

THE COUNTRY RANGE GROUP
MAGAZINE FOR CATERERS

Stir it up

SPRING

MAY
2025



Bees

Rachel de Thample's
beekeeping tips



A JOURNEY THROUGH ITALY | SIZZLING SUCCESS - BARBECUE COOKING
AN INTERVIEW WITH TOM KERRIDGE

Stir it up HAVE YOUR SAY

Are we still creating a stir in your kitchen?

Your time is precious, we want to ensure that when Stir it up lands in your kitchen that the content is as relevant and useful as possible to you regardless of whether you are a hospitality, education or care sector caterer.

As a result, each year we conduct a Readers Survey to find out exactly what support, advice and inspiration you need to successfully operate in your sector. We then utilise this information to plan our editorial focuses, adapt current articles and create new features. Over the past few years we have introduced several new features based on the feedback received via the survey. You told us you wanted cost saving tips, ideas to improve staff retention, more food trend inspiration as well as information around sustainability including how to grow your own produce. As a result we introduced the new Into the Wild, Make Ends Meet, Heads Up and Fresh from the Kitchen features.

We also utilise 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. So, 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 our questionnaire which you can easily access by scanning the below QR code with your smart phone. If you would prefer to enter the link into your internet browser search bar the link is <https://www.surveymonkey.com/r/YKTKNDC>



Last year you told us...

"IT'S AN INTERESTING READ ON A MIX OF TOPICS."

"GREAT MAGAZINE LOVE THE MENU FOCUS / DISH INNOVATION GUIDE."

"STIR IT UP IS A HUGE SUCCESS AND COVERS ALMOST EVERYTHING."



*win
→

All completed questionnaires will be entered into a prize draw to win up to £300 to spend with your local Country Range Group wholesaler.

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Ingredient

May's issue is full of inspiration to get your summer menu sizzling, from our Category Focus feature on barbecue cooking to our Melting Pot expert advice on adding a taste of Italy to your dishes.

Don't miss our interview with Tom Kerridge and our special Into the Wild feature with Rachel de Thamples's insight into beekeeping.

This month we want to hear from you as it's time for our annual readers survey. Your feedback and opinions shape everything we do at Stir it up and we really appreciate you making time to complete our survey each year.

If you would like to get involved in a feature or if you have any feedback, we'd love to hear from you. Please email us at editor@stiritupmagazine.co.uk

The Stir it up team



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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 ISO14001 and FSC® certification. It is also fully carbon balanced.



OUR EDITORIAL PARTNERS...



ALLERGEN REFERENCES

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Fresh FROM THE KITCHEN



As all things nostalgic and comforting continue to be at the forefront of food trends, the trifle is having a revival. This simple layered dessert featuring sponge, fruit and custard is being experimented with by chefs and home bakers alike, with some interesting twists and mashups. Here are some of the latest trifle trends to inspire your menu.

MASHUPS – Classic desserts meet trifle in this ultra indulgent trend. Enhance the trifle experience with flavours of black forest gâteau or add some Italian flair by creating Tiramisu inspired layers. Banoffee pie brings a comforting mix of bananas and caramel.

EXTRA TEXTURE – Trifles are evolving with experimentation around ingredients used to enhance texture and flavour. The traditional cake layer is being swapped for alternatives like brownies, cream-filled eclairs and doughnuts. Biscuits are added for extra texture and fun, and don't forget the jelly! This optional layer adds even more nostalgia and unmistakable unique texture, with a whole range of tropical flavours.

EXTRA FLAVOUR – Flavours are moving away from tradition to take the trifle in new directions. Sherry is being replaced by all sorts of boozy alternatives – Baileys, Guinness, port and kirsch to name a few. Coffee is also popular, either in liqueur form or in the jelly, cream or cake layers. Meanwhile, caramel is a key ingredient in modern trifles, adding balance to fruity flavours or extra sweetness married with creamy layers. Spices are used for a warming twist, particularly during the winter months.

FRUIT FORWARD – Fruit flavoured trifles remain an absolute essential, but there's a lot more to it than the classic fruit cocktail or summer fruits. Fig trifles are a modern classic in the making, whilst tropical fruits and peaches are perfect for summer menus. Citrus flavours add a lift with lemon and orange curds, jellies and custards.



Chocolate and pistachio trifle

thefoodpeople.

inform | inspire | realise potential

From thefoodpeople trend report 2025.

Cooks CALENDAR

MAY

20TH MAY – WORLD BEE DAY

Buzz into flavour this World Bee Day with a delicious Baked Feta with Hot Honey recipe from Country Range! This sweet and savoury dish delivers a mouthwatering treat you'll want to savour.

26TH MAY – 1ST JUNE – NATIONAL BBQ WEEK

Fire up the grill and take your BBQ game to the next level this National BBQ Week! This BBQ Chicken with Gherkin Gravy recipe from Country Range is packed with bold flavours that are guaranteed to impress.



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



JUNE

1ST JUNE – WORLD MILK DAY

Why not try something different this World Milk Day with this refreshing Coconut Chia Seed Pudding recipe from MAGGI®.

6TH JUNE – NATIONAL FISH & CHIP DAY

Fish and Chips, a classic. Want to spice up Fish and Chip Day this year? Why not add an extra fun twist and try this gluten-free fish corn tacos recipe using GO FREE® Cornflakes for extra crunch!

17TH – 24TH JUNE – NATIONAL PICNIC WEEK

This National Picnic Week, take your outdoor dining to the next level with this Giant Scotch Eggs with Pickled Walnuts recipe from Opies!

JULY

7TH JULY – WORLD CHOCOLATE DAY

Unleash your inner chocoholic this World Chocolate Day with this delicious Chocolate & Cherry Mousse Pots recipe from Opies.

20TH JULY – NATIONAL ICE CREAM DAY

This Knickerbocker Glory recipe from Country Range will take your taste buds on a retro-inspired, creamy journey with every bite. Perfect for those who like their ice cream with a touch of nostalgia!

Thanks to Cereal Partners®, Opies, MAGGI® and Country Range.



IN SEASON

Cucumber

Asparagus

New Potatoes



Crispy Peking Duck by Oli Mischenko-Maiden

SERVES 4

INGREDIENTS

- 15-25g Country Range Chinese Five Spice
- 15ml Country Range Soy Sauce
- 15ml Country Range Honey
- 3 Country Range Star Anise
- 1 whole duck
- 50ml hoisin sauce
- 50ml plum sauce
- 1 bunch of spring onions
- 1 carrot
- 1 cucumber
- 20 Chinese pancakes

METHOD

1. Pre-heat your oven to 210°C. Place the whole duck on a roasting tray and lightly score the skin.
2. On a low heat, add the soy sauce, honey and Chinese 5 spice, star anise to a pan and reduce to a glaze then leave to cool.
3. Meanwhile, completely pat down the duck, making sure it's bone dry to ensure extra crispiness. Lightly brush the glaze onto the duck.
4. Place the duck on a wire rack then onto a roasting tray, ready for the oven. Roast for 1hr 20 minutes and check the temperature reaches over 75°C, if you want it extra crispy cook for a further 10-15 minutes.
5. Rest the whole duck for around 20 minutes to ensure the juices have run out and relaxed. While this is happening, wash all the vegetables and thinly slice the onions, carrots and cucumber into long strips.
6. Once cooled slightly, cut the duck and skin into large pieces and mix the 2 sauces in a bowl together to make the sauce.

Readers' lives



NAME: Oli Mischenko-Maiden

BORN AND RAISED: Roundhay, Leeds

JOB TITLE: Executive Chef

PLACE OF WORK: 22 Street Lane Nursery

HOW LONG HAVE YOU WORKED IN THE CATERING INDUSTRY? Since I was 16 so 20 years.

PASSIONS OUTSIDE OF THE KITCHEN? Football – I support Liverpool so like to go and watch them at least a couple of times a year.

BIG TARGET FOR THE 2025? Keep improving but I want to develop our allotment further, make it more engaging for kids and provide even more great ingredients throughout the year.

WHAT IS YOUR FAVOURITE CUISINE TO EAT? British – I love the winter months of stews, pies, slow and low cooking.

WHAT'S THE BEST ADVICE YOU WERE EVER GIVEN AND BY WHOM? Simon Gregory, who was executive Chef at Maze. I was struggling with a dish and he just said, 'keep going, don't give it up.' It's a good lesson in life.

WHAT'S YOUR TIP TO CUT WASTAGE IN THE KITCHEN? Use every part of the ingredient, make stocks and finally – compost whatever you can't use.

WHAT IS YOUR TOP TIP FOR SOMEONE STARTING OUT IN THE CATERING INDUSTRY? Go to college to

learn the basics. You can do it part time while working in a kitchen. Then once qualified, experience as many different kitchens as possible. Cookery is so broad and there are a lot of different roles out there.

WHAT IS YOUR FAVOURITE COUNTRY RANGE PRODUCT AND WHY? The solid pack apple is fantastic and the Korma mild curry powder is exceptional and just the right spice level for our kids.

WHAT DO YOU DO TO SWITCH OFF/ RECHARGE? Play football with the kids or enjoy a few beers at the pub on a Friday night.

WHAT'S YOUR DREAM JOB? Recipe development and some media work would be fun.

WHAT TRENDS DO YOU SEE TAKING OVER IN LATE 2025? I think more and more people are going to start growing their own. I think pizza ovens are very popular as well with people cooking all sorts of dishes and meats in them.

WHAT'S YOUR FAVOURITE DISH TO COOK? Beef stew and dumplings- a nice bit of beef shin, grated horseradish, Country Range beef bouillon and beef suet.

Country Range
Solid Pack Apples
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Wild Garlic

Carrots

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EAT THE SEASON



Aubergine

Aubergines, also known as eggplants, trace their origins to India, where they were cultivated as early as 500 BC. Celebrated for their rich purple colour and glossy, smooth texture, these versatile vegetables feature prominently in global cuisines. They add depth to Mediterranean moussaka, enhance French ratatouille, bring smoky richness to Middle Eastern baba ganoush, and perfectly absorb flavours in Japanese teriyaki, making them a staple in countless savoury dishes worldwide.

Our contributing chefs this month are; Alex Navarro, Executive Chef at QVO Hospitality who was inspired by a Moroccan dish, Eran Tibi, Founder & Executive Chef at Bala Baya & Kapara, the creator and originator of 'Aubergine Mess', and Chris Hobson, Head Chef at the brand new View Restaurant in Scarborough, who has recommended using aubergine as a purée, in a curry and stuffing it with tomato and cheese.

WASTE NOT, WANT NOT

Chris recommends chopping up the unused stems before adding them to stocks and sauces for extra flavour. If your aubergines are a little soft, roast them whole to transform them into dips and purées.



Stuffed Aubergines

1/ ROAST AUBERGINE PURÉE

Pierce the aubergines, add to a roasting tray and brush with Yorkshire rapeseed oil. Roast at 180°C for approx 40 mins. Once cooled, scoop out the flesh and mash to a purée. Add fresh garlic, salt and lemon juice and mix. Add a little oil to a frying pan and fry smoked almonds, chilli and rosemary. Top the aubergine with the almond mix and room temperature Yorkshire blue cheese. Great with sourdough or as a side dish.

2/ SPICED AUBERGINE & COCONUT CURRY

Aubergines are brilliant in curries as they soak up all the flavour so well. Add diced aubergine spices, garlic, and onion to a pan and fry on a high heat for 6 minutes, reduce the heat and after a further 6 minutes add coconut milk. Finish with fresh coriander.

3/ STUFFED AUBERGINE

Great as a main course and can be stuffed with anything. This is a personal favourite - fresh tomatoes and cheeses topped with a seaweed crust and finished with a simple salad and chips.

4/ ZALOUK

Our Moroccan-inspired Zalouk features diced and fried aubergine, mixed with tomatoes, yellow peppers, garlic, and spices. Served warm as part of Maray's mezze with pitta bread, it's a truly addictive dish and is very popular.

5/ AUBERGINE MESS

Originally called "Aubergine and Pomegranate," the aubergine mess dish evolved during a pop-up in Budapest when pomegranates were out of season. Inspired by the smoky aubergine and the citrusy burst of lychee found in local markets, the combination was a perfect match.



Aubergine Mess



THE SMOKED SALMON GENERATION GAME

H Forman & Sons

Showing the same determination as the salmon they have smoked and cured for over a century, the Forman family have made an indelible mark, not just on London, but on the city's finest eating establishments. 120 years ago, Russian émigré and entrepreneur Aaron 'Harry' Forman saw the potential in curing fresh Scottish Salmon and ever since his company - H Forman & Son - has been synonymous with the king of fish.

Remaining faithful to principles established in 1905, H Forman & Sons is the last original London smokehouse and continues to be a family concern with fourth generation and Harry's great grandson Lance Forman now in control. After studying economics at Cambridge University, Lance followed his own path working as an accountant, business consultant and as a political adviser to the then secretary of state and industry Lord Lilley before joining H Forman & Sons.

"I think us Forman's are like the salmon we're famous for, we swim away but always come back to the place we were born and I think this is very beneficial" says Lance. For multi-generational family businesses, I would always recommend the next generations getting out and experiencing something different before committing. Otherwise, I think it can turn out badly."

"I think what the next generation can bring to a business and how they can make a difference is very important, it's not just what they can get out of it. My father had done an incredible job of building up a customer base filled with every top chef and name in London. They all used our salmon, but there was no brand recognition. Instead of chefs and consumers just looking for half a pound of smoked salmon, my objective was to make them search out half a pound of Forman's smoked salmon. That is what I felt I could bring to the business when I came back and that became my focus."

Fast forward 30 years and Lance has certainly achieved his goals with a powerful brand, recognition and a growing portfolio. In addition to smoked salmon, the Smokehouse now offers a wide range of cured and smoked fish, wild salmon, sablefish (for black cod dishes), shellfish, caviar, tuna and more, which are supplied to a talented array of chefs from the Michelin-starred and sushi arenas.

With an impressive production kitchen run by former Roux chef Lloyd Hardwick, the company has expanded to provide pre-prepared restaurant-quality dishes including fish cakes, lobster thermidor, beef wellington, stuffed quail, cheese souffles, peri peri chicken, mulled pears, chocolate brownies and so much more.

"Like the salmon, you have to keep moving forward, even in the most troubled waters so we have always tried to have one eye on the future. For example, we set up our retail website Forman & Field over 25 years ago at about the same time as Ocado and it pretty much saved the company when the pandemic struck and our foodservice business was hit."

"While many businesses set up online offerings, we were ahead of the curve and had huge experience in serving and delivering to people at home. You can have the best chefs in the world but home delivered food isn't just about the quality of food. It's about the packaging and the logistics. It's not easy and if you upset a customer the first time, they probably won't come back. Thankfully when the

pandemic hit, we were experienced in this area. Half our annual turnover for Forman & Field usually comes during Xmas week so in the first few weeks of Covid when we were doing 25 times the turnover of the same week of the previous year, we knew how to cope and scale up. Christmas just came early in March. Although the Covid pandemic is a thing of the past, our online business is now double what it was before."

Lance explains that the pandemic has had lasting effects on the business and the sector as a whole.

"When it comes to foodservice, we're just about back to the pre-Covid levels now. As many people moved on, left the industry, changed careers or saw their businesses fold, it wasn't easy and was almost like starting the business from scratch. With a shortage of skilled chefs, it meant many businesses needed extra support and our production kitchen, where everything is made by hand to order, could pick up the slack."

"I think what the next generation can bring to a business and how they can make a difference is very important, it's not just what they can get out of it."

"We're more like an artisan kitchen now but on a bigger scale. As long as you're profitable and can cover your bills, you don't really mind what you sell. Our salmon, smoked salmon and fresh salmon still accounts for 60% of what we do but 40% is now other artisan products and ingredients."

On his feelings for 2025, Lance said: "I'm not feeling massively positive for the economy at large. Hospitality is one of the first industries to suffer from inflation and considering the sector is still on its knees following Covid and the energy crisis, it's going to be a tough year for many businesses."

For more information on H Forman & Sons, visit www.formans.co.uk.



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Kousama
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ALLERGIES IN EDUCATION

Managing Food Allergies in Schools and Universities

It's estimated that two schoolchildren, on average, in every class have a food allergy, while experts predict that 70% of the population could have a food allergy by 2060. The startling increase in numbers and severity of allergic reaction has led to some significant changes in the hospitality industry regarding labelling and disclosing allergens in food.

Tanya Ednan-Laperouse OBE, founder of The Natasha Allergy Research Foundation, says, "The number of children with food allergies and suffering severe allergic reactions is rising year on year at a deeply alarming rate. Scientists don't yet understand why the numbers of children with allergies are on the rise, which is why it is vital that we invest in large scale research projects into both causes and potential causes."

One of the main causes for confusion in the sector is the definition of an intolerance and an allergy. The key difference is the body's response. A food allergy involves an immune system reaction that can range from mild to life-threatening – for example anaphylaxis. Intolerances do not involve the immune system but can cause uncomfortable symptoms such as bloating or diarrhoea.

To keep diners safe, Caroline Benjamin from Hospitality Allergen Support UK (HASUK), recommends erring on the side of caution and says, "Caterers shouldn't differentiate between food allergies and intolerances when preparing foods. Conduct an allergen assessment as part of the registration process and work with parents and students to create an individual care plan including emergency procedures."

"It's vital that everyone involved understands the specific requirements for managing allergens from food preparation to serving and labelling."

Amanda Pettingill, chair of TUCO, says, "My advice to our members including local authority and university caterers, is to focus on clear communication, robust training and ongoing education for all catering staff. It's vital that everyone involved understands the specific requirements for managing allergens

from food preparation to serving and labelling."

Staff training is essential, covering allergen identification, cross-contamination prevention, communication, and emergency response. Caroline says, "A combination of face-to-face and online training works best. In-person sessions enable practical demonstrations and engagement, while online training is useful for flexibility and regular updates."

The Food Standards Agency (FSA) provides online training and Highspeed Training also offers free allergen training for schools. TUCO offers a range of resources for members including free training, which can be delivered via Microsoft Teams or through the Upskill People online portal. Amanda adds, "As part of the training, members receive guidance on best practice advice to help caterers ensure that allergen management is consistently applied across their operations."

Working with reputable suppliers with robust allergen management processes is essential, although ingredient lists and product specifications need to be regularly reviewed. Caroline recommends keeping an updated matrix and communicating any changes to staff and students.

When it comes to writing menus, add clear symbols to highlight allergen-free options and have full ingredient information available for all components of the dish. Software can assist with this such as the 'And It Has' allergy and ingredient App. Caroline says, "Avoid separate menus as they can unintentionally stigmatise those with dietary needs."



**For further information:
The Natasha Allergy Research Foundation <https://www.narf.org.uk/>**



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SIZZLING SUCCESS



Barbecue cooking has transformed over the years, from simple burgers and sausages to a more gastronomic and experiential dining affair. Whether cooking at events, pubs, restaurants, care homes or school fetes, chefs are embracing the BBQ, focusing on elevated techniques such as wood smoking, slow roasting, and marinading to craft unique dishes. This shift reflects a broader consumer trend towards more interactive, social dining experiences that combine the rustic charm of cooking outdoors with diverse global flavours. As BBQ season emerges once more, we take a look at BBQ cooking trends to inspire your menus.

GET 'INFUSIASTIC' ABOUT BBQS

Different woods, coals, herbs, and other natural elements infuse deep, complex smoky flavours into meat, fish, and vegetables. Herbs like rosemary, thyme, or bay leaves are often added to the fire or wrapped in foil and the art of controlling both temperature and smoke levels allows chefs to craft unique, layered flavours that impart themselves onto the food.

"Smoking on the barbecue creates a unique aroma and delivers flavour that you can't get in the kitchen," says Dan Cooper, Head Grill Master at Weber. "Every type of wood releases a different aroma, so cooking fish on a cedar plank will infuse a subtle smokiness into your dish, while flavoured wood chips, such as apple or whisky, can bring out whole new dimensions of deliciousness. Smoking's foremost principle – low and slow – is guaranteed to bring out unique tastes and textures in all sorts of meat, fish and vegetables. It's easy to add value to larger, cheaper cuts of meat such as pork shoulders by slow smoking, then using that to add value in things like loaded fries, loaded mac 'n' cheese and loaded nachos."

The magic of infusing flavours on a barbecue occurs long after diners have gone home. Using hot embers to slowly cook food overnight is food-alchemy at its finest. "Leave aubergines overnight in hot charcoal embers from a grill, their skin will withstand immense heat while cooking the inside," recommends Gareth Penn, head chef at Spaces at The Spine. "The aubergine pulp creates two delicious North African mezze dips: Baba Ganoush and Mirza Ghassem."



grilled vegetables and spicy chickpea vegetarian tortillas

contact, the more surface area will caramelise on the hot cooking grates, therefore the better the flavours will be.”

Barbecued vegetables needn’t be boring, in fact, some of the most exciting BBQ dishes feature veg as the star. “Brassicas are fantastic cooked over coals,” says Alistair Craig, Head Chef at The Montagu Arms. “Try broccoli cut into six and grilled dressed with gremolata, or cauliflower cut into eight, grilled and finished with an oil made from Ras El Hanout, garlic and extra virgin olive oil. For another option packed with flavour, grilled hispi cabbage dressed with anchovies, lemon, chilli and olive oil is great choice.”

Grilled fruit and vegetables can also elevate traditional summer fayre such as salads “Grill corn on the cob on the BBQ until blistered, remove it and cover with foil to cool down,” recommends Kerth Gumbs, Chef de Cuisine at Fenchurch Restaurant and Rhubarb Hospitality Collection. “Once cool, use a knife to remove the kernels and place them in a bowl with a mix of freshly chopped herbs like mint, coriander, parsley, chopped breakfast radish and pomegranate seeds – it makes for the perfect side or sharing plate for a larger group.”

VEGETABLES TAKE A LEADING ROLE

Vegetables are transformed when barbecued due to the natural caramelisation and smoky flavours that develop during the grilling process. The high heat from the BBQ enhances the vegetables’ natural sweetness, while the charred exterior adds a satisfying depth of flavour that cannot be replicated through traditional cooking methods. Head Grill Master, Dan Cooper, believes in using locally sourced veg, recommending chefs to “Cut each vegetable to give you the biggest area to put in direct contact with the cooking grates. The more direct

SHARING THE BBQ LOVE

Sharing boards have become a popular trend in hospitality, offering a relaxed and interactive dining experience for groups. Presenting a mix of grilled meat such as smoky chicken wings, pulled pork and skewers accompanied by seasonal grilled vegetables, spicy barbecue sauce, mustard and pickles is a classic option, but you can take inspiration from the Mediterranean street food scene or even a seafood platter.

“Planked fish is a simple sharing dish that centres around high-quality fish and beautiful smoky flavours,” says Stephanie Hughes, Brand Manager at Thermapen. “The plank is soaked in water beforehand — as it cooks, the moisture steams the fish to keep it tender whilst imparting flavours from the wood. It’s as much a treat for the eyes as it is for the palate, making it the perfect centrepiece for sharing.”

STEP OUT OF YOUR COMFORT ZONE

Barbecuing offers a unique opportunity for chefs to explore bold flavours, new techniques, and unexpected ingredients to create one-of-a-kind dishes that excite and engage diners. “We love experimenting with flavours that our residents might not expect. Most recently, we trialed Moroccan lamb kofta kebabs which were a big success,” enthuses Matt Goodman, Catering Manager at Royal Alfred Seafarers’ Society. “Homemade recipes such as this one offer variety while catering to diverse palates and dietary needs, blending traditional flavours with smoky, sweet, and spiced options for a well-rounded dining experience.”

To build confidence, think about how your feature ingredient responds when cooked and test a few options. Many chefs steer clear of fish, but when the right fish is used, it works as well as any meat or vegetable option. “Not many people are confident cooking fish over flames or coal,” says Tom Kerridge. “Monkfish works really well, and I do it with a tamarind, sweet and spicy glaze. You

TIPS FOR SUCCESS

- Keep all surfaces, grills, and utensils meticulously clean to prevent cross-contamination and ensure food safety
- Arrange ingredients and tools logically to streamline cooking processes
- Monitor grill temperatures consistently to achieve perfect cooking results
- Use proper ventilation and positioning of grills to control smoke levels in the dining area
- Include a diverse menu with options for different dietary preferences
- Regularly check ingredient levels to prevent running out of key items during service
- Be flexible to adjust cooking methods or flavours based on customer feedback
- Train staff on safe handling of hot surfaces and equipment to prevent accidents

"BARBECUING OFFERS A UNIQUE OPPORTUNITY FOR CHEFS TO EXPLORE BOLD FLAVOURS, NEW TECHNIQUES, AND UNEXPECTED INGREDIENTS."

treat the monkfish like a piece of meat, you rest it like meat and it's one of those fish that works so well on the BBQ. It doesn't flake, holds its shape and it's very much like the beef fillet of the sea."

Pushing your own boundaries on the BBQ can lead to culinary breakthroughs which might help a restaurant stand out in a crowded market, a pupil to try something new or add a buzz of excitement to the day in a care home setting, so as you dust off your barbecue this summer, aim high – you may surprise yourself!

*grilled
lamb koftas*



ANGEL DELIGHT BUTTERSCOTCH TIRAMISU



INGREDIENTS

FOR THE TIRAMISU

230g ANGEL DELIGHT BUTTERSCOTCH FLAVOUR WHIP
325ml WATER
325ml DOUBLE CREAM
100ml MARSALA WINE
1/2 VANILLA POD
1ltr WHOLE MILK
600g BIRD'S CHEESECAKE MIX

FOR THE GARNISH

A DUSTING OF COCOA POWDER
A SPRINKLE OF CHOCOLATE CURLS/SHAVINGS

PREP TIME: 10 MINUTES
ASSEMBLE TIME: 10 MINUTES

FOR THE COFFEE SYRUP

8g COFFEE GRANULES
50ml COFFEE LIQUOR
50g CASTOR SUGAR
250ml HOT WATER

METHOD

1. To make the coffee syrup, in a pan, mix the coffee granules with the hot water and castor sugar until dissolved.
2. Bring the liquid to a boil and continue to boil until the liquid has reduced by half.
3. Add the coffee liquor, take off the heat and leave to cool before using.
4. To make the Angel Delight pour the cold water and double cream into a mixing bowl fitted with a whisk. Add the Angel Delight Butterscotch Flavour Whip and whisk for 30 seconds on slow speed.
5. Scrape down, increase the speed to high, and allow to whisk for 5 minutes (be careful not to over-whisk). Place in a piping bag and chill until needed.
6. To make the vanilla cream cheese, split the vanilla pod and scrape the seeds out of the pods.
7. Add the Bird's Cheesecake Mix and milk into a mixing bowl along with the vanilla seeds.
8. Using a mixer (with whisk attachment) or a handheld electric whisk, beat the cheesecake mix until smooth.
9. Pour in the double cream and continue to whisk until soft peaks and then transfer the mix to a piping bag and refrigerate until required.
10. Mix the whipped Angel Delight with the Marsala wine and pipe it onto a plate.
11. Pipe the vanilla cream cheese mix into the plate.
12. Toss the cubes of Maderia Cake in the coffee liquor and place them on top.
13. Garnish with a dusting of cocoa powder and a sprinkle of chocolate curls/shavings.



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AWAY FROM HOME

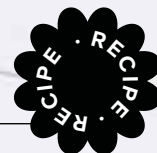
1: Censuswide survey on behalf of Kraft Heinz, 2035 UK respondents, March 2024.



SERVES 4

INGREDIENTS

- 150g Country Range Peri Peri Seasoning (save a little for the coleslaw)
- 250ml olive oil
- 250g Country Range Peri Peri Sauce
- 1x 400g tin Country Range Chopped Tomatoes
- 200g Country Range Basmati Rice
- 75g Country Range Sweetcorn
- 75g Country Range Garden Peas
- 1 tsp Country Range Turmeric
- 1 tsp Country Range Smoked Paprika
- 1 tsp Country Range Ground Coriander
- 1 tsp Country Range Ground Cumin
- 1 tsp Country Range Crushed Chilli Flakes
- 4 chicken breasts, butterflied
- 100g chopped mixed peppers
- 100g white onion, diced
- 1 tsp garlic, minced
- 1 tsp ginger, grated
- Vegetable stock
- Salt and pepper



PERI PERI CHICKEN

*with spicy rice,
chargrilled tenderstem
broccoli and coleslaw*

While many professional footballers are coming towards the end (or certainly the twilight) of their careers as they hit 30, for Head Chef Mackenzie Barnstable - who works at the Arsenal Academy – his career has only just begun.

Following school, Mackenzie passed his qualifications at college before getting a job at Hix's Oyster & Fish House in Lyme Regis. "At Hix's I met a chef called Antony McNamara" says Mackenzie. "He was heading back home to NZ and casually said there was a job for me over there if I wanted it. It wasn't long before I was over there working for him in Waiheke Island before moving on to work in Queenstown for Michelin chef Josh Emet. From there it was to Australia where I continued to work and learn. In addition to the life skills and obviously the fun, travelling gave me a great understanding of the restaurant industry and a broad range of ingredients and cuisines. I would recommend it to anyone."

Now preparing meals for the next generation of Arsenal talent from the ages of 7 to 16, Mackenzie is there from 9am to 9pm each day. "Our role is to make sure the players can get a nutritious homecooked meal that provides them with everything they need to improve and grow, but it's also about looking after and providing a space for the parents. They are the unsung heroes of football academies. This recipe I am sharing is a favourite of the kids and parents. It's nutritious, proper-tasty and utilises several Country Range products."



MACKENZIE
BARNSTABLE

METHOD

For the chicken:

1. Season the chicken breast with Peri Peri seasoning, salt and pepper, and leave in the fridge for at least one hour or overnight.
2. Add oil to the chicken and seal on both sides.
3. Mix Peri Peri sauce and tinned tomatoes.
4. Remove chicken from chargrill and cover with sauce, transfer to a baking tray and pour any remaining sauce over the top.
5. Roast at 180°C for 10-12 minutes.

For the rice:

1. Heat the oil and sweat vegetables, garlic and ginger until soft, season with salt.
2. Add spices and cook gently for 2-3 minutes.
3. Add rice and mix well, cover with vegetable stock and bring to boil.
4. Once boiling, simmer for 9 minutes. Cover with lid and leave to sit for another 9 minutes.

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SECTOR INTERVIEW

Andy Cullum, The iddsi Guy



After 30 years of experience as a chef, Andy Cullum recently set up a business – The iddsi Guy Ltd - offering practical hands-on training for care home caterers on how to prepare and serve modified

foods. The training follows the International Dysphagia Diet Standardisation Initiative (IDDSI) guidelines on how to provide the right dietary support for residents with dysphagia, the medical term for swallowing difficulties. Andy started his career washing up at a hotel before becoming a commis chef on a day release scheme at a catering college. After joining the Royal Air Force at 18, he rose to the rank of corporal during his 12 years' service and then made a move back into civilian life. Andy won the Training and Apprenticeship Award in last year's Public Sector Catering Awards and was a nominee of The Catey Awards 2024.

WHAT INSPIRES YOU TO WORK IN THE CARE SECTOR?

I visited my grandad when he was in a care home and he was having problems eating because he didn't have many teeth. Back then, if someone had problems eating, the whole meal was put into a jug with gravy,

blended together and poured into a cup. My grandad lost a serious amount of weight, so we took in softer options for him that he could manage to eat. He improved and put weight back on. I looked at the standard of food coming out of the kitchen and thought 'I think I can make a difference here' and that's how my care home career started.

WHAT TRAINING SERVICES DO YOU OFFER?

What I deliver isn't just for catering staff, it's also for the care team, housekeeping department and family members. They all play a part to make IDDSI work. Family members and the care team who serve the meal need to understand the way IDDSI works. Care homes can book me for a single day or several days. We then follow up several weeks later. They are encouraged to send pictures, we have seminars and zoom sessions. Training is always on site – by working alongside the team we can show them how to build IDDSI into their working day. We help the team believe in themselves and their abilities as chefs.

TELL US ABOUT THE COUNTRY RANGE GUIDES YOU'VE WORKED ON?

Country Range has published a new full colour guide to help care home caterers with ideas to create modified meals for residents with dysphagia that are safe and appealing to the eye, using Country Range ingredients. This gives a better understanding about IDDSI and contains tips, tricks and innovative methods. We followed this up with a guide to help caterers provide nutritious meals for residents with dementia using Country Range products – most recipes are finger food or cutlery free.

The Country Range guides are available through wholesalers. Visit countryrange.co.uk for more information.



ANDY'S TIPS:

- Always make food look like food so residents can identify what they're eating.
- When presenting a meal, use the "Mum test" – would you serve this to your Mum? If the answer is no, redo the meal.
- A good quality milk powder works well for fortifying food.
- Use a dash of olive oil, vinegar and brown sugar as a grinding agent for blending lettuce.



Savour the season

NEW BBQ FLAVOURS & MUST-HAVE SAUCES

With bank holidays, national sandwich week, BBQ week, World Cocktail Day and a host of other global food and drink occasions such as Cinco de Mayo to celebrate in May, it's the perfect month for kitchens to go all-out attack when it comes to creative menus, promotions and events.

THE BBQ BONANZA

26TH MAY – 1ST JUNE

The British & Irish barbecue occasion has evolved massively in the last decade with great thought and reverence now being given not just to the ingredients, but to the equipment, fuel, techniques and cooking processes.

Our Country Range selection of seasonings, sauces, spices, herbs, vinegars and oils are sensational for putting a global stamp on a wide range of international BBQ dishes. This blackened cajun barbecued chicken is delicious served with a tangy slaw.

*Blackened Cajun
BBQ Chicken*



NEW



*New this
BBQ Season*

**COUNTRY RANGE STICKY BBQ SAUCE -
2.27 LITRE TUB**

With more and more chefs understanding and showcasing the benefits of cooking over flames, we're delighted to launch our new Country Range Sticky BBQ Sauce ahead of National BBQ Week. Providing a wonderfully sweet and smoky flavour with plenty of punch, the new sauce really shows its champion qualities when used as a marinade for ribs, chops, wings, drumsticks, kebabs, steaks and vegetables set for the coals.



Ultimate Cheese Toastie

British Sandwich Week

19TH – 25TH MAY

As British Sandwich Week gets nearer and the alfresco season gathers pace, it's time to push the sandwich boat out once again. Whether it's beautiful bread, delicious condiments or the finest fillers, Country Range has you covered.

How about super sizing your cheese toastie for the occasion?

COUNTRY RANGE RTU SAUCES 2.2KG JARS

Launched in 2017, our RTU sauces have become one of our most used and most loved products. Offering convenience, great flavour and veritable versatility, the 11-strong range of RTU sauces are fantastic for many of the nation's favourite meals, are great for leftovers and a brilliant tool in the fight against kitchen waste.

Made with the finest ingredients and adhering to the government salt guidelines, the Jalfrezi, Rogan Josh, Madras, Balti, Sweet & Sour, Sweet & Sour with vegetables, Bolognese and Chilli Con Carne sauces are also all 100% allergen free. The Korma and Tikka Masala sauces contain dairy, and the Katsu contains dairy and soy.



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NEW FROM

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Pistachio Cream

BEHIND THE BRAND



Name: Jack Brooks

Role: Category Buyer

Joined: I first joined in June 2014 as assistant buyer and left in June 2017. I rejoined in November 2023 in my new role.

Day-to-day responsibilities: Working with suppliers to achieve the best results for the Group, supporting our member wholesalers with queries, searching out and meeting new suppliers, product management, artwork sign off and much more.

Best part of your job: Every day and every week is different.

How do you ensure the Country Range portfolio remains the best? The regular tendering of all products is vital and ensures the highest product quality or competitiveness in the market.

Favourite Country Range product: Country Range Peri Peri Sauce.

Favourite Dish: Margarita Pizza, simple but a classic.

Favourite chef: Gordon Ramsay, but for entertainment value obviously.

Favourite drink: Double espresso or a pint of Peroni.

Last restaurant you ate at: The Eagle, Barrow.

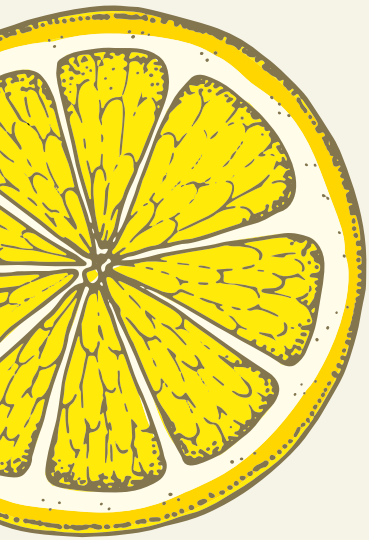
Favourite restaurant: Higher Buck, Waddington.

Favourite cuisine: Italian.

Signature dish: Seafood Paella.

Hobbies outside of work: Playing golf, running and watching Burnley FC.

Most exciting food trend of 2025: Pistachio and in particular pistachio cream.



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HEADS^{UP}

The Cost of Bullying in the Workplace

Bullying in the workplace is a problem that has long maligned the reputation of the hospitality sector, despite huge changes that have taken place over the years. Bullying can manifest in many ways—verbal abuse, intimidation, exclusion, or even cyberbullying. These behaviours can cause anxiety, depression, and burnout in those affected, increasing the risk of absenteeism and resignations.

But it's not just employees who suffer, businesses (and the industry as a whole) also pay a heavy price. In an interview on Radio 4 in 2020, a Line Cook in Manchester described how they were publicly humiliated if a dish was even slightly off-standard and how they left the industry because they couldn't cope. In another interview in The Guardian, a Chef who chose to remain anonymous, reported that they were sworn at in front of staff and the abuse led to a series of panic attacks before they got to work. Both examples resulted in the victim leaving their job-and-industry, costing the business in recruitment costs and adding to staffing shortages in the sector.

The costs don't stop there. If an employee takes legal action, even if a claim doesn't make it to court, legal consultations and potential settlements can be extremely costly. Then there is the loss of productivity as distressed or distracted employees battle through an uncomfortable situation that will undoubtedly affect the customer experience and ultimately, your bottom line. Lastly, word travels fast in the hospitality industry, particularly through online reviews and social media.

A reputation for mistreating staff can deter talented applicants and drive customers away.

A CHANGING INDUSTRY

Fortunately, operators are recognising the importance of a supportive, positive workplace. Many businesses are investing in mental health training for management and staff, introducing clearer HR policies, and championing zero-tolerance approaches to bullying. These efforts not only protect employees but also boost productivity and enhance the sector's appeal as a rewarding place to work.

Tackling bullying isn't just an ethical duty—it's a business imperative. If you or your staff are experiencing bullying, organisations such as Hospitality Action in the UK and Mental Health Ireland can offer guidance and support. Adopting a zero-tolerance stance and encouraging open communication can help transform hospitality into a welcoming, professionally fulfilling environment for everyone.



HOW TO HANDLE BULLYING REPORTS

- **Listen and Document:** Take every complaint seriously. Gather detailed accounts from all parties involved and keep thorough records.
- **Investigate Promptly:** Undertake a fair and impartial inquiry. Inaction or delays can worsen the situation.
- **Provide Support:** Offer counselling or professional support for affected staff. A caring response can help rebuild trust.
- **Take Appropriate Action:** If bullying is confirmed, implement disciplinary measures in line with your policies and legal obligations.
- **Review Policies and Culture:** Ensure clear anti-bullying policies are in place and that managers receive training to maintain a respectful working environment.

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HEADLINE SPONSOR

Country Range Announced as Springboard FutureChef Headline Sponsor

Following a successful nine years supporting the next generation of young college chefs through its sponsorship of the Student Chef Challenge, the Country Range Group has now turned its attention to schools with their own brand, Country Range, being announced as a Headline Sponsor for the 2025/2026 Springboard FutureChef competition.

A COMMITMENT TO CULINARY EXCELLENCE

As the Headline Sponsor, Country Range will play a central role in supporting the competition from start to finish, which provides direct engagement opportunities for students, schools and chefs and a rich learning experience that extends beyond the competition.

The FutureChef annual programme begins in August with a nationwide call for participants, chef mentors and judges. School heats then take place from August to October, followed by local finals and mentor engagement. Regional finals occur in early spring 2026, culminating in the prestigious National Final in March 2026. Outside of the main competition, culinary career sessions and industry-led demonstrations are also run throughout the year.

In addition to Country Range being the headline sponsor, the Group's wholesale members will also have the opportunity to offer mentorship and professional development opportunities for young participants and schools in their regions.

Passionate about addressing the skills gap in the hospitality industry, the partnership marks a significant milestone in the Country Range Group's commitment to nurturing culinary talent and providing a vital pipeline for the industry's future workforce.

The UK's leading school-based cooking competition, engaging over 25,000 young people annually across England, Scotland, Wales and Northern Ireland, Springboard FutureChef supports the development of key life skills and showcases the exciting careers available in the hospitality sector.

DRIVING INDUSTRY IMPACT

Designed to inspire and equip aspiring chefs aged between 12-16 with essential culinary skills and knowledge, Springboard FutureChef provides a hands-on experience, builds confidence and introduces participants to the world of professional cookery.

With a proven track record for launching culinary careers, the first Springboard FutureChef competition took place in 1999 with 127 young chefs taking part. Since that inaugural competition, over 225,000 students have been involved and a remarkable 24% of participants have gone on to have careers in hospitality.

Previous Springboard FutureChef winners include 2023 MasterChef: The Professionals champion Tom Hamblet, 2023 Roux Scholar winner April Lily Partridge and Graeme Cheevers, owner of the Michelin-starred Unalome in Glasgow.

Graham Caldwell, Country Range Group Marketing Manager, said:

"The Country Range Group and our members are dedicated to supporting the foodservice sector and we recognise the importance of investing in young talent. The Springboard FutureChef competition is a truly exceptional initiative and as a long-term supporter of food education



and training, the exciting sponsorship aligns perfectly with our mission to empower the next generation of culinary professionals and strengthen the hospitality industry."

"Springboard FutureChef is more than just a competition - it's a monumental movement that provides invaluable skills and experience to young people, fosters industry connections and strengthens career pathways for culinary talent. With an unbelievable track record for developing young cooks, we're thrilled to take on the role of Headline Sponsor and look forward to working with Springboard to invest in and inspire the next cohort of young chefs."

A PROVEN MODEL FOR SUCCESS

Country Range's decision to become a headline sponsor of Springboard FutureChef builds on the success of its previous partnership with the Craft Guild of Chefs in supporting the Student Chef Challenge.

Another competition with a great heritage of developing culinary stars of the future, Country Range was lead sponsor of the iconic challenge between 2016 and 2024.

Graham Caldwell continues:

"It was a huge honour to help thousands of young chefs improve, grow and test themselves through the Student Chef Challenge and we're confident the experience will ensure we can make FutureChef 2025/2026 the most impactful yet. As the hospitality sector continues to rebuild and evolve, initiatives like FutureChef play a crucial role in ensuring a skilled and passionate workforce for the future."

Amanda McDade, National Head of Careers and Education for Springboard commented:

"We're thrilled to welcome Country Range as a Headline Sponsor for the 2025/2026 Springboard FutureChef competition. Their commitment to nurturing young culinary talent aligns perfectly with our mission to inspire the next generation of chefs. This partnership will significantly enhance our ability to provide students with invaluable industry connections, skills, and experiences. With the Country Range Group's support, we're confident that FutureChef will continue to be a transformative platform for young people, opening doors to exciting careers in hospitality and addressing the industry's skills gap. Together, we're not just shaping future chefs; we're cultivating the culinary stars of tomorrow."



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Journey thro Italy

Italian cuisine is more than just pizza and pasta, each region has their own speciality that uses simple, high-quality ingredients. From Pappa al Pomodoro to homemade Pici, our experts this month go beyond the margarita and explore the delights Italy has to offer.



FELICITY VINCENT

Chef & Recipe Developer

My mother is well known in our family for making the best risotto. This northern Italian dish is the epitome of comfort food: warm al dente rice with a satisfying chew coated in a creamy sauce. Its flavour is slightly nutty, savoury and delicately sweet. It then makes the perfect blank canvas for any additions, but I once tried a blueberry and pecorino version in Milan which blew me away. Her key steps to making perfect risotto every time? Gently sweating off white onion in butter, using arborio rice, and slowly adding homemade stock as the rice is continuously stirred in small concentric circles.



KAYLEIGH BACCINO

Co-founder, Francie's Focaccia & Coffee

For us, Italian cuisine is so popular because it's so simple; you can create flavoursome, filling dishes with a few quality ingredients, which are adaptable to any menu, from fine dining to casual eateries.

We use a lot of Italian flavours at Francie's, and when we first opened, our customers were not overly familiar with them, such as the Italian smoked cheese Scamorza. This offers a richer flavour to your typical cheese sandwich, especially when paired with our handmade focaccia flavoured with rosemary, olive oil and salt. This combination is really popular in Italy, particularly in Genoa, a city known for its thin, salty focaccia.



PORCHETTA

ugh



SALLY BYCROFT
Private Chef &
Founder, La Cucina
Italiana

My favourite regional dish has got to be

Porchetta from central Italy. It is the most flavoursome, stuffed, rolled joint of pork with delicate crispy crackling sold in the markets and cooked by the local butchers.

The Italians eat a lot less processed food. They eat fresh, local seasonal fruit and vegetables with natural flavour enhancers like olive oil, balsamic, lemon and garlic so you can make dairy free, gluten free, nut free dishes that still taste amazing.



REBECCA MANFREDI
Managing Director, Suncream Ice Cream

Suncream Ice Cream's decadent Gelato Lusso range is a great option for caterers to meet the demand of those consumers who are after a high-end, authentic Italian ice cream. The range offers 14 delicious flavours including Cookie Dough Biscotti, Chocolate Jaffa Cake Orange and Pink Candyfloss & Bubblegum. Made with fresh milk and cream, the 6 litre tubs are hand-dressed and finished with delicious sauces and beautiful inclusions which makes picking out a flavour a really exciting experience for children and families.



MASSIMO MORANA
Co-owner, Enzee Brockenhurst

When I was young, I always used to watch my mother and father cook at home back in Sicily. At Enzee Brockenhurst, we continue that passion and use the best fresh ingredients to make our homemade pasta and pizzas. We love bringing regional Italian dishes such as Medaglioni al Dolcelatte to our guests, and celebrate each region with themed nights, complete with wine pairing and live music.



GENNARO COLTALDO
Chef

"Fave e Cicoria is a dish which comes from rural Puglia and to me symbolises the best of cucina povera - just 2 main ingredients, very simply cooked to make a nourishing and complete meal. Dried split broad beans are available in most international shops which are cooked and mashed. The greens used in Italy is Cicoria from the chicory family, but you can use dandelion or puntarella. Otherwise, use mixed spring greens, long-stem broccoli or even spinach will be just as good."



Fave e Cicoria



SPLIT BROAD BEAN MASH WITH GREENS

SERVES 4-6

INGREDIENTS

- 400g (14oz) dried split broad beans, soaked overnight in plenty of cold water
- 4 bay leaves
- 5 garlic cloves, lightly crushed and left whole
- 4 tbsp extra virgin olive oil, plus extra for drizzling
- 600g (1lb 5oz) dandelion or puntarella (gross weight)
- Sea salt and freshly ground black pepper

METHOD

1. Drain and rinse the soaked broad beans. Place them in a saucepan, cover with plenty of fresh cold water, add the bay leaves and three garlic cloves, then bring to the boil and cook, partially covered, over a medium heat for about 45 minutes, until the beans are cooked through and tender. Remove from the heat, discard the bay leaves and garlic, then blend the beans until smooth using a handheld stick blender. Season to taste with salt and pepper. Set aside.

2. Remove the leaves from the dandelion (and the heart if using puntarella) and save the roots to make a salad. Take the leaves and blanch them in a pan of boiling water for a couple of minutes until tender. Drain well.

3. Heat the olive oil in a large frying pan, add the remaining two garlic cloves and sweat for a minute. Add the greens and stir-fry over a medium-to-high heat for 2-3 minutes, then season with salt and pepper.

4. Heat through the blended beans mixture, remove the whole garlic gloves and then serve with the greens, drizzled with a little olive oil.

TREAT YOUR CUSTOMERS ✨



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*Source: Zappi consumer insights platform monadic test - 9th July 2024; 400 carbonated soft drink purchasers; age range – national representation. For further information please contact Britvic at PressOffice@Britvic.com



TECHNOLOGY IN HOSPITALITY



Passionate about how technology improves business performance in the hospitality sector, Scott Woods, Interim Managing Director at Cab Hospitality has over 7 years of hospitality experience and currently works to develop strategies that drive more direct bookings for operators. As digitalisation continues to spread, we sought Scott's advice on how software can be harnessed to improve all aspects of business operations.

HOW HAS THE INTEGRATION OF DIGITAL BOOKING SYSTEMS TRANSFORMED OPERATIONAL EFFICIENCY AND GUEST EXPERIENCE IN HOSPITALITY?

For businesses, introducing digital booking systems has reduced the reliance on staff taking bookings through traditional methods, such as over the phone. This allows businesses to reduce the amount of staff, or utilise the team in different ways. The technology can drive more revenue with the use of automated upsells. As well as this, the digital booking systems have provided a great way for hospitality businesses to capture more data on their customers - allowing them to make smarter decisions with marketing budgets. Digital booking systems have improved guest experience by bringing convenience to the whole booking process. The customer can easily book from wherever they are, whenever they want.

WHAT OTHER SYSTEMS CAN OPERATORS LEVERAGE TO COLLECT VITAL DATA THAT MIGHT HELP THEM GROW THEIR BUSINESS OR IMPROVE PROFITABILITY?

Having a CRM (customer relationship management database) at the heart of the business is a great way to collect data to improve profitability. From the basics of sending personalised offers for birthdays and anniversaries, to sending personalised communications to draw back lapsed customers or rewarding high spenders - there are many ways that this database can be used to drive revenue for a low cost. By analysing your CRM database, you will also be able to understand your customer base better, and understand their purchasing habits - allowing you to make data driven decisions.

WHAT CYBERSECURITY MEASURES ARE REQUIRED?

Protecting sensitive guest data is paramount for hospitality businesses. It is important to ensure that you are adhering to data privacy regulations (such as GDPR). Measures include, but are not limited to: end-to-end encryption, secure storage protocols, multi-factor authentication and keeping software up to date.

WHAT CHALLENGES DO HOSPITALITY OPERATORS COMMONLY FACE WHEN INTEGRATING MULTIPLE DIGITAL TOOLS?

A common issue hospitality operators face is that a lot of tools don't integrate with each other. When selecting your digital toolset, be sure to check that the new tool integrates with your current toolset. Another common issue is a difference in attribution modelling in reporting.

LOOKING AHEAD, WHAT ADVANCEMENTS IN TECHNOLOGY DO YOU FORESEE FOR THE INDUSTRY?

AI is rapidly advancing and can't be ignored. Hospitality operators need to use AI tools to revolutionise how they are using data. It is a great way to quickly spot trends in data, for example identifying popular menu items, forecasting future demand or gauging customer sentiment by analysing reviews to find areas to improve your business. Just remember not to input sensitive data.

For more information contact: s.wood@cabhospitality.co.uk or visit <https://www.cabhospitality.co.uk/>



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Rising Star

GREG LAMBERT

**FOOD DIRECTOR, SIX ROOFTOP
AT THE BALTIC, NEWCASTLE**

As SIX at Baltic continues to cause a stir and win accolades in Gateshead, we caught up with their trailblazing Director of Food, Greg Lambert, to discuss his beginnings in the industry, an award-winning year, and his goals for 2025.



Describe your cooking style.

My cooking is rooted in classical French cuisine, but I love British ingredients and source locally wherever possible. I like to think my cooking is simple but adventurous and I do love plant-based.

What changes have you witnessed since you joined SIX?

The industry has changed massively and so much has happened. Just think of what has happened since the pandemic. There has been a growing understanding of the importance of work-life balance for chefs and hospitality professionals. The kitchen has also become a digital space with chefs having to work on laptops, order online and use the latest technology. Written order checks, recipe books, pen and paper are almost a thing of the past. Fewer hours, screens, email, and social media are the new norms. I feel that I was like the last of the older generation but started at the right time. People who were slightly older than me seemed to struggle as chefs had to become more tech-savvy.

Are there any restaurants where you want to eat?

I'm desperate to get down to Kirk Howard's restaurant Plates in London. It's entirely plant-based and I am in awe of what he has been doing. We run a plant-based tasting menu and Kirk seems to be leading the way in this area.

Plant-based in the North East – is that a bit risky?

We do like our meat and protein up here and our protein-tasting menu sees about 75% of the orders but there is definitely a growing market for plant-based food. We've focused on plant-based for 4-5 years so it's something we have built a reputation for. There is no fake meat or

processed rubbish, the fresh produce, ancient grains, and vegetables are the stars.

What's a perfect daily menu for you to eat?

For breakfast, I like to keep it light. Top-quality Greek yoghurt, honey, berries, and homemade granola are a great start for the day. Lunch – a good Rueben's sandwich and then dinner – you can't beat steak and chips. A nice rib eye, chips and bearnaise sauce.

What do you love most and hate most about the job?

I love the creativity. As a kid I liked Lego and making things, cooking is just another form of that. The people also make the job. Chefs often have a bad reputation, but you can meet and work with some great people. They're like-minded and loyal. I would hate to be sat behind a desk all day. I currently hate the condition of the industry. Since the pandemic, it's been on its knees. Places are closing and it's a tough time for many, which breaks my heart.

What advice would you give to young chefs?

Be organised in every part of your life – work hard at it. The prep list will be accurate, ordering will be exact, and you'll be on time. Develop your work ethic, nothing comes easy, and instil self-discipline early – don't take shortcuts.

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INTO
THE
WILD

Bees

by Rachel de Thamples



Life without bees would not only be sad and silent, it would also be less delicious and nutritionally diverse. Bees are one of the strongest threads in nature's web and a vital link that keeps our food systems running. They help provide that wonderful, energy-boosting honey but more importantly, nearly three quarters of

the crops that produce fruit and seeds for human consumption, depend on bees for pollination.

HOW CAN CHEFS DO THEIR BIT FOR BEES?

Plant bee-friendly fauna

A bee-friendly garden is the first step toward bee success. It's great fun to simply try and spot, count and identify the different bees that visit. Plant lots of bee-friendly plants. Herbs are a great example – bees absolutely love herbs. They are the original herbalists. Just like with humans, the medicinal qualities of herbs are greatly beneficial to bees. Flowers can lift the visual appearance of venues, but they can also provide food and habitat for pollinators. The bumble bee will often sleep within the petals of flowers.

Wild hives

Creating your own wild hive or bee hotel is a great way of supporting wild bees. Hollowed out trees or tree boxes can encourage wild colonies of bees that don't have to be managed, to stick around and work their magic.

Hive shares

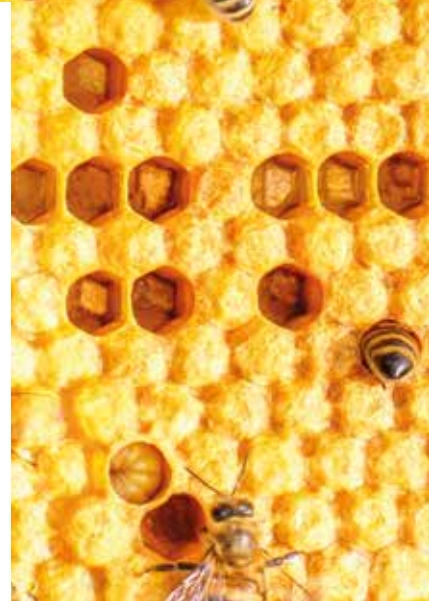
If you have the space but lack the time or experience, research and reach out to local

beekeepers and producers. Contra deals can be struck where you can provide the land and bee food in return for some of the honey. It may be that you could link up with other spaces and stakeholders in the community to set up local initiatives.

CAN ANYONE KEEP BEES?

Yes and no. Anyone can start a hive, but it has to be sited in the correct area if the colony is to be healthy. I help with the beekeeping at River Cottage but can't keep bees where I live as my garden is north facing and I live on a busy road. I do have a flat roof, but it gets too much wind so if I was to put a hive up there, it wouldn't be great for the bees.

With the numbers of beekeepers on the rise since Colony Collapse Disorder was first reported in 2006, it is worthwhile finding out how many other hives are in your area first. A high concentration of bees in a certain area can put pressure on the bees and other populations. At River Cottage, we have moved away from the traditional way of beekeeping and are instead trying to create habitats to secure the future of wild bees. It means a more natural home for bees and less work for us.



Sweet Chilli Sauce



Commercial chilli sauces are typically laden with sugar and often contain artificial colourings. This is a chilli sauce in its purest form; it also benefits from a boost of beneficial bacteria from the honey and the fermentation process. Even better, it's completely delicious and ridiculously easy to make. I love it with salt and pepper squid but it's equally gorgeous with halloumi or glazed over roasted squash or beetroot.

SERVES 4

INGREDIENTS

- 75g fresh red chillies
- 1 garlic clove, peeled
- 75g honey
- 1 tsp freshly squeezed lime juice
- You will also need a sterilised lidded jam jar

METHOD

1. Halve the chillies and remove the seeds if you prefer a milder sauce, otherwise leave them in.
2. Slice or finely chop the chillies and garlic, then place in your jar.
3. Add the honey and lime juice to the jar. Put the lid on the jar, screw it on tightly and give the jar a good shake to mix the ingredients together.
4. Loosen the lid and leave at room temperature to ferment for at least a week or up to one month.
5. Use the sauce straight away or store in the fridge for up to three months.



Creating your own hive

If you're desperate to have your own bees and have the habitat for them, hives like to be south facing with the entrance facing the rising sun. Bee-friendly access to water is also crucial. Site the hive away from busy roads, make sure it's sheltered and provide diverse plant life for them to feed on. Contact your local beekeeping society too. It's a great way to learn the ropes, gain support and get some experience. Beekeeping is very accessible. The book provides lots of details on where you can buy new national standard hives but there is plenty of kit that can be found second hand so make connections.

Looking after a hive

The volume of honey produced by a national standard hive can vary depending on the bees, the habitat and their food sources but you can get up to 14kg surplus honey so around 40 x 350g jars. There is work to be done to ensure the colony is healthy though. In the warmer months as the bees start to forage, a national standard hive will need to be inspected every 7-10 days. This helps to manage the swarming between April and July. Swarming is naturally occurring and healthy for the hive. The bees either want to expand the colony or ditch the queen. If you are inspecting regularly, you can be prepared and take certain steps when it begins to swarm. As it gets cooler, you want to make sure the hive is healthy and they have plenty of food. You can do something called hefting which is where you lift the hive to gauge the weight of the honey stores.

THE BENEFITS TO A CHEF'S CREATIVITY

As a catering business or kitchen, bees can be business boosting and it doesn't get any better than creating your own supply of honey that can be used in recipes or sold. Depending on the bees' food – the texture, the colour, the smell and the taste of the honey can all be so different. For this reason, honey can beautifully and uniquely showcase provenance, seasonality and locality. It's a product of terroir and the honey will look, smell and taste of the plants and fauna the bees have been feeding on. Different flowers can provide different flavour notes to the final honey.

I think it's exciting for chefs to be able to experiment with their own honey



WIN

The nineteenth River Cottage handbook - Bees and Honey was published in March.
For your chance to win this and your very own Bee House turn to page 54!

alchemy. You can plant specific bee food to provide certain nuances to the final honey. You can even take frames from the hive at different times of year to other local areas where there is a proliferation of a certain crop. In Devon, they have hives in an orchard that are surrounded by wildflower meadows. The bees love the dandelions so at certain times of the year you will get beautiful bright yellow, dandelion flavoured honey. Next, frames may be taken to a buckwheat field and the honey produced will be darker with caramel notes.

“Creating your own wild hive or bee hotel is a great way of supporting wild bees.”

There are other products that come from the hives as well. As part of a dinner I created with some friends who worked at Noma, we infused a mayonnaise with propolis – a resin that the bees bring in to make the hive. It's high in antioxidants and has an amazing flavour. We also used the wax to age a cultured butter for 2 years. I have also aged fruit in bees wax, which is a fascinating technique to try. The wax is anti-microbial so provides the perfect house for fermentation. Bee pollen as well is another of those cool health ingredients.

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Steak Suet Pudding



A COMFORTING CLASSIC

One of my favourite savoury bakes is a traditional suet pudding. It's a great low cost menu item due to the cheaper cut of meat that you slow cook until it's falling apart. The heavier nature of the suet pastry makes it substantial and filling, meaning that you don't need to include an abundance of sides. Just a few good quality chunky chips and green vegetables will be enough so satisfy even the largest of appetites.

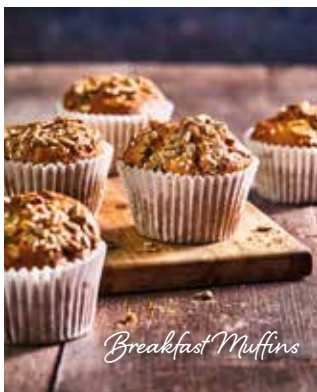
Making ends meet

BAKING ENDS MEET

To celebrate World Baking Day taking place in May, Paul Dickson shares some of his top baking tips whilst keeping costs down.

You can't beat the comforting flavour of home baked dishes, whether that's a hearty pie or a classic cake. A lot of love and time goes into creating freshly baked produce, so it's important to make it worthwhile to have on your menu. Whether that's keeping ingredient costs down or ensuring that you're keeping waste to a minimum, here are some of my recommendations.

Paul is a Home Economist and food stylist working in London and the North West, creating exceptional visual stories in film & tv, on social media and in print. All of the recipes and videos featured in the article can be accessed online at www.countryrange.co.uk/recipes or by scanning the QR Code.



Breakfast Muffins

Nutritious and Delicious

Baking can be healthy too. These muffins include dried fruits, seeds and nuts, with honey and natural yoghurt being used instead of sugar and other fats. They also work well across day parts, as they're a good breakfast option whilst also being a healthier choice to serve throughout the day.

CHOCOLATEY CHUNKS

A nice way to use up leftover or broken bakes such as cookies or cake, is to smother them in chocolate and give them a new identity. Cake pops are always popular, and these little chocolate covered cookie chunks go down a treat, using up cookies that would otherwise go in the bin.



Chocolate Dipped Cookies

Summer Saver

In the summer months especially, when you have an abundance of fresh produce that's at risk of going to waste, seasonal cakes are an excellent way to use up vegetables whilst offering something different to customers. My courgette and lemon cake is a good example of this, but you can equally try beetroot, pumpkin, and of course carrot is a classic example.

Courgette and Lemon Cake



Business owner, author and hard-working chef, Tom Kerridge is one of our industry's greats. With a pragmatic and level-headed approach to hospitality's highs and lows, we caught up with Tom to find out what's new in his world.

How is business?

It's difficult to judge. Our numbers like-for-like on last year are about the same, maybe slightly down but like with most hospitality businesses, it's the increased costs that are problematic. For most in hospitality, they would have been happy if they broke even.

Do you have any plans for new ventures in 2025?

No, we're not going to be doing anything new. It's about adjusting and working out the landscape for this year and the years to come. It's going to be a difficult one to navigate. Opening or operating something new with the variables that come with that is not something we'd be confident in doing.

What will be the focus?

We're happy that The Coach turns 10 years old this year and the Hand & Flowers turns 20 so our focus will be on how we can celebrate those businesses and keep them going for another decade or two.

Like other businesses that have been going that long, they do have a great foundation, a rhythm to them, but you do realise that long term things change. The trick has always been to work out how to weather the storm and survive. We aren't immune to the problems others are facing. Ours are the same as any other hospitality space. It is problematic and difficult.

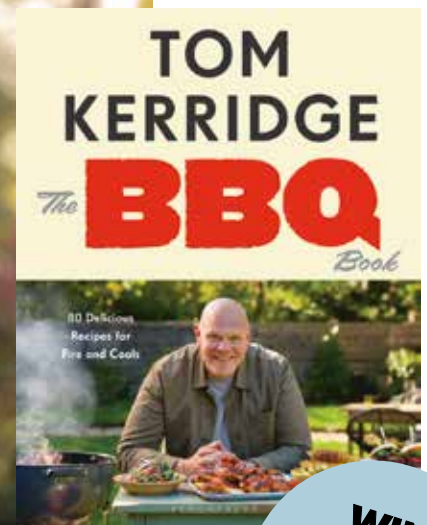
What's your view on the employer NI increases?

I do think that is the wrong way to be doing it, particularly in hospitality where businesses are small individual places. They are not massive conglomerates. They are often small independent businesses, family businesses or small chains, and the increases will make it harder for them in an already tough landscape.

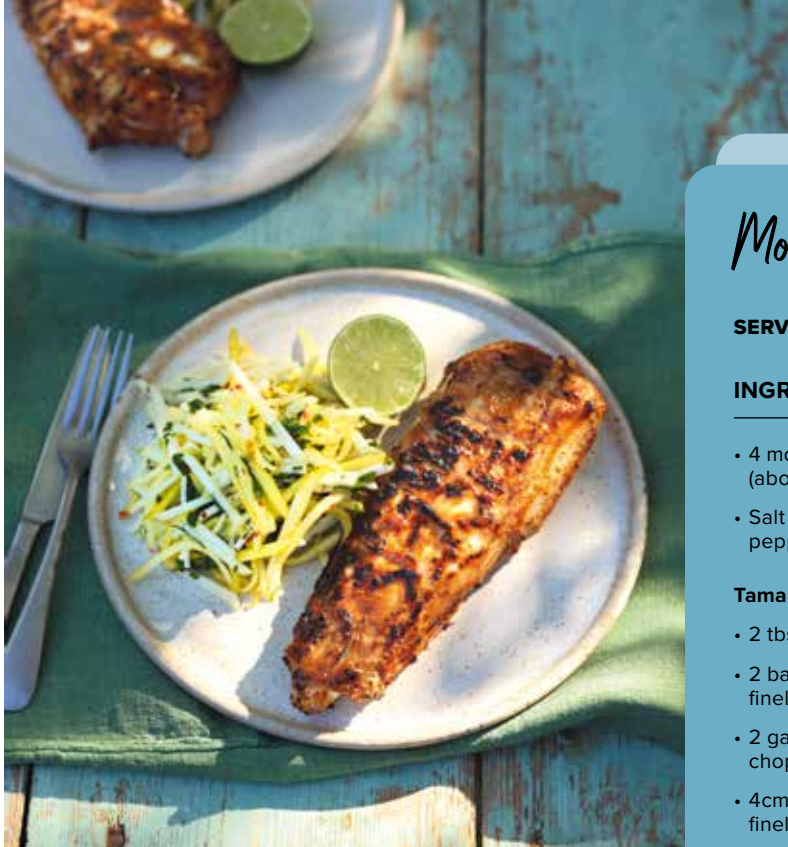
From a business perspective, it's very much in the balance at the moment. There is a big problem

Tom KERRIDGE

BUSINESS OWNER, AUTHOR & CHEF



WIN
For your chance
to win a copy
of BBQ turn to
page 54



Monkfish with a Tamarind Glaze

SERVES 4

INGREDIENTS

- 4 monkfish tails (about 300g each)
- Salt and freshly ground pepper

Tamarind glaze

- 2 tbsp light olive oil
- 2 banana shallots, finely diced
- 2 garlic cloves, finely chopped
- 4cm piece of fresh ginger, finely grated
- 1 red chilli, deseeded and finely chopped
- 1 tsp garam masala
- 4 tbsp tamarind paste
- 3 tbsp soft light brown sugar

- 2 tbsp soy sauce
- 2 tbsp malt vinegar

Apple and mango slaw

- 300g under-ripe mango
- 3 Granny Smith apples
- Juice of 1 lime
- 1 tbsp soft light brown sugar
- 1 tbsp fish sauce
- 1 red chilli, finely chopped
- A handful of coriander, finely chopped

To serve

- Lime wedges

METHOD

1. Season both sides of the monkfish steaks with salt and pepper. Place on a plate in the fridge until needed.
2. To make the tamarind glaze, heat the olive oil in a small saucepan, add the shallots and sauté for 3–4 minutes or until softened. Add the garlic, ginger and chilli and cook for another 2 minutes. Lower the heat and stir in the garam masala. Cook, stirring, for 1 minute and then add the tamarind paste, sugar, soy sauce and vinegar. Bring to the boil, take the pan off the heat and let cool slightly.
3. Now transfer the tamarind mixture to a mini food processor and blend until smooth. Scrape into a bowl and leave to cool.
4. Spread half the cooled tamarind mixture over both sides of the monkfish. Place in the fridge to marinate for 30 minutes.
5. To prepare the apple and mango slaw, have ready a bowl of iced water. Cut the mango flesh from the stone, peel, then slice into julienne strips and place in the iced water. Peel, halve and core the apples, cut into julienne strips and add to the iced water. Leave to crisp up for 10 minutes or so.
6. For the dressing, in a small bowl, mix together the lime juice, brown sugar and fish sauce. Drain the mango and apple, pat dry with kitchen paper and transfer to a bowl. Pour on the dressing and toss to combine. Add the chilli and chopped coriander and fork through.
7. Lay the monkfish on the barbecue and cook for 6–8 minutes, turning regularly, until charred on all sides and cooked through.
8. Accompany the monkfish with the apple and mango slaw and lime wedges.

GE

regarding the employer NI increases and the way the Autumn budget is working, however the people that are moaning are the business owners, not necessarily the people who work within those businesses. People who own businesses like myself are the ones always asked for opinions. Really you should be asking the 200 people who I employ if they're happy with Labour because it's

those people who the Government have been trying to help.

What would be the key policy change you would like to see?

I would like VAT in hospitality to be in line with Europe where it sits anywhere from 8% to 12% but if we're in a huge fiscal deficit and trying to raise money, it's always going to be difficult for the Business and Trade Secretary to persuade the Chancellor to accept a reduction in VAT. It is about long term growth though. I'm fairly certain that if the country wasn't in such a bad state, many of the key policies we have been asking for would be being listened to, considered and implemented a lot quicker. The future of VAT in hospitality has been talked about, I have talked about it with two front bench ministers, and I hope in the long term that a reduction will happen. Unfortunately, it's short-term relief that we need now.

Why does hospitality have such a big reach when it comes to supporting careers?

Hospitality is so vitally important for careers. Many people's first contact in business and human interaction comes from hospitality. While in education, their first job is often in a café, restaurant or pub pouring pints or polishing glasses. Yes, they're earning but they are also learning, connecting with human beings and customers. It isn't a peer group or the same as when you are at school. You're interacting with different people of all ages and from all walks of life.

Tell us about the new book, BBQ. How is it different from your book Outdoor Cooking?

BBQ is the next move on from Outdoor Cooking, which was more of an introduction. BBQ contains some simple recipes but there are also some more complex dishes and techniques. It's less about the slower side of BBQ cooking so not as much of the barbecue food you will find in the southern states of America. We do have some great ribs and short rib recipes in there, but it is more burgers, kebabs, jerk-style chicken, and vegetables also make a big appearance. It showcases how to maximise those smoky flavours and also celebrates the sense of connection and community you can generate when you cook outside.

THE MARKETPLACE

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

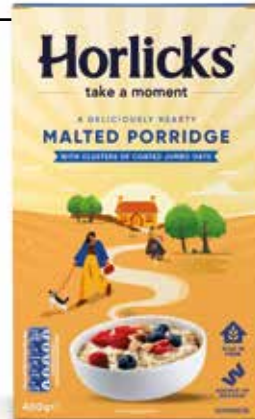
A BETTER BREAKFAST: CPW REFORMULATES CORNFLAKES RECIPE



Cereal Partners Worldwide (CPW) has reformulated its Cornflakes recipe, reducing sugar by 9.8% while increasing fibre content, in line with its mission to "Make Breakfast Better with Better Food."

Despite the changes, taste and quality remain unchanged, with blind taste tests confirming positive feedback. This innovation reflects CPW's dedication to healthier breakfast options while ensuring customer satisfaction.

With the reformulation, CPW has also updated ordering codes for its Nestlé Cornflakes 7kg and Harvest Home Cornflakes. For further details, customers are encouraged to contact CPW.



*Horlicks Enters
Breakfast Menus
with New Malted
Porridge*

Aimia Foods for Professionals is expanding Horlicks into the Out-of-Home (OOH) market with the launch of Horlicks Malted Porridge. This exciting new breakfast option combines baked jumbo oat clusters with Horlicks' signature creamy, malty taste, delivering slow-release energy and a high-fibre boost.

Brand Manager Rebekha White

shares the enthusiasm, noting that consumer demand for more malted breakfast options inspired the launch. Horlicks Malted Porridge is available in 400g boxes, offering a warm, comforting start to the day.

Foodservice providers looking to stock this on-trend breakfast item can contact Aimia Foods for more details.



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Hot Honey Caribbean Flavours Burger Bliss - Lion's New Sauces

Lion Sauces, part of AAK Foodservice, has launched three exciting new sauces for 2025: Caribbean-Style BBQ Sauce, Honeyracha Sauce, and Burger Sauce. Designed to meet the growing demand for bold global flavours, these sauces offer versatility across multiple dishes.

The Caribbean-Style BBQ Sauce brings a tropical twist with smoky, sweet, and spicy notes—perfect for marinades, glazes, or dips. Honeyracha Sauce blends the heat of chilli with the sweetness of honey, tapping into the hot honey trend. Meanwhile, Lion's Burger Sauce elevates classic burgers with its creamy, tangy flavour.

Brand Manager Jennifer Handley highlights the sauces' appeal, with research showing 60% of UK diners love globally inspired burgers. Available in convenient formats, these sauces allow caterers to easily enhance menus and attract adventurous diners.



WRAPMASTER® LAUNCHES INNOVATIVE WASTE REDUCTION CALCULATOR

Wrapmaster® has introduced a powerful new Waste Reduction Calculator to help professional kitchens save on wrap usage while improving efficiency and sustainability. This easy-to-use online tool enables chefs, caterers, and foodservice operators to measure their potential savings simply by entering their current cling film, foil, or baking parchment usage. By switching to Wrapmaster's award-winning dispensers, users can reduce waste, cut costs, and operate more sustainably. Libby Coe, Sales and Sustainability Manager at Cofresco Foodservice, highlights the growing need for waste reduction and data-driven decision-making in professional kitchens. With tightening regulations and cost pressures, this tool empowers businesses to take control of their environmental impact. The calculator is now live and accessible to all. Try it today at Wrapmaster's website.

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EXPLORING THE UNDERGROUND

Explore the low overhead and popularity of the supper club scene

Often operating under the radar of mainstream hospitality, supper clubs offer caterers and chefs an opportunity to showcase their skills and experiment with new concepts in a more intimate and flexible setting. Peppered across the country, the low overheads and popularity of supper clubs make them the perfect springboard for budding chefs who want to test the market or start their own



HOW TO START A SUPPER CLUB

Tips from Pratap Chahal, That Hungry Chef:

- Visit a few, talk to the hosts about how they do it – we all try to help each other out.
- A good starting point is the food you enjoy cooking the most.
- A successful supper club tells the story of the host, the food, the flavours.
- Bring your personality to the plate and table.
- Keep an eye on portion control.
- Supper clubs mostly have a BYOB policy due to licensing laws.

Whilst a restaurant is confined to its designated space, supper clubs can take place in hosts' homes, cafés and unusual venues. Supperclub.tube in Walthamstow provides a Mexican dining experience in a decommissioned 1967 Victoria Line tube carriage. Chef Tony Singh MBE hosts supper clubs for 12 guests at his home in Edinburgh, while Ping Coombes, former MasterChef winner, gives customers a Malaysian dining experience at her supper clubs in Somerset.

Chef Pratap Chahal, who runs That Hungry Chef with his wife Nikhat, has been holding supper clubs at their home for 12 years. "I use supper clubs to showcase my passion for storytelling, history, literature, theatre and art, combining them into dining experiences, where I have a lot of interaction with the diners," he says. "I use them to test recipes and ideas for catering and private dining services. We have forged some incredible friendships with people who came to our supper clubs as strangers and most of our private work and catering requests have come from supper club guests. It's been our best PR and marketing tool, but also the most fun."

"I use supper clubs to showcase my passion for storytelling, history, literature, theatre and art, combining them into dining experiences"

Pratap also holds themed supper clubs such as Shakespeare's A Midsummer Night's Dream which tells the story across six courses where the food is either mentioned in the play or inspired by a scene – 'A Walk in the Fairy Woods' is the name of one of the starters. His events usually seat 14, but they have catered for up to 50 people. "Restaurants will often need to turn tables at least twice to maximise profits, while supper clubs will generally have one relaxed sitting," he says.

The Libertine restaurant and bar in the City of London holds regular supper clubs celebrating British produce by region. Chris Dutton, marketing and communications manager, says,

"Our supper clubs are immersive dining experiences that go beyond a traditional restaurant meal. We wanted to create a space where guests can taste, learn and experience something new. They offer guests an evening of exceptional food, carefully paired drinks and an engaging, relaxed atmosphere. We typically host around 40 guests per supper club, ensuring a warm, communal atmosphere. It doesn't affect our overheads or the amount of staff we need, but it does give our team the benefit of experience in a new style of service."



Above: Supper club at 'That Hungry Chef'.

Right: Supperclub.tube in a decommissioned 1967 Victoria Line tube carriage

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NEW



Serving suggestion

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Meat Free Meals

Heat & Eat Trend Alignment



Serving suggestion

NEW

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Elevate / Treat

Source of Protein

Convenient Format

Serving suggestion



Serving suggestion

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www.yamasdairy.uk



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YAMAS!

Meet Enzo and discover the Essence of Authentic Italian Cuisine !

With spring bringing fresh, vibrant flavors, Chef Oliveri suggests "**Sarde alla Beccafico con Polpa di Pomodoro Cirio**"—butterflied filled sardines baked in a luscious sauce. Light yet full of character, This classic Sicilian dish celebrates spring's fresh flavors, combining the richness of Cirio Polpa with sweet and savory Mediterranean ingredients, perfect for discerning food professionals.



Sarde alla Beccafico con Polpa di Pomodoro Cirio (Serves 4)

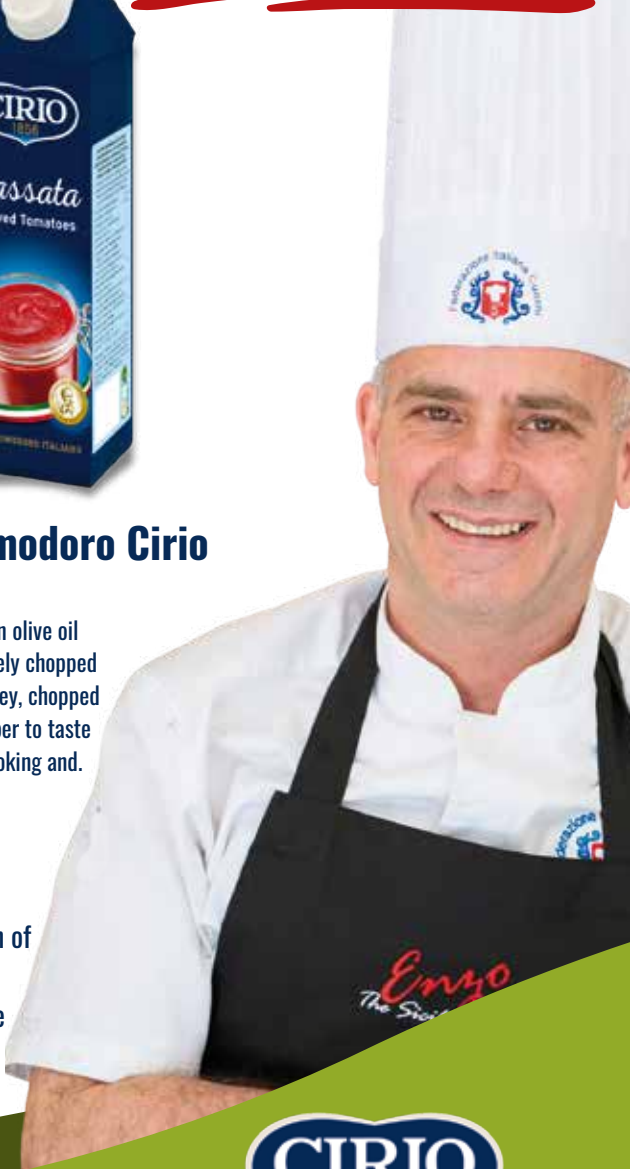
- 12 fresh sardines, cleaned and butterflied
- 300g Cirio Polpa (chopped tomatoes)
- 150g breadcrumbs toasted with olive oil
- 30g raisins, soaked in warm water
- 20g pine nuts, plus 20g lightly toasted
- 1 orange, zest
- 2 tbsp extra virgin olive oil
- 1 garlic clove, finely chopped
- 1 tbsp fresh parsley, chopped
- Salt & black pepper to taste
- Bay leaves for cooking and. slices of lemon



Chef's 5-Star Hint:

For an extra layer of depth, add a splash of tomato sauce to the filling.

Serve with a side of fennel and orange salad to enhance the Sicilian flavors.



Cooking Method

1. Prepare the filling: In a bowl, mix toasted breadcrumbs, raisins, pine nuts, orange zest, 1 tbsp olive oil, and parsley. Season with salt and pepper.
2. Stuff the sardines: Place a spoonful of the filling onto each sardine and roll them up.
3. Make the sauce: In a pan, heat the remaining olive oil and sauté garlic until fragrant, melt one anchovy. Add Cirio Polpa, the remaining pine nuts and raisins. Simmer for 30 minutes.
4. Bake: Arrange the sardines in a baking dish and place bay leaves and half slices of lemon every other sardine roll between them. Bake at 180°C (350°F) for 20 minutes.
5. Serve: in a bed of the delicious Cirio tomato sauce Drizzle with extra virgin olive oil and sprinkle with more parsley before serving.

5 ways to use



CAPERS IN BRINE

SALADS AND DRESSINGS

Although small in stature, capers pack a serious salty punch and are a great addition to salads and dressings.

SAUCES

Great for adding texture, seasoning and flavour to sauces, I love using capers in my tartar sauce recipe to accompany classic fish and chips.

GORGEOUS GARNISH

If you simply flash fry your capers and then dry them off on a towel, you get these beautiful salty little crisp balls that are brilliant texture providers for an assortment of dishes. I particularly like to use them as garnishes for fish and salad dishes.

BANGING BLITZ

I blitz my capers down with herbs to use as marinades or rubs. It's a great way of seasoning and penetrating meats and fish and boosting flavour. The capers can provide a lovely salty backbone to dishes.

BRINING & FERMENTING

Brining fish and meat is a great way of improving texture, infusing flavour and locking in moisture to prevent cuts drying out when cooked. Capers are a brilliant ingredient for your brining liquor, but this is where you can be creative with herbs and spices as well.

Country Range
Capers in Brine
Pack size: 1kg



Although he always felt he was destined for the kitchen, James first studied Music Technology at college before ditching it and spending time working as a labourer and painter. A job running a kiosk at Alton Towers gave him his first experience of hospitality and serving food. From there he moved into the hotel, where his passion for cooking exploded into life. Learning on the job from a host of talented chefs, James successfully passed his level 2 and 3 NVQs and has never looked back. He has worked for Totally Delicious for 8 years and is now Executive Chef across the company's different sites. For the caper crusaders out there, here's five totally delicious ways with capers from James.



Caper and Herb Marinade



INGREDIENTS

- 2 tbsp Country Range Capers in Brine
- 2 tbsp Country Range Extra Virgin Olive Oil
- 2 cloves garlic
- Bunch of fresh rosemary
- Salt and Pepper

METHOD

1. Add all ingredients to a blender and blitz to a marinade.
2. Use to marinate fish or meat. It works particularly well with pork or lamb chops.

The Country Club

Exclusively for customers of the Country Range Group

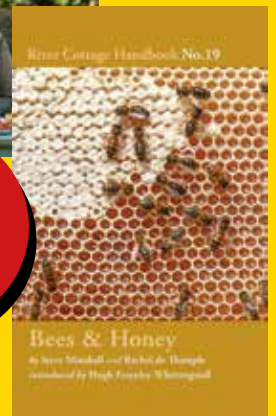
WIN THE ULTIMATE OUTDOOR COOKING & NATURE LOVER'S BUNDLE!

Get ready to fire up the grill and embrace the sweet world of beekeeping with these two incredible books!

The BBQ Book: 80 Delicious Recipes for Fire and Coals – Michelin-starred chef Tom Kerridge brings the heat with 80 mouthwatering recipes designed to take your barbecue game to the next level! Think miso prawn skewers, sticky-glazed chipolatas, and charred corn with chipotle crema—flavour-packed dishes guaranteed to impress.

Bees & Honey: River Cottage Handbook No.16 – Discover the fascinating world of beekeeping, from hive management to honey harvesting. Whether you're a beginner or a seasoned pro, this book is a goldmine of bee wisdom, celebrating their essential role in our ecosystem.

For your chance to win, enter online or send an email titled 'Bee Bee Q' along with your name, contact details and name of your Country Range Group wholesaler to competitions@stirupmagazine.co.uk



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two brilliant
books

Kara

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Turn your kitchen garden into a thriving biodiversity hub with the Navaris Bug Hotel!

Measuring 57cm with a sturdy wooden build, this well-crafted insect sanctuary is ideal for bees, butterflies, ladybirds, and other beneficial insects. Providing a secure nesting space, it supports biodiversity while enhancing pollination and pest control in your garden. A perfect choice for eco-conscious gardeners, this beautifully designed bug house is essential for those dedicated to protecting wildlife. Don't miss your chance to create a flourishing, nature-friendly space—bring vital pollinators to your garden today!

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



You can now enter all of our competitions online. Simply scan this QR code or visit www.stiritupmagazine.co.uk



Closing date for the competition is 30th May 2025. All winners will be notified by 30th June 2025. Postal entries can be sent to: Country Range Group, 4 & 5 Jupiter House, Mercury Rise, Altham Business Park, Altham, Lancashire, BB5 5BY. Full terms and conditions can be found at: www.stiritupmagazine.co.uk/about

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