupils at Moultsford Preparatory School being served their lunch

Below left and right

Dan and Julie

Pupils at Moultsford Preparatory School enjoying their lunch



The pupils munch their way through 21kg of Country Range Pasta and 9kg of Country Range Rice per week!

TRULY SCRUMPTIOUS!

LIFE IS SWEET AT COUNTRY RANGE AS WE LAUNCH SIX SENSATIONAL DESSERTS
AND THREE INDULGENT CAKES TO ELEVATE YOUR MENUS...

*Premium
Chocolate Cherry
Ombre Cake*



"INNOVATIVE DESSERTS, INCLUDING ALCOHOL FUSIONS, THOSE FEATURING BRANDED CONFECTIONERY, AND **EXPERIENTIAL DESSERTS** BASED AROUND MELTING CHOCOLATE, SHIMMERING GLITTER AND **EXTRAVAGANT PRESENTATIONS**, WILL CONTINUE TO BE POPULAR."

- MCA MENU & FOOD TRENDS REPORT 2019



Premium Irish Whiskey Cream Cake

NEW FROM COUNTRY RANGE

COUNTRY RANGE
The Leading Independent Foodservice Brand

New

Slice of heaven

When it comes to premium cakes, the new Country Range launches are real showstoppers. The team at Country Range closely monitor the latest food trends and have created these three stunningly beautiful cakes, which are perfect for spring/summer 2020. Not only are they Insta-worthy, they also taste amazing too!

NEW COUNTRY RANGE PREMIUM BLACK VELVET CHARCOAL CAKE

A gorgeous black velvet cake featuring triple layers of chocolate sponge baked with charcoal powder and black cocoa powder and filled with pink raspberry buttercream. Handmade and gorgeously finished with a black chocolate and charcoal buttercream and pink sugar sprinkles.

- Pack size: 1 x 14 Pre-portioned

TOP TIP...

The Black Velvet Charcoal Cake provides a fabulous blank canvas for chefs to make their mark and add their own toppings.

- The rich red of raspberries provides a beautiful contrast to the cake's dark hues along with lashings of milk chocolate drizzle
- For a fun, retro vibe, top with licorice allsorts

NEW COUNTRY RANGE PREMIUM CHOCOLATE CHERRY OMBRÉ CAKE

A gorgeous ombré cake, handmade with layers of purple vanilla and chocolate sponge and filled with a tangy cherry sauce. Baked with a natural cherry flavouring and swirls of cherry pieces, then lightly coated in a delicious buttercream and finished with Belgian chocolate curls and purple sponge crumbs.

- Pack size: 1 x 14 Pre-portioned

NEW COUNTRY RANGE PREMIUM IRISH WHISKEY CREAM CAKE

A luxurious coffee sponge cake filled and topped with Irish whiskey buttercream. Gorgeously handmade and finished with marbled chocolate shards and sparkling gold glitter.

- Pack size: 1 x 14 Pre-portioned

Premium Black Velvet Charcoal Cake



New

DREAMY DESSERTS

The desserts category is constantly evolving and it's vital that operators keep up to speed with current flavour trends.

These latest additions to Country Range are all frozen for convenience, portion control and ultimate freshness.

NEW COUNTRY RANGE PREMIUM INDIVIDUAL CHOCOLATE & AMARETTO SEMIFREDDO

A light, freezer-to-table chocolate dessert made with Belgian chocolate and Amaretto mousses and an Amaretto soft centre. Beautifully decorated with malted chocolate balls and chocolate shavings.

- Pack size: 12 Individual portions

NEW COUNTRY RANGE PREMIUM WHITE CHOCOLATE & SUMMER PUNCH BRÛLÉE TART

A fruity crème brûlée tart made with summer punch-infused strawberry compote, cream, white chocolate and a mix of fruit pieces including peaches, raspberries and blackcurrants, deliciously finished with a caramelised sugar topping.

- Pack size: 1 x 14 Pre-portioned

NEW COUNTRY RANGE KNICKERBOCKER GLORY GATEAU

A delicious peach and raspberry clotted cream mousse packed with cubes of light Madeira sponge and pockets of raspberry sauce on a delicately spiced ginger biscuit crumb base, decorated with a strawberry flavoured cream, white chocolate strands and a sprinkling of ginger crumb.

- Pack size: 1 x 14 Pre-portioned

NEW COUNTRY RANGE PASSION FRUIT GLAZED TORTE

A baked passion fruit and crème patisserie on a crunchy biscuit base, finished with a tangy passion fruit glaze.

- Pack size: 1 x 14 Pre-portioned



"DESSERTS FACE COMPETITION FROM AN ARRAY OF OTHER FOODS FOR THE TRADITIONAL AFTER MAIN COURSE OCCASION, EMPHASISING THE NEED FOR CONTINUING INNOVATION. TRADITIONAL DESSERTS WITH NEW FLAVOUR TWISTS AND DESSERTS FROM OTHER COUNTRIES ARE UNTAPPED OPPORTUNITIES, WHILE BEING EXTRA-INDULGENT, VISUALLY APPEALING AND OFFERING FLAVOURS NOT CURRENTLY ON OFFER PLAY A KEY ROLE IN GIVING PRODUCTS STANDOUT AND ADDED VALUE."

- RICHARD CAINES, MINTEL SENIOR FOOD AND DRINK ANALYST, UK DESSERTS MARKET REPORT 2019



Premium White Chocolate & Summer Punch Brûlée Tart



Knickerböcken Glory Gateau



NEW FROM COUNTRY RANGE

**COUNTRY
RANGE**The Leading Independent
Foodservice Brand

Fabulously Free From

With 1% of the population diagnosed with coeliac disease, and many more people choosing to follow gluten free diets for lifestyle reasons, it's important to cater for them on your desserts menu.

Similarly, interest in veganism increased seven fold between 2014 and 2019, and last year the total number of vegans in the UK was 600,000. Nearly half of Irish people in a recent poll by Wellwoman Vegan said they are ready to adopt a vegan diet for environmental and ethical reasons.

NEW COUNTRY RANGE GLUTEN FREE KIR ROYALE CHEESECAKE

An indulgent blackcurrant cheesecake rippled with a tangy blackcurrant compote on a crisp biscuit base, topped with a layer of prosecco cheesecake with chocolate coated popping candy and finished with a Crème de Cassis jelly.

• Pack size: 1 x 14 Pre-portioned

NEW COUNTRY RANGE VEGAN & GLUTEN FREE MANGO & COCONUT SLICE

A lightly spiced ginger biscuit base topped with refreshing mango and coconut mousse, finished with a mango glaze and sprinkled with coconut flakes.

• Pack size: 1 x 24 Pre-portioned



Gluten Free Kir
Royale Cheesecake

New

THERE WERE 70 MILLION
SERVINGS OF CHEESECAKE
IN FOODSERVICE IN 2018 –
UP 13.7% ON THE PREVIOUS
YEAR (NPD CREST/AHDB)



Vegan & Gluten Free
Mango & Coconut Slice

Passion Fruit
Glazed Torte



New

VANILLA? NICE!

Where would our dessert trolley be without the discovery of vanilla? These strange-looking pods contribute heavily to the creation of many of our favourite puddings.

NEW COUNTRY RANGE MADAGASCAN VANILLA PODS

These premium grade Madagascan bourbon vanilla pods are approximately 15cm in length.

They are plump, moist and sweet and have a slightly smoky aroma and taste - perfect for use in ice cream, custard and luxury desserts.

• Pack size: 24 pods

TOP TIP...

Use your vanilla pods to infuse maple syrup, make flavoured sugar for sprinkling over 'raw' brownies, to flavour fudges, panna cottas, cakes and desserts - or make your own real vanilla ice cream or custard



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*Aggregated UK wholesaler sales value, YTD Oct 2019



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The art of plating

**FORCED YORKSHIRE
RHUBARB WITH BAKED
ENGLISH CUSTARD
BY ADAM REID**



Adam Reid is the acclaimed chef-patron of The French in the historic Midland Hotel in Manchester. Adam is no stranger to cooking beautifully presented plates of food. He cooked the main course for the Great British Menu 2019 banquet with his winning dish 'Comfort Food Sounds Good'. His dessert 'Golden Empire', also made it through to the Great British Menu banquet in 2016.

This is a seasonal dish and a classic flavour combination. Anybody who has grown up in England will know rhubarb and custard. I've taken a traditional dish and refined and enhanced it. The custard is baked in a tray and left to set so that it can be served cold. It's then cut into discs and topped with a crispy puff pastry biscuit, which balances the whole dish out. The biscuit is rolled super-fine with icing sugar so that it caramelises and is extra crispy. The rhubarb is poached in sticks and also made into a sorbet.



The dish is finished with some grated mint butter, which goes really well with the rich custard and tart rhubarb. It's made by adding blanched mint leaves to butter, which is then rolled into a log and frozen.

1 Plate selection

The dish I've chosen to serve this is like a big white pebble or raised upturned fruit bowl. It's slightly concave in the centre which allows the custard to sit perfectly in the middle. The elements of this dish

are quite flat so this plate raises them up so that they have more impact, which is important towards the end of the meal (start low and small then build up with each course). The dish is presented on a black liner which contrasts with the white plate and, again, provides more impact.

2 Custard

Once the baked custard is set and cold, we use we cut out a disc (rather than use individual moulds) and place it in the centre of the plate.

3 Biscuit

The biscuit is placed on top of the custard and is over-sized for impact – it looks like it is floating and the custard is 'hidden' beneath. The shape is uneven so that it looks 'rustic'.

4 Rhubarb

Next, two sticks of rhubarb are placed side by side on top of the biscuit for texture and contrast in colour. The rhubarb is in its pure form and there are no artificial colours.

5 Sorbet

A quenelle of rhubarb sorbet tops the sticks of rhubarb. The sorbet is lighter in colour so it softens the look of the overall dish.

6 Garnish

The dish is finished with some grated mint butter, which adds colour and a subtle hint of flavour. This way, you get hints of flavour rather than a big lump so it's not too overpowering and it literally melts on the tongue.

Celebrate National Tea Day with Tetley...

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Tetley Decaf 400's
SKU code: 1800A

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* Salesout Consolidated Tea Category Report MAT 8th July 2018



Now we're talking

LURING DINERS TO
INDULGE IN
DECADENT DESSERTS

According to thefoodpeople's latest 'Desserts' report, "deliciously indulgent desserts continue to hold mouthwatering appeal despite concerns around too much sugar hitting the headlines".

However, consumers' wants and desires are changing when it comes to sweet treats, so how can caterers persuade them to plump for a pud?

TRIP DOWN MEMORY LANE

Classic and retro puddings, such as meringue and cheesecake, continue to dominate, with many familiar favourites being deconstructed and re-imagined.

"Childhood favourites and classic combinations with a modern twist is the key to striking just the right balance on a menu, advises Robert Whittle, managing director at Pidy UK. "For example a lemon tart is timeless but it's all about elevating this classic format to give it the wow factor. Why not upgrade the traditional zesty lemon tart and add the feisty flavour of gin?"

Rhubarb and custard is a key flavour combination for this year, and it's cropping up in a range of formats from soufflés to éclairs.

Similarly, reinvented versions of Black Forest gâteau, carrot cake, panna cotta and Eton Mess are proving a big hit, whilst 90s-inspired rice pudding, artichoke roll and upsidedown cake are getting a makeover. Boozy desserts such as 70s inspired red wine poached pears are also making a comeback.

As well as enjoying the limelight in the profit sector, desserts from 'yesteryear' also evoke nostalgia for people living in care homes. This can be particularly rewarding for people living with dementia.

*Apple, fig & custard.
wine-poached pear & nut and
caramel chocolate tartlettes*

SMALL IS BEAUTIFUL
15% OF CONSUMERS
WHO WOULDN'T USUALLY
ORDER A DESSERT ARE
MORE LIKELY TO PURCHASE IF
THERE IS AN OPTION TO
BUY A MINI DESSERT WITH
A HOT DRINK.

CATEGORY FOCUS

Trend alert

As desserts become an event in their own right, the food people have identified the following trends for 2020/21:

- **FAIRYTALE FOREST GREENERY AND FAUNA** are trending on our plates which is translating into desserts with escapist enchanted wood inspired puddings adorned with edible flora
- **HYPER REALITY DESSERTS** A dessert fashioned to look like a realistic version of (usually) a fruit
- **WOOD FIRE BAKED DESSERTS** Fire and flame are the next innovations for puddings. Think fire-baked cheesecakes and grilled fruit
- **WELLNESS HEALTH-GIVING INGREDIENTS** such as nuts, grains and seeds add a wellness halo as well as some added crunch to desserts

ROLL WITH IT

Roulades are also back in fashion, says Gordon Lauder, MD of frozen food distributor Central Foods.

"Sales of our top three Menuserve meringue roulades soared by more than 23% in 2019 versus 2018," he continues. "Raspberry and white chocolate seems to be the nation's favourite. It's a classic combination and one that we now offer in individual portions – perfect for banqueting or when tight cost controls are in force."

"MANY OPERATORS STILL CONSIDER DESSERTS AS AN AFTER-THOUGHT. HOWEVER, WHEN DONE WELL A DESSERT CAN TRULY ROUND OFF A CONSUMER'S EXPERIENCE."

- Vincenzo Mangano, sales director Gourmet at Callebaut UK & Ireland

UNFAMILIAR FLAVOURS

"Savoury flavours are coming into the category in a big way bringing a different kind of sweet," according to the food people's Desserts report.

Vegetables are also appearing on desserts menus – think beetroot meringue and carrot sorbet!

Floral flavours such as rose, chamomile and lavender are growing in popularity too, and herbs such as rosemary, thyme and lemon verbena, are being used to infuse creams, ice cream and sorbets.

The techniques of smoking, fermenting and pickling are creeping onto desserts menus too, whilst matcha, ginger and turmeric with their accompanying health claims are taking puddings in a new direction.

Robert Whittle explains: "Although matcha has in fact been around for an incredible 800 years, it's been impossible to ignore the trend that's hit our Instagram feeds. Matcha has



Dysphagia Passion Fruit Pavlova

been incorporated into all kinds of treats such as macarons and tarts because it adds an intriguing flavour as well as a fantastic vibrancy. There are a whole host of exotic flavours like yuzu, miso and black sesame that are traditionally used in Japanese and Chinese culture and are set to become even more popular."

HEALTHIER OPTIONS

55% of consumers say they would be more likely to choose a dessert if calorie information was available and lower sugar options are of interest for a third (35%) of dessert consumers (Callebaut Desserts Report).

Fruit-based desserts tick the healthier option box and puddings overloaded with fresh fruit make a regular appearance on Instagram feeds.

Kiwi with its vibrant colour is currently on trend, being added to tarts, pies, panna cotta and compotes.

Sarah Lesser-Moor, brand manager for Lion sauces at AAK Foodservice, comments: "For a winning combination of health and indulgence, it's all about the compotes."

"Crammed with real fruit, new Lion compotes are perfect for turning even the most basic pudding into a treat. Spoon peach and maple compote on to pancakes with crispy bacon for a savoury sensation, or layer red berry compote with ice cream and serve on hot waffles."

The School Food Standards have strict guidelines governing the amount of sugar allowed in school meals with a complete ban on confectionery. However, this doesn't mean tasty sweet treats are off the menu.

Fruit-based desserts such as jelly, fruit compote, crumbles, and sponge puddings, are a great option, and schools should be offering fruit-based desserts containing at least 50% fruit two or more times a week.

Visit www.whatworkswell.schoolfoodplan.com for recipe inspiration.

A-PEELING IDEAS

"Fruity flavours work well in desserts but try ringing the changes with more unusual fruit flavours, like lemon-yuzu," suggests Marie-Emmanuelle Chessé, international development project manager at Tipiak, which supplies frozen, authentic French pâtisserie to the hospitality

*Lemon pie eclairs
with purple crumble.
citrus ganache,
meringue and edible
flowers*

sector. "With last year's rugby world cup and the 2020 Tokyo Olympics, interest in Japan and Japanese cuisine is growing and yuzu is now a popular citrus choice when it comes to flavouring.

"It's one of the flavours in the new Tipiak range of gluten-free Pop Macarons Fruits, along with blackcurrant, morello cherry, coconut, passionfruit and apricot. Macarons are a darling of social media, with more than five million photos posted on Instagram alone. This has helped introduce a whole new generation to these authentic delights, and Brits have really been bitten by the macaron bug now.

"So versatile, macarons can be used as decorations, toppings and inclusions for other desserts or freakshakes, or even be served pick 'n' mix style, popped in a bag or box and sold as a takeaway sweet treat."

VEGAN OFFERINGS

3% of consumers identify as vegan and, whilst this is only a small proportion of the population, there is wider consumer interest in these options when dining out of home.

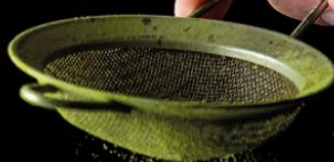
According to the Callebaut Dessert report 2020, 15% of today's consumers say they would be more likely to order a dessert that is vegan and 69% of consumers would be neither more or less likely to order a dessert if it was vegan, proving that these options can appeal to the majority of diners and mean that caterers can suit many requirements with one dish. Anna Sentance, gourmet marketing manager, Callebaut UK and Ireland, comments: "Veganism remains an important consideration for caterers and continues to influence consumer dining habits. With more than two fifths of consumers purchasing a dessert, cake or pastry when eating out, to maximise sales opportunities and satisfy consumers, dessert menus also need to include vegan options."

N-ICE IDEAS

The ice cream category has been innovating to keep up with the trend for sophisticated flavour profiles.

Christina Veal, director at New Forest Ice Cream, advises: "As well as updating desserts to suit the seasons, offering high quality, innovative new ice cream flavours to complement desserts will ensure the dish delivers on every level. Whether served as the perfect accompaniment, a delicate palate cleanser, or as a refreshingly light dessert in its own right, using a quality manufacturer and including the latest trends, flavours and serving ideas is key.

New Forest Ice Cream's newest launches are Honey & Fig ice cream and Candy Floss ice cream, which contains strawberry sugar crunch pieces.



Matcha cheesecake



• **THREE IN FIVE WOMEN AND HALF OF MEN ORDER DESSERTS WHEN EATING OUT**

• **40% OF CONSUMERS WHO EAT OUT EVERY DAY WILL BUY A DESSERT, CAKE OR PASTRY**

(CGA FOOD INSIGHTS)

Motivating factors when ordering a dessert:

- **48% MADE WITH PREMIUM INGREDIENTS**
- **39% MADE WITH SEASONAL INGREDIENTS**
- **35% LOW IN SUGAR**
- **35% MADE WITH ETHICALLY SOURCED FAIRTRADE INGREDIENTS**
- **34% AVAILABLE IN SHARED SIZES**

(THE DESSERT REPORT 2020, CALLEBAUT)



DELVING DEEPER INTO YOUR SOCIAL MEDIA

How much do you know about the consumers you are trying to attract when you are promoting your business online? Social media has never been so important but with so many channels to choose from which should you be using to get your content noticed?

Premier Foods has been working on an inspiring piece of research exploring how both chefs and consumers are using the different social networks to help hospitality businesses drive sales. Here's a taster of the findings:

When looking for somewhere to eat out the channels which consumers are using most are



26%

Facebook

25%

TripAdvisor

12%

Instagram

When looking for healthy eating advice

YouTube

came out as the top social channel to visit.

44.6%

of consumers have cooked a dish at home which they have seen on social media.



You can get more insight like this by following @PremierFoods_FS on Twitter and Instagram and like www.facebook.com/premierfoodsfoodservice.

You can also follow #PremierSocialChef for the latest updates on this research.



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*Source: IRI | Total Market | Value | 52wks to 25.08.19
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THE COUNTRY CLUB

The Country Club

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IN A SPIN

With a big focus on care homes in this issue of *Stir it up*, we're hoping to hit the right note with this fantastic prize.

We're giving away two fantastic Crosley Cruiser Mint Bluetooth Record Players worth £89 each to help keep residents entertained.

Perfect for providing the tunes at your themed care home event or

simply to provide some background music in your dining room, these stylish turntables are bluetooth-compatible, portable and vintage-inspired. They are housed in a tourmaline faux leather briefcase.

Each record player has built-in stereo speakers and a belt-driven turntable mechanism so that you can spin your own tunes. Alternatively, bluetooth technology allows you to stream music wirelessly from any handheld device.

The power of music is a key tool in helping evoke memories of the past, particularly amongst people living with dementia.

Two lucky readers will each win a Crosley Cruiser. To enter, send an email titled 'Crosley Cruiser', along with your name, contact details and the name of your Country Range Group wholesaler, to competitions@stirupmagazine.co.uk

WIN
Crosley Cruiser
Mint Bluetooth
Record Player



Keep it simple

TV chef Cyrus Todiwala shares his favourite vegetarian and vegan recipes in his latest cookbook.

Released last month, 'Simple Spice Vegetarian' (£20, Mitchell Beazley) is packed with easy, full-flavoured recipes for everything from breakfast and brunch to simple suppers, from warming soups to veg-packed curries and

daals, pickles and chutneys, to delicious desserts.

With a spice box of just 10 favourite readily available spices, Cyrus shows how to whip up simple dishes that have an astonishing depth of flavour.

Spiced aubergine and tomato frittata; sweetcorn, celery and coconut chowder with almonds, baked Tandoori-style cauliflower

with couscous and spinach and garlic, and Parsee fudge cake are just some of the treats on offer.

We've got two copies of the book to give away. For your chance to win, send an email titled 'Simple Spice Vegetarian', along with your name, contact details and the name of your Country Range Group wholesaler, to competitions@stirupmagazine.co.uk

WIN
Simple Spice
Vegetarian
Cookbook

SIMPLE
SPICE
VEGETARIAN



INDIAN
RECIPES
WITH 10 SPICES

Closing date for all competitions: 30 April 2020. All winners will be notified by 31 May 2020. Postal entries for all of the competitions can be sent to: Country Range Group, PO Box 508, Burnley, Lancashire BB11 9EH. Full terms and conditions can be found at: www.stirupmagazine.co.uk/about

new



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- Meets UK 2017 Salt Targets
- No artificial colours, flavours* or preservatives (*except the BBQ sauces)
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Each jar (2.2kg – 2.65kg) delivers approximately

- 25 - 30 portions when used as a culinary sauce
- 50+ portions when used as a dip
- 75 - 100 portions when used in sandwiches



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New report on school meals

The Government is turning a blind eye to unhealthy school meals, according to a new report from the Soil Association.

The annual State of the Nation report into children's food in England includes the findings of an 18-month investigation into school meals which brings together the views of caterers, school meal providers and headteachers.

The 30+ interviews revealed that caterers are struggling with cost pressures that are affecting food quality in UK schools, with many

trading down from British food to lower quality imported ingredients.

Some caterers are knowingly not complying with the Government's School Food Standards in order to make cost savings.

The report estimates that at least 60% of secondary schools are failing to meet legal standards, with many offering meals lacking in veg, oversized sugary puddings and unhealthy snacks.

Rob Percival, Soil Association head of food policy, said: "Children across England are being conned out of a healthy and high-quality school meal and the Government is to blame. Our investigation revealed a concerning picture of declining

food quality, driven by inadequate funding and lax Government policy.

"While many schools and caterers are working tirelessly to serve high-quality meals, they are facing a cocktail of pressures. Rather than investing in school meals and supporting schools and caterers to meet standards, the Government is turning a blind eye to illegal and unethical practices instead."

Karen Crane, school meals lead at Food for Life Gold school Brownsover Community Infant School in Warwickshire, said: "High food standards show the difference a good nutritious school dinner can make to our pupils. Since we became a Food for Life Gold school, we have noticed the difference in the afternoon learning of the children. School dinners need the continued support of the Government to safeguard all our children's futures - ensuring all schools are compliant with the legal standards is a vital part of this!"

The Soil Association's report includes five recommendations for Government action and investment. The recommendations aim to tackle the inter-related crises of climate, nature and health, highlighting the value of real, fresh food, which is often overlooked in the hype around obesity and calories.

1. INTRODUCE A 'PLANT PROTEIN DAY' IN SCHOOLS

– use the update of the School Food Standards to encourage 'less and better' meat and 'more and better' plants. Serving plant-based proteins one day a week, will help to afford to serve more sustainable, British meat on their menus

2. INTRODUCE AN AMBITIOUS TARGET FOR ORGANIC IN PUBLIC PROCUREMENT

– following the example of Denmark, where 60% of the food served in public settings is organic

3. SUPPORT SCHOOLS TO COMPLY WITH THE SCHOOL FOOD STANDARDS

– including by supporting school governors to fulfil their statutory duty to gather evidence of compliance with legal school food standards

4. PROPERLY FUND FREE SCHOOL MEALS

– including by raising the funding allowance in line with inflation

5. EXTEND THE 'SUGAR TAX' TO ARTIFICIAL SWEETENERS

– and require Public Health England to monitor and mitigate increased sweetener consumption resulting from reformulation programmes

The report estimates that at least 60% of secondary schools are failing to meet legal standards



Kara

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Food fuels pub growth

The number of pubs is slowly on the rise, and it's their food rather than drink that's leading the way.

We're on a new round in the pub and bar sector. Over the past decade the number of pubs had been dropping, however figures recently released by the Office for National Statistics (ONS) show a small rise in the number of pubs of all sizes in the last year. The rate of growth is small (0.8% between 2018 and 2019), however this modest improvement indicates a significant shift in the market.

Previously the ONS reported that decline in the sector was driven by small pubs closing, while the number of medium and large-sized pubs was actually growing. But, the recent study shows that, for the first time in 15 years, the number of small pubs has increased.

And, there are other reasons for spirits to lift. Employment levels

are on the increase and latest data available shows turnover at its highest level since the financial crisis ended. So what's leading to these improvements?

Well, ONS figures show that growth in employment has been driven by customers eating, rather than drinking. The share of pub employees working as bar staff decreased to 28.9% in 2019, while the percentage employed as kitchen and waiting staff increased to 43.8%. This is thought to be due to a change in consumer habits, with people now spending more on eating out and less on drinking out.

Many suggest that the key to sustaining growth also lies in the 'customer experience'. Robert Rawlinson, CEO of live sport streaming service Scream, comments: "The challenge for the industry now is to show its relevance to a wide and diverse range of customer types, reminding them that pubs are about more than just drinking

alcohol; they are also social places where they can meet their friends to enjoy the things that matter to them."

Some are taking this 'customer experience' up a gear, with pubs even becoming refuelling stations for electric vehicles. Marston's were first to announce installation of 400 charging points across 200 sites.

Matt Preisinger, head of marketing for Brewhouse & Kitchen, agrees innovation within the sector is fuelling a renaissance.

"The British relationship with the pub is one of this country's great traditions, and it has been incredibly sad to see so many sites having to close their doors for the last time. Now however, there is light at the end of the tunnel, and the British pub is roaring yet again."

He added: "On-site brewing keeps flavours within pubs fresh and customers coming back for more. The rise of craft ale in particular is really appealing to those who seek innovative flavours, and the extraordinary rise in regional micro-breweries is testament to this."

"The British relationship with the pub is one of this country's great traditions."

FIVE TOP TIPS TO IMPROVE YOUR FOOD OFFER:

1.

KEEP UP WITH THE LATEST CULINARY TRENDS - RIGHT NOW THAT'S VEGETARIAN AND VEGAN OPTIONS

2.

FOLLOW THE SEASONS - THE QUALITY OF YOUR MENU WILL BENEFIT AND CUSTOMERS WON'T GET BORED

3.

EMBRACE TECHNOLOGY - MOBILE EPOS (ELECTRONIC POINT OF SALE) WILL INCREASE SALES AND IMPROVE SERVICE

4.

KNOW YOUR CLIENTELE - THIS MAY DIFFER ACCORDING TO THE TIME OF DAY AND/OR DAY OF THE WEEK

5.

THINK BEYOND THE PLATE - MATCH GOOD FOOD WITH GOOD SERVICE







Step 1

Register your interest at www.premierfoodservice.co.uk and an entry pack will be sent to you.

Step 2

Create a main dish which includes a Bisto product and a dessert dish which includes a Country Range dessert product. Total budget for the main and dessert should not exceed £2.25.²

Step 3

Complete an entry form and submit your recipes including pictures of both your main course and dessert by 31st July 2020 to Sarah.Robb@premierfoods.co.uk.

LIVE FINAL

**8th September 2020,
Premier Foods Head Office**

Completed entry forms will need to be sent via email to: Sarah.Robb@Premierfoods.co.uk or by post to Sarah Robb, Premier Foods, Premier House, Griffiths Way St Albans, Herts AL1 2RE

**Closing date for all entries is:
5pm on 31st July 2020**

**The four finalists will be notified by:
Friday 7th August 2020**

¹ Winning Chef wins £1000 vouchers for their care home

² Premier Foods and Country Range product list eligible for the competition included in Full Terms and Conditions

To find out how to enter and for full T&C's, visit www.premierfoodservice.co.uk

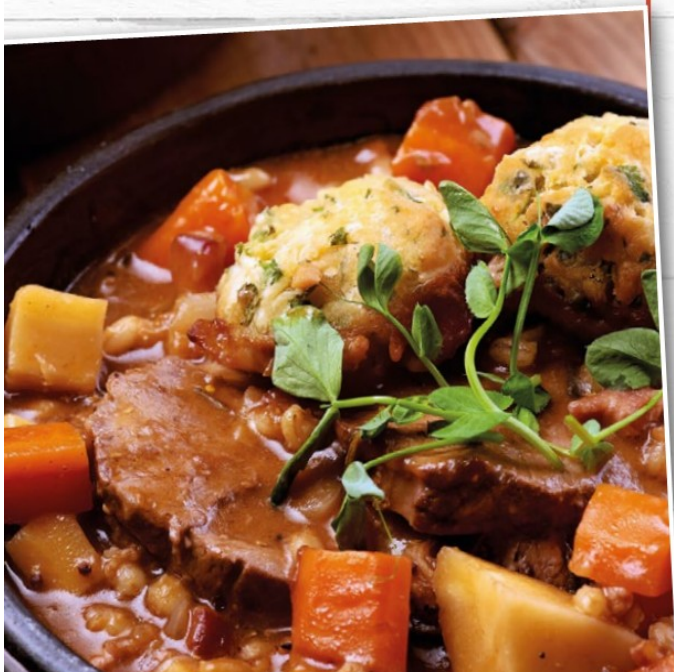


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Terms and conditions:

Open to professional caterers aged 18+ who are residents in UK and are employed or work as a caterer for a care home in GB. To enter, follow the instructions in step 1 and 2 above. Entries sent by email or post must be received by 5pm on Friday 31 July 2020 (the "Closing Time"). Max 1 entry per person. Main meal must include one qualifying Bisto foodservice products (see T&Cs for list of qualifying products) and the dessert must include one qualifying Country Range foodservice product (see T&Cs for list of qualifying products). Ingredients for each dish must not exceed £2.25. Entries must include the recipes and photographs of the dishes, [the cooking & preparation method and list of equipment used. Please seek employers' permission. 4 finalists will be selected by a panel of judges. Finalists will cook in a live final on Tuesday 8 September 2020 where one winner will be selected by a panel of judges. Finalists and winner will be selected using the criteria set out in the T&Cs. For full details and T&Cs see: www.premierfoodservice.co.uk. Promoter: Premier Foods Group Ltd, Premier House, Centrium Business Park, Griffiths Way, St Albans, AL1 2RE.



GET YOUR TEA RIGHT

Black tea with milk is the nation's favourite hot drink but 28% of out of home tea drinkers are dissatisfied due to



Taste
53%



Strength
49%



Brand
22%



But get it right and 48% say they're more likely to visit



We no longer make One Cup teabags because they contain less tea than standard sized teabags and, **consequently, make a weaker brew**

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For a free POS kit to show your support for our Campaign for a Proper Brew, go to taylorsofhome.co.uk/properbrew



HEALTH & WELFARE

Mouthing off about oral care

Care homes are being urged to keep on top of oral hygiene to help prevent a slew of medical conditions.

Speaking at a recent NACC North seminar, Amanda McLaughlin, healthcare manager, RIS Healthcare, advised oral care assessments should be completed within 48 hours of a resident being admitted.

"Body mapping is standard practice but most homes don't do a full oral check," she said. "The mouth should be clean, healthy and moist, and any relevant information should be added to that person's care plan. We need to be treating the mouth with the respect it deserves.

"We don't want to have residents with mouths that smell and their family don't want to kiss them goodbye. People are in care homes because they require our help."

A lot of drugs can cause oral health to deteriorate, explained Amanda, so it's important to forge a two-way relationship between general health and oral health.

"Without good periodontal health you can't have good general health," she continued. "Periodontal (gum) disease can cause respiratory infections, strokes, heart disease, uncontrolled diabetes and severe osteopenia (reduced bone mass)."

Poor oral health can also cause behaviour problems; inability to eat and speak; diet, nutritional and hydration problems; weight changes; problems with social interactions, and poor quality of life.

"Staff should understand the importance of residents' oral health and the potential impact on their general health, well being and dignity"

- National Institute for Health and Care Excellence (NICE)

HOW TO CLEAN DENTURES

Toothpaste is not recommended and manual cleaning is a must. Use liquid soap or denture cream cleaner, and a nail brush/denture brush.

Denture soaking solutions should be used as per instructions and, if fungal infection is present consider soaking in a dilute Milton solution each evening for 10 minutes.

Leave the dentures in plain water overnight.

DENTURE MARKING

Around 9,500 dentures are lost every year in hospital - costing the NHS £1million - so care homes are advised to do denture marking:

- Remove dentures from person's mouth
- Clean dentures in soapy water with nail/denture brush
- Disinfect denture by soaking in dilute Milton solution for 30 seconds (if a metal denture use a Dental cleansing solution)
- Dry denture
- Use an indelible pen to write residents' initials near back of denture. Wait to dry
- Apply fine layer clear nail varnish
- Rinse with water

MOUTHCARE FOR RESIDENTS WITH CHALLENGING BEHAVIOUR

Carers are advised to take a calm and kind approach, and maintain eye contact. Choose a location where the resident feels most comfortable (bedroom or bathroom) and, if necessary, ask a family member or carer for assistance. Try different times of day and do it in short bursts.

Always use a familiar toothbrush and toothpaste. For residents with oral sensitivity, consider flavourless/non-foaming toothpaste.

THINGS TO LOOK OUT FOR:

- Dry, rough tongue
- Sore painful mouth and tongue
- Oral fungal infections
- Lips sticking to the teeth and taste disturbance
- Bad breath
- Sticky, dry feeling in the mouth
- Trouble chewing, swallowing, tasting, or speaking
- Burning feeling in the mouth
- Dry feeling in the throat
- Cracked lips and or corners of the mouth

"A DRY MOUTH IS A CONDITION NOT A SIDE EFFECT," ADDED AMANDA. "TO PREVENT CRACKING LIPS, USE LUBRICATING GEL OR, IF THE PATIENT IS ON OXYGEN, APPLY A WATER-BASED SOLUTION."

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*Nielsen MAT July 2019
Estimates based on Av Wholesale Selling Price as of 13/09/2019.
A serving of this recipe should be seen as a treat - best enjoyed occasionally as part of a balanced diet.

Red Cherry Roulade

ON THE RANGE

**COUNTRY
RANGE**
*The Leading Independent
Foodservice Brand*
** Suitable
for people with
dysphagia*

For many care residents, dessert is their favourite course – and this delicious offering really is the cherry on the top!

Created by Ian Clifton, catering supervisor at Howbury House Resource Centre in Malvern, Worcestershire, specifically for people with dysphagia (swallowing difficulties) in mind, it provides a texture-modified sweet treat that everyone can enjoy.

"I'm currently catering for six people on soft diets and I feel very passionately that everyone is able to have the same sort of food and it is presented in an attractive way, no matter what their dietary requirements," says Ian, who has 21 years' industry experience. "It's surprising what you can come up with if you try to think outside the box and you won't believe how smooth this roulade is."

One of the key ingredients is Country Range Cocoa Powder.

"It's better than the brand leaders," states Ian. "The flavour it gives is so much nicer and the colour isn't too dark. It blows all the branded alternatives out of the water!"

Country Range Red Cherry Fruit Filling provides the all-important fruit.

"It purées really well," adds Ian, "and the volume of fruit is good too."



**IAN
CLIFTON**


**SERVES
10**
**COOKING
TIME
12 MINS**

INGREDIENTS

- 1ltr Country Range UHT Dairy Whipping Cream, whisked to a thick consistency
- 500g Country Range Red Cherry Fruit Filling, puréed
- ¾ dsp Sosa thickener to add to the filling
- Small amount of finely grated chocolate (Scotbloc) for decoration
- Baking sheet approx. 30cm x 36cm
- Country Range Parchment

For the chocolate sponge

- 100g Country Range Creamery Butter Salted, softened
- 100g Country Range Self Raising Flour, sifted
- 2 Country Range Medium Free Range Eggs
- 1tbsp Country Range Cocoa Powder
- 100g caster sugar
- 2 tbsp warm water

METHOD

1. Combine the butter and sugar until it is of a creamy consistency.
2. Mix the cocoa powder with the water to form a smooth paste. Add this to the mixture and then carefully add the eggs and the flour mix until it is a smooth texture.
3. Line a tray with the parchment paper spread the mixture evenly and cook for approximately 12 minutes at 190°C.
4. Allow the cake to cool, then purée the cake to a fine crumb. Spread onto approximately the same size parchment before piping the cream all over. Now it is easier to pipe the cherry filling over the cream to get even distribution.
5. Carefully take the corners of the parchment (the smaller side) and roll.
6. Decorate with cream swirls, red cherry coulis and fine chocolate shavings.
7. Complete IDDSI texture checks before serving.





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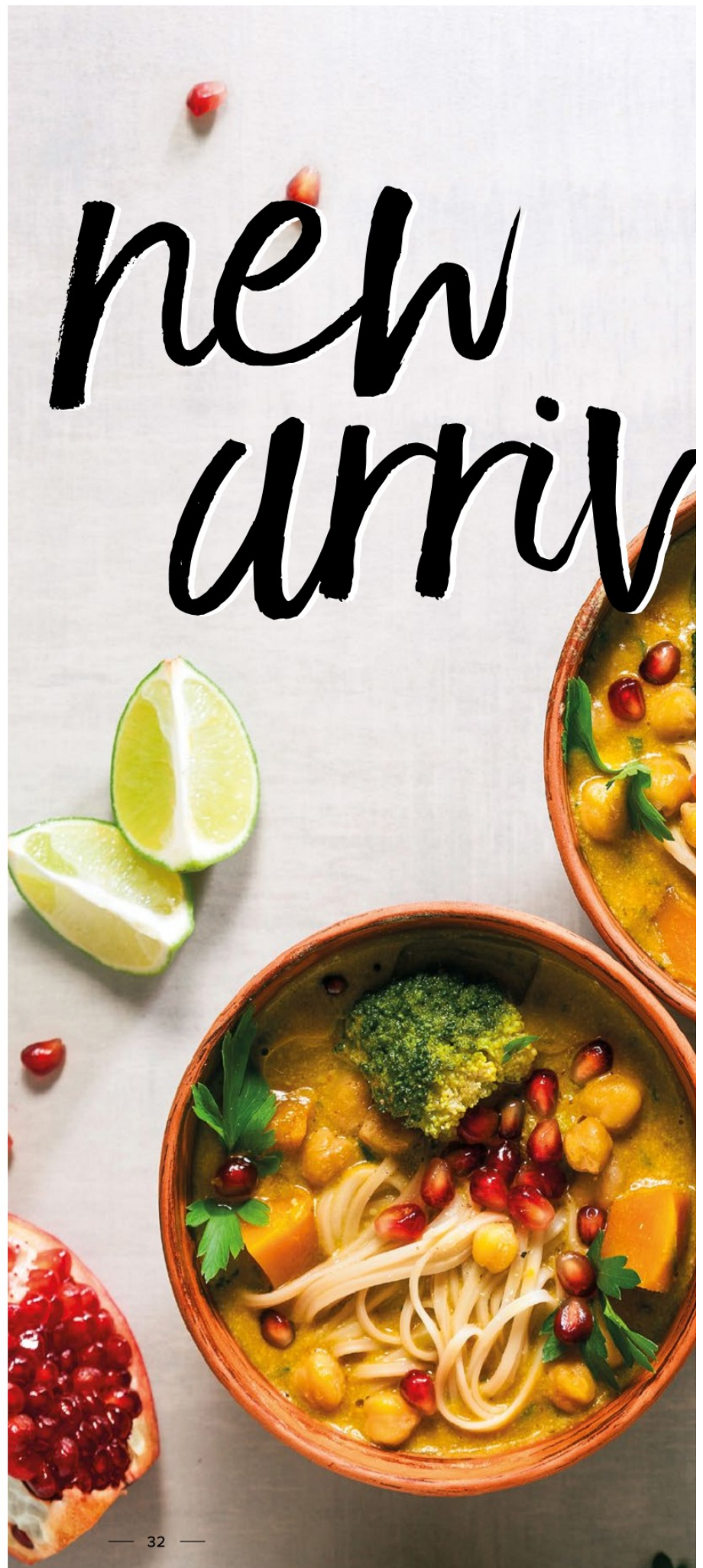
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MELTING POT

Cooking for Baby Boomers in care homes

With the Baby Boomer generation set to be the next 'intake' of care home residents, it might be time for a menu shake-up.

Whilst most current care home residents have favoured traditional fayre, those born between 1946 and 1964 have enjoyed more travel abroad and exposure to international cuisines. But how can care caterers adapt these global cuisines to suit their menus and the dietary conditions facing their residents? Here' several industry experts share their thoughts and ideas...



BARRY DART

kitchen manager, Park Lane Nursing Home, Barnstable, Devon

Our residents definitely prefer food which has strong flavours, such as curries and anything spicy. Whilst previously, residents wanted plain boiled rice, now they want egg fried rice with chilli in it. Even things like chicken goujons are served with Country Range Sweet Chilli Dipping Sauce to give them a kick. Our most popular dish is spicy meatballs with spaghetti. We make them with minced beef, garlic, fresh chilli and herbs bound together with egg and served with spaghetti in Country Range Ready to Use Tomato and Basil Sauce. A lot of our residents need foods which are fortified so we'll make Thai curry with full fat coconut milk and also double or whipping cream. Strong flavours are really important for people living with dementia and they always remember and comment on the spicy dishes we've made - but never things like cottage pie.



SARAH LESSER-MOOR

brand manager for Lion sauces at AAK Foodservice

Lion World Flavours sauces are designed for those who love bringing the flavours of global cuisines to their food. Our latest collection of dressings can instantly transform a dish with minimal effort. Give king prawns and noodles a vivid burst of Asian flavour with chilli, lime and lemongrass dressing, or evoke Mediterranean memories with pan-fried seabass dressed with the fresh, uplifting flavour of basil oil. If you're looking for salad inspiration, try cider, honey and mustard dressing - it's a product that really earns its keep in the kitchen, as it also goes beautifully with mash, chicken or sausages!



PRESTON WALKER

director of Oakhouse Residential Home in Rutland

One way of helping people with dementia to eat more is to offer foods that evoke deep-rooted memories of pleasure brought back through smells, tastes and sounds. Serving finger foods can also help however can be tricky with classic care home dishes. For well-travelled people who enjoy foods from all over the world evoking wonderful memories through finger food may become easier. The flavours of distant countries are defined by the wonderful spices and herbs that grow locally - and these can easily be incorporated into street food style bites. We can find examples of foods designed to be eaten with fingers everywhere we look: Indian Pakora, Chinese Dumplings, Japanese Maki Rolls and Jamaican Fritters. For a simple Mexican Quesadilla just take a base of chilli beef, rice and cheese placed between a folded tortilla and fry until crisp on both sides. Once cooled and cut into pieces this makes a delicious and authentic dish easily picked up and eaten. They're quick and easy to make, taste great and can bring back great memories of travelling abroad.



JAMES BALL

development chef and director of Oak House Kitchen

Current dysphagia meals stick closely to the 'meat and two veg' dishes found on classic care menus and mashed potatoes complement the flavours on the plate.

As tastes change we are going to see far more dishes that reflect travel and accessibility of ingredients. Mashed potato is going to look a little out of place sitting next to 'sweet and sour pork' and 'Thai green curry' or found layered in a texture modified lasagne. Oak House Kitchen has developed techniques that make delicious versions of starchy side dishes from around the world that fit the IDDSI Framework, making it easy for you to serve noodles, naan and nachos when they're needed! Spaghetti pasta is easily made by blending cooked pasta, fragrant stock, cauliflower and Parmesan to the correct consistency. The spaghetti effect is achieved using a piping bag with a small hole cut at the tip and can be served with a rich beef ragu to create Spaghetti Bolognaise. For more details: www.oakhouse-kitchen.com

Left

Laksa with pumpkin and coconut milk, noodles, broccoli and pomegranate seeds

www.stiritupmagazine.co.uk/recipes

MELTING POT

"vibrant and fresh asian flavours particularly suit the adventurous boomers' craving for international cuisine and are easy to replicate on care home menus."

**OLIVER SMITH**

*freelance consultant
chef and NACC Care
Cook of the Year 2015*

It's vital in any care establishment to talk to your residents, find out who they are and what they like, then create menus around their likes and dislikes. Putting out generic menus never works, residents want to be involved in the menu creation, it's a big part of each day, awaiting a delicious meal that invokes memories and good times. It's also important to put in a few ideas of your own, some more modern dishes as well as classics as it will surprise residents and make them try new things.

I predict that mash potato and steamed veg won't be enough to please future residents, time to try new things! Some dishes we've had on our menus are beetroot gnocchi, feta and toasted walnuts, hoisin duck wraps and fragrant Thai green curries.

**SUE CAWTHRAY**

*national chair, National
Association of Care
Catering (NACC)*

I've spoken to a number of Baby Boomers and the clear message is that menus must offer choice. Traditional British fayre remains popular, but the presentation and flavours have evolved – think 'posh fish and chips' and the vast flavour varieties of pies. This generation has enjoyed more international cuisines both in travel and locally, so menus should reflect this. Changes in lifestyle choices will also have an impact. Baby Boomers are more conscious of their health and there's been a shift to eating less red meat and more vegetables, for example, and of course a rise in vegetarianism and veganism. The option to eat what they want and when is also an expectation. As working days and lifestyles have become more flexible, structured routines are no longer the norm.

**NICK DUTTON**

*operations manager,
Primrose Bank
Residential Care Home,
Poulton-le-Fylde*

Care catering is certainly changing. Those in care have a much broader range of tastes and preference as well as dietary requirements to cater for. We are seeing huge resident uptake in our themed food days, wine and cheese nights and dinner clubs. Personally, I think the key to meeting the catering expectations in the home is for managers to give their chefs time in their schedule to get out of the kitchen and talk to their residents. The knowledge of food and cooking that some of our residents have is expansive and enlightening.

**JOEL CARR**

*development chef
at Young's
Foodservice*

The lean and tender texture of Alaska Pollock and Pink Salmon has excellent flaking qualities which can also be beneficial for residents with swallowing difficulties. Vibrant and fresh Asian flavours particularly suit the adventurous boomers' craving for international cuisine and are easy to replicate on care home menus. For a deliciously simple South East Asian inspired dish, combine Alaska Pollock and Pink Salmon pieces with a selection of sautéed vegetables you have to hand, noodles and vegetable broth combined with soy sauce, fish sauce or miso paste for a warming bowl of goodness packed full of authentic flavour and nutritional value.

Young's MSC certified Pink Salmon & Alaska Pollock Pieces are an ideal and convenient solution for caterers because it can be added to recipes straight from frozen while also being high in Omega 3.



Above
King Prawns with Lion Dressing
and coulis

www.stiritupmagazine.co.uk/recipes

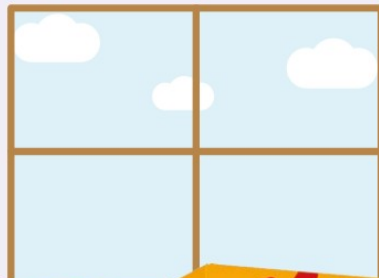
**KEVIN PRICE**

*chef manager, Oulton
Abbey Care Home,
Stone, Staffordshire, and
winner of the Bisto Care
Caterer of the Year 2019*

In recent years the care home menu has moved towards a mixture of traditional British fayre and choices from the international reaches of the globe. At Oulton Abbey we are finding that the tastes and pallets of our residents has an interesting and diverse spectrum. Some examples of the dishes on our menu are Moroccan tagine, New England chowder, Nasi Goreng (Indonesian Stir Fried Rice), Aloo Gobi with Jeera Rice, lamb and spinach paneer, saltfish and Ackee to name just a few. As we move into a new decade it is so important that we continue to mix up our menus and consider the variety of taste, flavours and life experiences of our ever-changing customer base. I find that, in recent years, residents are looking for dishes that offer some level of spice and heat and, after taking time to talk with them, most are familiar with curries, rice and bread from the Indian regions. I include one curry a week on our menu across the home as it also lends itself well to fortification and texture modification.

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SEEING POSSIBILITIES IN POTATOES





MCA.
Eating and drinking out
market insight.

By Jill Livesey, managing
director at MCA & HIM Shopper
Research and Insights

MAXIMISING *food to go*

According to the recently launch MCA & HIM Food To Go Market Report 2020, the UK food to go market is set to reach a value of £21.7billion in 2020 and, with a forecasted growth rate of +2.7% vs. 2019, the sector will continue to outperform the wider eating out market.

There is a clear opportunity for retailers and operators to capitalise on a growing sector as the overall eating out market continues to experience a more sluggish growth rate.

In particular, contemporary fast food, travel and sandwich retailers have performed strongly in terms of growth, however, despite continuing to lose market share, the convenience retail sector continues to command a 28% share.

For operators looking to grow in 2020, we forecast further growth for many of the existing consumer trends that impacted the sector in 2019. These include plant-based produce, Asian cuisine, sustainability and technological enhancements.

Plant-based eating and veganism is nothing new, but what we have seen is a large number of bigger brands enter the market, such as KFC, Subway and McDonalds. Operators are moving away from branding things as 'vegan'. Instead they are focusing on 'plant-based' in an attempt to attract a wider audience beyond those with specific dietary requirements.

For sustainability, the pressure on operators and retailers to do their part will intensify. Consumers are attracted to brands and operators that use less plastic or offer

discounts to customers that bring their own containers. In 2019, many brands and operators adapted to become more sustainable, but 2020 will be the year that those who have not acted will fall behind.

MCA

Trend facts:

THE FOOD TO GO MARKET HAS A 23.5% SHARE
OF THE TOTAL EATING OUT MARKET

21% OF CONSUMERS ARE REDUCING THEIR MEAT CONSUMPTION, AS A RESULT OF THE NUMBER OF ALTERNATIVES AVAILABLE

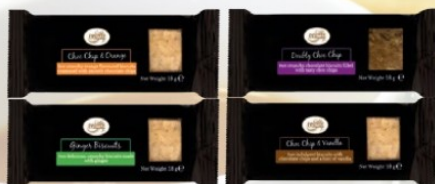
54% OF CONSUMERS SAY THAT KNOWING AN OPERATOR SUPPORTS SUSTAINABILITY IS IMPORTANT TO THEM

(MCA & HIM Food To Go Market Report 2020)



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*IRI Grocery Outlets, 52w/e 5th October 2019

YouTube Twitter Facebook Instagram

The advertisement features a rustic wooden background. At the top, a large pan of brown gravy is shown. Below it, a silver gravy spoon and a set of silver cutlery (fork and knife) are placed. To the right, a white plate is filled with a hearty roast dinner, including meat, vegetables, and gravy. In the bottom left corner, three boxes of Aah! Bisto gravy granules are displayed: Reduced Salt, For Meat, and For Chicken. The Aah! Bisto logo is prominently featured in the bottom right corner, with the tagline 'aah! BISTO' in a stylized font. Social media icons for YouTube, Twitter, Facebook, and Instagram are located at the bottom right. The website address www.premierfoodservice.co.uk is at the bottom left, and a footnote about the IRI survey is at the bottom center.

Spring into action

DICKSON'S DIARY

COUNTRY RANGE
 The Leading Independent Foodservice Brand

 Rhubarb, custard
 and ginger fool


Now that spring is here, it's time to shake up your menus and introduce some lighter, healthier dishes.

Salmon pastrami is my new favourite dish and it's really easy to make. Firstly, you need to brine some Country Range Farmed Atlantic Salmon Fillets – or you could use a whole side of salmon if you wish – in water with salt, brown sugar, slices of garlic, a bay leaf and some Country Range Peppercorns, Whole Fennel and Whole Cloves. Leave to brine for 24 hours (or 48 hours for a full side). Once brined, wash off the salmon then cover in cracked black pepper and some lemon zest and smoke

it in a low oven or on a barbecue in a gastronorm with some woodchips. Light the woodchips with a blowtorch and place the salmon on a rack with the lid on. The salmon needs to be cooked to 70°C.

To accompany the salmon, mix some Country Range Pickled Sliced Beetroot with some Country Range Horseradish Sauce, French Mustard, Set Soured Cream and some chopped fresh dill. Blitz it to dip consistency and serve with a seasonal salad, some in season asparagus or some Jersey Royal potatoes.

Rhubarb is in season and, with retro desserts on trend this year, this rhubarb, custard and ginger fool with almond crumble is sure to be a hit. If you don't have fresh rhubarb, drain off a tin of Country

Range Rhubarb and fold in some puréed stem ginger and Country Range Crème Fraîche. Next make a sheet of meringue, break into small pieces and add to the mix.

Bake off some Country Range Crumble Mix and mix with some toasted Country Range Flaked Almonds. Use a presentation glass to build up layers of the rhubarb mix and crumble mix, along with some Country Range Ready to Serve Custard. Finish with a piece of rhubarb on top.

HAPPY COOKING!

Paul Dickson

Country Range
development chef



Salmon pastrami

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KEEP EXPLORING





Sun dried tomatoes are made, as the name suggests, by drying them in the sun as a means of preserving them and ensuring the fruit doesn't perish and go to waste.

The intensity of flavour that is created by this process lends itself very well to a range of culinary applications.

Here, the Craft Guild of Chefs' Christopher Basten, who is also the head judge for the Country Range Student Chef Challenge, shares a few of his favourite recipe ideas...

ABOUT: CHRISTOPHER BASTEN

Christopher Basten is head judge of the Country Range Student Chef Challenge, as well as the Craft Guild of Chefs' Chairman of Judges.

A classically trained chef, Chris has worked with the likes of John Burton-Race and Raymond Blanc, and is currently chef lecturer at Westminster Kingsway College in London responsible for teaching the culinary arts to students.

He is an active member of the culinary team and competed in the Culinary World Cup in Luxembourg in 2002, 2006, 2010 and the Culinary Olympics in Erfurt in 2000, 2004 and 2008, taking silver medals in each event.



1/ Sun dried tomato pesto

Blend together 150g sun dried tomatoes, three garlic cloves, 80g basil, 40g lightly roasted pine nuts, 60g Parmesan and a pinch of chilli flakes and seasoning in a food processor. Drizzle with olive oil until the correct consistency is achieved.

(Recipe image above)

2/ Sun dried tomato and polenta terrine

Make up 375g polenta and season well then fold in 150g sun dried tomatoes, 20g chopped parsley and 80g cooked, diced pumpkin. Next, line a terrine mould with cling film and gently pour in the mix and leave to cool. Slice and pan fry with a little sage butter.

3/ Sun dried tomato butter

Combine 500g unsalted butter, 200g sun dried tomatoes, 20g chopped flat leaf parsley and a teaspoon of English mustard together and wrap 'sausage' style in parchment paper. Use for steaks or grilled fish.

4/ Sun dried tomato relish

Heat some olive oil in a heavy pan, cook 200g chopped onion, four chopped garlic cloves and a sliced red chilli stirring till all soft. Add 1kg chopped and peeled ripe tomatoes, some sun dried tomatoes, some grated green apple, 200ml cider vinegar, 200g brown sugar and one teaspoon of salt and stir over a high heat, without boiling until the sugar dissolves. Simmer for an hour stirring occasionally then leave to cool.

5/ Sun dried tomato bread

Bring together 250g strong plain flour, a teaspoon of salt, some dried yeast, 110ml water and 50g sun dried tomatoes in oil. Hand knead for 10-15 minutes till a smooth dough is formed. Place the dough in a bowl, cover with a damp cloth and leave in a warm place. After the second knock back, shape and place into a 180°C pre-heated oven for 35 minutes.

Country Range Sun Dried Tomatoes
Pack size: 1kg >>



ANDREW GREEN CRAFT GUILD OF CHEFS



Now that Brexit has started to settle down, we want to start to help address the chef shortage that we are experiencing within the industry. For the Craft Guild this is really important, and one of the reasons that we have so many competitions, and help the next generation of chefs on their long journey. It was great to see the real excitement and passion at the recent HRC show where the Country Range Student Chef Challenge final had a buzz of excitement surrounding it. To watch these young people makes you realise that the hospitality sector is in safe hands.



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

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Why mobile caterers must ensure they comply with UK food safety regulations
By Justine Wadge, principal environmental health consultant at Lloyd's Register



POPULARITY OF POP-UP DINING

As the name suggests, pop-up restaurants provide a temporary food service, hosting in temporary locations throughout the year. This style of hospitality provides caterers with a testing ground to experiment with recipes and menus to match market trends and see what people really think. Operating in this way has become exceedingly popular amongst

foodservice professionals due to the significant savings in overheads compared to traditional restaurants.

In recent years customers have often sought alternatives to regular eateries and, as a result, dining preferences have evolved. As pop-up restaurants only staying in one place for a temporary period, there is an elevated sense of urgency as the cuisine is limited which arguably makes it more enticing to consumers.

PLAYING BY THE RULES

There is a misconception that the transient and temporary nature of pop-up restaurants means that they aren't governed by the same regulations as permanent fixtures, such as the Food Safety and Hygiene (England) Regulations 2013, Food Hygiene (Scotland, Northern Ireland or Wales) Regulations 2006 or the Regulation (EC) 853/2004. This is a fundamental misunderstanding of the food regulatory regime in the UK and shortcuts cannot be taken when it comes to compliance with UK food safety regulations.

Non-static caterers must ensure they comply with food safety regulations and register with local councils before trading. Even if a vendor is only in one location for a few days, temporary food businesses must still register with the local council, specifically the environmental health inspectors.

However, over-stretched council resources are potentially creating holes in the system.

Local councils don't always have the necessary resources to deal with the pop-up restaurant explosion, particularly when some vendors may only be on site for one or two days. If there are not enough local environmental health inspectors, this could cause the unaware to unwittingly carry out practices that could lead to a food contamination and encourage the unscrupulous to try and cut corners.

The boom in pop-up restaurants has taken many forms, from market stalls to food trucks and vacant shop units, and self-policing is inevitably going to form a large part of the regulatory solution. It is the responsibility of the pop-up to ensure that they are doing things properly to alleviate any consumer concerns. In times where mislabelling cases and undisclosed allergens are causing concerns, the old safety net of council inspections is no longer there and that leaves vendors more and more exposed.



Training

Pop-up restaurant owners must empower themselves with the knowledge required via the training and consultation that is available. Training is key for all pop-up vendors, particularly with basic hygiene and food storage principles, such as separate worktops for raw and ready-to-eat preparation, refrigeration, cleaning stations and personal hygiene.

In the long-term doing the bare minimum is a false economy. Without the proper food handling and storage techniques, pop-up restaurants risk leaving themselves open to prosecution and civil claims if anything goes wrong. What's more, with recent changes to the sentencing guidelines, businesses could be facing large penalties for infringements of the regulations.

For more information visit <https://www.lr.org/en/training/>



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*Nielsen, Total Coverage, Pepsi Max Volume, MAT 12.10.19 **MMR Feb 2018, Quant Blind Taste Test, Sample 1004. Pepsi MAX Taste Challenge blind sampling consumers in Great Britain between 25/07/18 to 19/08/18. Conducted by ID Limited and on behalf of Britvic Soft Drinks Limited. The taste challenge was against Coca-Cola Regular. Nielsen RMS, Total Coverage, Value Sales 52w/e 01.09.18 *** Kantar Worldpanel, Take Home, Volume per Buyer, 52w to 19.05.19

Raise the bar

GRAB A GRAPPA Luca Cordiglieri, of the UK Bartenders' Guild

RAISE THE BAR



This month we touch on Grappa, an Italian spirit which is made from pomace (the leftovers from pressing the grapes for wine making, the stalks, pips, skins).

In Italy it is widely drunk after dinner or with an espresso. You can add a dash into the coffee, rinse the cup after you drink the coffee or a drink alongside the espresso.

The name Grappa is now protected in the European Union and it can only be produced in Italy, San Marino or the Italian part of Switzerland.

It also has to meet the following criteria: be made from pomace and the fermentation must occur on the pomace without added water.

There are different styles:

- **Invecchiata** - aged in barrels for at least 12 months

- **Giovane (young)** - flavours only come from the pomace and the fermentation
- **Aromatica (aromatic)** - made from grape varieties like Brachetto, Malvasia, Moscato etc.

- **Riserva Invecchiata or Stravecchia** - aged in barrel for at least 18 months

- **Aromatizzata (flavoured)** - flavoured with herbs and fruit.

- **Monovitigno** - made from a single grape

- **Plurivitigno** - made from different grape varieties

Generally speaking for a cocktail with juice, a white unaged Grappa is more suited to stand up to the other ingredients, while an aged one it's better for booze-only cocktails like Manhattan and Old-fashioned. However this is not a hard and fast rule and the best is always to experiment and have fun with it.

I leave you with a little cocktail...

Corretto

- 50ml Grappa Giovane
- 40ml Freshly brewed espresso
- 15ml white chocolate liqueur
- 5ml hazelnut liqueur

Shake and strain into a coupette

Garnish with white chocolate dust

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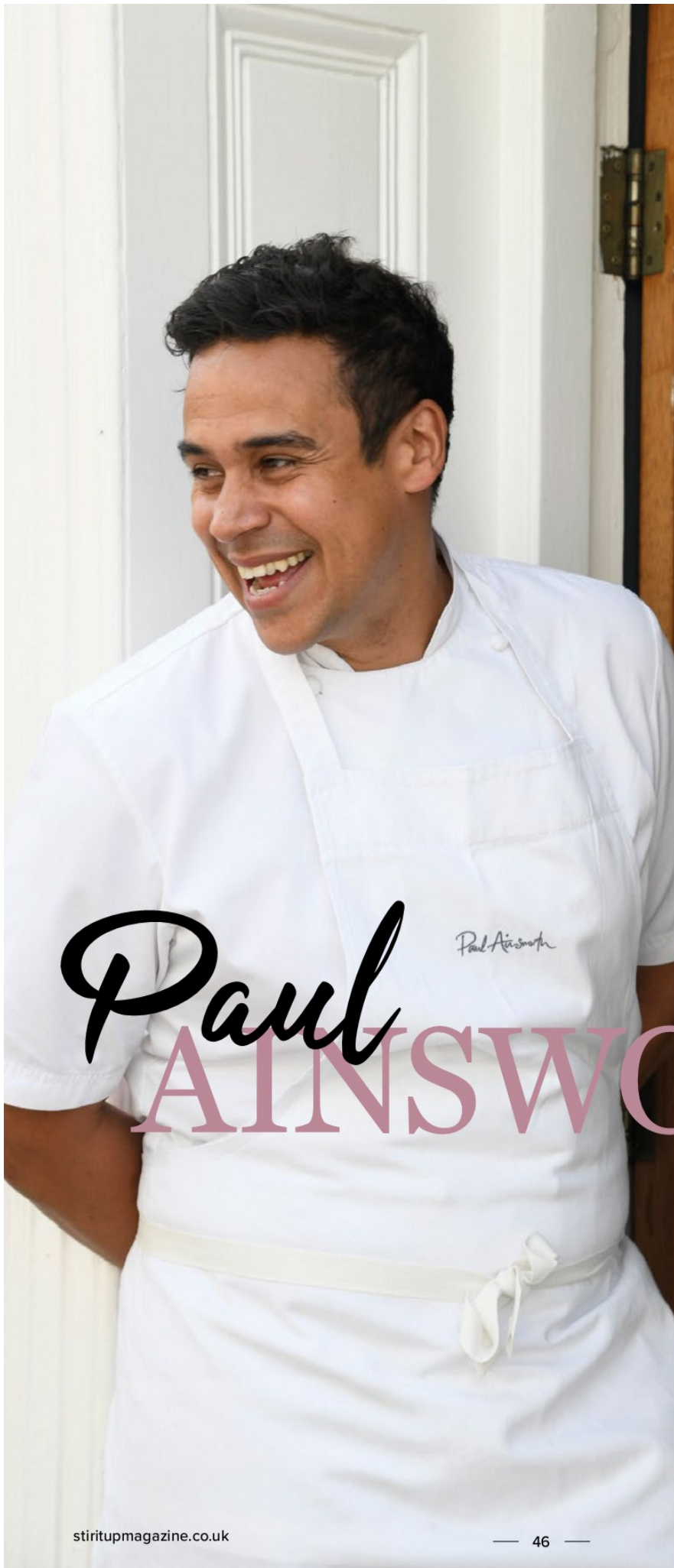
LIST THE TOP 5 COFFEE SHOP FAVOURITES



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PROFESSIONAL



Paul Ainsworth is giving Rick Stein a run for his money with an array of award-winning eateries in the Cornish gastronomic haven of Padstow, including the Michelin-starred Paul Ainsworth at No. 6. His latest ventures include The Mariner's pub, which won Best Gastropub at the Estrella Damm Top 50 Gastropubs this year, and Caffè Rojano, a New York-inspired Italian diner.

Please tell us about the food scene in Padstow and what drew you to the area.

When I was younger, what originally drew me to the area was the nice beaches and beautiful sunsets, but I'm really proud of how Padstow's food scene has grown into what it is today. Rick Stein originally put it on the map as a great foodie destination, and his restaurants are still the place to go for amazing locally-caught fresh fish. It's been great to see the food scene grow over the last few years because we've got such amazing produce, with top quality meat and great vegetables, and there's now so many great restaurants doing amazing things with them.

You've been quoted before as saying "hospitality is in your veins". What do you mean by this?

I grew up in a B&B owned by my parents. They built it up from a small five-room venue to a really sophisticated space that was ahead of its time in the 80s. Our family home was the business and so I grew up in an environment that taught me to appreciate hard work and truly understand the value of money.

You have worked with some incredible chefs. Who did you most admire and what is the best piece of advice that person gave you?

That's the best question I've ever been asked! I'd have to say Gordon Ramsay, who pulled me

aside one day and said "Paul, it's much better to be an a***** than to be ignored". What he meant by this, in a classic Gordon way, is that learning from your mistakes is the most important way to grow as a chef and if you're not being noticed then you're not going to be learning as much as you can.

What has been your proudest professional moment and why?

We're so grateful as a team to have won some very impressive awards, but the thing I'm most proud of is winning the Michelin star at No. 6. It felt like everything we'd been doing at the restaurant had been leading up to that moment, and it's an achievement that will stay with me forever. Having the star feels like



Left
Paul Ainsworth

Above
Paul Ainsworth and Gordon Ramsay

wearing a badge of honour every single day, and I'm extremely proud.

I recently read that you'd helped out with school meals in your local primary school. What is your opinion of school dinners?

The local primary school reached out to us to help improve their meals as they were outsourcing their school meals to another company and they were only spending a shocking 60p per child per meal. Along with other local chefs like Rick Stein, we came in and started teaching the kids about eating well and using good produce and we did things like starting a vegetable patch at the school. There's still so much work that be can done, though! I think it's really important to teach children about eating well from a young age.

The Paul Ainsworth Academy is training the chefs of the future. How can we encourage more young people to join the industry?

Getting young people involved in the future of hospitality is so important. We work closely with the young people in our local area to show them that cooking and becoming chefs is a career option that they might not have otherwise considered. We take on a lot of apprentices in all of our of kitchens and the guys work really hard to make them feel part of the family and help them to develop their skills – and it's a lot of fun for everyone involved!

Last year saw the launch of your new cookery school and Chef's Table. What's the ethos behind both ventures and how have they been received?

Ultimately the ethos comes through the name, Mahé - it's about beginnings. Mahé is an island in the Seychelles where my mum was born, and where my dad met my mum; it's where it all began. A cookery school and chef's table is an opportunity to see ingredients in their rawest form and then see how you can turn even the



Minestrone del Contadino

"I love so many ingredients, but the difference between a really good dish and a great dish is flaked Cornish sea salt."

simplest ingredients like flour, eggs, olive oil and salt into fresh pasta and then go on to make the most amazing ravioli with it. We wanted to create cookery courses that feel more like an experience, and less like a classroom.

Finally, who's the culinary king of Padstow?!

[Laughing] I've got to respect my elders, so Rick Stein will always be the king!

And now for three questions that we ask all of our Leading Lights...

1. What are your three kitchen secrets?

When frying eggs, give the egg a gentle shake before cracking open. It'll ensure the yolk is perfectly centred and works every time.

If you ever buy a truffle, keep it stored in risotto rice ensuring it's well wrapped. The flavour will absorb into the rice which will be perfect for the next time you're entertaining.

Never cook your steak cold from the fridge. Always bring your cut up to room temperature before you think about putting it in the pan.

This allows for an even distribution of heat throughout the meat.

2. What is your favourite ingredient and why?

That's an impossible question for me to answer because I love so many ingredients, but the difference between a really good dish and a great dish is flaked Cornish sea salt. Adding a pinch of it when you're seasoning really elevates the dish and brings out such beautiful flavours that you just don't get with other spices or seasonings.

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

One of my favourite recipes at the moment is our Minestrone del Contadino on the menu at Caffè Rojano. It's so much more than a bowl of soup – you've got beautiful real stock, lovely white beans and tomatoes, gorgeous smoked pancetta... The best way to make it is in the pressure cooker, and the result is the ultimate minestrone soup that's perfect with some beautiful, thick cut bread.

For the full recipe, visit
www.stiritupmagazine.co.uk/recipes.



Italian CHICKEN AND COURGETTES AND SPINACH

Recipe

MEAL TYPE
Main course

COOKING TIME
35 mins

PREP TIME
20 mins

MAKES
15 servings

INGREDIENTS

10 Chicken breasts	50g Pinenuts, toasted
20 Slices pancetta	Fresh basil to garnish
25g Olive oil	Black pepper to season
10g Fennel seeds	200ml Bisto Chicken Bouillon (prepared)
2 Cloves garlic, crushed	400ml Homepride Tomato Sauce
1 Lemon, zested and juiced	
600g Courgettes, sliced	

METHOD

- Pre-heat the oven to 180°C, 350°F, gas mark 4.
- Wrap each chicken breast in two slices of pancetta, then bake in the oven for 20-25 minutes or until it reaches a core temperature of 75°C.
- Mix the olive oil, fennel seeds, lemon zest and garlic with the courgette slices. In a griddle pan cook for 2-3 minutes each side until just cooked, add the spinach and pinenuts and cook for a further two minutes or until the spinach has wilted. Season with black pepper and add the lemon juice.
- Take the chicken out of the pan and deglaze with the chicken bouillon.
- Add the chicken stock and juices to a saucepan, add the tomato and basil sauce and heat through.
- To serve place a portion of the courgette and spinach on the plate, with the chicken breast sliced and a pool of sauce.



PREMIER FOODS

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FOOD & INDUSTRY NEWS

INSIGHT

DEMAND FOR 'WELLNESS' ACTIVITIES IN HOTELS

66% of hotel guests would be more inclined to book a hotel that offered wellness activities according to new findings from HGEM.

The experience management firm has revealed the emphasis on healthier lifestyles is becoming more prominent for guests with 25% saying they choose hotels based on being able to 'switch off' and get away from it all.

75% of guests still view a hotel stay as an occasional treat, the indulgence offering is also becoming more important. In the case of leisure guests, 68% will indulge themselves during a hotel stay and 87% said they enjoy a drink in the hotel bar.



TRENDS

Fruit & veg trends for 2020

Flavoursome fruits, a focus on British and a new wave of meat alternatives are the hot trends for fruit and veg this year, according to New Covent Garden Market.

Last year's trend for coloured vegetables is also set to continue, with dinner plates poised to be brightened by rainbow chard, mixed Chantenay carrots and purple sprouting broccoli.

The market's annual Fruit and Vegetable Trends Report 2020 also claims an increased use of blood orange, tangerine and kumquats will offer gourmands a unique flavour experience and add colour to the plate.

When it comes to berries, acai, goji and maqui berries are all becoming increasingly popular.

INNOVATION

NESTLÉ CREATES MARKET FOR FOOD-GRADE RECYCLED PLASTICS

Nestlé has announced that it will invest up to £1.59billion to lead the shift from virgin plastics to food-grade recycled plastics and accelerate the development of innovative sustainable packaging solutions.

Building on its 2018 commitment to make 100% of its packaging

recyclable or reusable by 2025, Nestlé will reduce its use of virgin plastics by one third in the same period whilst working with others to advance the circular economy and endeavour to clean up plastic waste from oceans, lakes and rivers.

"No plastic should end up in landfill or as litter," said Mark Schneider, CEO of Nestlé.



RESEARCH

Plant-based push

New research from Mintel has revealed a nation hungry for meat-free foods.

Over the past two years, the number of UK consumers who have eaten meat-free foods has shot up from 50% in 2017 to 65% in 2019.

Meanwhile, sales of meat-free foods have grown by 40% from £582million in 2014 to an estimated £816 million in 2019. Such is the popularity of meat-free food that sales are expected to be in excess of £1.1billion by 2024.

According to the research, the proportion of meat eaters who have reduced or limited

the amount of meat they consume has risen from 28% in 2017 to 39% in 2019. Women are more likely than men to have limited/reduced the amount of meat in their diets (42% compared to 36%); this rises to 45% among all under-45s.



Blue Planet effect

Climate change is one of the biggest stories on the news agenda, and with more British and Irish citizens being increasingly aware of their impact on the environment than ever, there has been a rise in the number of businesses trying to become more sustainable and innovative to offset their carbon footprint.

One of the most impacted sectors following the 'Blue Planet effect' is the food and agriculture industry, which has seen the biggest shake-up in recent years.

With a recent scientific study claiming that avoiding meat and dairy is 'the biggest way to reduce your environmental impact', it's no surprise that there has been an increase in the number of people choosing an animal-free diet.

45% of consumers agree that restaurants should offer more vegan or vegetarian options and a fifth are in favour of fast-food restaurants serving meatless substitutes.



RESEARCH BY INNOVATION SPECIALIST MPA, CONDUCTED THROUGH YOUNG GOV PROFILES, FOUND THAT:

one in seven (14%) class themselves as flexitarian

4% vegetarian

3% pescatarian

Although only 1% of the respondents classed themselves as vegan one in 20 say they are likely or somewhat likely to go vegan in next 12 months

The research also found that the nation is shunning modified food for a more 'natural' diet. Over a third (36%) of those surveyed say they don't buy food that is genetically modified, and 34% prefer to serve organic and natural foods to their family.

The data also found that one in five (21%) adults are avoiding palm oil, a product known to be a major cause of the devastation of the rainforest and threat to the world's orangutan population.

Meanwhile, nearly half (47%) of respondents say they don't mind paying more for goods that don't contain artificial additives.

THE GREEN GAUGE

THE RESEARCH REVEALED THE FOOD INGREDIENTS MOST AVOIDED ARE:

1. PALM OIL
21%

2. PRESERVATIVES
12%

3. GMOS
10%

4. POLYUNSATURATED FATS
8%

5. STABILISING AGENTS & MSG
5%



The ART of RICE

Tilda

BRING YOUR MENU TO LIFE WITH TILDA!

68%

would pay more for a side of Basmati & Wild rice versus non-named rice



48%

would pay 50p more for a side of Fragrant Jasmine rice, making over £24 more profit per bag!*

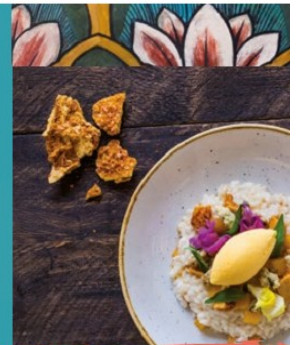


www.tildafoodservice.com

TildaRice

@TildaChef

Source: Independent Research, Toluna, August 2017, sample size 1000
*Based on 48% of 100 portions, at 50p more per portion equals £24 extra profit



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NEW IMPROVED RECIPE

NEW RECIPE **GLUTEN FREE**

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*IRI Grocery Outlets, 52w/e 6th February 2018

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McCOY'S THE REAL RIDGE CUT CRISP

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WIN ONE OF 5 MOUTH-WATERING LUNCHES ON TOP OF A SKYSCRAPER OR ONE OF THOUSANDS OF RESTAURANT VOUCHERS**

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*AC Nielsen Data Total Impulse Nielsen 28.12.19 **UK residents 18+ only. See lunchnextlevel.com for FULL T&Cs.

THE MARKETPLACE

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

Chicago Town delivers plant power

With the meat-free market set to reach £658million by 2021, Dr Oetker Professional has added a plant-based pizza to Chicago Town's popular 'Takeaway' range.

Vegan fast food has become the biggest growing takeaway option with orders rising by 388% in the last three years. The arrival of Chicago Town's Stuffed

Crust Sticky BBQ Jackfruit Pizza will enable operators to start profiting from the growing demand for vegan 'dirty' food.

Made with a unique rising dough, Chicago Town's signature tomato stuffed crust base is fully loaded with jackfruit, covered in a sticky BBQ sauce and topped with dairy-free mozzarella.



MARVEL-LOUS

Premier Foodservice has developed its Marvel offering to provide healthcare caterers with a new, larger 2kg bag.

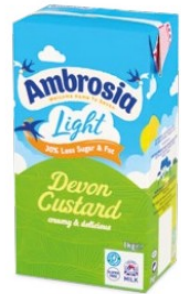
The skimmed milk powder market in foodservice is worth £10million and growing, with healthcare the biggest sector for the product due to fortification needs.

Marvel has the highest level of protein and vitamin A in the market when it comes to skimmed milk powder.

AMBROSIA LIGHT HELPS TACKLE SUGAR CONSUMPTION

Ambrosia is introducing a first to market, 30% lower sugar and fat version of its much-loved Devonshire custard in a bid to help remove over 28kg sugar per year from menus.

The launch joins the Ambrosia range as a PHE sugar compliant, gluten-free option for menus containing only 74g of sugar per litre.



VEGAN CHOCOLATE
FUDGE CAKE

VEGAN SPECULOOS
CHEESECAKE

VEGAN RASPBERRY
AND CHOCOLATE TART



A Slice of Delight

A truly delicious range of vegan cakes and desserts with no compromise on taste

Veganism is set to be one of the biggest food trends in 2020, make sure your menu is ready. Offering vegan doesn't have to mean missing out on taste – we've ensured each of our desserts is utterly delicious, not *delicious for a vegan product*.

So you can offer one range that thrills everyone.



www.mademoiselledesserts.com

mademoiselle
DESSERTS



Délicrance has developed a new vegan croissant to add to its Feel Good vegan range.

The new addition cleverly replicates the texture and taste of the classic French butter croissant by using wheat flour and shea butter. It joins the existing range of five spelt-based vegan croissants which include its Vegan Croissant with Oats, Spelt & Quinoa, Blueberry, Citrus, and Lemon & Ginger.

Delight-ful

Premier Foodservice is expanding its much-loved Angel Delight range with the launch of Angel Delight Mousse.

Adopting a light and fluffy recipe, the product is available in the brand's four well-known popular flavours: banana, chocolate, strawberry and butterscotch. The launch will join the whip product and brings a great gluten-free addition to the school menu, allowing caterers to make up to a huge 42 portions per pack. Angel Delight is the leading brand within foodservice with a 60% market share, and is trusted by caterers and loved by pupils.



GIVE IT A (VEGAN) WHIRL

AAK Foodservice has unveiled a new dairy-free whipping cream alternative which can be used hot, cold and even frozen to create vegan dishes and drinks.

Whirl Plant-based Whipping Cream is designed to be whipped or aerated in a cream whipper but is also perfect for pouring as a direct cream replacement and can be used in a wide variety of recipes.

It is ideal for savoury sauces, bakes, quiches and creamy curries; sweet treats such as dairy-free custard or vegan chocolate sauce; and for creamy cocktails, frothy hot chocolate or topped liqueur coffees.



JUST DESSERTS

Cool delight Desserts has launched a new range of affordable, individual cheesecakes and dairy trifles.

Already hugely popular in NHS patient services menus and care homes, Cool delight Individual Cheesecakes and Dairy Trifles are an ideal cold-dessert, for catering operations where portion control and limiting food waste is important. To use, simply thaw and serve.



A slice to entice...

- Light marbled coffee and chocolate meringue roulade
- Filled with coffee flavoured real dairy cream and chocolate flakes
- Suitable for coeliacs and vegetarians



Serving suggestion



Cappuccino Roulade 2 x 10ptn

Also available...

- Raspberry & White Chocolate
- Lemon • Black Forest
- Raspberry & Hazelnut • Banoffee

all gluten-free!

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NESCAFÉ® ORIGINAL® Stick Packs 200s
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*Source: IRI Grocers + Kantar Value Retailers 52 w/e 09/11/2019. ®Reg. Trademark of Société des Produits Nestlé S.A.

INSPIRATIONAL PLATES FOR *April menus*



DON'T BE AN APRIL FOOL

You can't fool around with classic flavours. Try **Uncle John's Chicken & Turkey Hot Dogs** sliced in a **grilled panini** with **goat's cheese** and **Lion Fig & Date Chutney**. No joke!



TERRIFIC TOFU

Embrace **Allergy Awareness Week** with this **tofu fried rice** which is ideal for vegans, vegetarians and anyone following a **gluten-free diet** <https://www.tilda.com/professionals/recipes/tofu-fried-rice/>



RAW TALENT

For a guilt-free treat, offer up a slice of this fabulous **raw salted caramel cake** created by **Justine Murphy**, founder of the **mymuybueno** cookery school.



FISHY BUSINESS

National Garlic Day is the perfect excuse to try some new recipes, like this **Mediterranean fish bake** to celebrate the start of spring. <https://youngsfoodservice.co.uk/recipes/mediterranean-fish-bake/>



NEST EGG

Bring a twist to traditional Easter nests this year with this **colourful swirls of soft and gooey meringue**, topped with **whipped cream** and **chocolate eggs** recipe from Dr Oetker Professional. Full recipe at www.stiritupmagazine.co.uk/recipes



PULLING POWER

This **colourful meze** from **Gold & Green** is an ideal dish to support caterers this **World Health Day** <https://goldandgreenfoods.com/recipes/meze-dips-spreads/>





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**“ THE NAPKIN BURGER HAS GENERATED
£22K OF REVENUE, IT'S THE MOST SOUGHT
AFTER BURGER ON THE MENU. ”**

NIGEL STEELE,
PORT RUSH ATLANTIC HOTEL ON LAST YEAR'S WINNING BURGER.



OPEN TO UK AND ROI BONA FIDE CRG CATERERS AGED 18+. 1 ENTRY PER CATERER. TO ENTER FILL IN THE FORM AND UPLOAD A PHOTO OF YOUR BURGER AT [WWW.UFS.COM/CRGBURGERCOMPETITION](https://www.ufs.com/crgburgercompetition). SHORTLISTED ENTRANTS WILL BE INVITED TO UNILEVER HOUSE, LEATHERHEAD TO PARTICIPATE IN A COOK OFF ON 19/05/2020. TRAVEL AND ACCOMMODATION PAID. CLOSING DATE: 30/04/2020. ALL VALID ENTRANTS WILL RECEIVE 1000 CHEF REWARD POINTS AS PART OF OUR LOYALTY SCHEME. PRIZE FOR THE WINNING ENTRANT AT THE COOK OFF IS £500 AMAZON VOUCHERS AND PR ASSISTANCE. SEE [UFS.COM/CRGBURGERCOMPETITION](https://www.ufs.com/crgburgercompetition) FOR FULL TERMS AND CONDITIONS.

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