

Stir it up

MARCH 2016

THE COUNTRY RANGE GROUP MAGAZINE FOR CATERERS



Ban the bland

MAKE YOUR STUDENT FOOD OFFERINGS MORE EXCITING

Dreamy Desserts

**COUNTRY
RANGE**

Dessert trends are constantly changing and evolving, so we've added 4 desserts to our range to give your pudding menus a re-fresh.

Fig and Pistachio Cheesecake

A digestive biscuit base covered with fig compote, topped with a pistachio cheesecake. Glazed and decorated with dried flowers and pistachio nuts.

Chocolate Peanut Butter Pie

A chocolate biscuit base with a layer of chocolate ganache, topped with a peanut butter mousse. Finished with drizzles of caramel and chocolate ganache and toasted flaked peanuts.

Bakewell Tart

A baked pastry case filled with a layer of raspberry jam covered with almond frangipane filling. This traditional favourite is decorated with white fondant icing and chocolate sauce, in a criss-cross pattern.

Dark Chocolate & Cherry Cheesecake

A chocolate digestive base topped with a dark chocolate cheesecake, injected with cherry sauce and finished with swirls of white chocolate cheesecake and finished with a sprinkling of sweet dusting.

www.countryrange.co.uk

- **SUITABLE FOR:** Vegetarians.
 - **DEFROSTING:** Remove all packaging and defrost for approximately 8 hours or overnight in a refrigerator. Individual slices can be defrosted in around 3 hours.
- PACK SIZE:** Pre-portioned into 12 slices.



Fig and Pistachio Cheesecake



Chocolate Peanut Butter Pie

Bakewell Tart

Dark Chocolate & Cherry Cheesecake

The Leading Independent Foodservice Brand

As our cover image suggests, we're 'banning the bland' by adding lots of colour and excitement



For starters...



>> We're "springing" into action this month, shaking off the winter blues and welcoming the advent of longer, hopefully warmer, days.

From a caterer's perspective, March is a pretty action-packed month with Mother's Day, St Patrick's Day and Easter to consider. We've got lots of inspirational ideas on our Food

for Thought page to help re-vamp your spring menus, plus a delicious rabbit recipe (did I mention the Easter bunny?!) and five clever takes on the humble doughball on Five Ways to Use.

Catering for the vibrant higher education sector is hugely challenging with tough competition from the High Street. As our cover image suggests, we're 'banning the bland' by adding lots of colour and excitement. Our Category Focus includes lots of statistics, tips and ideas to help higher education caterers capture the massively competitive student pound, whilst remaining on trend and on budget.

Continuing the cost-saving theme, our Melting Pot feature this issue looks at economical ways to add value to your dishes without breaking the bank.

Happy March,

Janine

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

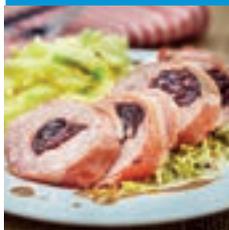
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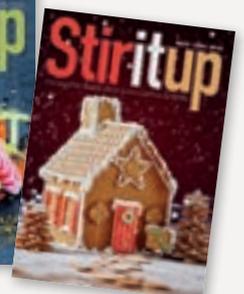
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**COUNTRY
RANGE**

The Foodservice Group



@stiritupmag



Visit our website for lots more advice, inspiration and recipes!

www.stiritupmagazine.co.uk



Readers' Lives

- 1 Name:** Nikki Taylor
- 2 Job title:** Catering Supervisor
- 3 Place of work:** Bicester Motor Sport College
- 4 Typical working hours:** 7.30am-4pm
- 5 How long have you worked in the catering industry?** 32 years
- 6 Most interesting fact about you:** I trained with Gordon Ramsay at Banbury College
- 7 Favourite cuisine:** Fish and chips by the seaside taste just as good as a 5* restaurant if cooked properly
- 8 Signature dish:** Lasagne
- 9 Must-have kitchen gadget:** My combi oven here in Bicester is amazing. Favourite small gadget speedy vegetable/potato peeler
- 10 Who is your inspiration and why?** My students who come to learn how to run a catering outlet as part of their college course. Each one has a different skill set when they arrive in Bicester on a Monday and, when leaving on a Friday, I believe they have gained experience in all aspects of catering from serving the food they have cooked to using the espresso coffee machine and the computerised till, most importantly putting the skills they have learnt in skills classes to practice in a real working environment

If you're interested in appearing in this column, please email the editor at editor@stirupmagazine.co.uk

11 Favourite Country Range ingredient and why? All Country Range products are great but the chopped tomatoes are good quality and priced well within my budget. They are very versatile – the students use them in stews, toppings for pizzas and, of course, my lasagne

Cooks Calendar

MARCH



- | | |
|---|--|
| <p>1 St David's Day</p> <p>2-6 BFFF Conference & Exhibition, Kenilworth
www.bfff.co.uk/category/business-conference</p> <p>5 World Pasty Championships, Eden Project, Cornwall
www.edenproject.com</p> <p>5-13 English Tourism Week
www.english tourismweek.co.uk</p> <p>6 Mothering Sunday</p> <p>7-13 British Pie Week
www.britishtpieweek.co.uk</p> <p>8-9 Hotel & Catering Show, Bournemouth International Centre
www.hotel-expo.co.uk</p> | <p>14-20 HCA & NACC Nutrition & Hydration Week
www.thenacc.co.uk/events/nutrition_hydration_week</p> <p>15-16 Northern Restaurant & Bar Show, Manchester Central
www.northernrestaurantandbar.co.uk</p> <p>17 St Patrick's Day</p> <p>18-20 Sport Relief
www.sportrelief.com</p> <p>22-25 The International Food & Drink Event, ExCel London
www.ife.co.uk</p> <p>25 Good Friday</p> <p>28 Easter Monday</p> <p>31 Cost Sector Catering Awards Hilton London Metropole
www.costsectorcatering.co.uk/awards</p> |
|---|--|

APRIL



- | | |
|---|---|
| <p>1 April Fool's Day</p> <p>4 International Carrot Day
www.carrotday.com</p> <p>8-10 BBC Good Food Show Spring, HIC, Harrogate, Yorkshire
www.bbcgoodfoodshowspring.com</p> | <p>11-17 UK Coffee Week
www.ukcoffeeweek.com</p> <p>23 St George's Day</p> <p>30-3 May London Coffee Festival, Old Truman Brewery, Brick Lane
www.londoncoffeefestival.com</p> |
|---|---|

MAY



- | | |
|---|---|
| <p>2 Early May Bank Holiday (Scotland, Ireland, England and Wales)</p> <p>11-17 British Sandwich Week
www.sandwich.org.uk</p> <p>11-17 Coeliac Awareness Week
www.coeliac.org.uk</p> <p>13 International Hummus Day
www.hummusday.com</p> <p>14 World Fairtrade Day</p> <p>14-22 Real Bread Week
www.sustainweb.org/realbread/national_real_breadmaker_week/</p> | <p>18-20 London Wine Fair, Kensington Olympia, London
www.londonwinefair.com</p> <p>16-22 National Vegetarian Week
www.nationalvegetarianweek.org</p> <p>18-24 British Tomato Week
www.britishtomatoes.co.uk</p> <p>28 World Hunger Day</p> <p>28-5 June English Wine Week
www.englishwineproducers.co.uk</p> <p>30 Spring Bank Holiday (Scotland, Ireland, England and Wales)</p> |
|---|---|

So successful is David's offering that other local schools... have approached David to roll the brand out.



The school restaurant includes a fantastic 'build your own' deli sandwich bar

RESTAURANT STANDARD FOOD at school meal prices

>> He's done his research, put in lots of hard work and passed all the tests with flying colours – now David Carrack is well and truly top of the class when it comes to school catering.

The innovative executive chef at Harrogate Grammar School (HGS) in Yorkshire has only been in situ for three years but, in that short timeframe, has transformed the food offering in the main school and sixth form – and picked up an array of high profile accolades along the way.

David left his job as a development chef for a trendy bar and restaurant group after deciding he was ready for a change.

"I wanted a fresh new challenge and I saw the potential in school catering, especially HGS's brief to make the catering world class," he explains. "The school encouraged

my exciting new ideas to get away from the boring, run-of-the-mill lunches and gave me free rein to get on with things.

"I wanted to make restaurant standard food but at school meal prices and was lucky enough to inherit a team that were skilled and wanted to improve even further. They were already baking all bread, doughs, cakes, biscuits and traybakes, and I saw how passionate they were about the school and delivering a fantastic product and service. Time was spent sourcing local produce and a lot of our cattle comes from farms where the pupils actually live."

The school catering team comprises 20 staff in the main school and seven in the sixth form, which has undergone the most dramatic transformation under David's leadership.

"The sixth form offering was really not fit for purpose so we installed a purpose-built servery kitchen and social area," says David. "We have around 550 sixth formers on the same site as the main school but they only had a very small dining area. It was too small to accommodate everyone so a lot of the sixth formers were leaving the premises at lunchtime so we had to do something to try and keep them in school.

"I did a lot of research and I modelled it on universities. A lot of our students go on to Oxford and Cambridge so I focused on those. I visited a lot of campuses as well as researching online but I wanted to do it even better."

He created a grab and go concept inside The Gate and the main dining area was named G2. In addition, there is an outside catering unit "like a festival eco van" called Sustain, which is powered by wind turbines and has outdoor tables and umbrellas.

Every day the menu features a 'Best of British' dish, a 'Jetsetters Choice' and a 'Taste of the Med', plus there is a 'build your own' deli sandwich bar, salad bars, a panini bar, a jacket potato bar, fresh barista coffee and a smoothie bar.

"School catering isn't like it was when we went to school. It's like a five star hotel!" laughs David. "We bake all our own breads, cakes and confectionery and use Country Range flours and seasonings, all of which are excellent. Country Range also has a vast array of finishing products we use to garnish our confectionery."

So successful is David's offering that other local schools, who are fellow members of the Red Kite Alliance (a partnership of schools and institutions sharing skills, experience, talent and capacity across Yorkshire and the Humber), have approached David to roll the brand out.

His success has not gone unnoticed across the wider education catering industry and, in the three short years that he's been at Harrogate Grammar, David has picked up a string of awards, including Educatering Newcomer of the Year in 2013 and Self-managed Secondary School Caterer of the Year in 2014.

"I had a five-year plan but I did it in three," he says with obvious satisfaction.

dreamy DESSERTS for ON-TREND diners

Dessert trends are constantly changing and evolving – more so than most other dishes – and, for caterers, it can be hard to keep up.

Diners expect your pudding menu to be on trend, whilst still retaining the traditional favourites, and it's useful to see what our friends in the US are up to as many food trends tend to be generated over the pond.

Trend watchers predict that vegetable-based puddings, such as Bruno Loubet's stunning parsnip and white chocolate cream dessert, are set to be big news. Salted caramel will continue to be popular and the use of different teas and delicate waters, such as rosewater and orange flower water, in desserts will grow, as will the inclusion of edible flowers.

This month Country Range is launching four delicious new desserts to give your pudding menu a re-fresh:

Simply remove all packaging whilst frozen and defrost for approximately 8 hours or overnight in a refrigerator. Individual slices can be defrosted in around 3 hours.

Fig and Pistachio Cheesecake

A digestive biscuit base covered with fig compote, topped with a pistachio cheesecake and baked. Glazed and decorated with dried flowers and pistachio nuts.

- Pre-cut into 12 slices.



Chocolate Peanut Butter Pie

A chocolate biscuit base with a bottom of chocolate ganache, topped with a peanut butter mousse. Finished with drizzles of caramel and chocolate ganache and toasted flaked peanuts.

- Pre-cut into 12 slices.

A balance of traditional and on-trend puddings will keep your menu attractive to customers.



Dark Chocolate and Cherry Cheesecake

A chocolate digestive base topped with a dark chocolate cheesecake injected with cherry sauce and finished with swirls of white chocolate cheesecake and a sprinkling of sweet dusting.

- Pre-cut into 12 slices.

Bakewell Tart

A baked pastry case filled with a layer of raspberry jam covered with almond frangipane filling. Decorated with white fondant icing and chocolate sauce, in a criss-cross pattern.

- Pre-cut into 12 slices.

Mix it up

We've given our Country Range Delight and Cheesecake Dessert Mix packs a new look for 2016.

The Delight Mixes have moved from cardboard boxes to laminate pouches. Not only is it an improvement to the packaging, its great news in terms of waste. The move from pre-printed box to laminate equates to a whopping 46% reduction in paper/card usage.

Additionally, we've reduced the pack size of our Cheesecake Filling and Crumb Base Mixes from 2.4kg and 2.5kg to 1.04kg and 1.12kg respectively. When used together, each bag now makes up a total of four 10" cheesecakes.

Alongside the packaging changes, we've enhanced the products to improve the eating quality.

Cheesecakes are a firm favourite on any desserts menu. For added value, why not serve with fresh fruit, honey, whipped cream or fruit couli?

Similarly the Delight mixes are always a big hit for school lunches and can be served with fresh fruit for added vitamins.

- **Delight Mixes – Banana, Chocolate, Strawberry**
6 x 600g
- **Cheesecake Filling Mix**
– 6 x 1.04kg
- **Cheesecake Crumb Base Mix**
– 6 x 1.12kg



Honey or fresh fruit are a simple way to add value to your cheesecake



THE RIGHT Chemistry

>> It's time for a spring clean and Country Range has a selection of Professional chemicals to suit all areas. We've made some improvements to our products so please do always ensure you check the label or MSDS (Manufacturer's Safety Data Sheet) for usage instructions.

Packaging improvements:

We've changed the colour of the 5ltr bottles and 750ml trigger sprays from white to opaque. This gives you a clearer indication of how much product is in the flask. It also helps if refilling – you can see exactly how much you're putting in.

We've also improved the trigger mechanism and the new spray heads are less brittle and therefore less likely to break.

With our two Toilet Cleaners (CRG975 and CRG914) we've reduced the pack size from 1ltr to a 750ml angle neck bottle. The bottles are now lighter and easier to use, allowing better access and maneuverability for application purposes.

Product improvements:

There have been a number of improvements made to formulations which has resulted in some products giving a much more effective clean. The new formulations have meant that on some products we've able to remove some of the hazard symbols and on others, we've added colour, making them safer to use.

The addition of colour to the liquid helps develop visual recognition of the product and demonstrates they contain a cleaning agent, rather than just water.

If you've not already seen them, here's where we've made colour changes:

- **CRG701 Spray & Wipe Anti-Bacterial Cleaner**
WAS: Colourless NOW: Pink
- **CRG713 Kitchen Cleaner Sanitiser**
WAS: Colourless NOW: Pink
- **CRG855 Descaler**
WAS: Pink NOW: Colourless
- **CRG1540 Fragranced Cleaner Disinfectant**
WAS: Colourless NOW: Blue
- **CRG716 Bathroom Cleaner**
WAS: Colourless NOW: Purple

Country Range Professional combines quality and ease of use with cost efficiency, all delivered with the highest level of customer service. Our specifications are developed to the highest quality and are simple to use.

We have clear labelling and support information providing handling, storage, dilution methods and any hazards associated with the products in use. Safety Data Sheets for all Country Range Professional chemicals can be downloaded from our website.

{ We believe that *amazing things* can happen over a cup of coffee. }



Wherever you are, we are your trusted partner and we offer the right solution for all your coffee needs.

Restaurant / Corridor

Floor standing vending offers a paid or free-vend option of coffee delivery out of hours. Branded vending machines offer consumer quality coffee and a range of drink options at the touch of a button.



Staff / Meeting / Seminar Room

The Kenco Roast and Ground range enables you to serve a high quality cup of coffee. A perfect solution for busy, fast paced meeting rooms. Kenco & Kenco Millicano catering tins are ideal to serve in staff rooms.



Coffee Shop / Student Shop

When speed of delivery & cost are what count, we offer a great range of vending & coffee to go solutions.



A coffee for *every cup*

JDE | PROFESSIONAL



Shining a light on *Student Chefs*

The Country Range brand has gained lead sponsorship of the key industry competition The Student Chef Challenge run in conjunction with the Craft Guild of Chefs.

The competition, now in its 22nd year, targets teams of three full-time student chefs studying hospitality or catering college courses and requires the preparation, cooking and presentation of a three-course, two-cover menu.

For the 2015/16 challenge competing teams have been asked to go 'Freestyle' by presenting a menu that embraces the modern trend for clean, well-portioned and precisely executed cooking. Menus must be produced using a maximum of £8 worth of ingredients per cover and should be balanced with the three courses working well together. The winning team will receive a five-day work experience week assisting the Craft Guild of Chefs culinary team at the Culinary Olympics in Germany.

"We are delighted to support this well-respected competition. It is important that students are given the opportunity to showcase their skills within the industry. The Student Chef competition not only does this but, throughout the course of the competition, provides further support and development of their talent. We are excited to be working with the colleges, students and the Craft Guild of Chefs to build an even greater event." *Coral Rose, Managing Director of The Country Range Group*

We wish all of the competing colleges and teams good luck in the final! You can find out how the teams performed at www.countryrange-studentchef.co.uk

Just as Stir it up was going to press the colleges and lecturers responsible for the student teams going through to the final of the Country Range Student Chef Challenge had been announced. They are:

- **The City of Liverpool College**
- Ian A Jaundoo, executive chef
- **South Eastern Regional College (Lisburn Campus)**
- Ruth Doherty, course tutor
- **City of Glasgow College**
- Gary Maclean, senior lecturer
- **Hereford and Ludlow College**
- Stuart Leggett, chef lecturer
- **South Eastern Regional College**
- Michael Gillies, lecturer in hospitality and catering
- **Westminster Kingsway College**
- Norman Fu, chef lecturer
- **University of West London**
- Martin Taylor, lecturer
- **Wirral Metropolitan College**
- Mr Castree, chef lecturer
- **Loughborough College**
- Darren Creed, chef lecturer

The live final takes place on March 3 at Hotelympia 2016. We will be launching the 2016/17 competition online and in a future issue of Stir it up.





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↑
simply mix in

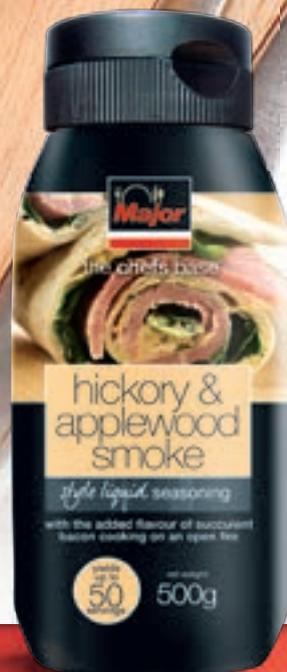


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Country Range Student Chef Challenge

What an exciting challenge – a great thank you to all the participating colleges from around the UK, and of course a very well done to the very worthy winners. It just shows what an abundance of talent we have coming through. Let's all ensure that the 2017 competition is even better and stronger, and of course the competition that every college wants to take part in!

It's great for the Craft Guild to be able to meet up with many Country Range members at Hotelympia and to be able to talk food and drink; I guess it's the one thing that we all want, as chefs to be delivered great ingredients and as suppliers to be delivering those very items.

We have our Craft Guild AGM coming up on April 3, so any members out there who want to come to the AGM and lunch afterwards please visit our website as below, and book via the Craft Guild office. The lunch is also open to our valued business partners, and indeed any company who wants to know more about us is also welcome to attend the lunch.



As a Spring offer we are pleased to offer readers of Stir it up magazine a discount of 30% when they join the

Craft Guild of Chefs until June 1! Just quote the code: **Stiritup2016** and the discount will be applied to your membership, and it's not just chefs, anyone who is involved with food and drink can join as an associate member.

Take time to have a look at some great ways to use doughballs and then grab some ingredients and try them for yourself, happy cooking.

Andrew Green

The Craft Guild of Chefs is the largest UK chefs association with members worldwide in foodservice and hospitality, from students and trainees to top management working everywhere from Michelin starred restaurants to educational establishments.

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



Five ways to use... Frozen Doughballs

Baked doughballs, slathered in melted garlic butter, make for a delicious appetizer or snack but did you know this simple staple can also be transformed into a wide range of different dishes?

We sent a batch of Country Range Frozen Doughballs to National Young Chef of the Year runner-up Ruth Hansom, who got creative in her kitchen with some yummy results...

1. Beef & Stilton doughnut with cumin and pear jam

– Use braised beef such as cheeks bound in its cooking juices to form a ball around a cube of Stilton and freeze. Cover with the dough and make into a ball. Deep fry and serve with a pear and cumin jam.

2. Orange, chocolate & cinnamon roll

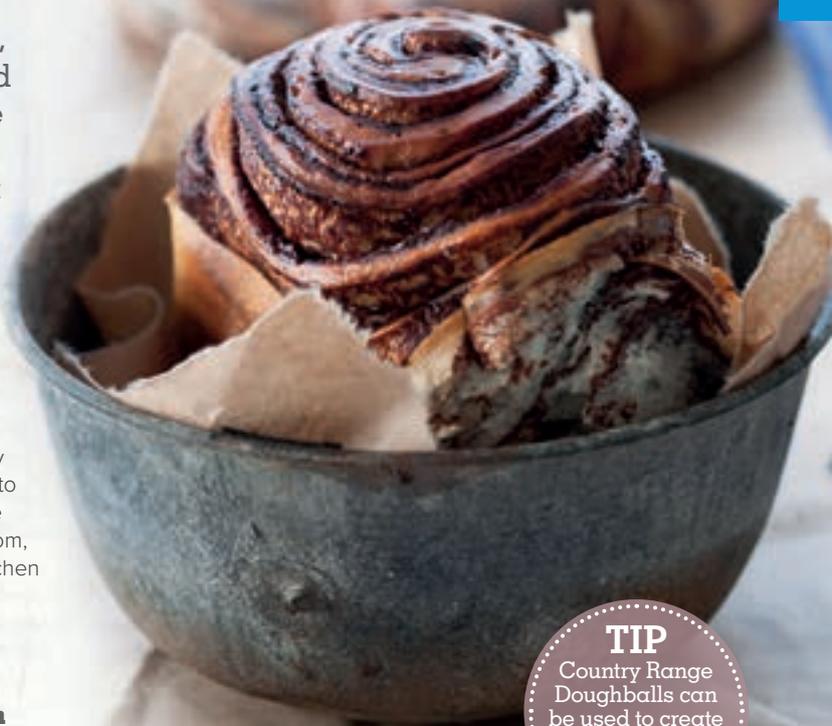
– Roll out a defrosted doughball, spread with melted chocolate and then sprinkle with cinnamon sugar, chocolate chips and orange zest. Roll tightly and cut cross sections. Bake at 180°C until golden.

3. Breakfast foccacia – Defrost dough and mix in diced sausage, crispy bacon, dried tomatoes and mushrooms. Place in a deep tray and make indents with fingertips. Drizzle over bacon fat and cook at 180°C. When nearly cooked crack quail eggs into the indents and return to oven.

4. Lemon & Earl Grey bread and butter pudding

– Bake bread, slice and butter and line a deep bread tin. Cover with sultanas and an anglaise infused with earl grey. Cook in a Bain Marie until set.

5. Pizza! – Really quick to do. You can use whatever topping you like or have in the fridge! A personal favourite is tomato sauce, Gruyère, chorizo and roasted veg.



TIP

Country Range Doughballs can be used to create a range of sweet & savoury dishes

About Ruth Hansom

>> Ruth competed in the Future Chef national final in both 2011 and 2012. After finishing her GCSEs she moved to London to study at Westminster Kingsway College and, during her first year, she worked with former National Chef of the Year Freddie Forster at Boundary Restaurant.

Whilst there she won the Masterchefs of Great Britain Young Chef of the Year in 2013 and 2014 and was runner-up in Young National Chef of the Year. She now works at The Ritz where she is in the final year of her Royal Academy of Culinary Arts diploma. She has also recently won the Craft Guild of Chefs Graduate Awards and was a finalist in World Skills UK.



Ruth Hansom



Degrees of excellence



Ban the bland and take higher education catering to another level

There are currently around 1.7million students in 154 learning institutions in the UK and it is estimated that students spent £5.4billion on food in 2013/14, with around a fifth of this being out-of-home consumption.

A recent poll by TUCO (The University Caterers Association) revealed, reassuringly, that seven out of 10 buy food and drink from university outlets with lunch, rather obviously being the most popular day part.

However, caterers working in colleges and universities face tough competition from the High Street in their bid to keep students dining on-site and it is vitally important to keep in touch with what students want from their food offering.

Despite the improving financial circumstances for some students, it is clear that the majority still operate on fairly tight budgets. Value for money and a need for economy are key themes in what students look for when deciding what food to buy out of home and where to buy it.



ACCORDING TO THE YOUNG GOV SURVEY "UNIVERSITY CATERING 2015"

- 33%** eat in the college canteen/refectory
- 37%** buy snacks from campus outlets
- 12%** at branded outlets on campus
- 12%** don't eat
- 52%** take their own packed lunch
- 27%** buy snacks from college vending machines
- 17%** eat at food outlets run by the Students Union
- 15%** go off campus to buy food

REASONS FOR FOOD CHOICE:

- Value for money **61%**
- Healthy options **34%**
- Tempting food **29%**
- Quick service **34%**
- Grab & go **30%**
- Cheap **53%**
- Nearby **41%**

Freedom to choose

A significant proportion of students say they enjoy being able to choose what to eat and that they eat very differently than when in their parent's home. However, for many, this is a slippery slope towards unhealthy eating and results in weight gain. Nevertheless, there is a strong level of interest in healthy eating among students, especially females. It is also true that many students develop an interest in healthy eating as they progress through university.

"Catering in higher education is changing," says Jill Whittaker, MD of HIT Training, the leading specialist training and apprenticeship provider for the UK's hospitality industry. "Whilst budget still very much plays a factor in how students choose their food options, their attitude has changed; the emphasis is becoming less about the typical 'cheap and cheerful meal', and more about nutritious content and authenticity.

"Students' changing tastes extend further than just meals; they have also become more sophisticated when it comes to 'on-the-go' beverage options. A great cup of tea or coffee is simply expected from any establishment including university campuses, particularly as most students will have grown up within the current 'café culture' and expect high standards."

Out-of-home breakfast is often on the move

According to YouGov, 72% of students eat breakfast where they live, but 22% do buy it out-of-home at least sometimes and 10% buy it on their way to college/university.

When breakfast is eaten at home, cereal or toast is most likely to be on the menu but out-of-home eating is based on a wider variety of items with grab and go items being particularly popular.





Lunch is the meal most often bought out-of-home

Despite the popularity of packed lunches (52%), lunch is the meal occasion with the highest proportion of out-of-home purchases in colleges and universities, and the college canteen/refectory is the overall most popular venue (33%).

However, there are still a significant proportion of students who buy food on the way/pop out to buy something. Sandwiches and fresh fruit are the most likely lunchtime fare, but confectionery/biscuits/snacks, pasta and salad are also very popular options.

The average weekly spend on lunch out of home is £7.31, with first year undergraduates spending £7.42.

Street food influences

With the increase in unique food offerings and the rising popularity of street food and pop-ups, there is a great opportunity for university caterers to add a wide variety of highly lucrative street food style dishes to their menus.

Jessica Lalor, brand manager for Kerrymaid, says: "Ethnic influences will begin making an appearance on menus, as well as smoked flavours such as rich BBQ, which will remain on trend. Hot and spicy seasonings will come into their own with sriracha (chilli peppers, garlic, sugar and salt) and harrissa (roasted red peppers, fresh coriander, caraway seeds and garlic) pastes meeting demand for spicy seasoned burgers."

Exotic flavour combinations such as Banh Mi – a juicy and exotic Vietnamese-inspired bread using ginger, coriander, lime, pepper and umami – and Kimchi – a Korean dish which includes soy sauce, ginger, garlic and sesame – are also expected to be popular on the high street menus.

"University caterers can replicate these flavour trends in order to meet the demands of students and create unique and distinctive menus for students," adds Jessica. >>



KERRYMAID SLICES FOR UNBELIEVABLE MELT & AMAZING TASTE



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"You've got to take the concept and bring them in-house and provide the flavours that students are looking for..."



Be saucy

Once you've identified the key trends on the High Street, the next step is to find professional food solutions that meet the student budget. Clever usage of ready-to-use sauces is a simple and affordable way to achieve this, says John Glover, sales director of Rich Sauces.

"You've got to take the concept and bring them in-house and provide the flavours that students are looking for," he explains. "For example, tuna mayonnaise is one of the top five sandwich choices but it sounds dull and you can buy it anywhere. By premiumising it you can entice people to try something different so why not try serving it on granary bread, which is healthier, use taco mayonnaise for a bit of heat, replace the sweetcorn with diced pepper, add some rocket and you've got a 'Mexican Tuna Deli Sandwich'. Similarly, if you're serving pasta and meatballs, why not offer a 'Fire-roasted Meatball Sub' too using the same ingredients?"

"It's all about understanding the competition. Subway's number one selling sauce is Southwest sauce, which is essentially chipotle mayo, whilst there is an entire generation of students who have grown up with Nando's piri piri sauce so you need to be looking to those flavour profiles and adapting them to suit your market and budget."

BEEF BRISKET is a cheap cut of meat and bang on trend. Slow cook it for six to eight hours and coat in a quality ready-to-use sauce for a delicious Asian fusion dish. Pull it and serve on an onion brioche with Applewood cheese slaw for a delicious, on budget, Asian fusion inspired sandwich.

CUSTOMISE YOUR COLESLAW by mixing in different ready-to-use sauces to add interest and flavour to your salads and sandwiches. Try sweet chilli and cranberry mayo, chipotle mayo and BBQ cheese coleslaw.

Customised burgers

Burgers are a great way for campus chefs to keep their food offering current and Kerrymaid has identified the most up-and-coming burger flavour trends for universities to keep their menus fresh and exciting, reflecting the same menu offering as the high street.

To create new flavour combinations, cheese can be complemented with other toppings such as chorizo, citrus and Mediterranean spices which will be in high demand as students look for even more flexibility around burger customisation.

Like burgers, pulled pork remains a firm street food favourite and Country Range Pulled Pork in Barbecue Sauce is available in an easy-to-use pouch, which can be dropped into boiling water and reheated for easy usage.

Cash in

Cashless payment technologies offer a variety of benefits which can help caterers to meet students' changing tastes and increase their spend.

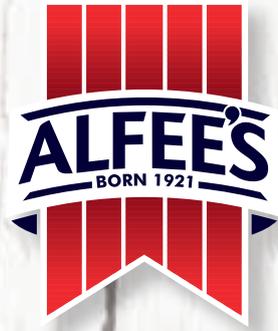
Chris Lyons, MD of Systopia International, explains: "A cashless payment system can be integrated with existing student ID cards, such as NUS cards or security passes, providing a one-stop token covering security access and payment for food, beverages and other items within the education environment.

"Secondly, cashless payment systems are proven to deliver a more efficient service by eliminating the time it takes to exchange money and count out change."

With the introduction of cashless payment cards, caterers can also implement loyalty schemes or run promotions to further encourage sales and drive footfall by offering students points on their cashless cards or money off selected items.

In addition, caterers have instant access to extensive analytical tools which provide in-depth real-time analysis of sales data, trends and total control of article prices, all on a single, central database.

"Using this information, the catering team can identify what the most popular meals are and find out which dishes are selling well amongst students. With this data, caterers can then plan their menus accordingly and order stock to accommodate for students' changing tastes," adds Chris.



NEW TOP TRENDING FLAVOURS 2016



For recipe ideas visit:

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Shake up your profits with delicious **Crusha** milkshake!



Crusha Eton Mess Recipe

Ingredients:

50ml Strawberry Crusha
300ml Milk
50ml Cream
Whipped Cream
Crushed Meringue
Strawberry Sauce

Method:

1. Whizz together strawberry Crusha, milk and cream
2. Top with whipped cream, crushed meringue and strawberry sauce

Using 50ml Crusha = 11p

Other Ingredients = 54p

Total Cost = 65p

RSP Minus VAT = £2.49

Cash Profit = £1.84

- ✓ **UK's NUMBER 1** milkshake*
- ✓ **NO ARTIFICIAL** colours or flavours



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Nursery food quality may be hit by new 30 hours entitlement

THE QUALITY OF FOOD THAT CHILDREN EAT IN THEIR EARLY YEARS SETTINGS COULD SUFFER AS AN UNINTENDED CONSEQUENCE OF INTRODUCING THE 30-HOUR CHILDCARE ENTITLEMENT, ACCORDING TO A NEW SURVEY.

The joint poll carried out by Nursery World and the Children's Food Trust reveals concerns that some children signed up to the free hours for three- and four-year-olds will be eating packed lunches as nurseries and childminders struggle to provide enough hot and nutritious food with the funding provided.

The online survey, which was carried out in October and November last year, reveals 43% of providers believe the 30-hour offer will negatively impact their setting's food provision.

77% said they believed that the funding should include the cost of food for the most deprived families using it

Of these, more than half said they would not have enough funding to provide food for children taking up the 30 hours, and around a third said they would ask parents using the entitlement to provide packed lunches if their children would be attending the setting over lunchtime.

Many respondents were also unclear as to whether the funding for the 30 hours would cover the cost of providing meals for the children.

The majority, 64%, were of the opinion that it should cover food costs for all children using the entitlement; and an even higher number, 77%, said they believed that the funding should include the cost of food for the most deprived families using it – that is, children who would be eligible for free school meals.

On food quality, the cost of ingredients and limited preparation time were cited most frequently as challenges to providing healthy food for children in daycare. Commenting on the findings, Children's Food Trust head of nutrition Dr Patricia Mucavele said: "One of the things we really want to explore further now is the indication that more parents will be asked to send in packed lunches for children

taking up the 30 hours entitlement, as childcare providers struggle to fund food for everyone taking up the offer.

"That means more children only having cold food during their day in childcare – which is typically less varied and nutritious than a hot meal. Our 2013 survey suggested packed lunches in early years are less healthy compared with food provided by settings, with four out of 10 children being sent in with crisps and a quarter with confectionery.

"The call from early years providers to make sure funding for free childcare reflects the cost of good food for all children who would otherwise qualify for free school meals also came through strongly.

"The 30 hours policy is a wonderful opportunity to help many more children get off to a good start with food and to help deliver the government's forthcoming childhood obesity strategy. We want to make sure it's used to its full potential." The Trust is calling on the government to reflect the cost of food in its funding for free early education and childcare for children aged 2-4 years, and within the proposed extension to 30 hours for 3- and 4-year-old children.

More than half of nurseries said they would not have enough funding to provide food for children taking up the 30 hours, and around a third said they would ask parents using the entitlement to provide packed lunches



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IT HAS TO BE



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New figures show return of *the boozy lunch*

The boozy lunch is making a comeback, with new figures showing beer, cider and wine gaining share of consumption at lunchtime while soft drink share declines.

The figures, from M&C Allegra Foodservice's EatingOut Panel, show lunchtime bucking the trend of an overall decline in alcohol consumption.

Beer and cider now accounts for 8.1% of total drinks consumed across all channels at lunch, whilst wine represented 5.1% of drinks sold, compared to 4.1% a year ago. In total, alcohol increased its total share of lunchtime drinks to 14% (+2%), while soft drinks (including tap water) fell 3% to 51.4%. Hot drinks maintained its position at 34.6% of the total with coffee remaining the most ordered drink overall.

Gareth Nash, head of consumer insight at M&C Allegra Foodservice, said: "Alcohol consumption has been falling for quite some time now so the figures will be welcome news for the on-trade. There are opportunities for alcohol to benefit from the growing eating out market and we are seeing that coming through most clearly at lunchtime.

"What's interesting is that the growth isn't just in wine but beer and cider. It seems that the recent resurgence in cider and the growing interest in craft beer have given that segment a lift. You are seeing operators making a much conscious effort recently to match food with beers and ciders, as well as wine, and clearly that is paying off."

Booming UK coffee shop market hails "nation of coffee connoisseurs"

The UK coffee shop market grew by 10% in 2015 with total turnover reaching £7.9billion.

According to the latest report from Allegra World Coffee Portal: Project Café 2016 UK, the branded coffee chain segment recorded £3.3billion turnover across 6,495 outlets, following impressive outlet growth of 12%, adding 714 stores during 2015 and delivering sales growth of 15%.

The report also shows that the UK is becoming a nation of coffee connoisseurs. Compared with last year, daily visits to coffee shops have increased and 16% of coffee shop visitors frequented a coffee shop at least once a day in 2015 compared with 14% in 2014.

With coffee widely available out of home, coffee shop visitors drink an estimated 2.2 billion cups of coffee per year in coffee shops. Coffee shops are playing an increasingly important role in the UK, enhancing the social vibrancy of a community as well as being a large contributor to employment and the economy.

Allegra predicts the total UK coffee shop market will comfortably exceed 30,000 outlets and £15billion turnover by 2025, driven by branded coffee chain expansion and non-specialist operator growth.

Jeffrey Young, MD of the Allegra Group, commented:

"The strong market growth of the past 12 months has exceeded our own estimates. This provides further evidence of the growing importance of coffee shops to the British economy and more importantly their impact on the daily lives of everyday consumers. With a market now valued at £7.9billion, no-one can ignore the fact that coffee is big business."

Jeffrey Young



...the recent resurgence in cider and the growing interest in craft beer have given that segment a lift

alcohol increased its total share of lunchtime drinks to 14% (+2%)

M&C Allegra
FOODSERVICE
Eating and drinking out market insight

HOSPITALITY

Under starters orders

By Mark Wingett, Editor
M&C Allegra Foodservice

>> Consumer expectancy levels have never been higher, that's a given; but operators will also have to come to terms with increased red tape,

including a renewed focus on health and the new battlefield in the war for talent that the National Living Wage will provide; a regional property market that is getting hotter; the further blurring of traditional trading lines; how best to use technology and delivery; and for some when to time their exit.

In terms of delivery, for the majority of the sector it will be a case of how you use it, not if, to complement existing business. The growth of the likes of Deliveroo has continued apace, Bella Italia has become the latest brand to trial its service, and more firms of its like are expected to enter the UK market with Uber casting an increasing shadow on where this industry could eventually end up.

New concepts will continue to enter the market, some with already established operators behind them and others from those looking to turn from poacher to gamekeeper. Ch&Co's acquisition of Apostrophe two years ago was meant to herald the start of contract caterers looking to establish their own presence on the high street. 2016 could see this eventually happen, but with a twist, as wholesalers decide to side step supermarkets and look to reach consumers direct. The launch recently of Inferno Pizza from Bakkavor is a point in case. Closer to home, the recent launch of the more food-led Costa Fresco from Whitbread, will provide a further challenger in the breakfast and lunchtime market. It will be interesting to see if anyone follows the lead of the Azzurri Group, which acquired Coco Di Mama last year, and purchases or develops their own food to go/fast casual concept.



The Tastes of Tomorrow

Emerging Trends and Flavours

Identified by a global team of McCormick chefs, food technologists and flavour experts, these trends offer a taste of 2016 and beyond:



US flavour experts McCormick have published their annual report predicting the "Tastes of Tomorrow".

The much-anticipated 2016 Flavour Forecast reveals the tantalising trends that will shape culinary exploration and innovation – in home kitchens, at restaurants and on retail shelves – across the globe for years to come.

Among the emerging trends is a spotlight on under-explored South East Asian fare – Malaysian and Filipino – and the evolution of our insatiable appetite for spicy.

Also featured are pulses which serve as a protein-packed canvas for delicious flavours – fitting as the United Nations celebrates 2016 as the International Year of Pulses.

"Since its inception in 2000, Flavour Forecast has been tracking the growing interest in heat and identifying upcoming spicy flavours including chipotle, peri-peri and harissa," says McCormick executive chef Kevan Vetter. "Our latest report shows the next wave of this trend is complemented by tang. Look for Southeast Asian sambal sauce powered by chillies, rice vinegar and garlic to take kitchens by storm."

1 Heat & Tang

Spicy finds a welcome contrast with tangy accents to elevate the eating experience.

- **Peruvian chillies** like rocoto, ají amarillo and ají panca paired with lime
- **Sambal sauce** made with chillies, rice vinegar and garlic

2 Tropical Asian

The vibrant cuisine and distinctive flavours of Malaysia and the Philippines draw attention from adventurous palates seeking bold new tastes.

- **Pinyon BBQ** is a popular Filipino street food, is flavoured with soy sauce, lemon, garlic, sugar, pepper and banana ketchup
- **Rendang Curry** is a Malaysian spice paste, delivers mild heat made from chillies, lemongrass, garlic, ginger, tamarind, coriander and turmeric



Blends with Benefits

Flavourful herbs and spices add everyday versatility to good-for-you ingredients.

- **Matcha's** slightly bitter notes are balanced by ginger and citrus
- **Chia seed** becomes zesty when paired with citrus, chilli and garlic
- **Turmeric** blended with cocoa, cinnamon and nutmeg offers sweet possibilities
- **Flaxseed** enhances savoury dishes when combined with Mediterranean herbs

3

4 Alternative "Pulse" Proteins

Packed with protein and nutrients, pulses are elevated when paired with delicious ingredients.

- **Pigeon peas**, called Toor Dal when split, are traditionally paired with cumin and coconut
- **Cranberry beans**, also called Borlotti, are perfectly enhanced with sage and Albariño wine
- **Black beluga lentils** are uniquely accented with peach and mustard

5 Ancestral Flavours

Modern dishes reconnect with native ingredients to celebrate food that tastes real, pure and satisfying.

- **Ancient herbs** like thyme, peppermint, parsley, lavender and rosemary are rediscovered
- **Amaranth** is an ancient grain of the Aztecs, brings a nutty, earthy flavour
- **Mezcal** is a smoky Mexican liquor made from the agave plant

6 Culinary-Infused Sips

Three classic culinary techniques provide new tastes and inspiration in the creation of the latest libations.

- **Pickling** combines tart with spice for zesty results
- **Roasting** adds richness with a distinctive browned flavour
- **Brûléed** ingredients provide depth with a caramelized sugar note

CHIA SEED WITH CITRUS, CHILLI AND GARLIC BLEND

INGREDIENTS

- 1 tbs chia seeds
- 1 lime, zested
- 2 tsp mild chilli powder
- 1 tsp garlic granules
- ½ tsp smoked paprika

METHOD

1. Mix all the ingredients together until blended
2. Store in a tightly covered jar in the fridge

YOU CAN STORE ME!





NIÇOISE SALAD WITH CHIA, CITRUS AND CHILLI CRUSTED TUNA

Serves 6

This new take on the classic Niçoise salad features poached egg and lightly seared ahi tuna crusted with a zesty blend of chia seeds, lime, chilli and garlic. Combine with new potatoes, green beans and olives then dressed with a Dijon chia blend vinaigrette to make a hearty salad that's a complete meal.

FOR THE VINAIGRETTE:

75ml (3fl oz) extra virgin olive oil
50ml (2fl oz) white wine vinegar
2 tsp Dijon mustard
½ tsp sea salt
1 tbsps Chia Seed with Citrus, Chilli and Garlic Blend (see recipe)

FOR THE TUNA:

6 tuna steaks
½ tsp sea salt
¼ tsp black pepper coarse ground
4 tsp Chia Seed with Citrus, Chilli and Garlic Blend (see recipe)
2 tbs vegetable oil

FOR THE SALAD:

350g (12oz) baby new potatoes, coloured if possible
250g (9oz) green beans (haricot verts), trimmed
1 tbs white wine vinegar
6 large eggs
100g (4oz) baby plum tomatoes, halved
½ cucumber, thinly sliced
50g (2oz) pitted niçoise olives, halved
Chia Seed with Citrus, Chilli and Garlic Blend, for garnish

METHOD:

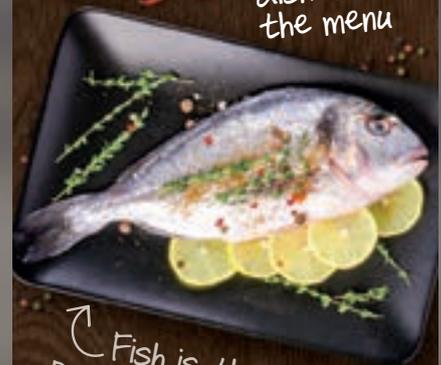
- For the vinaigrette, place oil, vinegar, mustard and sea salt in blender container; cover. Blend on high speed until smooth. Pour into small bowl. Stir in Chia Blend. Cover and refrigerate until needed.
- For the tuna, season the tuna steaks with sea salt and black pepper. Then coat with the Chia Blend, pressing firmly so mixture adheres to the tuna. Heat the oil in large frying pan on a medium-high heat. Add tuna, sear for 2-3 minutes on both sides. Transfer tuna to a plate and set aside to cool slightly. Cover and refrigerate until ready to serve.
- For the salad, cook the potatoes in a large saucepan of simmering salted water to cover for 15 to 20 minutes, or until tender. Drain and leave to cook. Meanwhile, cook the green beans in a large saucepan of simmering salted water to cover for three to five minutes, or until al dente. Drain and rinse with cold water then drain well. Cut the potatoes in half or quarter, depending on size. Place in a large bowl with green beans. Add half of the vinaigrette and toss to coat. Season with sea salt to taste and set aside.
- For the poached eggs, fill a large saucepan with 2 inches of water. Add 1 tbsps of vinegar and bring to the boil. Reduce the heat to medium. Break one egg into a small dish then carefully slide the egg into the simmering water (bubbles should begin to break the surface of the water). Repeat with the remaining eggs. Poach each egg for 3 to 5 minutes, or until whites are completely set and yolks begin to thicken. Carefully remove the eggs with a slotted spoon and drain onto kitchen paper.
- To serve, divide the potato mixture, tomatoes, cucumbers and olives among six plates. Top each with a tuna steak and a poached egg. Drizzle the remaining vinaigrette over the tuna. Sprinkle the egg with additional Chia Blend.

PREMIER
FOODS

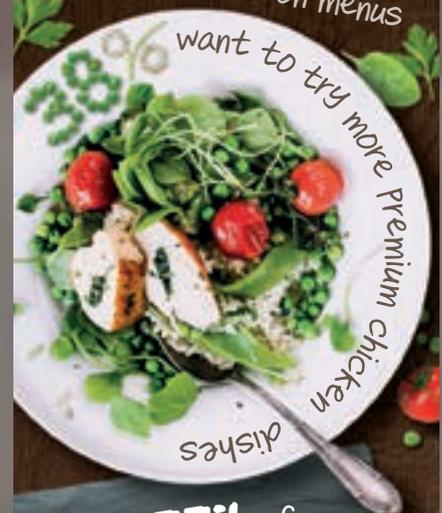
NEW YEAR NEW MENU!

At Premier Foods we understand the importance of insight, so we commissioned research to help us find out what consumers are looking for on 2016 menus.

45% would like to see more Mediterranean dishes on the menu



Fish is the most popular trend consumers would like to see on menus



want to try more Premium Chicken dishes

With 77% of caterers agreeing that trendy menus help attract new customers, we've launched a new guide full of recipes and insights to help transform your offerings

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“Everyone deserves a delicious gravy”



KNORR gravy granules make a great gravy that is gluten free.”

Joanne Simpson – North Yorkshire County Caterers

KNORR Gravy Granules for Meat
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in March**



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On the Range

ROAST SADDLE OF RABBIT STUFFED WITH BLACK PUDDING



Fergus Murphy

Will the 'Easter bunny' be appearing on your menus this month? If you haven't considered offering rabbit before, this delicious recipe from Country Range customer Fergus Murphy might change your mind.

Rabbit meat is low in fat and high in protein, and also offers a good source of iron and vitamin B12, so it's a great option for your more health-conscious customers.

Fergus is the chef-owner of the award-winning Murph's Bistro at The Derragarra Inn in County Cavan, Ireland, and is a firm believer in offering "simplicity on a plate".

"Fewer flavours tend to give more impact," he explains. "The black pudding complements the rabbit really well, in fact, the whole dish is the perfect package for rabbit – it's very tasty and pleasing on the eye.

"Boning the rabbit is quite intense because it's important to keep the meat intact but, after that, the cooking is simple.

"Country Range White Cooking Wine is perfect for this dish. It has a lovely strong flavour and a good body, which makes it great for cooking with."



You can also access this Country Range recipe by using your smart phone. Simply scan the QR code below or enter the web address in to your internet

browser window. Additional recipes can be found at: www.countryrange.co.uk/recipes.

www.countryrange.co.uk/recipes/?ID=324

INGREDIENTS

Serves 4 people

Rabbit

4 boned rabbit saddles
8oz black pudding
6 slices Serrano ham
150ml Country Range Chicken Bouillon
50ml sauce vin blanc
A pinch of Country Range Dried Tarragon

Creamed cabbage

1 medium head of Savoy cabbage, chiffonade and cooked
50g bacon lardons
100ml Country Range White Cooking Wine
25g chicken glaze
50ml double cream

Champ potatoes

6 large Roosters, cooked and puréed
1 bunch scallions, sliced
100ml sauce vin blanc



METHOD

For the Rabbit:

1. Place black pudding between the two rabbit fillets, roll saddle and cut away excess flap.
2. Rub butter on a sheet of tin foil, lay Serrano ham on top, place saddle at bottom of ham and roll, ensuring saddle is enclosed securely in the tin foil.
3. Deep fry in oil at 160°C for 4 minutes, remove from oil and place in oven at 180°C for approximately 8-10 minutes.
4. Remove from the tin foil place back in oven to brown slightly for 2-3 minutes, remove and rest.
5. While resting, heat the chicken bouillon, add the sauce vin blanc and finish with tarragon.
6. Slice rabbit and arrange on top of champ and creamed cabbage, finish with the café au lait sauce.

For the creamed cabbage:

1. Brown the bacon lardons and add cooked cabbage.
2. Add white cooking wine and reduce by half.
3. Add chicken glaze and finish with cream, reduce and correct seasoning.

For the Champ potatoes:

1. Boil sauce vin blanc, add scallions and bring back to the boil.
2. Add warm pomme purée, mix well until you are happy with a tight consistency, correct seasoning.



Spun sugar is something that can be added to a dessert which can instantly enhance a dish

Seaweed is a low cost ingredient that can enhance flavour, texture and aesthetics and help elevate a dish to the next level



The cost-effective 'wow factor'

MINIMAL COST IDEAS THAT ADD VALUE TO YOUR DISHES – SO YOU CAN MAXIMISE YOUR PROFIT

>> Here, six professional chefs and food experts share their tips and ideas on how they have enhanced and added value to a dish – from seaweed to spun sugar – without breaking the bank!



PHIL FANNING
head chef & owner of Michelin-starred Paris House, Woburn, Bedfordshire

Seaweed comes in all shapes, colours, textures and sizes. There are a range of flavours, some with strong mineral characteristics and others with much more subtle vegetable or salad flavours. With such a variety out there I find myself using seaweed in all sorts of situations, Wakame, sea beans and sea lettuce pair very well with cooked fish, Tosaka and Sea grapes with raw fish and Kombu and red dulse works very well with cooked meats, to name but a few.

Often seaweed can be bought in a dried form allowing you to rehydrate and use the

amount you require as needed which keeps wastage to a minimum. More often than not seaweeds are visually interesting allowing you to add colour and textural appeal to a dish whilst adding an interesting flavour at the same time.

This low cost ingredient can enhance flavour, texture and aesthetics and help elevate a dish to the next level.



COLIN GIBBONS
event chef, The Three Crowns, Wisborough Green, West Sussex

Being in a rural village and on the iconic A272 we get lots of passing trade, but a large part of the pub's success

is the very social local community, which is an eclectic mix. Our objectives are to serve up great, tasty food, to keep regulars coming back and to make a decent profit margin.

Our aim is to get the prices and quality balanced, to keep the locals keen. We don't want to get complacent, and this is the secret to our success. Adding seasoned chips, using Schwartz Chip Seasoning, to our menus keeps things fresh, offers customers an element of surprise and enhances our food with an exciting, extra dimension.

We've started offering chip seasoning as an upgrade for customers ordering chips; we also add it to mash and use it on roast potatoes which we leave out on the bar and get really good feedback.



Chefs don't need to disregard beef to keep prices down: they just need to look at a variety of added value options



PAUL PORTER
owner of **The Fox Inn, Great Barrington, Oxfordshire**

Whilst being a complex and skillful process, spun sugar is something that can be added to a dessert which can instantly enhance a dish. This technique really impresses customers and as well as looking great, it shows off the skills of the chef. The beauty of this is it is only a combination of sugar and water, so minimum cost for maximum effect.

Another simple but effective technique you can use is a smear of chocolate or coulis to decorate the plate. It's like painting a picture. If you can view it as art, others will too. This method is simple and creates the most wonderful designs, also helping to give the dish that wow factor.



BEN DAVY
executive chef, **Ox Club, Leeds**

We get excellent value from guinea fowl by using the whole bird for a variety of things. We brine the breast and use them for a grill dish, the legs are salted and cooked confit, the meat is then used on both the grill breast dish and on the brunch menu in a cassoulet. The cooked leg skin is dehydrated and fried to make crackling. The wings are cooked confit, deboned, floured and deep-fried as fun little boneless canapés. Finally the

carcass is used to make a great little stock which we use across several other dishes.



LORNA SIMPSON
senior foodservices consultant for **Eagle Solutions Services, school food management consultancy based in London**

There is no question that children eat with their eyes. Once a plate is placed in front of a child within seconds they have already passed judgment on how that food is going to taste.

You don't necessarily have to go overboard to make a great presentation just keep it simple and use produce that are in season to educate the children.

School catering managers should ensure that the vegetables, proteins and vegetarian options work well together in terms of colour, shape and texture to improve presentation. The contrast of the vegetables on a plate makes so much difference.

By focusing on these elements, other aspects of the dish, such as the accompanying seasonal vegetables or sauce, will help to make the food attractive.

Garnishes on a plate should have a purpose and be edible. Younger children will not enjoy a strong taste such as uncooked rosemary, which is not easily digested, instead use things like sprigs of parsley, cucumber, tomatoes, carrots or spring onions, sliced very thinly.



MAKING THE MOST OF MEAT

Other more traditional cuts such as the beef shin can also be used creatively to create interesting, more cost-effective dishes.



DICK VAN LEEUWEN
AHDB Beef & Lamb's master butcher

IF THE PRICE OF MORE POPULAR CUTS BECOMES PROHIBITIVE, CHEFS SHOULD TRY ALTERNATIVE, ADDED VALUE OPTIONS, RATHER THAN SHY AWAY FROM BEEF AND LAMB.

Chefs don't need to disregard beef to keep prices down; they just need to look at a variety of added value options. With hundreds of beef and lamb cuts available, there really is something for every establishment.

We have developed many cuts from the forequarter of the beef carcass and other under-utilised primals using seam butchery techniques. This maximises use of the carcass and enhances profit opportunities for the whole supply chain.

Our Excellence in Steak range includes traditional steaks such as the Rib-Eye which has been highly trimmed, as well as a number of quality, added value alternatives such as the Flat Iron and Denver from the forequarter and Bistro Rump, Centre Cut and Picanha from the hindquarter, giving chefs and their customers plenty to choose from.

Many of these cuts are already popular in the marketplace, with steaks such as the Flat Iron becoming a standout success. Using alternative steak cuts not only provides profit opportunities for caterers but adds real differentiation to menus too.

Other more traditional cuts such as the beef shin can also be used creatively to create interesting, more cost-effective dishes.

Care caterers to *embark on world record attempt*

>> Care caterers across the UK are being encouraged to take part in a world record attempt as part of Nutrition and Hydration Week.

The organisers of the week – the Hospital Caterers Association and the National Association of Care Catering – have set themselves the challenge of trying to create a new official world record for the most cream teas served in five or more countries for the same event on the same day and already have the support of colleagues across the globe.

The record attempt will take place on Wednesday 16th March and all you need to do is provide afternoon tea to as many people as possible – this must be a cream tea that provides a drink, preferably hot, a scone, jam and cream.

The current world record for an afternoon tea is 569 served in one place and only 667 across a multi-site.

You can find out more information on how to apply at www.nutritionandhydrationweek.co.uk/worldwide-afternoon-tea/

The event is one of five focus days taking place during the awareness week, which runs from March 14-20. Monday focuses on Big Breakfast, Tuesday – suppertime, Wednesday – Global Tea party, Thursday – Thirsty Thursday and Friday is either Fishy or Fruity or both.

The aim is to create a global movement that will reinforce and focus, energy, activity and engagement on nutrition and hydration as an important part of quality care, experience and safety improvement in health and social care settings.

Derek Johnson, Nutrition and Hydration Week lead, said: “We can’t thank everyone enough for engaging with Nutrition and Hydration Week. It is beginning to make a difference in how food and drink are viewed in health and care settings across the UK and beyond. It provides everyone with the opportunity to shout about the great work they deliver every day and is proving actions do speak louder than words.”

Here’s what happened during Nutrition & Hydration Week 2015:

- Hundreds of hospitals took part
- Thousands of care homes held events and activities
- 32 nations pledged their support
- 1,119 Twitter followers
- @NHWeek tweets reached 4,450,311
- Those with the #NHWeek reached 6,187,735
- The Thunderclap to start the week was seen on 218,000 social media accounts
- During the week the NH Week website was visited 9,278 times from people in 49 countries around the world.
- The @WeNurses NHWeek Twitter chat had 4,908,217 impressions in one hour

This year, the organisers will be putting together a series of blogs, including some from key national leaders, but they would also really like to hear from you.

The blogs will all start with ‘I love Nutrition and Hydration Week because.....’ and will be a maximum of 200 characters. Please send your blogs to caroline@nutritionandhydrationweek.co.uk or derek@nutritionandhydrationweek.co.uk and the best blogs will be posted throughout the week.

Various free downloads are available to help you promote Nutrition and Hydration Week at: www.nutritionandhydrationweek.co.uk/campaign-resources/

The record attempt will take place on Wednesday 16th March and all you need to do is provide afternoon tea to as many people as possible

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Individually wrapped Apple Pie 1 x 12



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Ask your wholesaler for more information about We Love Cake Individually Wrapped Tarts and place your order today!

* All products have a minimum 21 day defrosted shelf-life, except Raspberry & Almond Tart and Apple Pie, which have a 14 day defrosted shelf-life.

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The right tool for the right job

How to choose chef knives

By **Simon Marshall**, professional chef and sales manager at Flint & Flame

>> Everyone has heard the saying "the right tool for the right job". This saying is very true when it comes to the choice and use of knives.

The most obvious place to start is to make certain that you have the right knife for the right job.

While many people choose to just use what is to hand or an all-purpose chef knife, the truth is having the knife that is specifically designed for a specific job, especially if it's a job that you perform repeatedly, is a wise investment. Admittedly a chef's knife can do most jobs in the kitchen but, in an industry where presentation is key and time short, the right knife for the right job makes a difference.

When choosing a knife there are certain key points to consider. One of the most important aspects of a knife is what it is made of as that will affect how it will behave. If it's a particularly soft steel it will be easy to sharpen but will blunt quickly. If it's a very hard steel you'll get an amazing edge and edge retention however it will generally be brittle and difficult to sharpen. With this in mind I prefer to use a blade with a rockwell hardness of 56-60, that is why we use X50 CR MOV 15 steel in our Flint & Flame blades.

When buying chef's knives I believe there are five key points to really consider:

The handle: You need a handle with a comfortable grip and no pressure points that is designed to eliminate the risk of calluses forming after prolonged use – this is a real must for professional chefs.

A smooth bolster and spine: I recommend a knife with a smooth bolster and spine to enable you to "pinch" the knife correctly at the top of the blade (essential for fine chopping). It will also make the knife comfortable to hold and easy to control.

The steel: As previously mentioned be aware of the type of steel the blade is made of. This will be one of the most important considerations when choosing your knife.

A razor sharp edge: Look for a knife that stays sharp for longer and requires minimal maintenance, when working in a professional kitchen it is important to keep that razor sharp edge.

A sharp heel: being able to sharpen the entire blade all the way back to the heel means you can keep the heel nice and sharp, which is great for mincing garlic and herbs.

All of the above are imperative for a great knife, remove any of these features and you end up with a knife that is compromised – add them all into one knife and you have a knife that is a joy to use! To find out more about Flint & Flame visit www.flintandflame.co.uk

...in an industry where presentation is key and time short, the right knife for the right job makes a difference.



1 3.5 paring knife:

A very useful knife and a must for every kitchen, being a short blade it is perfectly designed for peeling your potatoes ginger etc., stringing your runner beans or rhubarb to coring your apples.

2 6" Santoku:

A phenomenal chopper, amazing for fine sliced ginger, spring onions and herbs, the bevelled blade ensures food will not stick and avoid hindering your next chop.

3 8" Chef knife:

A larger and heavier blade with a deeper heel to it. Chopping, slicing, dicing, scooping, you can go from chopping herbs to flet your broccoli onto getting a lovely slice or a roasted joint.

4 7" Asian Cleaver:

In my mind this knife is a hybrid, I'd imagine most people have seen nothing like it. It is a Santoku/Cleaver combined. It has a very deep blade making it very safe to use, it has a lovely sharp point for scoring your duck or pork, its big enough tackle a chicken bone but also fantastic as an everyday chopper, slicer and dicer.

5 7" fillet knife:

A fine and flexible blade making it fantastic for meat and fish, gutting and filleting any type fresh fish, perfect for turning your leg lamb steaks into noisettes also with the flexibility it gives you leverage to make super fine slices so smoked salmon is no longer a pain staking job.



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We're giving one lucky reader a £100 voucher for www.virginexperiencedays.co.uk to realise your dream day.

There are bags of different activities on offer at sites throughout the UK from driving supercars to spa days, cookery courses and vineyard tours to afternoon tea at The Shard. In fact, the sky literally is the limit – yes, there are flying lessons and skydiving on offer too!

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*Promotion runs 01/02/16 to 27/05/16, free prize draw each week from all valid posts including #ModernMilkMoment, shot of the packshot and @ mentioning their university or college. For full details and terms and conditions visit [facebook.com/ModernMilk](https://www.facebook.com/ModernMilk).
**Research conducted with a sample size of 1000 students.

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WIN
Flint &
Flame 8"
Santoku
knife

life at the sharp end

Choosing the best knives is a hugely important decision for professional chefs, as our Advice from the Experts feature this issue (page 29) explains.

Loved by professional and celebrity chefs alike, Flint & Flame knives are crafted from high quality German steel so that the sharpness will last even in the busiest kitchen, and feature a beautifully contoured ergonomically designed handle which incorporates unique Centre Point Balance (CPB) technology, which gives you excellent control and precision. The unique Zero Pressure Point (ZPP) design also eliminates the risk of calluses' forming after prolonged use, a real must for home and professional chefs.

We have a Flint & Flame 8" Santoku knife, RRP £130, up for grabs for one lucky Country Clubber.

To enter, send an email titled 'Flint & Flame', along with your name, contact details and the name of your Country Range Group wholesaler, to competitions@stirupmagazine.co.uk.

Closing date for all competitions: 31st March 2016. All winners will be notified by 30th April 2016. 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

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- Easy to open, pour and reseal



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The MARKETPLACE

Keeping you up-to-date on new products and services within the foodservice industry

Bisto goes gluten-free



>> A new star has joined the Premier Foods foodservice line-up, Bisto Gluten-Free.

This new addition delivers the same great taste but allows chefs to cater for those who require a gluten-free meal. As the FreeFrom market continues to grow, consumers are seeking out gluten-free options whether they have an intolerance or not and this new product enables chefs to serve the traditional dishes consumers know and love whilst adhering to allergen regulations.

Bisto Gluten-Free has no artificial colours or added preservatives, and is suitable for vegetarian and vegan dishes, whilst also meeting the 2017 salt content guidelines.

SMOOTH OPERATOR

>> Smootheelicious, the UK's triple award-winning brand of the frozen fruit and vegetable pre-portioned smoothie concept, has launched an extensive range of 100% natural smoothie sachets in a convenient 140g sachet.

Smootheelicious sources responsibly and their fruit and vegetables are frozen within three hours of the product being picked, meaning it is preserved at peak ripeness and loses very little nutritional goodness.

Each sachet can simply be cut open, put in a blender with some liquid

of your choice and blended. The sachets come with a two-year shelf life meaning no wastage.

With over 30 different healthy ingredients used across the range of 12 smoothies, your customers will be well on their way to reaching their '5 a day' quota.



Top Breakfast Partnership to Out-Of-Home

>> Oat cereal producers Mornflake is bringing its popular Top Porridge Pots

range to the out-of-home market in partnership with consumer favourite Nutella.

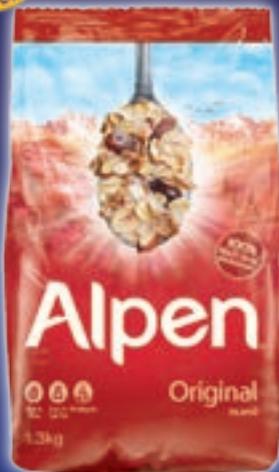


Available now, the new offering will enable caterers to target both the booming breakfast and food-on-the-go markets with a nutritious breakfast option that combines the brand appeal of the nation's favourite spread brand.

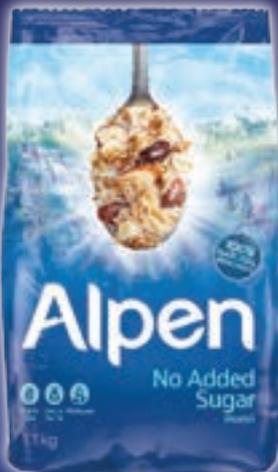
With 50% of UK adults eating-out for breakfast at least once a month and the food-on-the-go market now worth an estimated £20billion – boasting a market share of 24% – Mornflake's Top Porridge Pots are the easy way for operators to tap into two rapidly expanding markets.

Ideal for the café, travel and cost sectors, each Top Porridge Pot has no added sugar in the base and can be enjoyed plain or personalised with a delicious 15g portion of Nutella's hazelnut spread with cocoa, included in pack.

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ALPEN NAS 1.3kg & 1.1kg



ALPEN ORIGINAL SACHETS 50 x 50g



ALPEN NAS SACHETS 50 x 41g

*Source: Nielsen Scantrack data to 06.06.15 - Total Impulse

Leading Lights

PHIL VICKERY

>> TV chef Phil Vickery has worked on *This Morning* for over 15 years and met his wife – presenter Fern Britton – in the process.

He started his career as a commis chef at the Burlington Hotel in Folkestone and worked his way up the kitchen ranks, winning numerous awards, including a Michelin star, along the way. He has written 15 books and is the National Food Ambassador for Coeliac UK (www.coeliac.org.uk).

You are a leading authority on gluten-free cooking. How and why did you become involved in this area of the food industry?

It all came about because we could not get organic wheat flour at a reasonable price when I had a Christmas pudding company a few years ago. The response to the fact the puddings were gluten-free was staggering, I then contacted Coeliac UK for advice, the rest is history...



What advice can you offer professional chefs with regard to gluten-free cooking/baking?

Give it some thought – but don't over-think it! You've got to understand what gluten-free means but chefs do tend to over-think things.

Has the new food allergy legislation made life easier or more difficult for professional chefs?

Personally I think it's fantastic, the best thing that ever happened to the industry. The good thing is that you have to embrace it. Lifestyles and diets have changed and there are a lot more allergens identified and the new legislation has helped chefs

Find the best video links for Phil's recipes at YouTube; [google/wLo3yi](https://www.google.com/search?q=google/wLo3yi)

be more responsible and has given people a kick up the backside and forced them to look at it.

Who has had the most influence over your career and what is the most valuable piece of advice you have been given?

A chef called Frank Barnes said to me in 1979: "If you only make a burger, make sure they're the best in the world" and I apply that to everything I do. Raymond Blanc was a big influence in the early 1980s



and everyone wanted to work with him. He was the most creative chef we have ever had in England and we had never seen anything like him.

You had to be persuaded to become a TV chef (citing that you were not interested because you were a "real chef"). Are you glad you changed your mind?

Yes I am! Ready Steady Cook came back to me again three months after first asking me to see if I would re-consider. I just happened to be going to London the next day so I agreed to go along. Fern (Phil's wife) was the compere. When I first started doing TV it was really frowned upon by other chefs, like you were whoring yourself around. Nowadays you have to get on TV to get a book deal. It has come full circle. It catapults you into a different league.

Fifteen years is a pretty long stint on the same TV show ('This Morning'). What keeps you going back for more – and how do you keep things 'fresh'?

I just love it! They give me no hassle and send me on lovely trips around the world. They give me free rein and keeping it fresh isn't a problem. I read six newspapers at the

weekend and buy all the latest food books to keep me up to speed with everything – but I don't watch cookery programmes on TV.

How important was gaining a Michelin star to you?

In those days – the early 90s – it was very important and there were only 35 of us in the country. If you didn't have any stars, people thought you were just another chef. I was very proud, I remember the day when the boss told me. I went home and walked the dog and felt really low. I remember thinking 'What am I going to do now?' and 'Oh my God, I've got to keep it now!'

You're a prolific tweeter! Is social media a necessity for chefs?

I hated it! Philip Schofield kept telling me I need to get on Twitter – and I said 'You need to get out more mate!' In the end I have had to do it because of various contracts I have had. I don't take it too seriously but I admit it is a great way of connecting with people that you might not otherwise meet.

If you could re-live your career, what would you do differently and why?

I wouldn't be a chef – I would be a farmer. I lost my first marriage and a lot of friends through being a chef. I spent a big chunk of my life from 1989-99 in an underground kitchen and whole seasons would pass me by. I went to work in the dark and came home in the dark and I didn't see the days. I didn't want to end up a grey, burnt-out hermit.

Tell us about your foray into pig farming.

Peter Gott – the "god of pig farming" – and myself went to Iberico and Palma in southern Spain to make a film about how they make air-dried ham. Miguel, the farmer who we met there, told me we couldn't do it in the UK but, on the plane home, I thought to myself 'We've got the land, the pigs and we can mimic the acorns, why can't we do it?'. I get immense enjoyment from it.

How do you relax?

I like watching football (I'm a Spurs fan). I also take 12 weeks holiday. I have the whole of August off, two weeks at Christmas, two weeks at Easter and I do a four-day week. I have worked bloody hard and am now at the stage that I can pick and choose what I do. My dad retired at 56 and he's now 81.

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

What are your three kitchen secrets?

1. Don't work too hard: Chefs try too hard and work unnecessary hours because they are obsessed with food. I applaud Sat Bains for doing a four-day week and proving it can be done.
2. Read, read, read. It's the best thing a young chef can do.

3. Eat your own food, not just taste it. Eat the whole thing.

What is your favourite ingredient and why?

Onions. I can't live without them.

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

My gluten-free polenta tray bake with a tangy lemon and raspberry fondant.

It's probably one of the first gluten-free things I developed and, having had lots of things go wrong, it worked and tasted really nice.

Visit the UFS website for other great gluten-free recipes www.knorrglutenfree.co.uk

GLUTEN-FREE POLENTA TRAY BAKE WITH A TANGY LEMON AND RASPBERRY FONDANT

Makes 25 portions

INGREDIENTS

175g margarine	10g lemon zest
225g caster sugar	15g gluten-free baking powder
3 eggs	250g raspberries
250g polenta (raw)	250g icing sugar
3g xanthan gum	40ml lime juice
10ml vanilla extract	

METHOD

1. Pre heat the oven to 180°C or gas mark 4. Lightly grease a 26cm x 20cm tin.
2. Lightly cream the Stork and the caster sugar together, add the eggs, baking powder, lemon zest, vanilla extract and polenta then mix well.
3. Add half the raspberries and carefully fold in. Pour the whole mixture into a greased tin and bake until well risen, approx. 20 minutes.
4. Remove from the oven and allow to cool.
5. Mix the lime juice and the icing sugar until you have the consistency of very thick cream.
6. Spoon half the icing over the sponge then place on the remaining raspberries. Drizzle over the remaining icing sugar and leave to set at room temperature.





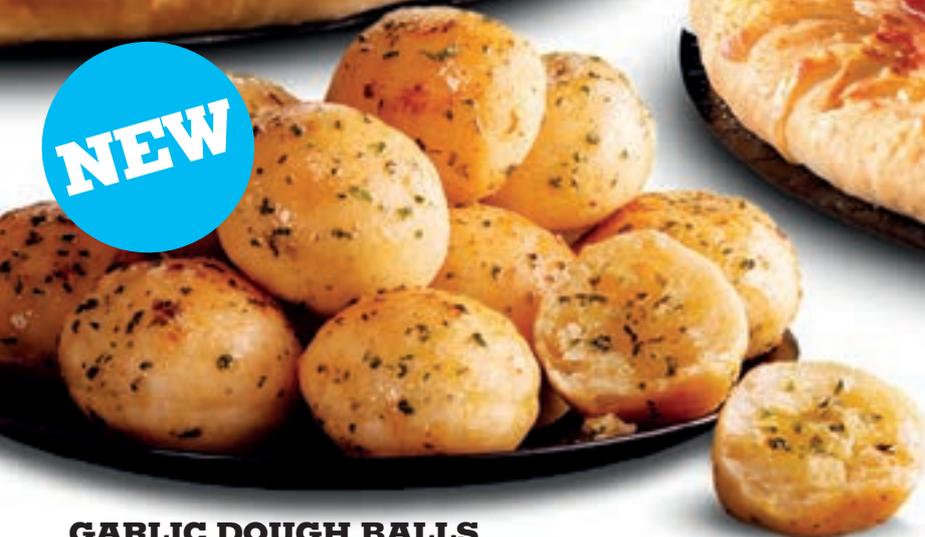
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*IRI Value Sales 52 w/e 5th December 2015



Anthony has extensive and varied experience working in some of the UK's top kitchens. He will be supported by commis chef, Jack Gameson, also from University College Birmingham.

THE BOCUSE D'OR UK ANNOUNCES TEAM FOR BUDAPEST

>> The UK Bocuse d'Or team has announced the candidate and commis who will compete in the Bocuse d'Or Europe in Budapest on May 11-12.

The candidate will be Anthony Wright, a senior chef lecturer running the Atrium restaurant at University College Birmingham.

Anthony, a classically trained chef, has extensive and varied experience working in some of the UK's top kitchens, including working for Pierre Koffmann at La Tante Claire. Anthony will be supported by commis chef, Jack Gameson, also from University College Birmingham. Jack recently secured third place in the British Culinary Federation Young Chef of the Year final.

This year's brief is to prepare a fish plate using Sterlet Acipenser Rutheus with its caviar and a meat platter of young red Hungarian deer.

President of the UK team, Brian Turner CBE, said: "Anthony is a very talented chef and it's great to have someone with so much experience and passion for cooking representing the UK. Being based in Birmingham means that he will have plenty of access to the replica Bocuse d'Or kitchen at UCB which was a key component of Adam Bennett's success in 2013. He will also be given time away from his day job to prepare which we now know is essential to success."

70% of diners choose ice cream

>> Ice cream is the number one choice of accompaniment for desserts eaten out-of-home, according to new research.

The survey by ice cream brand Amore di Gelato revealed 70% of consumers said ice cream was their favourite choice of dessert accompaniment, with cream coming in second (29%) and custard falling far behind with just 1%.

The survey was conducted to gain insights into the little things caterers can offer to help make a big difference to diners' overall dessert experience.

The results also revealed that 55% of respondents would choose the frozen dairy treat to complement a hot dessert such as a fruit crumble, and 51% would make the same choice for a cold dessert including a rich chocolate brownie or refreshing lemon tart.

Mike Godwin, MD of Amore di Gelato, commented: "From our previous research, we already know that puddings can offer great profit margins for caterers but these new statistics show how important it is to get every part of the dessert offering right, and that includes dish accompaniments. You wouldn't pair horseradish when serving lamb and the same can be said for the final flourishes chosen for your sweet menu."

Simon's spice victory

>> Celebrated chef Simon Hulstone has scooped a top accolade – and a trip of a lifetime to India.



The chef proprietor of the Elephant restaurant, has beaten industry peers and won Santa Maria's Tellicherry Black Pepper Recipe competition.

Competing against top chefs from across the industry, Simon won the trip to visit the best pepper-growing region in the world, Kerala, India, with his recipe for roasted fillet of halibut with a Tellicherry Black Pepper and lemon cracker, Jerusalem artichoke mousse and warm tartare sauce.

Simon commented: "I'm well known to enjoy a good challenge and I love to travel so taking part in the Tellicherry Pepper competition ticked both boxes. I hadn't previously given much thought to the flavour profiles of peppercorns so I've enjoyed experimenting with Tellicherry which has more delicate notes than many I've used before."

Santa Maria has produced a free online pepper guide to give chefs the tools and inspiration to help them get the most out of the different types of peppers they use in their dishes.

To download the free Santa Maria Pepper Guide visit www.tasteofpepper.com

The guide includes this yummy rhubarb & pear crumble



PREMIER MENU SOLUTIONS

>> Premier Foods has re-launched its insight-led Menu Solutions Guide dedicated to Mother's Day and Easter.

The guide highlights the significant sales opportunity presented by Mother's Day and Easter within the foodservice channel and includes nine costed recipes inspired by the results of exclusive independent research commissioned by Premier Foods, including this yummy rhubarb and pear crumble.

You can download the guide from www.premierfoodservice.co.uk and will be entered into a prize draw to win afternoon tea for two at The Dorchester.

Kara

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By Kara

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The Dangers of Acrylamide

>> No this is not a new food scare, it is quite an old one actually. However, it is in the news again, because as I write the Food Standards Agency have just published their latest advice on the substance by their Chief Scientific Advisor.

What is acrylamide? Acrylamide is a chemical substance formed by a reaction between amino acids and sugars, typically in foods with high starch content, when cooked at high temperatures such as in frying, roasting and baking. This reaction is called the Maillard reaction and is the cause of browning in foods as they cook. It is found in foods such as chips, crisps, biscuits, bread, coffee etc. Bread already contains acrylamide, toasting it will increase the level. It is not present in foods until they are cooked or even overcooked.

What is the problem? Unfortunately it is well-accepted that certain levels of acrylamide causes nerve damage in humans and there is also a possible but unproven carcinogenic effect in humans.

What should caterers do? The FSA offers advice to consumers, which can also apply to caterers:

"We do not advise people to stop eating particular foods but you should follow Department of Health advice from the NHS Choices website on eating a healthy, balanced diet. It is also recommended that:

- When making chips at home, they are cooked to a light golden colour.
- Bread should be toasted to the lightest colour acceptable.
- Manufacturers' instructions for frying or oven-heating foods, (such as chips), should be followed carefully."

JB's Journal

I'm sad to say that this is going to be the last column I write for Stir it up magazine. I've really loved doing it but, after taking over the brasserie last year, I'm finding I simply don't have the time to devote to it.

I thought being a chef was hectic until I took over my own restaurant! I'm working ridiculously long hours seven days a week. I love it but it leaves me very little time for anything else.

Thanks to everyone who has followed my blog over the last 18 months. I hope I've given an honest but entertaining account of myself.

Happy cooking,

John 'Boy' Ranfield

Editor's Note: Huge thanks to JB for his brilliant blog. I'm sure you'll all agree it has always been a great read. We all understand the demands on people working in this crazy industry and wish JB all the best. His hard work and dedication have really paid off and it has been wonderful to chart his progress as he has risen through the ranks to run his own business.



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Refreshing ideas for fabulous spring menus



Beetroot adds vibrant colour as well as sweetness



Don't beet yourself up Using vegetables in cakes is very on-trend right now so why not give this chocolate beetroot roulade with chocolate ice cream recipe by James Martin a whirl? James will be appearing live at the BBC Good Food Show Spring HIC Harrogate April 8-10.



Mother's Day magic

This gorgeous Poached White Peaches Scented With Strawberries with Rose Petals & Wild Strawberries is by Michel Roux Jr from his book 'Matching Food and Wine'.



Irish delicacies for St Patrick's Day

www.kerrygold.co.uk/home/recipes



The pie's the limit

Jus-Rol's British Pie Week takes place this month (March 7-13). www.jus-rol.co.uk. Why not try this steak and kidney pie with Opies Pickled Walnuts www.opiesfoods.com/recipes



Cocktail hour The Italian Sunset (tequila, chamomile liqueur, pink grapefruit juice, lime juice and Peychaud) and Milano Fashion Week (Campari, Tanqueray Gin and Pernod) are two of the beverages on offer from Martina Furtiga.



Shell out This interestingly titled 'Hip Hop Chip Shop – Shell L.L. Cool J Crab Cake'. Recipe details are available on Twitter @SarsonsUK

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