

Stirrup

THE COUNTRY RANGE GROUP
MAGAZINE FOR CATERERS

AUTUMN

OCT
2025



FROM FLOUR_{TO} FONDANT

THE SECRET INGREDIENT
TO SWEET SUCCESS



FESTIVE MENU INSPIRATION | THE WORLD OF WINE
AN INTERVIEW WITH TIM SIADATAN

Ingredient

The smells, colours and sounds of autumn are all around and spooky season is upon us, so it's time to get cosy and be inspired with the October edition of Stir it up!

This month's Category Focus and Eat the Season provide ideas to fine tune your festive offering, whilst Advice from the Experts offers a wealth of wine wisdom for perfect pairings.

Our Education interview shines a light on Great British Menu champion of champions, Amber Francis from Chefs in Schools, and if you want an uncensored look at the life of a chef in London, look no further than this month's Rising Star!

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

The Stir it up team



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From Flour to Fondant

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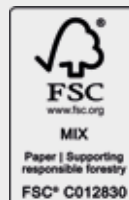
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ALLERGEN REFERENCES

VG - Vegan V - Vegetarian



RECIPES



Blue Cheese & Beetroot Tart

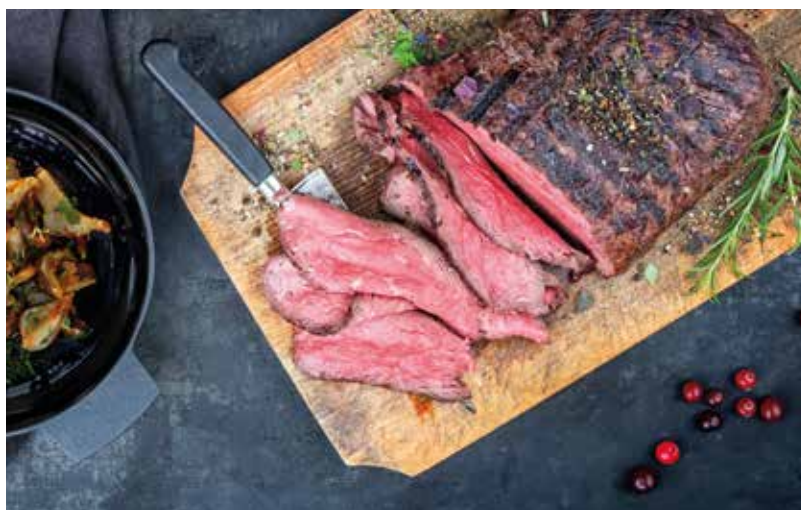
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Fresh FROM THE KITCHEN



Tahini is very much in the spotlight at the moment, helped by the Dubai chocolate craze and the viral tahini coffee trend. This sesame store-cupboard staple is so versatile that the scope for experimentation is huge. Here are some key pairings, from sweet to savoury to get you started on exploring this trend.

PISTACHIO – This cult pairing made popular by Dubai extends beyond confectionery, with pastries, brownies, breakfast granola and toast.

DATE – The natural sweetness and fibre of dates perfectly compliments tahini's nuttiness. Think energy balls, tahini-stuffed dates or the viral date, tahini and chocolate bark – not to mention cakes, ice cream and shakes.

MAPLE – This is a combo that works equally well for both sweet and savoury, from tahini-maple carrots and salads to cakes, granolas and lattes. Oh, and everything banana!

BANANA – Talking of banana, its natural sweetness is another perfect match for tahini. Popular treats include banana bread, cake and pastries with tahini whips, creams and caramels, or why not try brûléed banana tahini porridge?

CHOCOLATE – From truffles to tarts, chocolate is of course no stranger to nutty flavours. Anything goes when it comes to pairing chocolate with the sesame paste.

MISO & KOJI – Bring umami to the party with miso-spiked tahini dips, dressings and yoghurts to jazz up vegetables, salads and grain bowls. Finish with popular tahini-miso cookies and brownies.

MATCHA – The tahini matcha latte has gone viral and this cross-continent duo can be found in glazes, cookies and salad dressings too.

From thefoodpeople 2025 trend report.



Overnight oatmeal with banana, berry, chia seeds, tahini, cinnamon and syrup

thefoodpeople.
inform | inspire | realise potential

Cooks CALENDAR

OCTOBER

1ST – 7TH OCTOBER – NATIONAL VEGETARIAN WEEK

Celebrate the rich flavours of the season with Opies' Autumnal Vegetarian Salad. Bursting with hearty, wholesome ingredients and comforting wintry notes, it's the perfect healthy lunchtime dish for a wintry week.

25TH OCTOBER – WORLD PASTA DAY

Twirl into comfort this World Pasta Day with Maggi's Creamy Leek and Mushroom Tagliatelle. Rich, velvety, and utterly satisfying, this dish makes an ideal evening meal — or an indulgent midday treat.



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



NOVEMBER

3RD NOVEMBER – WORLD SANDWICH DAY

Ditch the ordinary and embrace bold new flavours this World Sandwich Day! Opies' Naan Open Sandwich reinvents the classic with exciting textures and spices — a creative twist that's sure to impress.

10TH – 16TH NOVEMBER – NATIONAL SCHOOL MEALS WEEK

Add a fresh spin to your school menu this week with Garden Gourmet's Plant-Based Nduja Pizzetta. It's a crowd-pleasing vegetarian option that doesn't compromise on flavour — perfect for students and staff alike.



DECEMBER

2ND DECEMBER – ENGLISH BREAKFAST DAY

Say goodbye to boring breakfasts! This Breakfast Pizza recipe from Country Range is a deliciously different way to start the day — packed with morning favourites, all baked into tasty slices!

13TH DECEMBER – NATIONAL HOT CHOCOLATE DAY

Why not add a new winter warmer recipe to your menu with Monin's Pumpkin Spiced Iced Mocha recipe? A decadent fusion of coffee, chocolate, and festive spice — it's hot chocolate, with a grown-up seasonal twist.

31ST DECEMBER – NEW YEAR'S EVE

Hosting for a lot of guests this New Years Eve? Impress your guests with this Christmas Leftovers Sausage Roll Canapé recipe from Country Range. These flavourful savoury bites are the perfect way to toast to the new year.

Thanks to Opies, Maggi, Garden Gourmet, Country Range and Monin.



IN SEASON

Kale

Horseradish

Quince

Pumpkin

Beetroot



Readers' lives



NAME: Eva Cortés

BORN AND RAISED: Spain

JOB TITLE: Head Chef

PLACE OF WORK: St Bede's Primary School

HOW LONG HAVE YOU WORKED IN THE CATERING INDUSTRY? 14 years

PASSIONS OUTSIDE OF THE KITCHEN? My family and my garden.

BIG TARGET FOR THE NEXT 12 MONTHS? Continue my culinary studies and push myself with new training courses.

WHAT IS YOUR FAVOURITE CUISINE TO EAT? Mediterranean and Japanese.

WHAT IS THE MOST ENJOYABLE PART OF YOUR JOB? I honestly enjoy every moment of my job from the moment I arrive until the time I leave. I love what I do.

WHICH CHEF DO YOU RESPECT THE MOST AND WHY? Legendary chef Karlos Arguiñano – I respect his style of cooking traditional Spanish cuisine.

WHAT'S THE BEST ADVICE YOU WERE EVER GIVEN AND BY WHOM? A good friend told me to always enjoy what you do and be true to your principles.

WHAT IS YOUR MUST-HAVE KITCHEN GADGET? Air fryer

WHAT'S YOUR TIP TO CUT WASTAGE IN THE KITCHEN? Plan meals, make small shopping lists, store food properly and re-use leftovers.

WHAT IS YOUR TOP TIP FOR SOMEONE STARTING OUT IN THE CATERING INDUSTRY? Stay positive and learn from every experience.

WHAT IS YOUR FAVOURITE COUNTRY RANGE PRODUCT AND WHY? Signature by Country Range Double Crunch Skin on Fries and Sweet Potato Fries.

WHAT DO YOU DO TO SWITCH OFF/RECHARGE? Walk alone.

WHAT'S YOUR DREAM JOB? I would love to have a small restaurant one day.

Signature by Country Range 10mm
Double Crunch Skin On Fries
Pack Size 2.27kg



Raspberries Figs Hazelnuts



BISTO COQ AU VIN

Prep: 30 minutes **Cook:** 30 minutes

Serves: 10

INGREDIENTS

- 20g **Bisto Chicken Bouillon Paste**
- 10g **Bisto Poultry Gravy Granules**
- 1l boiling water
- 200g smoked bacon lardons (*check for allergens)
- 250g button onions
- 250g sausage meat (*check for allergens)
- 15x chicken pieces, mix of thighs and drumsticks
- 250g button mushrooms, quartered
- 350ml red wine
- 5x slices of white bread
- 50g parsley, chopped
- Vegetable oil for frying

METHOD

1. Place the **Bisto Chicken Bouillon Paste** into a jug and pour over the boiling water to make the chicken stock.
2. Place the lardons and button onions into a dry sauté pan and fry. Roll the sausage meat into 20 balls, add to the pan, fry until nicely browned. Remove and drain.
3. Sauté the chicken pieces in the same pan until browned, add the button mushrooms and de-glaze the pan with the red wine, boil and reduce by half.
4. Add the chicken stock, lardons, onions and sausage balls and bring to a boil. Cover and simmer for 30-35 minutes until the chicken is cooked. Thicken to the required consistency with the **Bisto Poultry Gravy Granules**.
5. To garnish, cut 10 small heart shaped croutons from the bread and fry until golden-brown in hot oil then dip the heart point into the chopped parsley.

ALLERGENS: Please check the ingredients declaration on the products you use making this recipe.
Celery, Cereals containing gluten, Milk, Soybeans, Sulphites

Lutosa



Rustic Hash Brown

New!

Enjoy the perfect start to your day with our **Rustic Hash Brown!** Each 63g triangle is crafted to combine a delightful onion flavor with an irresistibly crispy golden exterior made from shredded potatoes.

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SKU	1038849
2,5 kg	5410376677952
4 x 2,5 kg	15410376677942
Storage ❄️❄️❄️	24 months in the freezer at -18°C



CAFÉ COAST EXPANSION

Begins with Second Site on Skegness Pier

Following the opening of his first Café Coast in Blackpool in 2023, David McDonald is continuing to take on the big boys of fast food with the roll-out of his second restaurant in Skegness this summer. With a name like McDonald, you could say he was destined for a career in fast food, but it was with the Colonel (Sanders that is), where David McDonald's catering career began as a 14-year-old.

With a dream to run his own food business and the experience to get it off the ground, David eventually took the plunge and opened Café Coast in Blackpool Amusements, next door to the iconic Blackpool Tower. "I felt there was a gap in the market between the entry and mid-level price range" says David. "Our menu includes the classic selection of breakfast muffins and then we have a wide array of burgers, hot dogs and wraps. With the cost-of-living crisis still hitting many consumers, especially families heading out for day trips, our Coast Supersaver menu, which includes our iconic 99p burger, the £1.99 Double Cheeseburger and BBQ Chicken Burger, has become a big part of our success and helped us to gain a loyal following. The Country Range brand is vital in us being able to provide fantastic, high-quality dishes that offer great value for money. The 99p burgers from our Supersaver menu are Country Range and customers continue to be amazed at the flavour and value for money they provide."

Due to the incredible success enjoyed since launch just two years ago, David opened his second Café Coast venue on Skegness Pier in June. "We knew the concept was sound and we had streamlined our operations, so it was the right time for a second site. The Skegness site was perfect for our business model and while there are always challenges

at launch, it's amazing to be up and running and the feedback we've been generating locally has been amazing."

Much of Café Coast's achievements is down to the team David has



built up, who are very much involved in the menu decisions made and share his ambitions for the future. "I'm blessed to have a hard working and motivated team, who really buy in to the business. The team all have a chance to create a new burger each month around a certain theme with bonuses up for grabs and the best burgers being rolled out across the menu. It's great for staff motivation but also ensures our menu evolves, creates excitement and taps into trends."

"Looking to the future, I think fifty restaurants would be a good number but I'm in no rush. I have seen businesses lose their identity when they try to roll-out too quickly so I'm very much concentrated on getting Skegness embedded into the local community and profitable before we start looking at number three and further expansions."

For more information, visit www.cafe-coast.com



Above Left to Right:
The Coast team.
Coast opening in Skegness.

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Sourdough Burger Bun

Sourdough classics made with time and tradition.



Cereal Bagel

Bacon-inspired bakes that take savoury satisfaction up a notch.

Contact your local Country Range Wholesaler for more information.

EAT THE SEASON



Cranberries

Cranberries are considered a superfood due to their high nutritional content and health benefits as they are rich in antioxidants, as well as vitamins C, A and K.

The berries come into their own around Christmas, but they are so versatile they can be used year-round in a whole spectrum of recipes rather than just an accompaniment for turkey. Their sour flavour means they can be used in both sweet and savoury dishes including muffins, scones, cakes and cookies, as well as in stuffing or rice dishes.

WASTE NOT, WANT NOT

Leftover fresh cranberries can be frozen and used to make jam, vinegar or a sorbet. If you have cranberry sauce left over, this can be used as a topping for pancakes, waffles or cheesecake or stirred into vinaigrettes or glazes for meats. Dried cranberries can be used in baked goods or mix into rice pilafs or couscous.

1/ WHAT A SAUCE!

Grand Marnier Cranberry Sauce combines the sweetness of oranges from the liqueur with the tartness of cranberries. More than an accompaniment to turkey, it can be used as a glaze for meats, a dip or added to dessert and cake recipes.

Recipe: <https://www.thefoodblog.net/homemade-cranberry-sauce/>



2/ CRANBERRY FILO SWIRL

The filling for this filo swirl combines cranberries with kalamata olives, nuts and herbs. The filling can be made in advance and frozen, then thawed and assembled with the filo pastry.

Recipe: <https://www.wildroot.kitchen/recipes/spinach-cranberry-amp-olive-stuffing-filo-swirl>



3/ FESTIVE SHOWSTOPPER

Juicy turkey meatballs, glazed in maple syrup, with a sticky cranberry sauce with hints of cayenne and chilli for a subtle kick. A great alternative to traditional Christmas fare.

Recipe: <https://www.maplefromcanada.co.uk/recipes/turkey-meatballs-in-maple-cranberry-sauce/>



4/ CRANBERRY CRUMBLE

This crumble combines fresh or frozen cranberries with apples for the filling, while the topping is made from jumbo oats and nuts. Tangy and sweet, this can be served with custard, cream or ice cream.

Recipe: <https://tropicalsunfoods.com/blogs/our-recipes/christmas-crumble>



5/ GIVE BREAD A ZING!

Try adding cranberries to breads as in this Cranberry Walnut Bread recipe which combines tart cranberries with the crunch of toasted walnuts. Serve at breakfast, lunch or part of an afternoon tea.

Recipe: <https://www.thefoodblog.net/cranberry-walnut-bread/>



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CHEF SPOTLIGHT

We shine a light on Amber Francis, crafting flavours and making her mark

Earlier this year, Amber Francis, 29, from Chefs in Schools was named champion of champions in BBC TV's Great British Menu. With a background in fine dining, Amber joined Chefs in Schools as head chef and senior food educator at the state secondary school Christ's College Finchley in north London, serving school meals to 700 students. We grasped the opportunity to speak to Amber with both hands to learn more about what drives her and her experience to date.



AFTER WORKING IN MICHELIN-STARRED KITCHENS, WHAT MADE YOU DECIDE TO WORK IN EDUCATION?

I've always tried to incorporate community work in my full-time roles. At one restaurant where I had every Monday off, I'd work for six months with my local primary school organising a curriculum and developing cooking lessons with the deputy head. I volunteered for the Felix project and for Hackney School of Food. I couldn't find a way to be head chef in a fine dining restaurant and also incorporate community engagement at that time. So, I thought I'd turn it on its head – perhaps I could find a way to work in community projects and use my experience as a head chef at a fine dining restaurant to make a difference. That's what encouraged me to take that step.

DID YOU LIKE THE MEALS SERVED AT YOUR SCHOOL?

The school food didn't inspire me or encourage me to try new things – I did that outside school. It's a different climate now, not for all schools, but people are starting to understand the importance of good nutrition and that has to start with good school food.

TELL US ABOUT YOUR CURRENT ROLE

I'm head chef leading the team developing menus, keeping an eye on finances, helping with cooking, serving and chatting to students. The other part is focusing on food education. That could include me engaging in food technology lessons, talking to students about seasonality and so on.

WHAT NEW INITIATIVES HAVE YOU INTRODUCED?

I started "Something New Tuesdays" as I wanted students to try something different. I allocate some money from the weekly budget and speak to my suppliers about what produce is exciting and in season. I buy some and make posters which I display round the school. Every Tuesday break time, I stand in the canteen and give the food away to students for free. I talk to them about the food, give them some key facts, what's interesting about it, but mainly do they like it/don't they like it? What don't they like? What is the taste similar to? What would you pair it with? Would it work with chicken, fish, vegetables? I adore doing it.

WHAT ARE YOUR TIPS FOR SCHOOL CATERERS?

1. A salad bar works well as it gives students autonomy to make their own choices and serve themselves. Vegetables were being left on the plate, but eaten when put on the salad bar. Students now eat far more fruit and veg than they did before thanks to the salad bar.
2. See where you can add extra protein to dishes without spending so much money. With a chicken curry, add chickpeas, blend lentils to the sauce base, add butternut squash to add texture and boost nutrition.



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THE ESSENCE OF WINTER



STICKY TOFFEE CARAMEL LATTE

INGREDIENTS

DaVinci Caramel Syrup	2 Pumps
Double Espresso	40ml
Milk (Incl alternative)	250ml
Whipped Cream	Topping
DaVinci Toffee with Devon Cream	Drizzle

METHOD

1. Add 2 pumps of DaVinci Caramel Syrup
2. Pull your espresso into cup
3. Pour steamed milk into cup
4. Top with whipped cream and DaVinci Toffee Drizzle



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AWAY FROM HOME

1: 69% of chefs rated the hold of Heinz Professional Mayonnaise between 8/10 and 10/10.

2: Craft Guild of Chefs product testing of Heinz Professional Mayonnaise, June 2022.

DRIVING THE PLANT-BASED REVOLUTION

Roving Chefs Bring Plant-Based Cuisine To Care Homes

The 'Roving Chefs' initiative from charity Vegetarian for Life (VfL) is helping care homes transform their plant-based meals by offering hands-on training and expert guidance. The charity has a team of four Roving Chefs in London, Birmingham, Manchester and Glasgow covering the whole country.

The 'Roving Chefs' are on the road delivering one day training sessions working with chefs, kitchen assistants and sometimes even residents, demonstrating how to create nutritious plant-based dishes from scratch. Recipes are from VfL's "Veganising Classic Dishes" guide and include cottage pie, stroganoff and creamy soups, made without animal products. "These dishes are instantly recognisable, which helps residents feel at ease," says Amanda Woodvine, chief executive, VfL.

The training course also covers lower cholesterol options for people managing conditions such as high blood pressure or cholesterol. For luxury care homes, a fine-

Victoria Meakin, Group Development Chef at HC-One, said, "We've noticed more residents choosing to eat less meat and more plant-based foods. Giving our chefs the confidence to introduce delicious vegan and vegetarian dishes into our homes not only meets this growing demand but also encourages a more diverse diet and promotes resident wellbeing."

Training usually takes place in the care home kitchen, although VfL also offers virtual sessions or runs the course in a training kitchen. Feedback has been positive from participants. "Chefs often say they leave feeling more confident and inspired," says Amanda. "Some have told us they've added new dishes to their regular menus and residents keep asking for them." Some training sessions are free of charge, depending on funding and availability. In other cases, there may be a small fee "but we always make it affordable and accessible," adds Amanda.

The VfL team have been energised by their success to date and have set some big goals for the future. "We encouraged the All Party Parliamentary Group of Vegetarianism and Veganism to launch an inquiry focusing on the experiences of vegetarians and vegans in the care sector," says Amanda. "It became clear that veganism and vegetarianism are still too often misunderstood, sometimes regarded as a dietary quirk rather than part of someone's core belief system." As a result, VfL is planning to expand the scheme and is advocating for wider cultural change in care catering.

For further information visit <https://vegetarianforlife.org.uk/caterers/training-courses> or email info@vegetarianforlife.org.uk

"It became clear that veganism and vegetarianism are still too often misunderstood, sometimes regarded as a dietary quirk"

dining twist can be introduced. "We design courses to match the setting, the skill level of the kitchen team and the budget," adds Amanda.

As well as nutrition and cooking techniques, dignity and choice are also covered - such as how to support someone with dementia who has always been vegan or how to make meals appealing when a resident hasn't much of an appetite. Advice is also given on how to cater for people with dysphagia.

HC-One, which has over 200 care homes, partnered with VfL to enhance its vegan and vegetarian offerings. VfL's Roving Chef Alex Connell led a training day for chefs and kitchen assistants, demonstrating new ideas, tackling nutritional concerns and helping them cater for everyone from meat-reducers to long-term vegans. Following the course





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CATERING IN FULL BLOOM

Garden Centre Catering Continues to Grow Strong

Garden centre catering is a thriving sector with sales from food and drink increasing year on year. Figures from the Garden Centre Association (GCA) show that last year catering sales grew by 28.69% vs 2023.

The fortunes of garden centres changed once they became more of a destination, offering lifestyle products as well as plants. As Lorna Maye, owner of Mayfield Lavender, says, "They provide a place where consumers can buy plants and decorations for the garden and dine in a pleasant setting. Many venues including us realise that good food is an integral part of the whole experience and have elevated their culinary offerings."

Peter Burks, chief executive, GCA agrees, noting the hard work and investment garden centres have made to level-up their offering and meet the demands of today's consumer. He says, "The quality of food and drink available in a garden centre has improved over recent years. We have large, free car parks as well as dry undercover areas boasting other interests and attractions."

At Green Pastures, 60% of income comes from food and drink, including the farm shop. The team opened a café 10 years ago which quickly became a busy restaurant. "The plan was to offer jacket potatoes, but now we have a catering team of 22 including five chefs," says James.

The menu evolves with the seasons and uses ingredients from local suppliers and the farm shop. Last year it won "Afternoon Tea of the Year" in the Garden Centre Catering Awards,

which hugely increased afternoon food and drink sales. The centre tailors their afternoon tea according to the time of year, offering themes to celebrate Halloween and Christmas amongst others.

"Garden centres are filling a void in the community," says Justin Williams, managing director of Fron Goch Garden Centre in Caernarfon, Wales. "We have regular customers who come here every day, some three times a day. We offer affordable daytime dining where people can meet others."

Freshly made food is high on the agenda for diners. "If you order a sandwich, it is made for you. The quiche is made that morning, scones are baked every hour. This isn't the case in some chain eateries – you don't get that freshness," he says.

The restaurant at Fron Goch has 205 covers indoors and 70 outdoors, with 70 catering staff. The menu is tweaked every six months with recent changes to offer more choices for older teenagers and people in their 20s. "We don't want to lose sales because the kids don't want to come here. It helps us in the school holidays too. Older customers tend to come during the week whereas at weekends the average age is lower with more families. We have to understand who's coming when and cater to them."

For chefs, garden centres are an attractive place to work. Justin says, "There's a huge movement happening with people's attitude to work which has changed since Covid with the focus on work/life balance. If you don't want to work evenings and have at least every other weekend off, you need to get out of mainstream catering and move into garden centres."



"We have regular customers who come here every day, some three times a day. We offer affordable daytime dining where people can meet others."

Clockwise: Glasshouse Cafe at Mayfield plant nursery.

Customers enjoying afternoon tea at Fron Goch garden centre.

One of the sumptuous cakes available at Fron Goch.

Created for the makers

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Making ends meet

FROM GROUNDS TO GLORY

With Coffee Week taking place this month, Paul Dickson shares ways to repurpose used coffee grounds in some new and surprising ways, saving waste and cutting costs.

The UK alone consumes approximately 98 million cups of coffee per day¹ and in Ireland, over half of adults consume coffee daily². As caterers, we know that coffee is big business, but just think how much flavour we're throwing away every day, when the spent grounds could be used in practical and delicious ways, maximising your profits even more. Here are some ideas to get your started and after reading these, you may never throw your coffee grounds away again!

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.



Coffee Wings

RUB IT IN

If you haven't used coffee as a dry rub for meat, this is your sign to try it. Mix used coffee grounds with dried herbs and spices to add a deep, smoky flavour which can also have a tenderising effect on tougher cuts of meat. It works particularly well on steak, pork, lamb and chicken. I've recently used this rub on the new Country Range Steam Cooked Chicken Wings and finished them with a sticky glaze. The result is the perfect balance between deep umami smokiness and a touch of sweetness.

Let them eat cake

You can swap spent grounds into any cake recipe that calls for coffee. Add dried grounds to your dry ingredients or add water to revive them to add to the liquid ingredients. You can even use them to make a coffee flavoured icing or glaze. Try this cappuccino cake for the ultimate in comfort food this autumn.



Cappuccino Cake

OTHER WASTE-SAVING TIPS

Coffee grounds can be used in all sorts of ways, not just in recipes. Here are five of my favourite tips:

1. Fill a jar with spent grounds and place it, uncovered, at the back of the fridge to neutralise food odours.
2. Use coffee grounds as an abrasive to remove stubborn food from pots and pans.
3. Add directly to your compost or use as a fertiliser for plants such as hydrangeas, roses and azaleas.
4. Sprinkle grounds around your plants to deter pests.
5. Coffee granules act as an abrasive, turning a bar of glycerin soap into an exfoliator. Melt the bar of soap and add one third coffee grounds, pouring into a silicone mould to set.



Stylish syrup

How about serving an espresso martini with house coffee syrup? Mix equal parts used coffee grounds with granulated sugar (experiment with darker sugars for deeper flavours) and set aside to macerate for 24 hours. Use even more used coffee grounds to brew some coffee and add this before straining to create your syrup. Customise your syrups by adding flavours such as cinnamon sticks, orange zest or vanilla. Add Signature by Country Range Chocolate Dairy Ice Cream to your espresso martini for a decadent dessert fit for any festive menu.



Ice Cream Espresso Martini

¹ The British Coffee Association

² Liquidline Ireland

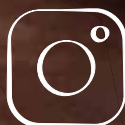


New treats this autumn

With summer salads, barbecues and al fresco dining a distant memory and the good-time festive holiday season still a way off, chefs have to work extra hard in October as the seasonal shift bites. In the public sector, fortification becomes crucial to fight off seasonal illnesses and colds, while hospitality venues have to up their game to tempt consumers off their couches to spend.

But never fear, there is a tractor load of new seasonal produce available, as well as big occasions such as Halloween and Bonfire Night fast approaching, and we have a gang of great new products to help light up your menu this Autumn.

Wing it
to win



WE'RE RUNNING A 'WINGING IT' COMPETITION THIS AUTUMN TO FIND THE MOST INNOVATIVE NEW WINGS RECIPE. WILL YOU DARE TO ENTER...OR ARE YOU TOO CHICKEN? GO TO OUR INSTAGRAM PAGE TO FIND OUT HOW TO ENTER (IF YOU DARE!).

Country Range Tikka
Masala Sauce

Country Range
Katsu Curry Sauce

Country Range
Sticky BBQ Sauce

Country Range
Ranch Dressing

Country Range Thai
Sweet Chilli Sauce

Country Range
Peri Peri Sauce

SPICING UP OCTOBER

**COUNTRY RANGE
STEAM COOKED
CHICKEN WINGS**
PACK SIZE: 5 X 1KG

NEW

With the popularity of chicken wings soaring, we're delighted to be launching our innovative new Country Range Steam Cooked Chicken Wings. Offering the perfect blank canvas for US-style, Asian-inspired, jerk, tikka or tandoori, battered, flame grilled or dangerously hot and spicy, the new juicy wings are cooked from frozen – all you need to do is marinate and finish them how you wish.

TRICK OR TREAT? THE COUNTRY RANGE CHICKEN WINGS ROULETTE

Spice up your chicken wings with your choice of Country Range spices, drizzle with hot honey and create a roulette of dips from cool Country Range Ranch Dressing to hot Country Range Peri Peri Sauce.

SIGNATURE
BY COUNTRY
RANGE MASHED
POTATOES WITH
BUTTER



SIGNATURE BY
COUNTRY RANGE
DOUBLE CRUNCH
7MM SKIN ON FRIES



NEW DUO SIGNED, SEALED AND BEING DELIVERED NOW

Our Signature by Country Range portfolio has been further fortified ahead of winter with a duo of tasty solutions guaranteed to have your menu hitting those high notes.

NEW SIGNATURE BY COUNTRY RANGE MASHED POTATOES WITH BUTTER

Containing only five ingredients – potatoes, butter, milk, salt and pepper – our new Signature frozen mashed potato is the easiest and quickest way to achieve silky smooth, restaurant quality mash in minutes, saving you time and reducing waste without compromising on quality and authenticity. Add milk and butter for extra indulgence.

NEW SIGNATURE BY COUNTRY RANGE DOUBLE CRUNCH SKIN ON 7MM FRIES

PACK SIZE: 4 X 2.27KG

A skinny version of our best-selling 10mm Double Crunch Skin-On Fries, these prodigious potatoes are crunch heroes staying crisp for 40 minutes. An unbeatable solution for foodservice, the new fries are made solely using flavoursome Fontane potatoes, ensuring consistency throughout the year.



Signature
by Country Range

We use a selection of Country Range products across our menu and they never let us down. The double crunch fries in particular are excellent. – CHEF, HAMPSHIRE

NEW FROM

**Country
Range**
Created for the makers

*Country Range
Chocolate Brownie
Cheesecake*



*Country Range
Sticky Toffee
Cheesecake*



*Christmas
preview*

*Country Range
Cranberry and
Orange Torte*



If you are finalising menus or looking for unique solutions to set your festive offering apart, here's a sneak preview of a few Country Range Christmas crackers available next month:

NEW COUNTRY RANGE CHOCOLATE BROWNIE CHEESECAKE

NEW COUNTRY RANGE STICKY TOFFEE CHEESECAKE

NEW COUNTRY RANGE CRANBERRY AND ORANGE TORTE

NEW COUNTRY RANGE PIGS IN BLANKETS

NEW COUNTRY RANGE TURKEY & STUFFING PARCELS



NEW COUNTRY RANGE
PIGS IN BLANKETS



NEW COUNTRY RANGE
TURKEY & STUFFING PARCELS

YAMAS!



Serving suggestion

YAMAS! GREEK FETA

Level up your dish,
from winter bakes
to summer salads!

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Protein

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Protein

Meat Free
Meals

Heat & Eat
Trend
Alignment



Serving suggestion

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YAMAS!

A Taste of The Mediterranean

Italian Excellence



Serving suggestion

The perfect finishing touch for your dish, adding provenance and enhancing flavour!



Serving suggestion

Grana Padano DOP
10 x 1kg
Grated or Shaved

Vegetarian Hard Cheese
10 x 1kg
Grated or Shaved

French Favourites



Serving suggestion

Deliciously creamy and soft, the quintessential addition to any festive menu!



Serving suggestion

Camembert
12 x 150g & 12 x 250g

Brie
6 x 1kg

Spanish Selection



Serving suggestion

Creamy and crumbly, with a deliciously tangy flavour and earthy notes!

Ripened Goats Log
4 x 1kg



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Christmas
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Dr. Oetker Baking

Size

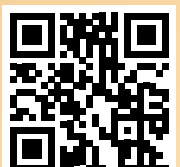
Gluten Free Baking Powder	500g x 6
Cocoa Powder Fat Reduced	1kg x 3
Marzipan Ready to Roll	1kg x 6
White Icing Ready to Roll	1kg x 6



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With Christmas approaching, businesses across the industry are gearing up for the most indulgent season yet. As diners eagerly anticipate gathering with loved ones and enjoy unforgettable dining experiences, we take a look behind the scenes to help you set the stage for the forthcoming festivities.

Slow roasted beef

season's eatings

Roasted Jerusalem artichoke wedges



MAKING THE MOST OF SEASONAL PRODUCE

'Tis the season for embracing the bounty of seasonal produce. From vibrant root vegetables to succulent game meats, the winter months offer a rich tapestry of flavours and textures that can elevate menus from education catering and events to fine dining. Incorporating locally sourced, seasonal ingredients not only enhances freshness but also supports sustainable practices—a win-win for both chefs and diners alike. “Seasonal ingredients are honestly where the magic happens,” enthuses Richard Fox, Chef & Co-Founder at Cock & Bull. “Winter veg—parsnips, celeriac, red cabbage, kale—they’ve all got so much character and can be treated in so many ways beyond the traditional roast. I love working with them to bring out depth and contrast, like combining roasted roots with something sharp or pickled for balance.”

“Bold flavours and unexpected pairings can surprise and delight diners, leaving a lasting impression.”

By rotating menus to reflect the best of what each season offers, operators can keep offerings exciting and in tune with the festive spirit. “Winter vegetables such as celeriac or Jerusalem artichokes

are great when roasted with infused butters or smoked oils. A simple dish like smoked celeriac mash with hazelnut crumb and thyme oil brings out rich flavours without being complicated or costly,” says Vanina Principi, Founder & Director, VP7.

GO BEYOND ORDINARY

For those daring to venture beyond the traditional turkey and trimmings, the opportunity to create a memorable feast awaits. Whether it’s a modern twist on a classic dish or an entirely innovative menu, the key lies in balancing creativity with comfort.

Bold flavours and unexpected pairings can surprise and delight diners, leaving a lasting impression. “Moving away from the usual suspects can be really exciting—and guests notice when something feels genuinely different,” says Richard. “A hearty mushroom bourguignon or rich lentil and red wine pie can make an incredible centrepiece. The key is delivering depth of flavour and a sense of occasion—those umami-rich, slow-cooked elements that make it feel like a proper festive feast.”

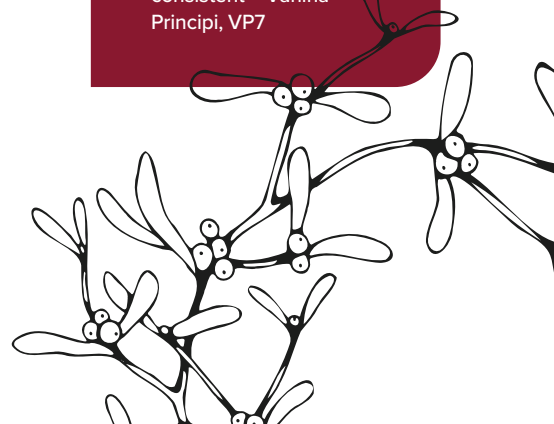
Consider introducing dishes that blend international influences with local ingredients or offering a tasting menu that guides guests through a culinary journey. For education caterers this can encourage learning through food and for the care sector, it can help residents feel more included. “I like to have a selection of hot & cold protein - things like Moroccan spiced leg of lamb, salt & pepper drumsticks, and slow roasted



Time-Saving Tips for Festive Prep

In the hustle and bustle of the holiday season, time is of the essence. Here are some top time-saving tips from chefs who have years of festive catering experience under their whites:

- Using quality frozen pastry or pre-prepared bases can save time without compromising on flavour or presentation – Dean Harper, Harper Fine Dining
- Vacuum sealing for flavour-locking and prepping semi-finished bases in advance allows you to maintain freshness while managing volume efficiently – Nikhil Mahale, Farzi
- It’s all about planning and prepping in layers. Get the time-consuming base elements done in advance: things like stocks, sauces, fillings. You can freeze them in batches and then build dishes as needed – Richard Fox, Cock & Bull
- Pre-marinated proteins can really help cut down the chaos in a busy kitchen during the festive season. For example, items like juniper and cranberry glazed duck confit save time while keeping flavour consistent – Vanina Principi, VP7



beef served with pickled red onion relish (served cold) work well with a variety of chilled salads and dried fruit & nuts," says Sharma Rahman, Head Chef at My Nawaab. "Pair that with a few hot, slow-release, pre-marinated carbs of your choice - I like smoked paprika & cumin seed sweet potatoes, lemon, chickpea & herb wild rice, and a selection of whole grain flatbreads - and you've pretty much got it covered. It's healthy, filling, colourful and guilt free."

Executive Chef, Nikhil Mahale at Farzi also recommends exploring international cuisine, saying; "Go global with your imagination, but local with your ingredients. We might reimagine a traditional biryani with cranberry raita or a turkey seekh kebab with spiced fig chutney. Small plates like smoked lamb with saffron yogurt or truffle malai broccoli can be luxurious and unexpected, perfect for a festive table that breaks convention but delivers comfort."

Nostalgia is still trending throughout the sector and there is no end to the creativity chefs are bringing to the table. Bill Mathieson, Managing Director, Clawson Farms says, "The resurgence of British blue cheese reveals the limited, traditional uses are making way for versatile and contemporary dishes and drinks; one of our recent collaborations with Aidy Smith brought Stilton to the cocktail glass, proving just how creative and versatile British blues can be!"

"British fusion dishes work by merging British elements, such as territorial cheeses, with global cuisines for depth of flavour and menu novelty, for example Nigerian style, Spiced Beef Suya with a Stilton dipping sauce. Show support for British produce with Roasted Heritage Root Vegetables, with a Stilton crumb topping and honey drizzle."

Personalisation also plays a key role, whether that may be to avoid an allergen, support a lifestyle choice or dietary requirement. It ensures each diner feels catered to and appreciated.

ADDING FESTIVE SPARKLE TO GRAB-AND-GO OFFERINGS

Capturing the essence of Christmas can be a challenge when it comes to hand-held foods. However, with a dash of creativity and a sprinkle of festive cheer, you can transform handheld snacks into seasonal favourites. "Handheld options like our festive chicken tikka naan wraps with cranberry chutney deliver bold, seasonal flavour in a fast, satisfying format," says Suhel Ahmed, Director, Tower Tandoori.

Pastry also packs a punch, filled with savoury and sweet fillings. "Something as simple as a spiced parsnip and chestnut roll, or a festive pastry with cranberry and sage can make a big impact," says Richard.

Packaging and presentation plays a pivotal role in enhancing the festive experience for grab-and-go customers. "Adding touches like edible glitter or pickled onions brings a bit of visual sparkle. Festive grab-and-go food can still have flair. Small wraps, croquettes with cranberry aioli, or even Brussels sprout arancini add variety and speed for customers on the move. Presenting these in eco-friendly packaging fits well with modern expectations." Says Vanina.

Dean Harper, Chef, Harper Fine Dining agrees, recommending caterers take time over the finishing touches and says; "A glossy glaze on pastries, or incorporating classic flavours like cinnamon, nutmeg and cranberry into sauces and dips can transform ordinary handheld snacks. Using seasonal garnishes such as rosemary sprigs or fresh cranberries adds aroma and visual appeal, making fast food feel more festive and thoughtful. The trick is to combine convenience with a little theatrical flair so customers get the festive experience even on the go."



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UNDERSTANDING THE WORLD OF WINE

As we near the busiest time of year, boosting wine sales is key to maximising turnover and profitability. Luisa Welch DipWSET, is a member of Association of Wine Educators and Circle of Wine writers, works as wine educator, wine judge and is also restaurant wine trainer. She kindly took time out of her busy schedule to give us a taste of her extensive knowledge on the subject.



HOW IMPORTANT IS IT FOR STAFF TO BE INFORMED ABOUT WINE?

Informed staff are crucial for enhancing the overall dining experience and driving sales. Knowledgeable

staff can make personalised wine recommendations, fostering customer satisfaction and loyalty. This expertise also builds confidence in the dining experience and can even lead to increased revenue through upselling and pairing suggestions.

WHAT ARE THE KEY ELEMENTS THAT SHOULD BE INCLUDED IN A WINE EDUCATION PROGRAM?

In-depth wine and spirits knowledge of wine types, regions and production processes; practical skills in tasting; how to serve a wine, and at the correct temperature; how to pair wine with the menu dishes; how to read the guest, anticipating what they may or may not like, when they want service and when they want to be left alone; how to recommend a wine and upsell with confidence. All these elements are crucial to ensure a positive guest experience.

CAN YOU SHARE SOME PRACTICAL TIPS ON HOW TO SIMPLIFY OR DEMYSTIFY COMPLEX WINE TERMINOLOGY FOR THOSE NEW TO THE WORLD OF WINE?

Some people swear by the 'five s': see, swirl, smell, sip, savour and each of these senses comes with its own complex vocabulary.

For example, wine experts may talk about tartness to describe a wine high in acidity on the palate, a term which applies to both white and red wine. This is due to the acidity, which is the level of tartaric, malic or other acid present. A simpler way of putting it would be a 'mouthwatering sensation' as it's a desirable quality in many wines, contributing to their structure, balance and ability to pair well with food. Swirling the wine can often produce streaks down the side of the glass called 'legs' or 'tears'. They are primarily due to the alcohol content of the wine and its residual sugar. While they don't indicate wine quality, they can offer a clue about the wine's alcohol content and viscosity. You can simply say something like 'this is a richer style of wine'. The smell, or aroma of the wine, can often tell you what to expect on the palate. A wine can smell 'spicy' – this means you are likely to smell black pepper, cinnamon, clove. Don't be afraid to experiment and keep a tasting journal with your own notes to remember what a particular wine looks, smells and tastes like.

WHAT ARE THE FUNDAMENTAL PRINCIPLES OF WINE PAIRING THAT WAITING STAFF SHOULD UNDERSTAND?

Wine pairing aims to create a harmonious interaction between food and wine flavour. The goal is to find combinations that complement each other and elevate the overall meal. Understanding how different wine components, like tannin and oak for example, interact with food, will guide you to recommend or serve an appropriate wine. Fresh, crispy, zesty white wines will go well with seafood, salads and lighter dishes, whilst robust reds will be perfect for richer meat

dishes and sauces. High-acidity and lighter red wines, maybe served lightly chilled, will be perfect with a platter of cured meats, whilst fuller or sweeter white wines will be excellent not only with a dessert, but also with goat's cheese and patés.

IN YOUR EXPERIENCE, WHAT ARE SOME EFFECTIVE WAYS TO HELP STAFF GAIN CONFIDENCE IN RECOMMENDING WINES TO GUESTS?

To boost staff confidence in recommending wines, one needs to focus on practical training, encourage tasting experiences, and create a supportive environment.

Ensure that an easily accessible 'manual' is kept back of house, so that staff can deal with any unexpected queries from guests browsing the wine list. This could be concise, easy-to-understand and quick-to-read notes or reference guides with key information about each wine.

WHAT ROLE DOES PRACTICAL TASTING AND SENSORY TRAINING PLAY IN DEVELOPING SOMEONE'S UNDERSTANDING OF WINE VARIETIES?

These are essential for developing a thorough understanding of the many wine varieties found on a wine list. They help the wine server or sommelier to develop the ability to identify and appreciate the nuances of different grape varieties through their senses of sight, smell and taste. The experience allows for a deeper connection with the wine, and a more informed appreciation of what the wine list offers. This, in turn, allows the server to make suitable recommendations to the guests. Those taking on a new job as sommelier or wine server are expected to have some knowledge already, but this needs to be drinks-list specific, therefore a restaurant, for example, should target-train their staff by providing tasting opportunities. Often the supplier will collaborate with the venue in providing samples for such training, or an external wine professional can be selected to do the job.

CAN YOU RECOMMEND SOME RESOURCES OR COURSES THAT BUSINESSES COULD USE TO SUPPORT THEIR TEAM?

I would recommend the WSET (Wine and Spirit Education Trust) which has become the world's leading provider of drinks qualifications – wine, spirits and more recently sake. They work closely with the industry to ensure that their qualifications

and education are job-relevant (www.wsetglobal.com). I would also totally recommend the UK Sommelier Association formed in 2005, which has been providing professional sommelier courses built on the foundations and principles of the Italian Sommelier Association (AIS), which itself has offered wine education since 1965 (www.UKsommelierassociation.com). Becoming an accredited drinks professional will make a huge difference to your career and to your own knowledge.

WHAT ADVICE WOULD YOU GIVE HOSPITALITY MANAGERS WHO ARE LOOKING TO ELEVATE THEIR KNOWLEDGE?

Taste, taste, taste. With or without qualifications, the industry offers countless opportunities to taste a plethora of world wines and spirits via the many trade tastings listed on the WSTA (Wine and Spirit Trade Association) so there is little excuse not to taste. Its 'diary of events' lists all the tastings taking place in the main cities in the UK.

Short masterclasses are additionally offered at these tastings. You can find country-specific tastings, grape specific tastings, importers tastings and more at www.wsta.co.uk

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

No tricks, just perfect treats





Elevate your **NACHOS**



With Nachos a mainstay of the UK OOH menu **Santa Maria** helps you tap into the trend and elevate your offering with authentic **flavour** and **quality** ingredients. From crunchy tortilla chips to creamy guacamole, spicy jalapeños, and rich Cheddar cheese sauce - our versatile range makes it easy to serve irresistible nachos which are perfect for casual dining, sharing platters and food-to-go.

EXPLORE
NACHO



Product Description	Storage	Case Size
Tortilla Chips Salted	Ambient	12 x 475g
Tortilla Chips Chilli	Ambient	12 x 475g
Round Nacho Chips Salted	Ambient	12 x 475g
Salsa Roja	Ambient	4 x 2.3kg
Chunky Salsa	Ambient	3 x 2.25kg
Salsa	Ambient	6 x 950g
Chipotle Paste	Ambient	6 x 750g
Sliced Green Jalapeños	Ambient	12 x 500g
Avocado Slices (approx 142 per kilo)	Frozen	6 x 500g
Guacamole	Frozen	6 x 1kg
Guacamole Style Topping	Ambient	6 x 940g
Cheddar Cheese Sauce	Ambient	3 x 3kg



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Santa Maria tortillas are the ultimate carrier for **global flavours**—durable, versatile, and made with **quality ingredients**. Great across all dayparts, they are perfect for everything from quesadillas and fajitas to wraps and fusion dishes. Available in multiple sizes, they offer **endless creative possibilities** for modern, on-trend menus.

Product Description	Storage	Case Size
6" Fajita Tortilla Wraps	Frozen	15 Tortillas x 10 Units
8" Flour Tortilla Wraps	Frozen	10 Tortillas x 10 Units
10" Flour Tortilla Wraps	Frozen	10 Tortillas x 10 Units
10" Flour Tortilla Wraps - economy pack	Frozen	10 Tortillas x 5 Units
10" Tortilla Wraps	Ambient	12 Tortillas x 6 Units
10" Tomato Tortilla Wraps	Frozen	10 Tortillas x 5 Units
10" Spinach Tortilla Wraps	Frozen	10 Tortillas x 5 Units
12" Flour Tortilla Wraps	Frozen	10 Tortillas x 10 Units
12" Flour Tortilla Wraps	Ambient	10 Tortillas x 10 Units
6" Wholemeal Tortilla Wraps	Frozen	15 Tortillas x 10 Units
8" Tortilla Wraps	Ambient	12 Tortillas x 8 Units
10" Tomato Tortilla Wraps	Ambient	10 Tortillas x 10 Units
12" Tortilla Wrap Grilled	Ambient	10 Tortillas x 10 Units
Elephant Atta Chapatti	Ambient	8 Chapattis x 12 Units

EXPLORE
TORTILLA



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Strawberry 2024	12 x 1L	34016
Raspberry 2024	12 x 1L	34026
Chocolate 2024	12 x 1L	34036
Banana 2024	12 x 1L	34046
Caramel Latte	12 x 1L	31098

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GREEK LAMB wrap

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With a team of around 100 staff who work across its four sites, visitors can eat in the 96-seat indoor café, relax on the 80-seat terrace to take in the beauty of the gardens, grab a snack at the kiosk, a crêpe at the waffle house or head to the tranquil lakeside tearoom for breathtaking views of the lake.

"We have five food trailers, which can be redesigned, enabling us to be flexible, versatile and tailor our offering and menus to the seasons and special occasions" says James Greaves, Executive Chef for Totally Delicious. "Not only are the events fantastic for profitability but they also present brilliant opportunities for the team to learn, grow and be creative, while our customers can try new on-trend dishes and delicacies."

"Menu creation is very much something we work on as a team because it is the best way of developing our talent and also makes the job fun and exciting. We have run salt & pepper chicken loaded fries, Indian versions, a Philly cheesesteak version and even a hoisin duck version that used a mock duck product making it vegan-friendly."

"The Country Range portfolio is ever-present in our kitchen with the selection of spices, seasoning and bakery products providing a superb and the diverse mix of everyday ingredients and store cupboard essentials always providing great value and quality. This Greek Lamb Wrap recipe is a truly terrific dish for the summer months that uses several of the Country Range products."

JAMES GREAVES

SERVES 4-6

INGREDIENTS

- 1dsp Country Range Dried Oregano
- 200g Country Range Mint Sauce
- 50ml Country Range White Wine Vinegar
- 2kg rolled lamb shoulder
- 4 cloves garlic
- 4-6 flatbreads
- 200g feta cheese
- 200ml Greek yoghurt
- 1 lemon (zest)
- 1 cucumber
- 1 red onion
- 200g rocket
- 100ml pomegranate molasses
- 50g pomegranate seeds



METHOD

1. Marinate your lamb shoulder in a mixture of garlic, oregano, oil and seasoning.
2. Seal the meat in a pan and place in an oven proof dish. Add stock and braise over night or until it falls apart at 110°C-115°C.
3. Peel your cucumber into ribbons and finely slice your red onions, lightly pickle these in a mixture of white wine vinegar and a touch of sugar.
4. Once the meat is cooked, remove the liquid and pull the meat apart. Add some braising liquid, along with some of the mint sauce, lemon zest and salt and pepper to taste.
5. To make the mint yoghurt, add one clove of minced garlic to Greek yoghurt along with a tablespoon of mint sauce, some lemon juice and salt and pepper to taste.
6. Lightly toast your flatbread, add the mint yoghurt, a touch of washed rocket and top with the shredded lamb, pickled cucumber and red onion. Crumble over feta cheese and finish with some fresh pomegranate seeds and a drizzle of pomegranate molasses.

For more information visit <https://totally-delicious.co.uk/>





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- Consistency – perfect fluffy rice



Certified



Providing a unique take on life, sex and the male-dominated restaurant industry via her growing Instagram channel, Slutty Cheff is an anonymous chef working in London, who tells it as she sees it. With her tone of voice already being compared to Anthony Bourdain, we caught up with her to discuss her career food, the industry, her first book TART and what the future holds.

Rising Star

SLUTTY CHEFF

CHEF AND AUTHOR



“The book is a story of my first day in a kitchen and the journey to being a female chef, living in London and figuring out what and who you want to do.”

What are your first memories of food?

When I was about 4, it was my brother's 8th birthday, and my dad bought a whole fish. I remember being mesmerised. My dad cooked it for lunch and in some kind of attempt to impress my family, I ate the eyeball of the fish.

Were you always adventurous?

I come from a very greedy family, so I was never a fussy eater or overawed by food. When I was on the beach with my dad when I was younger, we found a sand worm. I insisted on us taking it back to the house to cook. My dad indulged me, and we took it back, fried it up and ate it with a bit of salt, pepper and lemon.

Can you remember a few of the first dishes you cooked?

All my stories seem to have my dad in them because he was the greediest of them all. When I was about 10 or 12, marmite had a sticker on the jar with a recipe for a 20-ingredient sandwich. I remember making that sandwich. I wasn't baking or cooking anything extravagant. I was more into the weird and wonderful.

How did the book come about, is it true publishers were bidding for it?

Yes, it was mental. I had no experience or introduction to what it would be like. I ended up getting 11 bids. It began when a girl followed me on Instagram, who worked for a literary agent. She showed one of my posts to her boss and they invited me in and asked if I wanted to write a book. I was pretty gobsmacked and didn't really know if I could do it. I hadn't done any writing, apart from A-level essays, a few short magazine articles and the Instagram posts. It was a crazy experience but a lot of fun because it was something I was very interested in. I wrote about half of it while I was still working in kitchens and then it got a bit difficult with deadlines, so I had to take a bit of time out to complete it.

Tell us about the book?

The book is a story of my first day in a kitchen and the journey to being a female chef, living in London and figuring out what and who you want to do. It's pretty graphic and smutty I guess but that's a lot of what 20-year-olds are consumed by.

Anthony Bourdain has been thrown out there as a comparison – are you happy with that?

Absolutely. A few people said to me 'is it not a bittersweet thing because he was a male chef and writer?' I don't have an association with that. I love his writing and irrespective of the stories and kitchen aspect, I love his tone of voice. To be compared even slightly to him is amazing.

Are there more books to come?

I would love to write another book, but I am also adapting the book for TV. I'm working on that now and it's another really exciting journey and a completely new format to book writing. It's very stimulating.

What's the overall goal?

I just have no idea. Something crazy seems to happen every day so I've given up trying to plan. I know I will never ever truly leave hospitality. I will always be involved somehow – I just love it. My boyfriend's a chef and we have a dream of one day opening somewhere together but I'm loving what I am doing right now so to answer your question again – I have no idea.

What made you start the Instagram page?

There was no thought of using it to campaign or shout out my grievances. It was completely out of boredom and for fun. It was also a good way to get into cooking and I have always attached storytelling and cookery together. Cooking is storytelling with food and ingredients. I don't know why I chose the name.

Who's the most underrated chef you know?

There are so many amazing chefs who no one will ever know because many of them are silent people who have no attachment to pop culture and Instagram. I went to Levan and Ed Wilson was cooking and that was probably the best meal I have had this year. Abby Lee from Mambow is also incredible.

Has hospitality and a career in the kitchen improved for women?

I think questions about hospitality culture and women are difficult as it's very dependent on the restaurant or business. I'm not sure the actual day-to-day experience has changed massively yet, but it's become a bigger topic of conversation and awareness of the issues are rising. Hopefully there will be a knock-on effect in the next decade.

I can't see a world where a job in a restaurant kitchen is the same as working in an office or supermarket. You can't afford to have a cushy time when you're in a fast-paced

kitchen. Being more inclusive, whether it's race, gender or class – that should be moving forward.

If you were on a desert island – what five ingredients would you take with you?

Rice, garlic, chilli, chocolate and crisps.

What is your guilty food pleasure?

Meal deals. It's ridiculous really as I'm a trained chef. Supermarket meal deals. I'm so into them. Plain ham and cheese sandwich, salt and vinegar crisps and a drink. It's a guilty pleasure because I have so many cookbooks, a full fridge and I'm a chef.

Favourite pub in the UK?

This changes all the time but for now it's The Eagle in Farringdon. Nice food, lovely atmosphere and the toilet locks don't scare me. I'm claustrophobic.

The last restaurant you ate at?

I went to Top Class last week and that was great.

You're on death row and you can either have sex or eat a last meal – what's it to be?

Probably sex. I don't think I would have much of an appetite for food. I'm guessing sex would be a good distraction from my impending doom.

Best advice you were given?

One foot in front of the other.

Kara

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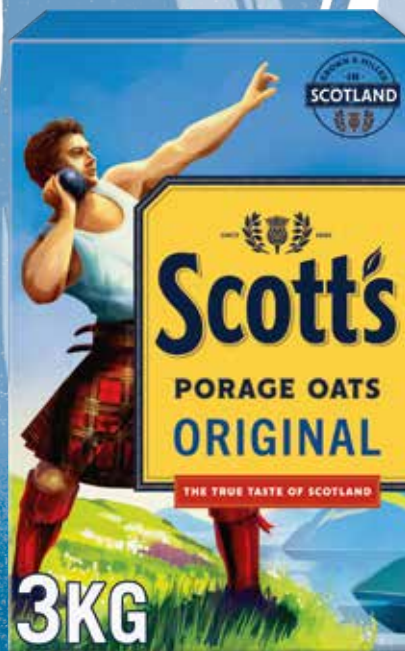


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HEADS^{UP}

Catering for Wellness & Wellbeing

Often, when we think about how to improve our mental health, we start looking at reducing stress levels, increasing rest periods, exercising and communication – but what about the way we nourish our bodies?

World-class Liverpool venue Spaces at The Spine has recently introduced a new event catering concept designed to support wellness and mental wellbeing through food. Whether attending a conference or one of their many events, Spaces at The Spine has redefined event dining, placing the wellbeing of their guests at the heart of their operations. Natacha Allen, Head of Commercial Events at Spaces at The Spine shares how the concept began and how it has been received.

WHAT WAS THE INSPIRATION BEHIND THE CONCEPT OF CATERING FOR WELLNESS?

The world is changing, and so is event catering and people's approach to food. The initial inspiration was our commitment to not only meet but exceed the expectations of modern, health-conscious clientele. We envisioned a space where nourishment is not just an afterthought but the core of our offering.

COULD YOU DESCRIBE THE MENU DEVELOPMENT PROCESS?

Menu development is a collaborative, creative process that brings together chefs, nutritionists, supply teams, and clients. It starts with a seasonal or thematic brief, led by a broader wellbeing or sustainability focus. Our chefs then develop dishes that are exciting, nourishing, and operationally sound, while our procurement team ensures ingredients are ethical, available, and within budget. Nutritionists advise on balance and allergens, and we always loop in client feedback and local preferences.



HOW DOES THE WELL CERTIFICATION INFLUENCE YOUR APPROACH?

The WELL Standard focuses on 10 key concepts, one of which is nourishment. This has given us the opportunity to expand and truly support the entire concept, not only for the Royal College of Physicians (RCP) and Spaces at The Spine, but for the entire building. Our catering is designed to meet these stringent standards, ensuring that every meal we serve contributes to the health and wellbeing of our visitors. For example, plant-based, vegan and vegetarian dishes are spotlighted in every menu and placed before fish and meat options; we have reduced the number of pork dishes; salt and sugar are also reduced throughout the entire catering offer.

HOW HAS THE CONCEPT BEEN RECEIVED BY CUSTOMERS?

The reaction from our customers has been overwhelmingly positive. Many have expressed their appreciation for the thoughtful approach we have taken towards nutrition and inclusivity. Our commitment to holistic wellness has not gone unnoticed, and we have received numerous accolades from both visitors and industry professionals alike.

HOW DO THE LOW-GI INGREDIENTS AND FUTURE 50 INGREDIENTS INCORPORATED INTO THE MENUS SUPPORT GUESTS?

The Low GI menu features dishes made with ingredients that help maintain stable blood sugar levels, preventing the post-lunch energy slump. Dishes are designed to keep delegates feeling alert and focused throughout the afternoon. Data from our feedback forms indicates that 85% of visitors feel more energised and satisfied after their meals at Spaces at The Spine.



Lemon, Spinach and Ricotta pasta

macphie



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FROM FLOUR TO FONDANT

the secret ingredients
for sweet success

Our penchant for sweet treats keeps you on your toes as you continue a never-ending cycle of development to tempt returning visits to sample the next big bake. In this month's melting pot, our experts shine a light on recipes to help you create the most memorable desserts, bakes and breads.

Cinnamon buns

Menuserve Chocolate and Cherry Dessert



KARIN JANSSEN

*Business Development Manager,
Henley Bridge*

The desserts sector has been heavily influenced by Korean and Japanese bakeries this year and we're seeing some really interesting umami flavour combinations such as caramel & miso, matcha & strawberry, mushroom & dark chocolate, and even spicy kochugang paste with white chocolate chunks in cookies.

Dubai chocolate continues to inspire a wide range of bakes and desserts, and Irca's newly launched Delicrisp Praline Dubai pistachio paste allows pastry chefs to tap into this trend with ease. Containing 15% real pistachios and 15% Kadayif noodles, it's ideal for adding crunchy texture to layered desserts and cakes. Alternatively, Prova Gourmet's natural pistachio flavouring provides all the flavour of pistachio but is 100% nut and allergen free.



"With the TREND FOR SMALLER MENUS has come the rise in dual-criteria PUDDINGS AND DESSERTS."



SANJAY AGGARWAL

Founder, Spice Kitchen

When it comes to sweet treats, I always return to our Gingerbread Brownies made with our signature Gingerbread Spice Blend. It's a rich, fudgy brownie with warm, nostalgic spice

notes that take it from a regular bake into something truly memorable. I included the recipe in my cookbook because it's such a hit – for a night on the sofa, a birthday gift, and perfect for festive gatherings but honestly too good to save just for Christmas. The blend of ginger, cinnamon and cloves gives it that familiar, comfort, while the melty chocolate keeps it indulgent. It's also easy to make vegan or gluten-free, which makes it a great option for cafes or caterers looking to offer inclusive, crowd-pleasing bakes with a twist.



SUHEL AHMED

Director, Tower Tandoori

We've found success by reimagining traditional Indian desserts in a way that resonates with modern diners. Our standout creation is the Gulab Jamun Cheesecake which is a fusion of

East and West that brings the rich, syrup-soaked flavours of gulab jamun into a creamy, visually striking dessert. For vegan and allergy-friendly options, we're developing a coconut milk-based Rose & Pistachio Kheer that's dairy-free and gluten-free without compromising indulgence. To elevate desserts beyond the plate, we suggest layering textures in clear glassware to create desserts that are as photogenic as they are flavourful.

Matcha and fig tarts



**MATT GOODMAN**

Catering Manager, The Royal Alfred Seafarers' Society

A signature of our festive bakes is the use of traditional Christmas spices like star anise, cloves, cinnamon, and nutmeg. Incorporating these warming spices into our recipes creates that unmistakable smell and taste of Christmas for everyone. Additionally, our homemade Christmas cakes are baked well in advance, allowing us to feed them with brandy or rum as they mature in the lead up to Christmas. This careful preparation results in rich, flavourful cakes that are always a highlight of our celebrations.

**OLI SAMPSON**

Managing Director, Central Foods

With the trend for smaller menus has come the rise in dual-criteria puddings and desserts... sweet treats that cater for two dietary requirements. Vegan and gluten-free options which taste so good they will appeal to all, not just those with dietary restrictions, are the secret to success.

To save time and for convenience and consistency, choose pre-prepared frozen products that can be dressed up, like the Menuserve Chocolate and Cherry Dessert, which is both vegan-friendly and suitable for coeliacs and others who avoid gluten.

**REBEKHA WHITE**

Brand Manager, Aimia Foods for Professionals

One particularly popular bake falls in the category of rolls – more specifically, cinnamon rolls. However, if a baker that wants to take this classic to the next level, then adding on-trend, tasty ingredients to the mix is a must. For example, the nation's favourite malt brand, Horlicks, can be added to the dough for a nourishing and moreish flavour elevation. For extra malty taste, a baker can even add Horlicks into the mix of their chosen topping, such as icing or a golden syrup drizzle.

**DEEPAK SHUKLA**

CEO, Pearl Lemon Catering

At a wedding we made a baklava brownie that was so rich, flaky, and shamelessly sticky that it started a little argument. One cousin accused another of hiding the tray in their handbag! Seriously, this happened. It's gooey dark chocolate, layered with crushed pistachios, cardamom, and filo, drenched in orange blossom syrup. Believe it or not, it was never our intention to make it vegan - it just happened that way. Was it a happy accident or food alchemy? You decide!

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CALORIE**

**NATURAL
FLAVOURINGS**

*Based on percentage value of sales of Yorkshire Tea in the UK black tea market, as evidenced by IRI data.

THE MARKETPLACE

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

BAILEYS & GUINNESS SAUCES NOW AVAILABLE VIA MAJOR UK WHOLESALERS

The Flava People has taken a major step in UK foodservice by securing listings with leading wholesalers and buying groups including the Country Range Group – making its licensed Baileys™ Caramel Sauce (500 ml) and Guinness™ Smoky Tomato Ketchup and Smoky BBQ Sauce widely accessible to chefs and operators across the UK.

Managing Director Scott Dixon explains that the move aligns with the company's vision of bringing beloved consumer brands to professional kitchens, making menu innovation simpler and more enticing. Licensed through Diageo, these sauces can elevate dishes, from desserts and drinks to savoury creations, benefiting from the marketing familiarity that encourages trial and lifts customer engagement.

This listing marks a significant milestone in The Flava People's plan to deepen its foodservice presence and signals more brand-inspired product rollouts in the months ahead.



BEIC Urges Food Businesses to Prioritise British Lion Eggs

The British Egg Industry Council (BEIC) has issued an alert to UK food businesses due to a significant surge in imported eggs, especially from Poland and Ukraine – countries linked to previous salmonella outbreaks. These eggs often fail to meet the rigorous British Lion safety standards, which are the only certification approved by the Food Standards Agency (FSA) for serving eggs runny to all age groups, including vulnerable customers like infants, older people, and pregnant women.

BEIC Chief Executive Nick Allen emphasised that the reputation and more importantly, the health of customers depend on sourcing eggs that meet these high standards. The organisation recommends businesses specify British Lion eggs in procurement, check provenance labelling, and avoid using imported eggs in lightly cooked or runny dishes.

This warning follows growing consumer pressure, with over 50,000 people signing a petition urging supermarkets and manufacturers to use British Lion eggs in UK-made products, particularly for ready-to-eat foods like sandwiches and quiches. The campaign demands full transparency and consistent support for British egg suppliers.

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*UK (excl ROI, IOM & CI). 18+. Main Promotion: 4.8.25 - 9.11.25. See reverse of case for T&Cs.



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Food Safety Excellence: Pan'Artisan Secures Top BRCGS Rating

Pan'Artisan has proudly achieved its first-ever BRCGS AA+ accreditation, the highest possible grade in global food safety standards, following an unannounced audit. This milestone builds on years of consistently maintaining A+ status and underscores the company's ongoing investment in quality, safety, and operational excellence.

Managing Director David Jones credited the success to Pan'Artisan's "Everyday Standards" culture, which includes cross-department weekly audits and proactive improvements in hygiene, production and technical processes. The business also

invests in staff training and leadership development, reinforcing a culture of continuous improvement.

The BRCGS (formerly BRC) is an internationally recognised certification held by over 17,000 sites in 130+ countries. This achievement not only reduces product risk but offers enhanced reassurance to customers.

With this strong foundation, Pan'Artisan now plans further expansion in its pizza base production and cold storage capacity to meet growing demand in the retail and foodservice sectors.

HOSPITALITY STAFF BURNOUT SURGES IN 2025 SURVEY

Hospitality Action's Taking the Temperature 2025 survey reveals a deepening wellbeing crisis in the sector. Of the 503 professionals surveyed, 57% cited understaffing as their biggest challenge – up 21% from last year – followed by excessive workloads (52%) and poor work/life balance (50%).

Worryingly, 62% of junior staff believe burnout is just part of the job, while 75% of all respondents have experienced mental health issues, 61% in the past year. Despite growing openness – 78% feel comfortable discussing mental health – two-thirds still fear career consequences. This stark snapshot shows a sector in need of meaningful change.

Find out more and access the full report at:
hospitalityaction.org.uk



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Tim

SIADATAN

CHEF, FOOD WRITER AND CO-FOUNDER
OF PADELLA PASTA AND TRULLO



Since being one of the first intake of unemployed youngsters to train at Jamie Oliver's Fifteen Project, Tim Siadatan hasn't looked back. He co-founded Trullo in 2010, before launching the runaway success Padella in Borough Market in 2016 with a second site in Shoreditch in 2020. Synonymous with the finest fresh pasta in the capital, Padella's first ever cookbook hit the shops this year.



PUMPKIN
GNUDI

Tell us about your first memories of food

I think I would have been around five years old. My dad used to own pizzerias so I would spend Friday nights and weekends under the pizza section watching chefs, (or their ankles), bustle about. I vividly remember that smell of pizza wafting through the air.

When did you know your career would be in food?

I grew up in restaurants and food played a huge part of our home life. We were always sat around the dinner table together and my gran used to grow everything, pickle, preserve and cook.

Who have been your key mentors?

Jamie Oliver. He saw something in me and gave me the belief. Then there is Fergus and Margot Henderson. I'm in awe of them and they have been a huge influence on me.

Tell us about the book?

It's really a history of the restaurant showcasing the key pasta dishes and signature sauces that have given us our identity and made us what we are. It's been nice going back through time and digging out the recipes from those early days as we turn ten next year. I really hope people enjoy them as much as I enjoyed putting it together. There is something for all cooking levels from simple seasonal dishes to the more elaborate and refined.

What cuisines do you love when you're not eating Italian?

I love them all when they're good but at home when it's not Italian, I love to cook British, French, Indian and Spanish but also enjoy playing around with south-east Asian food – Thai and Vietnamese. We recently met some neighbours from South America, so Chilean and Peruvian are cuisines I've been flirting with.

“My dad used to own pizzerias so I would spend Friday nights and weekends under the pizza section watching chefs, (or their ankles), bustle about.”

Have recent changes brought in by the government affected the business?

It is what it is. There is an increased amount of spend that affects the bottom line. It affects us like it affects everybody. It's not ideal but we just have to suck it up, amend forecasts and work out the best way to get through. Although it wasn't welcomed and it was the last thing the industry needed, at least it's an exact amount and not something variable, like with rising energy costs these past few years.

If you were Prime Minister for the day, what would you do?

Re-introduce freedom of movement across the UK and EU. The biggest three challenges for us and many businesses are staffing, staffing, staffing. I really hope this youth mobility visa happens. It's more than just filling job roles, it's about giving back that beautiful mixture of Europeans into the UK that really make our hospitality scene flourish. Having young people from countries with historical food cultures in their DNA has brought in different levels, flavours and techniques. It's the eclectic mix of all these cultures alongside British cuisine that makes the UK food scene so unique and special.

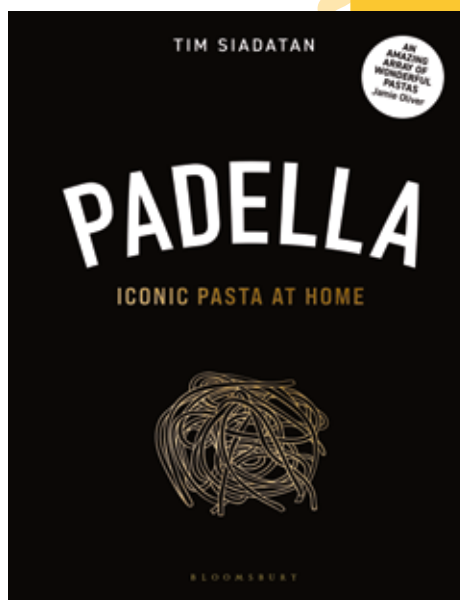
Three secrets for pasta success

1. More water than you think and more salt than you think. Your pasta needs to move around freely so lots of boiling water and a big pan. Most people think the amount of salt we put in to our pasta water is heinous. It isn't, it's vital and not all the salt goes into the pasta. As a rule of thumb, a fistful of salt so it tastes like mild sea water.

2. Don't throw your pasta water away or keep at least 2 mouthfuls.

3. Cook the pasta for two minutes less than it says on the pack, drain and then add to the sauce in the pan to finish with a little pasta water.

Padella: Iconic Pasta at Home by Tim Siadatan is out 11th September (Bloomsbury Publishing, Hardback, £25) Photography by Sam A Harris. For your chance to win a copy turn to page 54.



Pappardelle with Portobello Mushrooms Garlic & Rosemary

SERVES 4

INGREDIENTS

- 450g fresh pappardelle*
- 8 large portobello (or similar) mushrooms
- A small handful (about 20g) of dried porcini (optional)
- About 75ml extra virgin olive oil
- 8 medium garlic cloves (about 40g), finely chopped
- 2tbsp finely chopped rosemary
- 400g crème fraîche
- 2tbsp finely chopped curly parsley
- 40g unsalted butter, cubed (optional)
- Sea salt and freshly ground black pepper
- Parmesan, finely grated, to finish

Put some Music in your Food

Levi Roots Reggae Jerk BBQ Marinade & Sauce

ORIGINAL

METHOD

1. Peel off the skin from the fresh mushroom caps and then slice them into 1–2cm thick slices.

2. For the pasta, in a large cooking pot, bring 4–5 litres water to the boil and add a fistful of salt. Add the dried porcini, if using, as the water warms up, then fish out with a slotted spoon after 10 minutes and discard.

3. Meanwhile, cook the fresh mushrooms in batches. Use a large, wide pan that is big enough to hold the cooked pasta as well as all the mushrooms and sauce. Place it over a medium heat and add a glug (about 40ml) of extra virgin olive oil. When hot, add a layer of mushroom slices and sear until golden, then turn and fry on the other side until golden. Using a slotted spoon; set aside the mushrooms. Add another glug of oil and fry the next batch; repeat as necessary. (Don't overload the pan, or the mushrooms will steam rather than colour properly, and you won't get the right flavour or texture). Once all the mushrooms are seared, chop them into 5mm–1cm pieces and set aside.

4. Add the garlic and rosemary to the same pan (with a little more oil if needed) and fry over a medium heat until the garlic is starting to colour, then add the chopped mushrooms and stir. Take off the heat and add the crème fraîche, chopped parsley and half a mug (about 120ml) of the seasoned pasta water. Stir to bring the sauce together then season generously with salt and pepper.

5. Loosen the pasta bundles through your fingers so they won't stick together as they cook. Drop the pappardelle into the boiling water and cook for about 1–1½ minutes. Drain as soon as it's ready, keeping two mugs of pasta water.

6. Transfer the pasta to the mushroom sauce and stir over a low-medium heat until nicely combined, adding small splashes of the reserved pasta water to loosen if necessary. Taste to check the seasoning, adding salt and/or pepper if required.

**Also works with: fresh fettuccine, pici; dried pappardelle*



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5 ways to use

PICKLED BEETROOT

TERRIFIC TARTS

Blue cheese and beetroot are a fantastic combination with the pickled beetroot providing acidity and balancing out the strong flavours of cheese. Brilliant together in a salad but I love using the combo in a dainty tart as a starter.

PERFECT PLOUGHMAN'S

Beetroot alongside a Ploughman's - you can't beat it! With a wink to my Irish heritage, I would often serve that with a nice soda bread.

SUPER STEW SIDEKICK

Whether it's a classic scouse, Lancashire hotpot or Irish stew, an accompaniment of pickled sliced beetroot adds so much to the final plate.

SALAD ROYALTY

When it comes to providing bite, texture, colour and beauty to a salad, beetroot is the king. Even in winter, a simple salad with pickled beetroot, apple, walnut and some bitter leaves is a seasonal joy.

VEGGIE BURGER

We don't believe in over-processed fake meats so make all our vegan and veggie dishes from scratch, ensuring we can load them with veg. We use the pickled beetroot blitzed down with peppers and chickpeas to make juicy veggie burgers served with an avocado slice on top.

Country Range
 Pickled Beetroot
 Pack Size:
 2 x 25kg >>



This month our guest chef is **Conor Nelis** from **Hillbrook Grange Care Home** in **Bramhall**, who developed a passion for cooking as a teenager while working in pubs in **County Down**. After deciding teaching was where his future lay, **Conor** embarked on a successful decade as a primary school teacher before re-training and returning to the kitchen following Covid.

Here are **Conor's** tantalisingly tasty tips for our **Country Range Pickled Sliced Beetroot** (2 x 2.25kg), which can add vibrancy, texture, colour and flavour to an array of dishes.



Blue Cheese & Beetroot Tart

INGREDIENTS

- 200-300g Country Range Pickled Sliced Beetroot (drained)
- 1 block Country Range Puff Pastry
- 2tbsp Country Range Maple & Agave Syrup
- 20g Country Range Walnut Halves (chopped)
- 1tbsp sherry vinegar
- 1½tbsp chopped thyme
- 2tbsp extra-virgin olive oil, plus a little to drizzle
- Pinch salt and pepper
- 1 large red onion
- 20g butter
- 100g Stilton cheese



SERVES
4

METHOD

1. Mix the olive oil, maple syrup, sherry vinegar, thyme and salt and pepper together.
2. Cut the beetroot slices to create semi-circles, set aside.
3. Slice the red onion and sweat in a pan with the butter and a pinch of thyme.
4. Roll ½ of your block of pastry into a rectangle, about 2cm thick and score a boarder around 3cm from the edge.
5. Add the onions and top with the maple syrup mix (Keep a little to drizzle over half way through cooking), followed by the beetroot slices.
6. Cook for 15 minutes at 220°C (fan) before adding the stilton and walnuts to the top, drizzling any dry or brown tipped beetroot with the remaining syrup mix. Cook for 3-5 minutes, or until the pastry is crisp.

The Country Club

Exclusively for customers of the Country Range Group

WHISKING UP A WIN

Get creative in the kitchen with this trio of must-have tools, perfect for creative bakers. The Cuisinart Cordless Hand Mixer brings power and freedom with five speeds and USB charging – no cords and no fuss.

Paired with the ShellStone 8-Piece Bakeware Set, you'll have every tin you need for cakes, muffins, loaves and more. And to help you prep, the Joseph Joseph Nest Plus 9-Piece Set keeps your kitchen organised with stackable bowls, cups and sieves. Take inspiration from this month's melting pot and explore your culinary creativity with this stylish and practical prize bundle!

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



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GOLD

**BILLIONS
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Stories. Sauce & Scandal

Get ready to explore two sensational titles, **Tart** and **Padella**.

Tart: Misadventures of an Anonymous Chef – Bold, raw, and unforgettable. This Sunday Times bestseller by Slutty Cheff offers gritty, unflinching tales from the London restaurant world—where food meets fury, passion, and irresistible stories.

Padella: The highly anticipated debut from Tim Siadatan of London's iconic pasta restaurant. Featuring signature dishes like beef shin ragu pappardelle, gorgonzola gnocchi, and tagliarini with crab, chilli, lemon and parsley, this cloth-bound cookbook

WIN
a Food Lover's
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delivers stunning photography, step-by-step pasta-making guides, and seasonal Italian inspirations.

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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 31st October 2025. All winners will be notified by 30th November 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

A taste for every plate...

Individually **Q**uick **F**rozen
for consistent portion size
and convenience during
the festive rush.



VEGAN

**GLUTEN
FREE**

Cajun
Spiced
Sweet Potato
Roulade
1 x 16

serving suggestion



**THE NO. 1
GRAVY GRANULES
IN FOOD SERVICE***