

THE COUNTRY RANGE GROUP
MAGAZINE FOR CATERERS

Stir it up

AUTUMN

SEPT
2026

*What's
on
the
rise?*

BREAKFAST
MEANS BUSINESS



BENEDICT'S LAW | SERVING A GLUTEN FREE GENERATION
MEALS ON WHEELS: THE HEART OF COMMUNITY CARE

Ingredient

There are over 24,000 of you that read our magazine, across a wide variety of businesses from education, health & welfare and hospitality sectors.

This issue is full of advice and trend features for a wide variety of hospitality caterers, alongside dedicated content for education and care sectors, including updates on Benedict's Law, how you can use school menus to support mental wellbeing and the role of Meals on Wheels services.

Whichever sector you are in, we hope the content you read in Stir it up helps support your business.

The Stir it up team



If you have any feedback or ideas for content that would be even more useful, please let us know at editor@stiritupmagazine.co.uk

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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.



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Fresh FROM THE KITCHEN



It may not have been high up in the meat popularity charts for a while, but pork is seeing a resurgence. When you consider the cost-effectiveness of this meat compared with beef and lamb, combined with the health benefits of non-processed lean cuts and huge versatility, it's not difficult to understand why consumers are championing this often overlooked protein. This is great news for menus where beef and lamb continue to be expensive options. Here are the latest ways pork is being celebrated to inspire your menu this autumn.

MIGHTY MINCE – Health-conscious Millennials and Gen Z are cooking up a storm with lean pork mince used for anything and everything, from noodles, dumplings and stir fries to smashed tacos and pies.

TENDERLOIN – A lean cut said to be comparable to chicken breast, pork fillet can take on bold flavours such as umami-rich glazes, citrusy sauces and even used in BBQ dishes as a leaner pulled pork.

CHOPS & STEAKS – Quality sources of protein and B-vitamins, all cuts of steak and chops are proving popular and they're showing up in everything from slow cooked shoulder to one-pan wonders. A great value addition to your grill menu.

PLANT FORWARD – With fibre also in the spotlight, and a recent study finding there may be age-related benefits to eating minimally-processed pork in a plant-forward diet, cue the combo of beans with pork in a range of dishes, such as grain salads, cassoulets and bakes.

BOWLS & BROTHS – Don't forget to add pork to bowl food. Meatballs and loin are popular here, pimped-up with vibrant vegetables and beans in a nutritious broth.



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From thefoodpeople Pork Report 2026

Cooks CALENDAR

SEPTEMBER

1ST – 30TH SEPTEMBER – SOURDOUGH SEPTEMBER

Elevate your menu this Sourdough September with a pizza made using the Signature by Country Range Neapolitan-style Sauced Bases. These bases are made using sourdough wheat and are an easy yet premium way to enhance your pizza offering.

1ST – 7TH SEPTEMBER – LOVE LAMB WEEK

Celebrate Love Lamb Week with this Leftover Lamb Tagliatelle recipe from Opies. As we move into autumn, it's a warming, comforting addition to menus that highlights seasonal dining while making the most of quality ingredients.



OCTOBER

6TH OCTOBER – NATIONAL NOODLE DAY

For National Noodle Day this October, Kikkoman's Cold Soba Noodle Salad with Sesame Dressing recipe is a vibrant way to celebrate. Suitable for a wide range of menus, it offers a fresh contrast while tapping into the growing demand for lighter, globally inspired plates.

25TH OCTOBER – WORLD PASTA DAY

Opies' Tuna Pasta Bake recipe is a comforting classic for World Pasta Day. A versatile addition to any menu, it offers guests a familiar, crowd-pleasing option that balances convenience and comfort.

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



NOVEMBER

1ST – 30TH NOVEMBER – WORLD VEGAN MONTH

Celebrate World Vegan Month with the Vegan Thai Red Curry recipe from Country Range. This globally inspired dish gives operators a flexible plant-based option that appeals to both vegan diners and those looking to explore more plant-based choices.

3RD NOVEMBER – WORLD SANDWICH DAY

For World Sandwich Day this November, the Classic New Yorker recipe from Délifrance is a timeless favourite that layers rich pastrami, tangy mustard, and crisp pickles for a satisfying bite. The recipe offers a familiar deli-style option that combines comfort, flavour, and broad customer appeal.

Thanks to Opies, Kikkoman, Délifrance and Country Range.



IN SEASON

Aubergines

Potatoes

Tomatoes

Chillies



Tuna tataki with sesame seeds

Readers' lives

NAME: Kierran Carr

BORN AND RAISED: Born in Ireland but raised in Chatham, Kent

JOB TITLE: Head Chef

AGE: 24

PLACE OF WORK: Felix Restaurants

HOW LONG HAVE YOU WORKED IN THE CATERING INDUSTRY? 10 years.

HOW DID YOUR CAREER IN HOSPITALITY BEGIN?

I started in the kitchen as a kitchen porter and then progressed to commis chef while working as a teenager. Originally it was just about earning some money, but I quickly realised I had a passion for food, cookery and hospitality. I took my qualifications at college and then continued to gain experience in restaurants and fine dining establishments.

BIG TARGET FOR THE NEXT 12 MONTHS? I want to put my own stamp on Felix, develop the team and make my mark in my first role as head chef.

WHAT'S YOUR CAREER GOAL? Eventually I would love to have my own restaurant. It's not about the Michelin star, but I would like to push as hard as possible.

HOW DO YOU DESCRIBE YOUR CULINARY STYLE?

I like to cook in a sustainable way, so my style is very much about using the best of local and seasonal produce.

WHAT'S YOUR TIP TO CUT WASTAGE IN THE KITCHEN?

There is no such thing as waste. Everything, even the trims, can be used in another dish or way. It's about being creative.

WHAT IS YOUR FAVOURITE COUNTRY RANGE

PRODUCT AND WHY? The seasonings and spices are top notch and so important for us to create dishes and boost flavour.

WHAT IS THE LAST RESTAURANT YOU ATE IN?

The Ivy Asia for a friend's birthday. It was great.

WHAT'S YOUR DREAM JOB?

To own my own small restaurant.

WHAT'S A DISH YOU LIKE TO COOK DURING SUMMER?

Seared tuna steak with a soy and ginger glaze, compressed watermelon, pickled cucumber - it's fresh, seasonal and lovely in summer.

Country Range Blackened Cajun Seasoning
Pack Size 4 x 530g



**NO
ADDED
SUGAR**

Flavours they'll love, quality you trust!



This dessert is great served in pots or plated. If you don't have mascarpone you can switch for double cream. This dessert can be served gluten free, just omit the chocolate biscuit or offer a gluten free alternative.

Raspberry and Rhubarb Jelly with Mascarpone & Chocolate Crumb

Prep: 10 minutes

Chill Time: 1-2 hours

Serves: 10

INGREDIENTS

200g rhubarb, chopped

1 tbsp sugar

80g McDougalls No Added Sugar Raspberry Jelly

920ml boiling water

400g mascarpone

1 tsp vanilla extract

80g chocolate biscuits, crushed* check for allergens

10g freeze dried raspberries (optional)

METHOD

1. Cook rhubarb gently with sugar until just soft. Cool slightly.
2. Dissolve McDougalls NAS Raspberry Jelly in 720ml boiling water. Whisk in 200g mascarpone.
3. Mix ¾ of the cooled rhubarb into the jelly (reserving some for garnish). Pour into dome moulds and chill until set.
4. Combine the remaining mascarpone and vanilla for a soft whip.
5. Crush chocolate biscuits for crumb.
6. Turn out jellies onto plates. Add mascarpone and chocolate crumb to finish and freeze-dried raspberries if using.

Allergens: Milk, Gluten



Figs Leeks Broccoli

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Low Fat

FLYING HIGH AT THE CROW'S NEST

Despite becoming a landlord for the first time in one of the most difficult periods for the pub industry, Dave Wakefield is loving life and is incredibly proud after the Crow's Nest at The Farmers Arms was nominated for a host of awards in 2026.

Dave was a builder and lorry driver before nearly losing his leg after a knee operation in 2019 ended in contracting sepsis on the operating table. With his knee never the same again, he needed a career re-think.

The epitome of a people person, Dave decided to move into hospitality, taught himself how to run a kitchen and set up the Crow's Nest community café at the church hall in Moulton in Cheshire. "I always loved to cook and wanted to do something for the community, so the Crow's Nest gave me a way in," says Dave. "We offered the classic breakfasts, sandwiches, soups and snacks, plus hot and cold drinks. At the beginning, our customers were predominantly older locals and various groups linked to the church but by the end of the four years, we were the café of choice for everyone in the community, with the local tradesmen and builders even becoming regulars each morning."

With the business booming, Dave decided it was time to expand and scoped out the local area for space for a bigger café. Having no joy, he stumbled across a local pub that was giving nothing to the community and decided to turn it around.

A café by day and a pub by night, the Crow's Nest at The Farmers Arms opened in 2024 and in a short time, Dave has put it on the must-visit map, while making it a hub for the local community and visitors.

In a similar vein to the original Crow's Nest, the café concentrates on British classics with bountiful breakfasts and pub grub that is inclusive to all.

Recognised in a host of awards in 2026, the pub is a BII (British Institute of Innkeeping) quarter finalist and a Punch Community Pub of the Year finalist. It has also been nominated



for the Great British Pub Awards and Pub Aid Best Community Pub Awards, with the winners to be announced later this year.

When Dave isn't bottling up, changing kegs, cleaning, cooking, pulling pints or doing the numerous other jobs required in a day, he's passionate about supporting local people, initiatives, groups and charities. In the last two and a half years, the pub has raised over £12,000 for charity with this year's focus on the Cheshire Search and Rescue.

"I will never do anything else. I have found my place and it's the best job in the world."

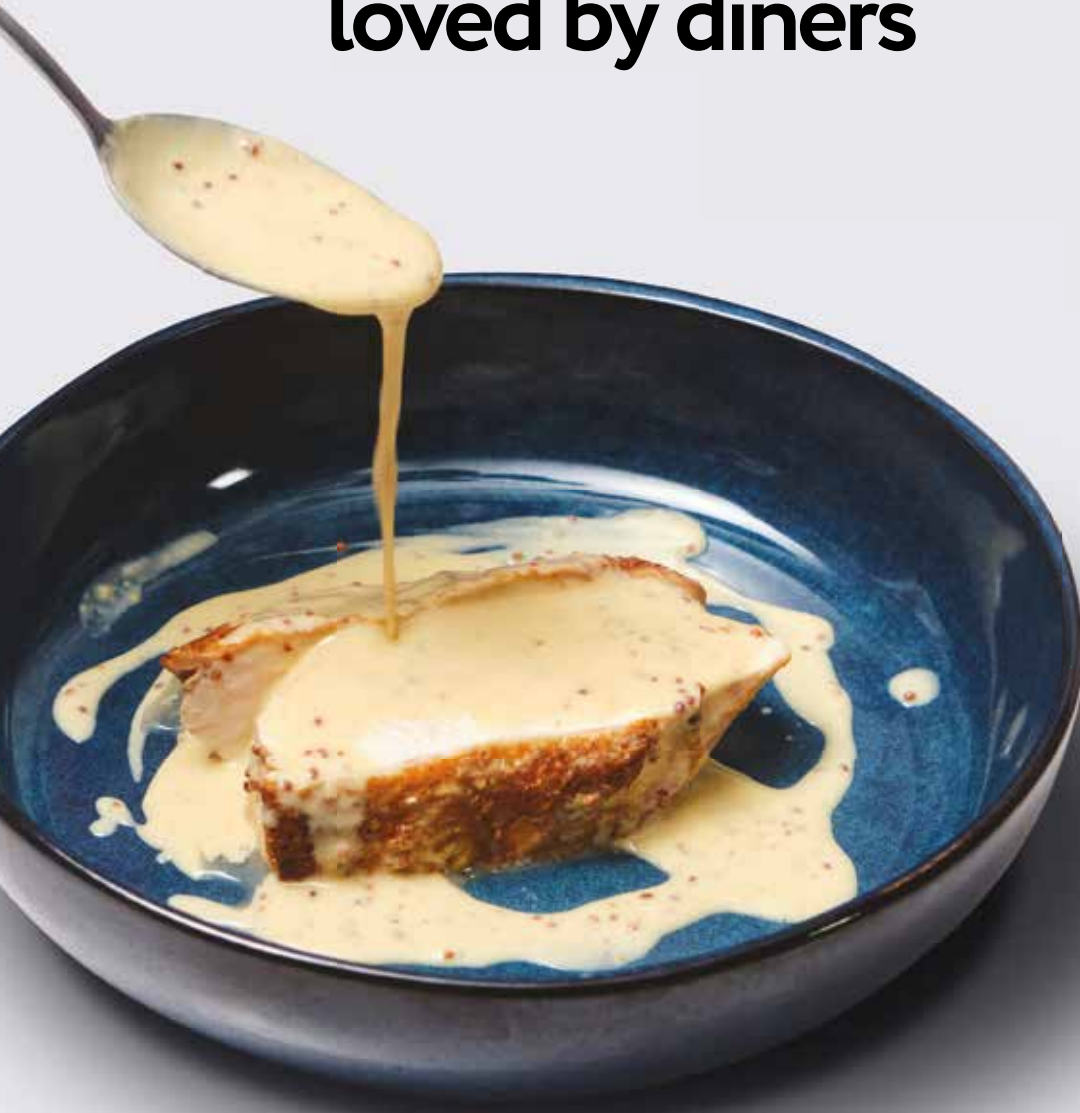
While many landlords are giving it all up due to market pressures, Dave isn't. "Don't get me wrong, it's as tough as it has been for pubs with increases to employer's NI, the minimum wage, business rates and now the conflict in Iran, all taking their toll on businesses, but I will never do anything else. I have found my place and it's the best job in the world."



Above Top:
Crow's Nest at
The Farmers Arms

Above Right:
Dave Wakefield at
The Publican of the
Year Awards

deliciously
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loved by diners



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EAT THE SEASON



Raspberries

The peak season for raspberries typically runs from June to September, although protected growing methods can extend availability. Their natural balance of sweetness and acidity makes them ideal for sauces, coulis, preserves, fermentations, and reductions, while their pectin content helps create structure in jams and fillings. Fresh berries add brightness to salads and cheese pairings, but as summer transitions into autumn, raspberries work well with game which also comes into season this time of year.

This month, our recipe inspiration comes from Ludwig Hely, Executive Pastry Chef at Haute Dolci, Charlotte O'Kelly, owner of Astrid Bakery, and vegan chef, Danielle Mauperuis.

WASTE NOT, WANT NOT

Freezing is one of the simplest methods to preserve raspberries, helping retain flavour for smoothies, sauces, and baking. They can also be turned into jams, compotes, syrups, fruit vinegars, or fermented preparations, allowing chefs to capture seasonal flavour while reducing food waste. You can also freeze dry fresh berries for a granola topping for breakfast cereals or ice cream.

Raspberry Pistachio tart
Credit: Ludwig Hely



1/ GETTING FANCY WITH A FINANCIER

Raspberry and pistachio is one of Ludwig Hely's favourite pairings as the fruit's bright acidity cuts through the richness of the nut and keeps sugar levels down, letting the ingredients shine naturally. He serves the two ingredients together in a tart at Haute Dolci and tops each one with a toasted pistachio financier, piped raspberry jam, and a touch of gold leaf.

2/ FEELING JAMMY

Astrid Bakery's Raspberry Jam Meringue dessert features a buttery pastry shell, a sweet-tart layer of raspberry jam, and a fluffy, torched meringue topping to perfectly balance the crunch of the pastry with the sweetness of the meringue and the fruity tang of the jam.

3/ CRAZY ABOUT CROISSANTS

From Scottish-inspired Cranachan Croissant Cups featuring a crispy croissant pastry filled with a mix of fresh raspberries, toasted oats, cream, honey and smoky Islay whisky to flaky, cross-laminated Chocolate and Raspberry Croissants filled with a luscious raspberry whipped cream, Astrid Bakery makes the most of this classic Parisian pastry.

4/ OH LA LA! A FRENCH SABLÉ PASTRY

Danielle's delicate vegan raspberry sablé delivers a crisp, buttery texture that perfectly balances the creamy panna cotta and fresh fruit topping. The key is keeping the pastry lightly worked and thoroughly chilled before baking, ensuring a tender, melt-in-the-mouth finish with a subtle sweetness and beautifully golden crumb.



Raspberry tartlet
Image credit: Darrin Jenkins

Hello Autumn

September is a manic month for chefs across hospitality and the public sector as summer's ticking clock starts to run out, the new school year explodes into life, and new menus need to be devised for the end of the year. So, buckle in for a busy few weeks, but don't worry as we have a satchel full of stunning new products and seasonal solutions to ensure you finish the year with a flourish.

NEW THIS SEPTEMBER

A pub classic, hand-held hero, pastry pleaser and the original comfort food, you just can't beat a quality pie. We're ecstatic to be rolling out our new Signature by Country Range Pies ahead of autumn. Made to classic recipes with pristine pastry and top-quality, ethically sourced ingredients, the new trio can go from freezer to plate in just 10 minutes. They can also be cooked from chilled and have an 8-day shelf life when kept refrigerated once defrosted, making them terrific time and waste savers. Available in 8 x 225g packs and the perfect foil for our recently launched Signature Mash and Chips, the new Signature pie-fecta includes:

CHICKEN, HAM & LEEK PIE PACK SIZE: 8 X 225G

The finest free-range chicken marries magically with ham hock, leek, thyme, cream and white wine.

*Chicken, Ham
& Leek Pie*

NEW

NEW

Steak & Ale Pie

STEAK & ALE PIE PACK SIZE: 8 X 225G

The crowd-pleaser of all the pies, our steak and ale pie showcases high quality slow-cooked beef steak, which has been cooked in craft ale for a beautiful rich flavour and unctuous gravy.

Nothing beats Country Range in my opinion. I'm proud to have used the brand for decades because the store cupboard ingredients such as seasonings, herbs, flour, pasta and sauces offer fantastic flavour consistency and value — Head Chef

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Range**
Created for the makers



SCAN HERE
to see all of the
recipes featured
on this page

NEW

Vintage Cheddar Pie

VINTAGE CHEDDAR PIE
PACK SIZE: 8 X 225G

A crunchy, cheesy topping conceals the ultimate deep-filled cheese pie with sumptuous vintage cheddar, creamy Emmental, potato, leek and a drop of cider.

*Soft Bran
Flake Apple
& Yoghurt
Bake*



*Bran Flake
Crusted Hot
& Sweet Thai
Fish Tacos*

CEREAL CREATIVES

With our six new cereals launching this month, don't forget that while they're breakfast beauties, they can also be used in a host of other recipes and dishes.

Whether it's for cakes, bars and biscuits, crumbs, coatings and batters or even toppings for sweet and savoury dishes, the new range includes Corn Flakes, Crispy Rice, Cocoa Rice and Bran Flakes. For a 'bran' new Mexican twist – try these tasty Thai fish tacos or for an all-day healthy treat, create these bran flake, apple and yoghurt bakes.

COUNTRY RANGE BRAN FLAKES
PACK SIZE: 4 X 500G



SMALL PLATES GUIDE

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to download
the guide for
free



Snacks and small plates have been trending for a while, but with estimates suggesting nearly 8.25million people are on - or considering - using the GLP-1 weight loss medication, the need for smaller portions has never been greater.

Did you know?

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Top Tips

*Offer half portions
of popular lunch
items.*



Recipes



**CINNAMON
BAKED APPLE
WITH WALNUTS
AND GREEK
YOGHURT**

**CHICKEN,
AVOCADO
AND HUMMUS
LETTUCE WRAPS**



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FROM HEARTBREAK TO HISTORIC CHANGE

Benedict's Law comes into force

From this month, new mandatory statutory guidance on food allergy safety comes into force in England covering primary and secondary schools. Under the new guidance, schools will be required to have robust allergy policies, rapid emergency access to adrenaline auto-injectors (AAIs), spare AAIs on site, compulsory annual training on allergy and anaphylaxis for all staff, and accurate record-keeping.

The measures come after the tragic death of five-year-old Benedict Blythe, who had an anaphylactic reaction in school. An inquest jury found the school made a series of failures which led to his death.

This new guidance, Benedict's Law, has been introduced after the tireless campaigning of his parents and their supporters, including Natasha's Foundation. Tanya Ednan-Laperouse, founder of Natasha's Foundation, says "This legislation is overwhelmingly important to keep children safe in school, a place where they should never be in danger. Families have called for better protection for children with food allergies in school for years, so this is a historic moment."

School caterers are central to delivering this guidance safely and effectively. As Brad Pearce, national chair of The School Food People, says "They are on the front line of this implementation and must be well supported. Their responsibilities include maintaining accurate allergen information, managing ingredient changes, preventing cross-contamination, and ensuring meals are safely prepared and served to the correct pupil at every meal. Many school caterers already operate robust allergen management systems, but the new guidance reinforces the importance of consistency and ongoing training across all settings."

A dedicated allergy policy is one of the most important elements. This must cover areas such as how children and young people with allergies are identified, how the school will minimise the risks of exposure to known allergens, how staff will be trained in allergy awareness and emergency response, and how individuals at risk of anaphylaxis will have access to their prescribed adrenaline devices.

Allergy School, Natasha's Foundation's educational and training programme, has created a new training department to help schools become

compliant with the new guidance. The resources, training and support are free and approved by the Department for Education. Certified training courses, policy templates, links to obtaining spare AAIs and record-keeping templates are just some of the resources provided. Tanya adds "We offer accredited and medically approved allergy and anaphylaxis training which takes one hour to complete."

A variety of template documents are available to help schools align with the guidance, including allergy checklists, incident-recording forms, 'near miss' logs and training completion sheets.

Tanya says "Schools not only need to be compliant, but they will need to demonstrate this with clear documentation. Ofsted will consider allergy safeguarding as part of their inspections."

Brad Pearce, national chair of The School Food People, points out that the most effective schools tend to have clear leadership responsibility, strong communication between parents, schools and caterers alongside regular staff training across the entire school, not just in the kitchens. He adds "One of the biggest challenges is ensuring consistency across the whole school day, including classrooms, trips, breakfast clubs and catering operations."

This new legislation closes vital gaps in food allergy safety in schools. Tanya says "Schools will finally be equipped with a proper framework to help them safeguard children with food allergies."

All information correct at time of going to press.



For further information,
visit: **Benedict Blythe
Foundation**
<https://benedictblythe.com/>

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HEADS^{UP}

Let's taco 'bout it

How School Food Can Support Mental Health Conversations

The hospitality sector is increasingly treating food as more than fuel. Cafés have embraced initiatives like the Chatty Café Scheme, using shared tables to reduce social isolation, and pubs are also operating a similar scheme with Meet up Mondays. Across the country, we are using food as a means to open up conversations about mental health and improve our wellbeing, and schools are no different.

Programmes such as Food for Life's "food and mood" have demonstrated that pupils are curious about the way food affects how they feel, and that structured food-led activities can spark meaningful discussion. Elsewhere, school catering providers are embedding mental wellbeing into food education, combining nutrition with interactive experiences that engage children emotionally as well as physically.

For education caterers, the opportunity is clear. The dining hall can become a safe, informal space where conversations happen naturally, without the pressure of a classroom setting. All it takes is a few thoughtful adjustments to create the right conditions for pupils to open up.

START WITH THE ENVIRONMENT

Small changes to dining halls can make a big difference. Consider designating "talk tables" inspired by café models, where pupils know it's fine to chat. Mixed seating, softer layouts and calm background noise all help children feel at ease. Even breakfast clubs can double as gentle check-in spaces at the start of the day.

USE MENUS AS CONVERSATION STARTERS

Menu language matters, so naming dishes around feelings or energy can open the door to discussion. Think "Brain Boost Bowls", "Calm Curry" or "Mood-Lifting Fruit Pots". This isn't about gimmicks, it's about linking food to how pupils feel, a connection that many might not fully understand.

The concept can be further developed into a "feelings café" lunch. The initiative, which was initially trialled in schools and led by Food for Life, encouraged pupils to explore the way food affected how they felt. Using simple prompts



and activities, school catering teams reported children were inspired to ask further questions about food and its relationship with their emotions.

BUILD INTERACTION INTO FOOD SERVICE

Caterers are often the most consistent adult presence outside the classroom for children. A friendly question at the counter can go a long way.

"How's your day going?" or "What would you eat when you need cheering up?" keeps things light while signalling that it's okay to talk.

Live cooking stations or tasting tables also create natural moments for conversation. When children are engaged in choosing, mixing or assembling food, they're more likely to open up. Programmes across the UK and Ireland increasingly show that these experiences build confidence and encourage pupils to ask questions about their mental health.

The most successful initiatives feel like part of everyday school life, not an intervention. Avoid singling out individuals. Instead, embed wellbeing messages across the whole menu and dining experience to develop trust through consistency.



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^{*}This product does not contain allergenic ingredients which require declaration under EU regulation 1169/2011 [Annex II].



THE SWEET SPOT

Dessert's New Role as the Main Event

Traditionally, desserts were perceived as an afterthought, something to be enjoyed at the end of a meal. Now consumers are looking for a sweet treat at any time of day, and the industry is responding to that demand by opening an increasing number of dessert-only outlets.

Following this trend closely is Lucia Larragoiti, who owns La Maritxu with her husband, Ignacio, and serves only authentic Basque cheesecake. She says "People want to treat themselves on their own terms, at any time of day. A mid-morning slice of cheesecake with a coffee, or an afternoon pick-me-up – why not? There's also something social about it. People want a reason to meet somewhere that feels a bit special, a bit indulgent, without committing to a full restaurant experience. A dessert café gives you that moment of joy without the formal setting."

Lucia decided to focus on Basque cheesecake at La Maritxu outlets as she is from the Basque Country in Spain and saw how popular the dessert was there. "My advice to anyone entering the dessert business is don't try to sell too many products. Make a few items and make them really good. That's exactly what we've created. When people hear La Maritxu, they know exactly what they're getting."

Francisco Oliveira runs a collection of six Santa Nata café-bakeries, and like La Maritxu, has opted to focus his offering, serving only pastel de nata, the traditional Portuguese egg custard tart. "Dessert culture has grown significantly over the last few years. For me, focusing on one product allows us to obsess over every detail and try to make it the best possible version," he says. "When I first moved to the UK, I'd never seen so many sweet concepts in one city!"

For restaurants wanting to boost their dessert offering, Lucia suggests giving desserts the same attention as savoury courses. "Too often dessert is a couple of generic options that haven't changed in years. You would be surprised, but customers notice. Find

one or two genuinely exceptional desserts and make them signature items people talk about. Presentation matters enormously too. A dessert that looks beautiful on the plate and photographs well will sell itself. And don't underestimate the upsell – a well-trained front-of-house team that talks about desserts with genuine enthusiasm can transform your dessert revenue."

The Little Dessert Shop does just that, gaining a reputation for highly photogenic creations and building a strong following on social media as a result. Its "viral" desserts include

Golden Lotus Bananza French Toast, Custard Crumble Pots and Kunafa Cookie Dough.

While chains such as Heavenly Desserts, Creams Café and Kaspas Desserts are expanding, new operators are emerging in various categories. Cakes & Bakes has recently opened its 24th site, serving egg-free delights such as Ferrero Rocher

Cake and Rosy Swirl Fantasy Cake, as well as vegan cupcakes with a range of toppings. Honeymoon Desserts, a dessert brand from Hong Kong, has opened its first Chinese dessert bar, offering dishes such as mango pomelo and sago sweet soup.

As dessert culture continues to develop, we are sure to see more experimentation, creativity and excitement within this category. No longer is dessert simply the end of a good meal; it is now enjoying its time in the spotlight as the main event.

Image credit: London Food and Drink Photography



Top: La Maritxu café, serve only Basque cheesecake

Left: Classic Basque cheesecake from La Maritxu

Above (right): Santa Nata cafés only offer Pastel de Nata Portuguese egg custard tarts

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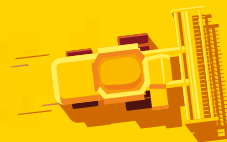
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*Nielsen 52 w/e 09.08.25 – Total Coverage. **Farm office situated within 50 miles of Weetabix Mills.

THE HEARTBEAT OF COMMUNITY CARE

Meals on Wheels provides a vital service for adults across the UK, having evolved from a wartime emergency food service into a broad community support system that can also include social interaction, wellness checks and referrals to health services.

A study from the University of Bristol reports that vulnerable older people receiving Meals on Wheels are 66% more likely to report a higher quality of life and 62% more likely to have control over their daily life.

The study also highlighted considerable gaps in Meals on Wheels provision across the UK. Some areas have well-established services while others have very limited provision, despite potentially high levels of need. "We also showed that demand is not driven by age alone," says Angeliki Papadaki, Professor of Public Health Nutrition at the University of Bristol. "Many people who need Meals on Wheels live alone, rurally, are disabled, or have multiple vulnerabilities. Drivers who deliver the meals often build trusted relationships with recipients and may notice changes in wellbeing, mobility or health that might otherwise go unnoticed."

Providers cater for a wide range of specialist dietary needs, including gluten free, vegetarian, vegan and texture-modified meals, as well as meals for people with dysphagia. Meals are prepared in different ways depending on the provider. Some services operate from central production kitchens, while others use

local authority catering facilities, care home kitchens, community kitchens or commercial catering partners.

Neel Radia, national chair of the National Association of Care Catering

(NACC), says independent caterers have opportunities to play a major role in strengthening and modernising Meals on Wheels, "especially as many councils have reduced in-house provision and demand for community meal services continues to grow." He adds: "Rather than replacing traditional services, independent caterers often help fill operational gaps, expand capacity and improve meal variety and responsiveness."

Right: Meals on Wheels social interaction is often as important as the meal itself

Below: Fife Council's Meals on Wheels service provides hot meals and afternoon teas 363 days a year



CASE STUDY: FIFE COUNCIL

The Meals on Wheels service operated by Fife Council in Scotland delivers, on average, 600 meals and 150 afternoon teas 363 days a year.

Andrew Stokes, Scottish chair of the NACC, is service manager at Fife Council. The service operates on a menu cycle, with supervisors selecting the most popular meals among customers. Clients can request the service online, with delivery starting 48 hours later.

Andrew manages a team of 50, most of whom are drivers, and all are paid employees. Fife Council has a contract with apetito, which supplies frozen meals to three production kitchens, either situated in a care home kitchen or school kitchen.

Once the meals have been regenerated, they are transported and delivered in thermally insulated steel boxes. Deliveries are typically from 11am to 2pm. Andrew says: "As part of their checks, the driver will use a digital probe to check the temperature. Hot boxes keep the food warm for, on average, four to five hours."

The meals might be dropped off at the door or plated up inside the home. "We have to make sure we witness the food entering the property. It can't be left outside for food hygiene reasons. It tends to be the same drivers on the same route, so there's a real sense of familiarity. If they notice anything concerning in the house or they think people are unwell, they will report this to the supervisor who will alert the necessary service. I sometimes go out with the drivers – it's a humbling experience."



The NACC Meals on Wheels Week runs from 2nd-6th November to raise awareness of the service. Visit <https://www.thenacc.co.uk/> for more information.

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*Source: Circana Value Sales 52 w/e 16th May 2026

RISE?

what's on the

BREAKFAST MEANS BUSINESS



Breakfast and brunch continue to present significant opportunities for hospitality operators. Lumina Intelligence data shows breakfast occasions gaining share within the eating-out market, while more recent analysis highlights brunch in particular as one of the fastest-growing dayparts. Combined with strong performance from coffee shop, bakery and food-to-go channels, morning meals, once dominated by full English breakfasts, pastries and simple egg dishes, remain an important source of growth across the sector.

At the same time, chefs are balancing several competing demands. Customers want indulgence, health, convenience, sustainability and visual appeal... often within the same dish!

So, what does the future of breakfast and brunch look like?

GLOBAL FLAVOURS MOVE INTO THE MORNING

One of the clearest trends shaping breakfast menus is the growing influence of international cuisines. Diners are increasingly comfortable encountering unfamiliar flavours at breakfast, particularly when presented within recognisable formats.

According to Stéphanie Brillouet, Marketing & Innovation Director at Délifrance, consumers are looking for “bold, globally inspired flavours that bring excitement to familiar formats.” She notes that world cuisines offer almost limitless inspiration, from French Croque Monsieur and Vietnamese bánh mì to Mediterranean focaccia sandwiches and American-style breakfast bagels.

This trend is visible throughout the hospitality sector. Shakshouka has become a brunch staple in cafés and hotels, and Turkish eggs continue to appear on menus in local brunch venues to Michelin-starred restaurants. The combination of yoghurt, poached eggs, chilli butter and herbs delivers strong visual appeal, excellent margins and adaptability. Premium operators have elevated the dish further with luxury ingredients such as truffle and caviar. Meanwhile, Korean-inspired breakfast sandwiches, Japanese soufflé pancakes and Mexican breakfast burritos are increasingly common in urban locations.

For chefs, the opportunity lies in introducing international flavours through familiar structures.

DÉLIFRANCE REPORTS THAT 42% OF CONSUMERS ACTIVELY PRIORITISE PROTEIN IN THEIR FOOD CHOICES, CREATING OPPORTUNITIES FOR PROTEIN-ENRICHED BREADS, PASTRIES AND BREAKFAST DISHES.



Photo by Olga Trishi, Unsplash

A breakfast bap filled with Korean barbecue mushrooms, a croissant packed with nduja scrambled eggs, or a miso-glazed mushroom Benedict can deliver novelty without alienating guests.

THE PROTEIN REVOLUTION CONTINUES

Health remains a major influence on menu development, but today's customers are not looking for deprivation. Instead, they want foods that deliver both indulgence and nutritional value.

Protein has become one of the most important menu drivers.

This aligns with wider hospitality trends. Eggs are experiencing renewed popularity thanks to their nutritional credentials, versatility and suitability across multiple sectors. The British Egg Industry Council's 2026 “Breakfast Smarter” report highlights growing demand for egg-based breakfast dishes across cafés, restaurants, hotels and grab-and-go formats.

For education and workplace catering, protein-rich breakfasts can support wellbeing and concentration.

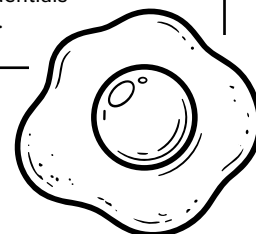


Chefs are responding with dishes such as:

- Cannellini bean shakshouka with poached eggs
- Cottage cheese pancakes topped with roasted berries
- Sourdough breakfast sandwiches with egg, spinach and smoked salmon
- Breakfast grain bowls featuring quinoa, soft-boiled eggs and fermented vegetables
- Protein-enhanced muffins and pastries

The challenge is ensuring health credentials never come at the expense of flavour.

shakshouka



*cottage cheese
pancakes topped
with roasted
berries*

BREAKFAST HAS BECOME ONE OF HOSPITALITY'S MOST EXCITING OPPORTUNITIES FOR CREATIVITY AND GROWTH.

In healthcare environments, nutrient-dense morning options can help diners feel fuller for longer and meet dietary requirements.

GUT HEALTH AND FERMENTATION BECOME MAINSTREAM

Another major influence on breakfast innovation is the growing focus on gut health. Interest in sourdough continues to accelerate, while demand for fibre-rich ingredients and fermented foods is shaping menu development. Délifrance reports significant growth in conversations around sourdough and digestive-health claims across bakery categories.

This trend presents opportunities well beyond artisan bakeries and chefs are incorporating dishes similar to the following on their menus:

- Sourdough crumpets with whipped cultured butter
- Kimchi breakfast hash
- Kefir smoothie bowls
- Fermented chilli scrambled eggs
- Overnight oats with live yoghurt cultures
- Pickled vegetable garnishes for breakfast sandwiches

SUSTAINABILITY SETS THE ALARM EARLY

Sustainability is no longer confined to dinner menus. It is increasingly influencing breakfast and brunch development across every sector in hospitality. Morning menus offer numerous opportunities to reduce environmental impact while maintaining profitability.

From incorporating surplus bakery products across all dayparts, to sourcing local produce and providing smaller portions or flexible eating formats, operators are becoming fastidious about minimising waste. Following this trend, Délifrance has seen increasing demand for portion-controlled bakery products and mini viennoiserie.

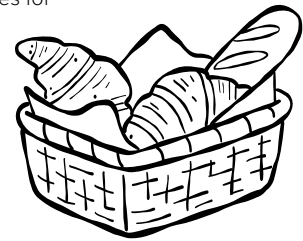
Looking ahead, diners are predicted to be increasingly open to experimentation at breakfast, provided quality and taste remain front and centre. Whether it's a kimchi breakfast sandwich in a university café, a hot honey pastry in a coffee shop, a sourdough shakshouka in a pub, or a premium Turkish eggs dish in a hotel restaurant, the message is clear: breakfast has become one of hospitality's most exciting opportunities for creativity and growth.

"THE 'GRAM" STILL MATTERS

Visual appeal remains a powerful sales driver. Social media continues to influence breakfast purchasing behaviour, particularly among younger consumers. Eye-catching presentation, vibrant colours and shareable formats can transform relatively simple dishes into high-performing menu items. Délifrance's research found that appearance significantly influences pastry purchases as impulse buying remains strong within the breakfast category.

Across hospitality, chefs are embracing visual storytelling through:

- Loaded croissant sandwiches
- Pastry brunch boards
- Colourful Turkish eggs
- Matcha French toast
- Black sesame pancakes
- Layered breakfast parfaits
- Seasonal breakfast grazing platters



*matcha black
sesame loaf*



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📦 12u
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**Cristallino Square
Sourdough Bun**

📦 48u
🥖 95g

**Cristallino Beer
Sourdough Burger Bun**

📦 60u
🥖 80g

PANZANELLA SALAD

A fresh and vibrant salad that can be changed by season to keep it fresh and reduce waste. Toast cubed leftover sourdough bread and toss with your seasonal vegetables, herbs and vinaigrette of choice. Serve as a side or include optional add-ons to make it a main meal.



Making ends meet

SOURDOUGH SEPTEMBER



It's Sourdough September, so what better time for Paul Dickson to share his top tips to make sure that your sourdough loaves never go to waste.

Expectations have changed when it comes to bread and whether you're serving beans on toast or a BLT sarnie, customers are looking for that extra special reason to part with their money. Upgrading your bread to sourdough can seal the deal, but it comes at a cost and not only that, but it doesn't stay fresh for as long as standard sliced bread either. Fear not, though, as sourdough is delicious across a range of dishes, meaning you never need to throw away so much as a crumb, ensuring that your loaves pay for their place in your kitchen.

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.



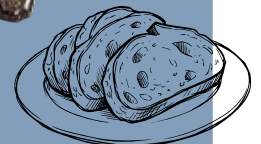
Pan con Tomate

One bite of this and I'm transported to a bustling Spanish café at breakfast. The bread can be slightly stale as once it's toasted and then rubbed with olive oil, salt and fresh tomato pulp, it will be nothing but irresistible. Perfect for an all-day brunch, small plate or starter.



RIBOLLITA SOUP

This Tuscan dish was invented for leftovers and with the autumn months ahead, a hearty soup is perfect for your specials board when you've got some sourdough to use up. Generally, the recipe calls for cannellini beans, kale and inexpensive vegetables that need to be used up, but always contains stale bread to thicken and give it texture. Its name means 're-boiled' referring to the soup being made ahead, then layered with bread in a pot, left to rest and then reheated just before serving. Use a terracotta serving dish to add a touch of authenticity.



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POSSIBILITIES IN POTATOES

SERVING A GLUTEN FREE GENERATION

Louise Wagstaffe, Chef Director, Delicious by Design

With more than 25 years of culinary experience, Louise Wagstaffe has become one of the UK's leading voices in gluten free catering and inclusive dining. As Chef Director of Delicious By Design Limited, she has dedicated her career to helping hospitality businesses create safe, high-quality dining experiences for people with coeliac disease and gluten intolerance. Her expertise has earned industry recognition, including the Craft Guild of Chefs' Culinary Hero Award and the Public Sector Catering Alliance Chair's Award. Drawing on decades of practical experience and a passion for improving standards across the sector, she has written a new book designed to help chefs and restaurateurs confidently navigate the challenges and opportunities of gluten free hospitality.



WHAT'S DRIVING THE DEMAND FOR GLUTEN FREE OPTIONS ACROSS HOSPITALITY AND WHAT INSPIRED YOU TO WRITE YOUR BOOK?

The rise in demand is down to increased diagnosis of coeliac disease, greater awareness of food intolerances, and growing expectations around inclusive dining for those who are gluten free.

A friend was diagnosed with coeliac disease 25 years ago, and I saw her struggles in finding places to eat. Many establishments were not addressing gluten free dining, not because they didn't care, but because they didn't understand how to do it safely.

The industry has improved, but many establishments are still avoiding or mismanaging gluten free options because of a lack of understanding, and so I wrote this book; by a chef, for chefs and restaurateurs.

My advice is to treat gluten as you would raw chicken. If you do, you won't go far wrong.

Systems for managing gluten should include dedicated preparation areas, separate fryers, utensils, and equipment, clear front and back of house communication, and robust cleaning procedures.

WHAT ARE THE ESSENTIAL TRAINING POINTS EVERY KITCHEN TEAM SHOULD UNDERSTAND?

One of the biggest mistakes operators make is assuming allergen awareness is only the responsibility of chefs. Front of house teams are absolutely critical.

Key training areas should include understanding coeliac disease and gluten intolerance, preventing cross-contamination, communicating clearly during service, understanding the seriousness of all dietary requirements, and following consistent recipes and procedures.



HOW SERIOUS ARE THE RISKS OF CROSS-CONTAMINATION IN A BUSY KITCHEN, AND HOW CAN THEY BE MANAGED?

While many kitchens now stock gluten free products, the real risk often lies in preparation. Gluten free ingredients do not automatically create a safe gluten free dish, because in practice, cross-contamination is where many of the problems happen.



With staff turnover across hospitality, training cannot be a one-off exercise. It needs to become part of kitchen culture.

WHICH INGREDIENTS ARE MOST COMMONLY OVERLOOKED AS HIDDEN SOURCES OF GLUTEN?

Soya (contains wheat) and HP Brown Sauce (contains barley and rye), gravy powders and bouillons, spice blends and seasoning mixes.

Look out also for sausages, processed meats, and oats that are not certified gluten free.

WHAT ARE YOUR GO-TO ALTERNATIVES FOR WHEAT FLOUR?

For baking I use a plain or self-raising gluten free blends, adding xanthan gum if necessary to help with the structure.

HOW DO DIFFERENT GLUTEN FREE FLOURS PERFORM IN TERMS OF TEXTURE, FLAVOUR, AND STRUCTURE?

There is no single gluten free flour that behaves exactly like wheat flour. The key is understanding what each flour contributes.

Find the full recipe opposite, courtesy of Louise's cookbook. For your chance to win a copy, see page 57.

SAVOURY APPLICATIONS

RICE FLOUR - Neutral flavour and versatility

CORNFLOUR - Cost effective for batters and thickening sauces

CHICKPEA FLOUR - Ideal for batters and flatbreads, adding protein and depth of flavour



Kara

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Brioche Style Buns

1/3 of customers describe themselves as **Flexitarian**



SPANISH HORNAZO

CREDIT: LOUISE WAGSTAFFE

COOKING TIME: 35MINS

SERVES: 10



INGREDIENTS

- | | |
|-----------------------------------|--------------------------------|
| • 6 eggs | For the dough |
| • 2tbsp oil | • 350ml warm water |
| • 200g lean smoked bacon, chopped | • 7g dried yeast |
| • 200g gluten free sliced chorizo | • 1tsp honey |
| | • 1tsp cider vinegar |
| | • 2tbsp vegetable oil |
| | • 450g gluten free bread flour |
| | • Salt, to taste |

METHOD

1. Boil four of the eggs for the filling. To do this, place them into cold water and bring to the boil. Simmer for 6 minutes, then remove from the heat and place in cold water to cool down. When cold, peel and slice. Then reserve until needed.
2. Next, heat the oil in a pan and fry the bacon until it's cooked through, then reserve this and the fat and oil that gets released from the bacon.
3. Make the bread dough by mixing the lukewarm water with the yeast and the honey and leave it in a warm place till it froths, or for about 10 minutes. Then add the cider vinegar, oil and two remaining eggs.

4. In a large mixing bowl, add the gluten free flour and salt, then add the yeast mix. Mix until everything has combined. The dough will be very sticky.

5. On an oven tray, place a layer of tin foil and brush with oil. Add half the bread batter and spread it out so it's about 1cm deep and forms a rectangle of approximately 20cm x 30cm.

6. Leaving a 2cm gap on all sides, layer the sliced chorizo, then the bacon, and finally the sliced hard-boiled eggs.

7. Spread 3/4 of the remaining dough over the topping, so it's fully covered.

8. Now, place the small amount of dough that's left in a piping bag and reserve until the bread is proved.

9. Cover the bread with a damp cloth and leave it for another 30-35 minutes until it rises to double its volume.

10. Pipe the reserved dough into a lattice finish on top of the bread.

11. Preheat the oven to 200°C, 400°F, gas mark 6 and bake for 30-35 minutes or until golden on top. The bread is done if it sounds hollow when tapped lightly on the surface.

12. Remove, brush with olive oil, and then leave to cool completely before you slice it. The bread will seem very hard from the outside but once it cools down it will be nice and spongy inside with a slightly hard crust.

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Serving suggestion

Elevated Margherita pizza – with burrata centre

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Gran Levanto 1kg



Grana Padano 1kg

Parmigiano
Reggiano 1kg





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12 x 1kg & 8 x 1kg

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& shaved red onion pizza*

Serving suggestion



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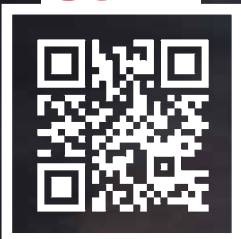
Serving suggestion

*Tortelloni with grated Parmigiano
Reggiano and sage butter sauce*



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An affordable way to elevate your menu





This month's guest chef is Alberto Walker, winner of the highly competitive Springboard FutureChef London heat at just 15 years old. Blessed with a Sicilian mother, Alberto has been brought up with a passion for quality produce and ingredients. A real perfectionist who grows his own veg and is curious about the process behind dishes and flavours, we think Alberto has a big future ahead of him. Here are his 'Five Ways' to use béchamel sauce.

5 ways to use

BÉCHAMEL SAUCE

VERDURE GRATINATE

Coat roasted vegetables in béchamel, top with parmesan and breadcrumbs, and bake until crisp and golden. A good way to get your five a day!

PASTA AL FORNO

Mix béchamel into baked pasta with tomato sauce, mozzarella and fillings like sausage or vegetables for a gorgeously golden, beautifully bubbling dish.

STUFFED CONCHIGLIONI

I especially loved making this with my Nonna because it always felt a little more special than everyday pasta. It's both celebratory and comforting.

CANNELLONI RICOTTA E SPINACI

Fill pasta tubes with ricotta and spinach, then bake under a blanket of béchamel for a soft, regal result.

PIZZA BIANCA CON BESCAMELLA

Swap tomato for béchamel as a base, then add mushrooms, cheese, and herbs for a rich, white pizza twist.

Country Range
Béchamel
Sauce Mix
Pack Size:
2 x 2kg



Stuffed conchiglioni with béchamel

CREDIT: ALBERTO WALKER

SERVINGS: 4-6

COOKING TIME: 20MINS

INGREDIENTS:

- 155g Country Range Béchamel Sauce Mix
- Country Range Ground Nutmeg and salt, to taste
- 150g dried conchiglioni pasta
- 200g mushrooms,
- finely chopped and sautéed
- 1 egg
- 5tbsp grated Parmesan cheese, plus extra for serving (optional)
- 500g ricotta

METHOD

1. Combine the mushrooms, ricotta, egg, Parmesan, nutmeg and salt until fully mixed.
2. Cook the conchiglioni pasta for a few minutes less than the packet instructions, so they remain slightly firm.
3. Drain and transfer the pasta shells into a large bowl of cold water. Once cooled, gently fill each shell with the mushroom and ricotta filling.
4. Blend 155g of Béchamel Sauce Mix into 200ml of cold water until smooth. Whisk into 800ml of hot water and bring to the boil, whisking continuously. Simmer for 2-3 minutes.
5. Spread a layer of béchamel sauce over the bottom of an ovenproof dish. Arrange the stuffed shells on top and spoon the remaining béchamel over the top. Bake for 15–20 minutes at 180°C until piping hot and lightly golden.



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DIP IT

DRIZZLE IT

TOP IT





**The Man
Behind
the World's
Most
Famous
Wok**



Few chefs can claim to have changed the way the world cooks. Fewer still can point to a single piece of cookware that has become synonymous with their name. Yet for four decades, Ken Hom has done both.

Of course, Hom's influence stretches far beyond the cookware aisle. Through bestselling cookbooks, pioneering television programmes and decades spent championing authentic Chinese cuisine on the global stage, he has inspired generations of chefs and home cooks alike. Long before international food culture became commonplace, Ken Hom was introducing audiences to regional Chinese dishes, techniques and traditions with a warmth and accessibility that made him one of the world's most trusted culinary voices.

As the Ken Hom wok celebrates its 40th anniversary, we sat down with the culinary legend to reflect on a journey that continues to influence kitchens around the world.

What was the original vision behind creating your wok brand and did you ever imagine it would still be in kitchens around the world four decades later?

I was always interested in getting kitchens to stir-fry and to use the wok - In a way, it has confirmed my vision was correct, that anyone can use a wok!

Do you remember the first moment when you realised the wok had become more than a kitchen tool and had grown into a global brand?

When I realised that it was not just Great Britain or Europe buying it, but everywhere.

A LIFETIME OF LESSONS FROM KEN

- **Keep to your vision. It is not about only making money, but giving people a trusted companion in their kitchen.**
- **If it is a wok I would not buy, why should it be part of my brand?**
- **Quality counts...word of mouth is the best advert.**
- **Do not spend any money on PR but on personal appearances, demonstrating how the wok works.**
- **Make your wok part of the family!**

STIR-FRIED PORK WITH SPRING ONIONS



This is a basic stir-fried dish in the southern Chinese tradition. The key to success in this recipe is not to overcook the pork.

CREDIT: KEN HOM

COOKING TIME: 20MINS

SERVES: 3-4

INGREDIENTS

- 450g (1lb) boneless pork fillet
- 1tbsp Shaoxing rice wine or dry sherry
- 1tbsp light soy sauce
- 2tsp sesame oil
- 1tsp cornflour
- 8 spring onions
- 1tbsp groundnut or vegetable oil
- 2tsp salt
- 1tsp freshly ground black pepper
- 1tsp sugar

METHOD

1. Cut the pork into thick slices 5 cm (2 in) long. Put the sliced pork into a bowl and mix in the Shaoxing rice wine or dry sherry, soy sauce, sesame oil and cornflour. Let the mixture sit for 10-15 minutes so that the pork absorbs the flavours of the marinade.
2. Cut the spring onions on the diagonal into 5cm (2in) lengths.
3. Heat a wok or frying-pan to a very high heat. Add the oil, and when it is very hot and slightly smoking, add the pork slices and stir-fry them until they are brown.
4. Add the spring onions, salt, pepper and sugar. Continue to stir-fry until the pork is cooked and slightly firm. This should take about 3-4 minutes.
5. Remove and arrange the pork on a warm serving platter. Pour any juices remaining in the wok over the pork and serve at once.

What are some of the most surprising places where you've encountered people using your wok?

Places like Rio de Janeiro, Sofia, even in Asia! That was the real surprise.

Which career moments stand out as the most transformative in helping you become one of the world's most recognised ambassadors for Chinese cuisine?

Without a doubt, my seminal series in 1984 with BBC: Ken Hom's Chinese Cookery. I never imagined it would be so successful, popular and change the landscape of cookery in the world.

Was there a particular mentor who had a lasting impact on you?

There were many: Madhur Jaffrey, Delia Smith, Julia Child and Jacques Pépin.

What do you think made your programmes resonate so strongly with audiences?

That Chinese cooking was easy, quick and most importantly, anyone could do it.

What progress in Chinese cooking are you most proud of to have witnessed in the UK?

How it has now become part of British culture.

If you could choose one dish that best tells the story of your life and career, what would it be?

A simple stir-fried dish. Stir-fried pork with spring onions, because it is easy foolproof and delicious.

Have there been moments when you faced significant setbacks or doubts, and how did

they shape you?

I have been incredibly lucky not to have any significant setbacks. My success is also part of many friends and family who have always believed in me. It gave me strength.

Is there one story that perfectly captures the unexpected journey your career has taken?

I remember in the mid-90's when filming my BBC series, Hot Wok, when the heat did not come on at the right moment, I simply smiled and continued!

As you celebrate this milestone, what ambitions or projects do you have for the future?

I really enjoy working on behalf of charities and giving back, it gives me great joy.

What opportunities do you see for the next generation of chefs to continue promoting Chinese cuisine on the global stage?

Fortunately, there are so many as Chinese cuisine, like China, is now part of a great positive movement of sharing. It's exciting to see such constant creativity for regional cuisine.

If you could sit down with the young Ken Hom of 1986 on the day the first wok launched, what advice would you give him?

Be positive and concentrate on giving your best. Share your love of cooking with the world.

“My success is also part of many friends and family who have always believed in me. It gave me strength.”

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Butternut squash CAKE



Although he left school and started work as an apprentice plumber, the allure of food was too much for Dany-Roy Hobday. So, when a friend offered him the opportunity to work at the Hilton Parkway he ditched the pipework in favour of kitchen work.

Dany-Roy then moved to a local pub that specialised in seasonal, constantly changing menus. "I really found my culinary identity here and it was totally different to my previous role. We were a small team using the freshest seasonal ingredients and working closely with the best local suppliers to offer daily changing menus. It taught me about menu design, costing, working waste-free and gave new life to my creativity," says Dany.

His next move was to caterer Thomas Frank, where his adventure in education began and he joined Gayhurst School. Based in Gerrards Cross in Buckinghamshire, the Gayhurst menu is ultra seasonal and changes weekly. "We make everything from scratch, run several theme days each week and cater for breakfast, snacks, lunch and supper club, which adds up to about 450 meals a day. The kids are really adventurous compared to what our generation was like."

"We make sure the dishes are fortified with nutrients and goodness in clever ways, which helps us stay sharp and creative as chefs. We also run cookery lessons, not just for the kids but for the parents as well. When it comes to store cupboard classics, the Country Range brand never lets you down. Spices, seasonings, flours – it is fantastic quality and excellent value. I'm enjoying experimenting with bread at the moment and turning vegetables into stunning sugar free desserts. This Butternut Squash Cake is a beauty for the coming months and unbelievably, it's sugar free."



DANY-ROY HOBDAY



CREDIT: DANY-ROY HOBDAY

SERVES: 12

COOKING TIME: 1HR 20MINS

INGREDIENTS

For the cake

- 200g Country Range Self-Raising Flour
- 1tsp Country Range Ground Cinnamon
- ½tsp Country Range Ground Ginger
- ¼tsp Country Range Ground Nutmeg
- 300g butternut squash, peeled and cubed
- 3 large eggs

- 100ml sunflower or vegetable oil
- 80g sweetener (stevia blend, sucralose granules, honey etc)
- 1tsp vanilla extract
- Pinch of salt

For the topping

- 200g full-fat cream cheese
- 1–2tbsp powdered sugar-free sweetener
- 1tsp vanilla extract

METHOD

1. Heat the oven to 180°C (160°C fan) and roast the butternut squash for 25–30 minutes until soft.

2. Blend or mash the squash into a smooth purée and let it cool.

3. Whisk together the eggs, oil, sweetener, and vanilla and then stir in the squash purée.

4. Mix the flour, spices and salt in a separate bowl.

5. Fold the dry ingredients into the wet mixture until just combined.

6. Pour into a greased or lined 20cm round cake tin.

7. Bake for 35–40 minutes, or until a skewer comes out clean and cool completely.

8. Beat the cream cheese, powdered sweetener and vanilla together until smooth, then spread over the cooled cake and add any other decoration you would like to add.

THE MARKETPLACE

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

SNAP FRIES DELIVER CONVENIENCE, SPEED AND PROFIT POTENTIAL

Lamb Weston has launched Snap Fries, a new ready-to-cook fries format designed to help operators tap into the growing demand for convenient, on-the-go snacking. Developed for non-traditional foodservice settings, the product responds to consumer appetite for fries in locations such as petrol forecourts, retail hot counters, travel hubs, cinemas and even onboard flights.

Frozen, pre-portioned and oven-ready, Snap Fries offer a simple, labour-saving solution that can be cooked in as little as 90 seconds, making them ideal for operators with limited kitchen space. Originally created for the airline sector and already listed with KLM, the product combines operational ease with the premium appeal of skin-on fries in a convenient single-serve format.

As snacking occasions continue to grow, Snap Fries provide operators with a practical way to expand menus, serve one of the UK's most popular foods, and unlock new revenue opportunities across multiple dayparts and channels.



Why Provenance and Storytelling Matter More Than Ever

UK diners are becoming increasingly adventurous, with new research from Paulig PRO revealing that 74% actively seek out new flavours when eating out. The findings, published in the company's first-ever Taste the Future Flavour Trend Report, highlight a growing appetite for bold, globally inspired cuisines, including Korean, Filipino, Taiwanese and Middle Eastern influences.

The report shows consumers are moving beyond familiar tastes in favour of dishes that deliver depth and complexity through heat, smoke, acidity and umami. It also identifies four key trends shaping menus of the future: the evolution of fusion cuisine, a growing interest in the stories and origins



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behind flavours, the rise of lesser-known regional cuisines, and demand for more immersive dining experiences.

With 73% of diners preferring to try new restaurants and 60% wanting to know more about ingredient provenance, flavour innovation can help drive both customer engagement and premiumisation. The research also highlights the growing importance of herbs, spices and authentic cooking techniques in creating memorable dining experiences that keep guests coming back.

NEW MINI OAT DRINK MEETS GROWING GUEST DEMAND

Delamere has expanded its hospitality range with the launch of a new 97ml oat drink, offering hotels, caterers and travel operators a convenient plant-based alternative to traditional milk. Developed in response to growing demand for dairy-free options, the ambient bottles are ideal for hotel room trays, breakfast buffets and on-board catering, whether served with hot drinks or cereal.

Each resealable bottle provides three to four servings and has a shelf life of up to six months, helping operators reduce waste, minimise repeat room service deliveries and improve efficiency. Once opened, the product can be refrigerated and treated like fresh milk.

Packaged in fully recyclable premium glass bottles with aluminium lids, the new oat drink also supports more sustainable hospitality operations by reducing reliance on single-use milk pots and plastic sticks. The launch builds on the success of Delamere's mini milk bottles and provides operators with a practical, premium solution for meeting evolving guest expectations and dietary preferences.



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FROM NOSTALGIA TO NEXT

generation

Reinventing comfort food for today's diners

Comfort food has always held a special place on menus, offering guests a sense of familiarity, nostalgia, and connection. Yet even the most beloved classics present opportunities for innovation. Today's chefs are reimagining traditional dishes through new techniques, unexpected ingredient pairings, global influences, and evolving consumer preferences, creating experiences that feel both comforting and exciting. Reinventing familiar favourites can refresh menus, attract new audiences, and spark conversation without losing the flavours guests know and love. We asked a panel of industry experts to share the dishes, ingredients, and trends they like to experiment with.



JAMES BROWN

Executive Chef, Unilever Food Solutions UK & Ireland

Comfort food like BBQ chicken and loaded fries will always have a place on menus, but there's a real shift towards refining these classics with

better balance and presentation. For me, it's about building flavour through layers and choosing components that deliver consistency under pressure.

One dish that's proved popular is a sticky BBQ Glazed Chicken Bao with Crunchy Slaw and Pickles, taking familiar comfort flavours into a more modern, street food-inspired format. Diners still want that sense of indulgence, but with a fresher, more considered feel. My advice is to respect the heart of the dish, but don't be afraid to evolve how it's delivered.

CRISPY CHICKEN

BAO BUNS



Photo by Martin Baron, Unsplash

**JAMES LYON-SHAW***Managing Director,
Brucan Pubs*

For me, the best comfort food comes from nostalgia, but the opportunity as chefs is to elevate those memories through better ingredients, seasonality and technique. A dish we love reinventing is the traditional Scotch egg - taking something humble and turning it into something special, such as our wild rabbit and black pudding Scotch egg with seasonal garnish which could be peas and beans in the summer, or a beer-braised onion soubise in the winter.

The difference comes from respecting the original dish while improving every element: quality British produce, careful cooking and thoughtful presentation. Guests still want generosity and familiarity, but increasingly expect provenance, creativity and restaurant-level execution. My advice to chefs is simple: don't reinvent a classic beyond recognition, understand why people loved it in the first place, then make every element the very best version it can be.

**FLEUR & PAUL***Owners, The Retreat*

We are constantly reinventing the God of all classic handheld comfort foods - the sausage roll! We offer 20 different varieties including jalapeño & cheese, piri piri and sweet pepper, pork and apple and one that will forever divide opinion - cheese and Marmite! We rotate the flavours to keep customers coming back for more. Our pork is sourced from a local farm butcher less than 12 miles away and we use as much locally sourced produce as we can.

**NEV SAUNDERSON***Head of Sales,
Bennett
Opie Limited*

Pickled walnuts are the secret weapon of a well-stocked kitchen. Rich, savoury and wonderfully versatile, they bring depth, character and a distinctive flavour boost to dishes throughout the day. Blitz them into a tangy ketchup to serve with a bacon ciabatta at breakfast, slice into salads for an unexpected lift at lunch, or add them to meat dishes at dinner, where their rich, tangy flavour is equally at home stirred through a Cottage Pie as it is paired with a seasonal venison plate.

They make a surprisingly delicious pizza topping, adding a savoury finish with a gentle bite. A natural partner for cheese, they're just as good in toasties and paninis as on a cheeseboard.

**COLIN ANDERSON***Chef Director, Brett*

One comfort dish I always come back to is paella. It's one of those dishes that immediately creates a sense of occasion and generosity, but there's still plenty of room to reinterpret it. At Brett, we cook the rice more

like a risotto to maximise flavour absorption, using a stock made from roasted chicken bones and lobster heads.

To finish, a portion of the rice is fried in chorizo-infused butter to create an intense Socarrat, while lobster is gently poached in the rendered chorizo fat. Crisp chicken wings add texture and familiarity, and pickled Buddha's hand citrus cuts through the richness. It still feels unmistakably like paella, but with greater depth, refinement and balance while retaining all the comfort that makes the dish so appealing.

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SMOKY SLOW COOKER CHILLI

A versatile recipe that can be made ahead, frozen, and used in chilli, tacos, loaded nachos, baked potatoes, or burritos.

INGREDIENTS

- 2tbsp olive oil
- 400g beef mince (we recommend 20% fat)
- 2 cloves garlic, crushed
- 1 brown onion, diced
- 1tsp ground cumin
- 1tsp smoked paprika
- 1tbsp mild chilli powder - adjust for personal heat preference
- 1 cinnamon stick
- 2tsp chipotle paste
- 2tbsp tomato purée
- 4tbsp water
- 1 red pepper, diced
- 2 x 400g cans of good quality chopped tomatoes
- 1 beef stock pot (swap to vegetable if making the vegetarian version)
- 4-6 medium tomatoes, deseeded, diced
- 12 Opies Mini Onions
- 4 Opies Pickled Walnuts, chopped
- 1 ball Opies Stem Ginger, chopped
- 1 can kidney beans, drained, rinsed
- 200ml water
- 1 can black beans, drained, rinsed, optional
- 1tsp salt flakes and fresh cracked black pepper
- 20g fresh coriander



SERVES 4 - 6

PREP TIME: 15MINS

COOKING TIME: 6HRS

ALLERGEN: NUTS

CREDIT: BENNETT

OPIE LIMITED

METHOD

1. Over a medium heat, heat 1tbsp of oil in a saucepan. Add the beef mince.
2. Cook for approximately 5-7 minutes, until browned. Remove the meat from the pan and set aside.
3. Using the same saucepan, add the remaining oil and heat gently before adding the onion. Cook over a medium heat for around 5 – 6 minutes, until the onions are translucent.
4. Add the garlic, spices, chipotle paste and tomato purée and cook for a minute or so, before adding 4tbsp of water, to loosen.
5. Transfer the browned meat and the vegetable/spice mix to the slow cooker.
6. Add all the remaining ingredients to the pot. The black beans will break down, so if you prefer having them whole, add them towards the last 10 minutes of cooking time.
7. Cook on low, for at least 6 - 8 hours.
8. Serve with rice, tortilla chips, guacamole, sour cream, grated cheese, pickled jalapeños, pickled red onions and lime wedges.

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Ryan BLACKBURN

CHEF-OWNER, THE OLD STAMP HOUSE AND THE SCHELLY, AMBLESIDE

What is your current role, and what does it involve?

I am the chef-owner, so I oversee everything from menu development and kitchen operations to sourcing our local ingredients and maintaining close relationships with the producers we work with. I also take part in projects outside the restaurants, such as educational initiatives with local schools.

How long have you been a chef?

I've been working in kitchens for most of my life, growing up in a family deeply involved in hospitality. I officially became head chef early in my career, but food has always been part of my life.

How did you first get into cooking?

Some of my earliest memories are of my father cooking in the kitchens of our family's hospitality businesses in Great Langdale. Being around food and service was just part of everyday life, so I absorbed it naturally rather than choosing it deliberately at first.

Where did you learn your craft?

I learned my craft through a combination of family influence, formal training, and working in various kitchens, including Restaurant Martin Wishart, Holbeck Ghyll in its heyday and as the head chef at Cottage in the Wood, Whinlatter Forest, before opening my first Restaurant - the Old Stamp House. My classical training helped refine the skills I had grown up with, allowing me to blend tradition with technique.

What was your first job in hospitality?

Working in my parents' pub near Coniston was my first real experience. That is where I learned about running a kitchen, serving guests, and the importance of local produce.



Image by Jenny Jones Photography



Cod Loin, Crown Prince, Aged
Cheese and Iberica de Bellota

The Old Stamp House

What is your signature dish?

I don't really have a signature dish, but if I were pushed, it would be Herdwick lamb. Having said that, our spiced mead velouté is something I'll never take off the menu; it's a constant and is always evolving. Both have taught me the importance of letting the ingredient guide the cooking and have shaped the way I approach all the dishes I cook.

What's been your worst cooking disaster?

There were a couple of events last year in Bulgaria and Liverpool that didn't go the way I wanted them to – but I'll leave it at that.

What are your culinary ambitions?

My ambition is to keep evolving as a chef, constantly developing, and finding ways to improve. Success for me is about growth rather than accolades. I want to continue championing local produce and inspiring both my team and the next generation of cooks.

What do you like to eat?

Fish and shellfish - especially Carabineros prawns, which I ate celebrating winning my Michelin star, which I savoured alongside a glass of Champagne.

How do you achieve a work/life balance?

We work a four-day week, which we never deviate from, and we have a

“I love being able to work with incredible local ingredients, create dishes that reflect the landscape and heritage of Cumbria.”

holiday roughly every eight weeks to coincide with school holidays. We plan the breaks 18 months in advance, so everyone knows the score.

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

Salt, olive oil, garlic, citrus fruit, and flour.

Best dish and drink combo for after a shift?

Mug of tea and a piece of fruit – absolute winner.

Favourite pub in the UK?

Heft, Newton in Cartmel, is one we visit a fair bit; their Sunday lunch offering – Sunday Service is pretty unique.

What is the best advice you were given?

It came from a Michelin inspector, who said after an inspection, keep doing what you do, keep your customers happy, and if you have a busy restaurant with happy customers, the awards will follow.

What is your favourite cookbook?

Countryman's Cooking by W. M. Fowler.

If you hadn't gone into the kitchen, what would be your career of choice?

I would have loved to have worked outside, either as a gillie or a gamekeeper.

What do you love most about your job?

I love being able to work with incredible local ingredients, create dishes that reflect the landscape and heritage of Cumbria, and share those experiences with guests. The relationships I have with suppliers and the team make it particularly rewarding.

What frustrates you about the industry?

I am frustrated when restaurants choose imported products like Wagyu beef over local, regenerative meat, especially given the challenges faced by local farmers and the importance of sustainability and social responsibility.

What do you consider your biggest achievement?

My family, my children and all that they are starting to achieve in their own journeys. Closely followed by retaining a Michelin star since 2019.

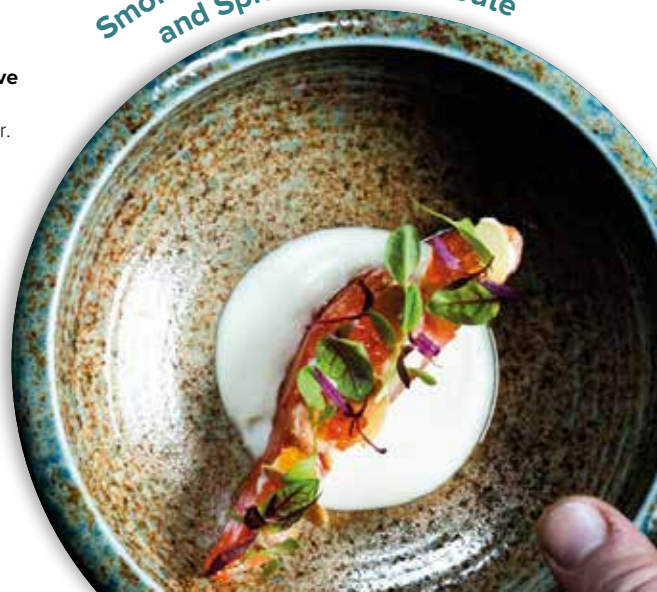
What do you have planned for the rest of 2026?

I am involved in a project with the local charity Waste into Wellbeing, teaching Year 5 pupils across Kendal how to cook while raising awareness about food waste, nutrition, and healthy choices. It is exciting to pass on knowledge and inspire the next generation while championing sustainability and local produce.

For more information, visit

<https://www.oldstamphouse.com>
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Rising Star

CHRIS ARCHER

**HEAD CHEF AT THE
PENTONBRIDGE INN, PENTON**

What was your first job in hospitality?

I used to work on Saturdays at a then two Michelin-starred restaurant near Scunthorpe called Winterringham Fields. I used to do little bits of prep and help wash up. I loved it. I always wanted to work in the evening so I could see the real food, not just the lunch menu, but I wasn't allowed, as I was only 15. As soon as I finished school, I started full-time.

What were the key steps in your development and career?

My first two jobs were in two Michelin-starred restaurants, and it was incredibly hard. I always thought you need to be in a minimum two-star restaurant to learn anything. The reality is they don't teach you how to cook, just to follow recipes and work fast. When I got a job working in a three AA-rosette hotel, I started to learn more things, not just how to follow recipes.

When did you become a head chef?

I got my first head chef job at 26, in Cumbria, at The Cottage in the Wood. I'm very grateful to Kath and Liam (the then owners) for giving me an opportunity to cook my own food for the first time. I was again out of my depth and had to learn on my feet, but it was so much fun. During my time there, I won three AA rosettes, which I was incredibly proud of, as they hadn't achieved that accolade before in nearly 15 years.

Describe your cooking style?

I think my food is classically based, seasonal, relying on the best produce and presented in a clean, modern and unfussy way.

What's the next target?

Any chef with one star and three rosettes is probably going to say two stars and four rosettes, and I'm no

different, really. It's probably a long way off for us, but I'm in no rush.

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

I've always loved Thai food; I eat it probably three or four times a week, and there's a real movement in London of fantastic Thai places doing more than just green curries and pad thai. Hopefully, that trend moves north as we need a good Thai restaurant in Carlisle.

Can the industry do anything better?

Training. I've had some chefs come to me who have worked in great restaurants, but can't scramble eggs. It's not their fault; everyone is desperate for staff, so things can fall through the cracks, but what future does the industry have if the next generation can only put herbs onto food with tweezers?

Three tips vital for success in a kitchen?

An ability to listen is paramount. So many mistakes are made because people didn't really listen to what they were being told.

Every day, you will learn something new if you're humble enough to accept that even the worst chef can teach you something.

Life in a kitchen is so much nicer when egos are left at the door, and you work together, not against each other.

<https://www.pentonbridgeinn.co.uk>

Above Left to Right:
Chris Archer, Head Chef Penton, Bridge Inn

Hand dived scallop, Netherby Hall broad beans, white port and ginger sauce

Below:
Herdwick lamb loin, lamb faggot, wye valley asparagus, stuffed morel





Wild Tea



While a quality cuppa continues to be a vital part of a hospitality operator or caterer's offering, we are less adventurous with our tea menus than coffee.

We caught up with drinks expert and co-writer of Wild Tea - Nick Moyle - to help you take a step off the well beaten tea trail and create your very own wonderfully wild brews.

ARE WE GUILTY OF BEING ONE TRACK PONIES WHEN IT COMES TO OUR TEA?

Yes, we are a little bit. Before the introduction of black tea as we know it (*Camellia Sinensis*) in the UK, we would be drinking all kinds of decoctions and infusions, made using an array of foraged fruits, flora and finds from our countryside, hills and coasts. Some were for refreshment, others for supposed health benefits. There is nothing bad about a good strong cup of black or green tea, but with chefs looking to be ultra-seasonal and keep costs down, there has never been a better opportunity to create and offer your very own unique teas. You can grow your own ingredients or head out foraging.

WHAT ABOUT FORAGING?

I guarantee that there is an abundance of tasty tea ingredients within a mile of you so it really is a case of getting to know your local area and spending some time in nature throughout the different seasons. Even cities have an abundance of treats in parks. Nettles, pine, wild hops, gorse, hawthorn, meadowsweet, yarrow, dandelion – nature's tea larder is full throughout the year. Just follow the forager's code to be safe, protect the wildlife and ensure you don't get in trouble with the law.

HOW DO YOU PREPARE INGREDIENTS?

It really is about experimenting. Ingredients will provide different nuances depending on how they have been prepared and stored. Try simple infusions and decoctions where you simmer ingredients and taste ingredients fresh and dried. Drying ingredients will help shelf life but I prefer certain ingredients fresh for added zing. Other ingredients can be used to make syrups, milks or other tea additions.



WHAT TO GROW

Whether you're growing from seed or buying young plants, any bed space or pots can be utilised for tea ingredients. Many ingredients used in the kitchen cross over to tea anyway. Try and get a good selection of flowers, fruits and leaves. Herbs can be pivotal such as mint, lemon verbena, fennel, rosemary, lavender and hyssop. Flowers like marigolds, roses or elderflower, and then any berries, fruits or vegetables such as blackcurrants, strawberries, raspberries, apples and beetroot that you have space for.



Apple Scraps tea

CREDIT: NICK MOYLE

SERVES: 2

COOKING TIME: 15MINS

INGREDIENTS

- Peel and core 5 medium-sized apples
- 800ml water
- Brown sugar, honey or maple syrup to taste

Additions

- **FIERY** – thumb sized knob of ginger grated
- **FRUITY** – 10 blackberries
- **SPICY** – add ½ cinnamon stick
- **MINTY** – add 5 mint leaves into the mug before pouring in the hot liquid

METHOD

1. Pour the water into a pan along with the ingredients.
2. Bring the pan to a boil and simmer for 10-15 minutes.
3. Strain and serve.



Remember, ingredients will provide different nuances depending on how they have been prepared and stored.

WHAT INGREDIENTS SHOULD WE BE OUT PICKING AND FORAGING NOW?

In the next few months, keep an eye out for wild fennel seeds, blackberries and apples. When dried, these can be store-cupboard saviours during winter.

ANY RECIPES YOU COULD RECOMMEND FOR US TO TRY?

Apples Scraps tea is a great one as the UK apple season is off and running and we waste far too many apples. This simply utilises the core and peel.

Wild Tea is written by Nick Moyle and Richard Hood and is published by Hachette.

BISTO MEXICAN VEGETABLE & BEAN SOUP



A warm spiced soup, perfect as a starter or a lunch. Great to offer with nachos and sour cream, extra chillies or different breads.

**SERVES: 10 PREP TIME: 5 MINUTES
COOKING TIME: 25 MINUTES**

INGREDIENTS

- 40G BISTO VEGETABLE BOUILLON POWDER
- 2 TBSP OIL
- 2 ONIONS, DICED
- 3 CLOVES GARLIC, PEELED AND CRUSHED
- 3 CARROTS, DICED
- 2 RED PEPPERS, DICED
- 800G HOMEPRIDE TOMATO EVERYTHING SAUCE
- 1.5 LITRES WATER
- 800G MIXED BEANS (E.G. CANNELLINI, KIDNEY, BUTTER BEANS), DRAINED
- 1 TBSP SMOKED PAPRIKA
- 1 TBSP CUMIN, GROUND
- 1 TSP DRIED THYME
- BLACK PEPPER TO TASTE
- FRESH CORIANDER TO GARNISH
- NACHOS (OPTIONAL)
- SOUR CREAM (OPTIONAL)

METHOD

1. HEAT THE OIL IN A LARGE SAUCEPAN. SAUTÉ ONIONS, GARLIC, CARROTS, AND PEPPER FOR 5 MINUTES.
2. STIR IN THE HOMEPRIDE TOMATO EVERYTHING SAUCE, BEANS, SMOKED PAPRIKA, CUMIN, THYME, AND BISTO PROFESSIONAL VEGETABLE BOUILLON POWDER THEN ADD THE WATER.
3. SIMMER FOR 20 MINUTES UNTIL VEGETABLES ARE TENDER.
4. ADJUST SEASONING AND SERVE HOT WITH CORIANDER AND OPTIONAL NACHOS AND SOUR CREAM.

ALLERGENS: MILK.

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THE MARKETPLACE

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

Science Based Targets Put Wrapmaster® on Path to Net Zero

Wrapmaster® has reached a significant sustainability milestone after its parent company, the Melitta Group, secured validation of its emissions reduction targets from the Science Based Targets initiative (SBTi). The approval confirms that the company's climate strategy aligns with the latest science and supports the goal of limiting global warming to 1.5°C under the Paris Agreement.

For foodservice operators, the validation provides added confidence that sustainability commitments are backed by measurable, independently verified action. The Melitta Group has pledged to reduce Scope 1 and 2 emissions by 43.15% by 2030, alongside

substantial cuts across its wider supply chain and agriculture-related emissions. Suppliers responsible for the majority of purchased goods emissions will also be required to adopt science-based targets by 2030.

Looking further ahead, the company aims to achieve net-zero emissions across all scopes by 2045, with a strong focus on reducing emissions throughout its operations and supply chain before considering offsets. The milestone reinforces Wrapmaster®'s commitment to supporting customers and partners on their own sustainability journeys while helping drive meaningful environmental progress across the foodservice sector.

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**Helps lower
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for a healthy heart**

**Sustainably
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british oats**

**Grain quality
ensuring higher
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The Country Club

Exclusively for customers of the Country Range Group

THE PROFESSIONAL'S PLAYBOOK FOR GLUTEN FREE CATERING

Inspired by this month's Advice from the Experts feature, we're giving one lucky reader the chance to win a copy of **Gluten Free Catering: A Practical Playbook for Foodservice** by award-winning chef and allergen specialist Louise Wagstaffe.

Designed specifically for professional kitchens, this essential guide goes beyond recipes to provide practical, real-world advice on delivering safe, scalable and delicious gluten free food. Covering everything from cross-contamination prevention and menu planning to legislation, HACCP (Hazard Analysis and Critical Control

Point) and front-of-house communication, it's packed with expert insights for chefs, caterers and foodservice managers. Whether you're looking to strengthen your gluten free offering or build confidence across your team, this invaluable resource will help you serve every customer with safety, skill and creativity.

A must-have addition to any professional kitchen library.

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



WIN
Gluten Free
Catering: A
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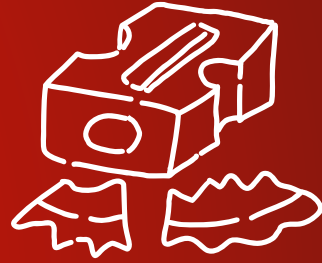


**THE NO.1 OOH CONFECTIONERY BRAND
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Have a **break**, have a KitKat®

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* Source: Circana One View, Confectionery + CBBs, 52 w/e 26th October 2025, KitKat (including KitKat Chunky).

Big or Small Back To SCHOOL



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STOCK THE KP FAMILY
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snack**KP**partners

Cook with a Legend: Win the Ultimate Ken Hom Collection

Celebrate the 40th anniversary of the iconic Ken Hom Wok with this fantastic prize bundle, inspired by our exclusive interview with one of the world's most influential chefs and food writers.

At the heart of the prize is the Ken Hom 31cm Classic Carbon Steel 10-Piece Wok Set, featuring the legendary wok that has helped generations of cooks discover authentic Asian cuisine. Alongside it, the Excellence Wooden Cleaver provides the perfect tool for preparing ingredients with precision and confidence.

The lucky winner will also receive two inspiring books from Ken Hom himself: *My Stir-Fried Life*, a captivating memoir exploring his extraordinary culinary career, and *The Complete Chinese Cookbook*, a comprehensive collection of recipes, techniques and expert guidance from one of the world's leading authorities on Chinese food.

Whether you're perfecting stir-fries or exploring the rich traditions of Chinese cuisine, this is the ultimate collection for bringing the flavours of Asia into your kitchen.

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



WIN
the Ultimate
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Collection!

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



Closing date for the competition is 30th September 2026. All winners will be notified by 31st October 2026. 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.stirupmagazine.co.uk/about

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- ✓ NO ADDED MSG
- ✓ NO DECLARABLE ALLERGENS **
- ✓ NO ARTIFICIAL COLOURS OR PRESERVATIVES
- ✓ MEETS 2024 SALT TARGETS

Serving suggestion



**REQUEST YOUR
FREE SAMPLE***

* T&Cs apply. Limited samples available. See website for full details.

** Made to a recipe containing no declarable allergens