

# Stir it up

THE COUNTRY RANGE GROUP  
MAGAZINE FOR CATERERS

SUMMER

JUL/  
AUG  
2025

## Hooked on Flavour

ALL THE DELICIOUS THINGS  
FROM UNDER THE SEA

FRESH SANDWICH INSPIRATION | EMBRACING DIVERSITY  
AN INTERVIEW WITH THOMAS STRAKER



# Ingredient

Summer is in full swing and our double issue of *Stir it up* is packed with inspiration for you to make the most of the abundance of seasonal produce as well as planning for the next season.

Paul Dickson shares some of his favourite recipes with berries in Making Ends Meet, whilst our Category Focus provides fresh inspiration for putting fish and seafood front and centre on your menu.

Looking forward to the cooler months ahead, *Eat the Season* is all about duck and we have an extended Health and Welfare article with advice on activities for autumn and winter.

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

*The Stir it up team*



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## Contact us...

### Writers

Lindsey Hoyle  
Sam Houston  
Jackie Mitchell



@stiritupmag

### Subscriptions

[stiritup@countryrange.co.uk](mailto:stiritup@countryrange.co.uk)

### Design & Print

Eclipse Creative  
[www.eclipse-creative.co.uk](http://www.eclipse-creative.co.uk)

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Roberta Sant'Anna

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



A menu staple for lunches and food-to-go the jacket potato has been a classic comfort favourite for years. However, recently thanks to viral vendors such as Spudman and Spudbros we've seen a new global curiosity and cult following for the humble 'Jacky P'. Let's take a look at the latest trends to inspire your menu.

**CORE CLASSICS** – The classics will always be at the core of any jacket potato menu. We're talking baked beans and cheese, tuna mayo, chilli con carne – all with lashings of butter and cheese. To upgrade the classics, try homemade beans and changing your cheese beyond cheddar.

**FULLY LOADED** – Slow smoked meat feasts, carb overloads like mac n' cheese, unctuous sauces and gravies. Anything goes when piled high in a spud – go big or go home!

**MAKE A MEAL OF IT** – Turn traditional meals into a filling – we're talking cooked breakfasts, French onion soup, roast dinners, lasagne... the list goes on!

**MIDDLE EASTERN** – Kumpir is a popular Turkish street food and is a vibrant mix of colours, flavours and textures such as shawarma chicken, cous cous, falafel, tabbouleh and olives served fully loaded over a base of cheese and potato.

**MEDITERRANEAN** – The summer flavours of the Med work perfectly in a spud – think plenty of grilled vegetables, pesto, Romanesco and salty feta and parmesan.

**MEXICAN** – Papas locas are a popular Mexican loaded potato so it's easy to translate these popular flavours into a traditional jacket spud, whether it's recreating the flavours of tacos, or upgrading your chilli con carne with guac, beans and pico de gallo.

**ASIAN FUSION** – Curry is a classic jacket potato filling, so why not go one step further by creating fillings using more complex flavours from Japan, Korea and India. Miso, teriyaki, kimchi and tandoori are all flavours that are coming to the fore.



Chilli con carne  
jacket potato with  
cottage cheese

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From thefoodpeople trend report 2025.



# Cooks CALENDAR

## JULY

### INTERNATIONAL CHICKEN WING DAY – 1ST JULY

As BBQ season sizzles, elevate your BBQ wings with Country Range Chicken Wings smothered in the new Country Range Sticky BBQ Sauce. Sweet, smoky, and irresistibly moreish — it's the perfect menu addition for summer dining.

### NATIONAL ICE CREAM DAY – 20TH JULY

Keep your gelato game cool on National Ice Cream Day with this on-trend olive oil and sea salt flavour combo created by Henley Bridge's Gelato Master Steve Carrigan using Filippo Berio extra virgin olive oil.



The full recipes can be found at [www.stiritupmagazine.co.uk](http://www.stiritupmagazine.co.uk)



## AUGUST

### NATIONAL BURGER DAY – 28TH AUGUST

Break away from the beef with a flavour-packed BBQ Vegetarian Burger from GARDEN GOURMET®. Bold, plant-based, and bursting with BBQ flair — it's the perfect way to shake up your burger offering.

### NATIONAL LEMON JUICE DAY – 29TH AUGUST

Bring a burst of citrus to your summer desserts with Opies' Lemon Sponge Hearts. Light, zesty, and beautifully simple, they're a perfect addition to your summer menu.

### INTERNATIONAL BACON DAY – 31ST AUGUST

Start the day strong with the Country Range Bacon & Chorizo Breakfast Hash recipe. This hearty, flavourful dish adds depth and spice to breakfast service — ideal for brunch menus on International Bacon Day.

## SEPTEMBER

### ZERO WASTE WEEK – 2ND – 6TH SEPT

Sustainability meets creativity with Opies' Vegetable Peel Scrap Cake. Transform everyday kitchen scraps into a show-stopping dessert and champion food waste reduction — without compromising on taste.

### WORLD COCONUT DAY – 2ND SEPT

Soak up the last of the summer vibes with Maggi's Piña Colada recipe. Tropical, refreshing, and effortlessly indulgent — a perfect way to end the season with a taste of the tropics.

Thanks to Opies, Henley Bridge, GARDEN GOURMET®, Maggi® and Country Range.



IN SEASON

Blueberries

Runner Beans

Samphire





## Cod & Chorizo Stew



This is a recipe from Fenella Renwick and Kirsty Scobie, founders of celebrated restaurant The Seafood Shack in Ullapool. The Cod & Chorizo Stew recipe is from their book *The Seafood Shack: Food & Tales from Ullapool*. It's delicious and I highly recommend trying it.

**SERVES 4**

### INGREDIENTS

- Dash of vegetable or rapeseed oil
- 100g chorizo, sliced and halved into nice chunks
- 1 white onion, chopped
- 2 garlic cloves, finely chopped
- 1 red pepper, chopped
- 1 x 400g tin chickpeas, drained and rinsed
- 1 tbsp tomato purée
- 1 fish stock cube
- 1 tsp ground cumin
- 2 tsp smoked paprika
- 1 tsp cayenne pepper
- 1 tbsp honey
- 2 x 400g tin chopped tomatoes
- 4 skinless cod fillets (about 600g) cut into large chunks
- 4 handfuls of curly kale, sliced
- salt and pepper

### METHOD

1. Cook the chorizo in a pan until it releases its oil, then add in the onions, garlic and red pepper. Cook these down for about five minutes until soft and sweet.
2. Add the drained chickpeas, tomato purée, the crumbled stock cube, cumin, smoked paprika, cayenne and honey and fry off for another five minutes. Stir in the tinned tomatoes and simmer for 15 minutes more. Taste and season with salt and pepper.
3. Heat a frying pan on a medium heat and add a splash of oil. Add the cod pieces, then season with salt and pepper. You want to sear the fish until it is only just cooked.
4. Add your tomato and chorizo stew mix to the pan along with the kale and simmer for another five minutes, until the cod flakes apart and the kale is tender.

## Readers' lives



**NAME:** Jack Ilcyszyn

**JOB TITLE:** Assistant General Manager

**PLACE OF WORK:** Churnet Valley Railway

**HOW LONG HAVE YOU WORKED IN THE HOSPITALITY INDUSTRY?** I started as a glass collector in a nightclub as a teenager and ended up managing the venue by the age of 19. I began volunteering at Churnet Valley Railway in 2013 and became a paid member of the team in 2017.

**BIG TARGET FOR 2025?** We're looking forward to running more events such as our increasingly popular murder mystery theme events. We create them totally ourselves so we're extremely proud of them. Growing ticket sales and excitement around our new menu will also be key.

**WHAT IS THE MOST ENJOYABLE PART OF YOUR JOB?** There is nothing better than the trains running on time and the service going to plan as we pass the beautiful fields, moorlands and countryside of Staffordshire.

**WHAT IS YOUR FAVOURITE COUNTRY RANGE PRODUCT AND WHY?** The Country Range custard is incredible on our classic apple crumble or the bread and butter puddings. It's a big favourite of our team and our customers.

**WHICH CHEF DO YOU RESPECT THE MOST AND WHY?** Tom Kerridge. We've eaten at the Hand & Flowers and a few of his other places and it has always been top notch.

**WHAT IS YOUR MUST-HAVE KITCHEN GADGET?** Our train kitchen was designed in the 1960's so there aren't any modern gadgets. For us, the most important thing is our quality set of steel pans.

**WHAT'S YOUR TIP TO CUT WASTAGE IN THE KITCHEN?** As our service is ticketed, we're able to plan and order accordingly to keep wastage to a minimum. We always cook a bit more though so we can feed and treat our amazing volunteers.

**WHAT DO YOU DO TO SWITCH OFF/ RECHARGE?** I'm a qualified steam locomotive driver so I spend a fair amount of time driving trains and also fixing them in the engine sheds.

**WHAT IS THE LAST RESTAURANT YOU ATE IN?** The Black Lion Inn, Butterson – absolutely stunning.

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Cherries

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Tomatoes



# 130 YEARS OF PATERSON'S





# 25 YEARS AT SALTS MILL

## Head Chef Hugo Celebrates 25 Years at Salts Mill

Over the last 25 years Head Chef Paul Hugo has helped make the Saltaire UNESCO Heritage Site not just a beacon for art, history and culture, but a focal point celebrating the region's incredible food heritage. After gaining experience across the hospitality sector in pubs, hotels, fine dining restaurants and even Burnley FC, he joined Salts Diner as a Chef de Partie and progressed to the Head Chef role.

"I think most chefs start with a dream to have their own restaurant, but on arriving at Salts Mill, I knew I had found my place and even after nearly 25 years, I still have a passion for the job, the people and cooking," says Paul. "I'm blessed to have a great team, who I see as a family and it is a great joy to work closely with them to develop dishes, specials and help them grow as people. Even now, I still get a buzz from being in the kitchen."

Opening in 1853 by the River Aire to the north of Bradford in the west of Yorkshire, Salts Mill successfully produced cloth and textiles for over 130 years until 1986. The iconic mill and model village was purchased and renovated by the late Jonathan Silver in 1987, who with some help from his artist friend David Hockney, re-imagined it into a place where history, food, art, culture and commerce happily collide. To this day, David's famous work can be enjoyed across all five floors of Salts Mill.

Appreciated by hundreds of thousands of visitors each year, the area known as Saltaire became a UNESCO World Heritage Site in 2001 with its magnificent buildings, cobbled streets and architecture reflecting the important role played by the textile industry in economic and social development.

In addition to exhibitions, galleries, museums, antique shops and other retail businesses, the Salts Diner and Café into the Opera offer the finest hospitality to visitors.

**"I'm blessed to have a great team, who I see as a family and it is a great joy to work closely with them to develop dishes, specials and help them grow as people."**



Left: Paul Hugo inside Salts Diner



Above: Salts Diner exterior, Saltaire, West Yorkshire

"Salts Diner is our centrepiece restaurant. It's a beautiful bustling space where guests can enjoy coffee and cake or embark on a stunning three-course menu. Upstairs in the café it is more about light bites, hummus, sandwiches and snacks. Around 95% of the dishes we produce are freshly made in our kitchens, which alongside our incredible local suppliers, ensures our food is unique and celebrates the best of the region."

"We make our own burger patties and our own pizza dough and work with a local butcher who creates our special sausages to accompany our much-loved colcannon mash. We offer a classic roast on a Sunday, fantastic Greek and Caesar salads, and have weekly specials."

"We use a lot of the Country Range products from the seasonings and sauces to the other vital everyday pantry ingredients. The Dijon Mustard is a particular favourite of ours and we use it in plenty of our dishes on a daily basis, including the patties for our much-loved Saltburgers."

For further information about Salts Diner, visit [www.saltsmill.org.uk](http://www.saltsmill.org.uk)

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

2. Latest 52 weeks external sales data & Independent UK consumers blind test- February 2025.



# EAT THE SEASON

## Duck

**You don't have to be a quack shot to make the most of the duck season that runs from the 1st of September until February. Whether it's the domestic duck breeds such as Pekin, Gressingham, Aylesbury or Goosnargh or the wild species such as Mallard, Teal, Wigeon, Shoveler, Pintail, Pochard, Tufted Duck, Gadwall or Goldeneye, duck is widely available, incredibly versatile and often underused.**

This month's seasonal stimulus is provided by talented chef Aaron Watson. Based at Primrose Bank Care Home in Lancashire, Aaron stormed into the consciousness of the care sector after clinching the Care Chef of the Year title in 2021. Passionate about being a centre of excellence for care catering in the North of England, Aaron and the wider Primrose Bank team source locally and seasonally, aiming to offer imaginative restaurant quality food for their guests.

For more information, visit <https://www.primrose-bank.com/>

### WASTE NOT, WANT NOT

Duck is great for head to tail cooking (or should that be beak to tail). Use the fat to make amazing roasties, the carcass and wings to make a stock, the livers can be seared and served on toast or even turned into a duck liver parfait. The gizzards can be fried or even braised Chinese style, even the tongues can be served as crispy delicacies.

### 1/ ROASTED DUCK

Correctly roasted, duck is immense. I either roast and serve whole in a classic style or use the meat to make crispy duck pancakes.



### 3/ DUCK TERRINE

This could be a traditional terrine with pistachios and cherries or a pressed terrine with cooked duck set with gelatine or a similar setting agent. It's a fantastic starter.

### 2/ CONFIT DUCK LEGS

This classic technique can be the base of a cassoulet, or the cooked meat can be used in numerous ways. For example, I love to use the meat to make a crispy duck leg croquette, a spring roll or even just as a protein in a pasta dish or salad.



### 4/ PAN ROASTED DUCK BREAST

An iconic dish for a reason. With the fat slowly rendered down it makes a delicious main course.



# COOL-WEATHER CARE

## Preparing care sector activities for the cooler months

**Collaboration between activity providers and the catering team in care homes is important to create enjoyable and meaningful activities for residents. These events not only include Christmas but all winter celebrations such as Hanukkah, Diwali, Winter Solstice, Kwanzaa, Burns Night and Chinese New Year.**

Natalie Ravenscroft, Services Manager from charity National Activity Providers Association (NAPA) says, "July and August isn't too early to start planning these activities. The winter season presents an opportunity to create rich and varied experiences that recognise and honour the cultural, spiritual, and personal identities of residents. To achieve this, care homes must nurture collaboration between activity providers, catering teams and wider staff groups, ensuring that no resident is left out - particularly those living with dementia or those who are cared for in their rooms or beds."

She recommends joint planning sessions where activity providers and catering teams can discuss and devise event programmes and menus tailored to residents. "This can be done by sharing resident profiles including dietary needs, cultural or religious dietary requirements

such as kosher, halal, vegetarian and diabetic-friendly," she says. "When catering and activity teams work closely together, they create cohesive and engaging experiences that celebrate diversity and promote inclusion. It's also important to consult with residents and their families to ensure authenticity when preparing dishes to reflect different traditions."

Natalie refers to the investigation and research into each resident's background as "life story work", which is critical for the success of each event. "By gathering personal histories, food preferences, family recipes, and significant mealtime memories, staff can create food-based activities that are deeply resonant. For example, a resident who once ran a café might respond positively to making sandwiches or serving tea, while a person who enjoyed gardening may find joy in preparing herbs or fruits they once grew."

### WINTER CELEBRATIONS

In addition to Christmas, care homes should consider:

#### WINTER SOLSTICE

**21st December**

A reflective event, featuring nature crafts and candlelit storytelling.

#### KWANZAA

**26th December**

**– 1st January**

Celebrations centred on African heritage, with traditional food and music.

#### BURNS NIGHT

**25th January**

A Scottish cultural event with poetry readings and a themed menu.

#### CHINESE NEW YEAR (date varies)

Activities could include dumpling making workshops, dragon crafts and tea ceremonies.



**“Emotional needs may be met through sharing comfort foods or baking familiar recipes. Social wellbeing is supported through communal cooking, tasting sessions, or shared meals that promote conversation and companionship.”**



She suggests embedding an individual's interests and experiences into food activities. “Rather than hosting a standard cooking session, staff might invite a resident with Italian heritage to lead a pasta making activity or share stories around family meals. Similarly, music played during meal prep or tasting sessions should reflect individuals' preferences, such as traditional folk songs during a themed Eastern European snack session or 1950s hits during an ice cream social,” she says.

Catering teams play a vital role in winter celebrations by creating themed menus aligned with cultural festivals such as latkes and brisket for Hanukkah, samosas and sweet treats for Diwali or haggis for Burns Night. In addition, the dining room can be transformed through decorations and menu design to reflect the spirit of the celebration. “Residents can be involved through interactive food-based activities such as baking sessions, food tasting events or cooking demonstrations,” adds Natalie. “Taste sessions featuring culturally significant or historically themed foods such as wartime recipes, traditional Sunday roasts, or festival treats can spark meaningful conversations and reconnect individuals with their personal and cultural heritage.”

For residents living with dementia, food can serve as a powerful reminiscence tool, stimulating memory and emotion

through taste, aroma and presentation. Natalie says, “We recommend specialist dementia training for all activity and catering staff. When this is centred around food, sensory activities become especially powerful, as taste and smell are closely linked to memory and emotion. Sensory activities engage the five senses (touch, taste, smell, sight, and sound).”

For residents who are isolated in their rooms due to mobility issues or illness, Natalie suggests personalised winter celebration meal trays featuring thoughtful touches such as handwritten cards, seasonal trivia and small decorations. “It's essential that all residents are included in these celebrations regardless of mobility or health status,” she adds.

Other strategies include trolleys offering a selection of festive drinks and snacks delivered to rooms and one-to-one engagement where activity staff bring elements of larger celebrations direct to residents through bedside storytelling, sensory boxes or musical visits, which can all be centred around food. Natalie explains, “Sensory storytelling can be enriched with food props such as the smell of fresh bread during a narrative about baking at

home, or visual and tactile items like fruit peels, cooking utensils or herbs.”

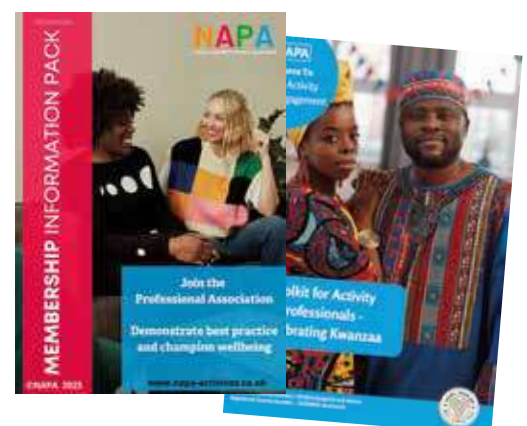
Examples of sensory boxes include a festival foods box, which can evoke seasonal or religious celebrations using visual cues such as decorative napkins, the aroma of spices, sweet treats and culturally linked music. A baking memories box may include tactile items like rolling pins and wooden spoons, the smell of cinnamon or vanilla, retro recipe cards, kitchen audio clips, and sample biscuits or scones, and a tea-time box might include China cups, the sound of clinking crockery and favourite afternoon cakes.

Musical visits can also be tailored to food themes such as Italian opera during a pasta tasting or Caribbean steel drums during a tropical fruit session, creating a fully immersive sensory experience.

A programme of winter celebrations can address all areas of wellbeing for residents. Natalie says, “Emotional needs may be met through sharing comfort foods or baking familiar recipes. Social wellbeing is supported through communal cooking, tasting sessions, or shared meals that promote conversation and companionship.

Cognitive stimulation is provided through following simple recipes, identifying ingredients or discussing food origins, while spiritual needs may be addressed through food connected to faith traditions or meaningful rituals. Physical wellbeing is supported by light food preparation tasks such as kneading dough, stirring, or chopping herbs.”

Visit <https://napa-activities.co.uk/> for further information.





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# Hooked on Flavour

Despite its widespread presence across hospitality menus, fish often swims quietly below the surface, seldom receiving the star billing it deserves. However, this unsung ingredient can easily be turned into menu heroes that dazzle diners and boosts profits.



## CHECK WHAT'S IN SEASON

Seasonal cooking not only offers sustainability but enhances flavour profiles significantly. In summer, consider lighter, fresh-tasting fish such as mackerel, hake, and plaice. Dishes like grilled mackerel served with citrus salsa, hake tacos with vibrant summer vegetables, or delicate plaice fillets with herb-infused butter sauce can delight customers looking for a seasonal twist.

"During the summer and autumn months, I like serving pan-seared sea bream with a hearty salsa verde," says Dean Harper, Chef, Harper Fine Dining. "The sea bream's naturally sweet taste harmonises beautifully with the tangy, herb-filled sauce. Accompanying it, grilled asparagus and a citrus-infused quinoa salad offer a refreshing contrast. In its peak season, sea bream shines with its versatility and abundance."

Come autumn, richer and oilier fish varieties such as salmon, sea trout, and seabass lend themselves well to comforting dishes. Think smoked salmon risotto, sea trout with roasted root vegetables, or seabass served alongside sautéed mushrooms and truffle oil. "For autumn, I lean towards heartier, comforting fish dishes. Stews, soups, and whole baked fish served family-style are great ways to create warming, shareable meals. Bouillabaisse, seafood chowder, or a baked sea bass paired with autumn root vegetables offer deep, satisfying flavours that align with the season, while still offering versatility on the menu," says Vanina Principi, Founder & Culinary Director, VP7 Smart Hospitality.

## ELEVATING TRADITIONAL FISH DISHES

Classic fish dishes never fail to satisfy, yet a contemporary twist can elevate them significantly. Take traditional fish and chips—a staple on menus



nationwide, this can be reinvented by offering tempura-battered fish with sweet potato fries and a wasabi pea purée. Dean recommends using line-caught haddock, upscaling it with a touch of luxury, saying; "A light beer batter, enhanced with activated charcoal, gives it a dramatic visual flair. The chips are triple-cooked to ensure they're perfectly soft inside yet crisply golden outside, and then seasoned with sea salt and a whisper of truffle. Pair this with a homemade tartar sauce brimming with capers, pickles, and dill."

Alternatively, try transforming your standard fish pie by using luxurious smoked haddock, prawns, and lobster sauce topped with parmesan mash for an indulgent upgrade.

## MAKE FISH GO FURTHER

Fish also proves versatile for mass catering, ideal for schools, corporate events, and large gatherings. Dishes like baked fish goujons coated with wholegrain breadcrumbs, served alongside dips such as tartare or lemon aioli are ideal and have widespread appeal. Fish cakes loaded with potato, herbs, and white fish offer cost-effectiveness, flavour and satisfies hungry diners. It can be easily paired with seasonal salads or vegetables. "Fish croquettes, especially crab croquettes, have been a popular canapé choice due to their versatility and rich flavour," recommends Vanina. "Fish-based pasta dishes, such as a creamy smoked haddock and spinach rigatoni or a seafood mac and cheese, are also great for larger events. They're familiar but allow operators to introduce different types of seafood. Incorporating sustainably sourced fish into rice dishes, like paella or kedgeree, is another way to extend portions without sacrificing quality."

Fish curries or stews are another excellent option—economical yet hearty and easy to portion. Spiced coconut fish curry or a classic fisherman's stew featuring affordable,

**“Traditional fish and chips can be reinvented by offering tempura-battered fish with sweet potato fries and a wasabi pea purée.”**





sustainably caught fish can cater deliciously to large numbers. “Buying the whole fish is a great way to make it go further, that way you can use the cheeks for a special and maybe cure down the smaller parts of the fillets to make brandade or use the smaller parts to make a tartare.” Says David Smith, Head Chef, The Dipping Lugger at Ullapool.

Chef Michel Roux is also a big champion of nose-to-tail cooking when it comes to fish, saying; “In terms of edible parts of the fish, there are options to consider such as baked fish heads, skin crackling, fish ‘mince’ from scraps, deep-fried fish bones for snacking and seared offal. With recent estimates claiming more than 75% of the actual fish is either used in animal feed or thrown away as waste, there is untapped potential in these fish parts, and opportunities for businesses and producers to capitalise while operating more sustainably.”

#### FISH FOR ALL TIMES OF THE DAY

Fish doesn't need to be restricted to lunch or dinner; its adaptability shines at breakfast and brunch as well. Smoked salmon and scrambled eggs or a smoked haddock kedgeree offer luxurious, protein-rich starts to the day. For afternoon tea or lighter snack options, think mini smoked salmon bagels or seafood tartlets.

At lunchtime, versatile dishes like fish tacos or poké bowls keep menus fresh and exciting. Evening meals allow for showcasing more sophisticated prep, with dishes such as seabass fillets with fennel salad or

grilled swordfish steaks with Mediterranean vegetables. “Fish can-and-should be featured across all day parts on a menu,” enthuses Vanina. “A well-rounded offering ensures it's present from breakfast through to dinner and snacks. One of the best ways to reduce waste and improve sustainability is by using every part of the fish. For example, fish cheeks served with a spicy mayo can make for an exciting starter, while whipped scallop roe pâté on sourdough offers a rich, umami-packed appetiser.

For breakfast, there's a growing focus on Omega-3-rich options, so fish is a perfect addition. Smoked fish toasties, salmon and avocado bagels, or mackerel pâté on rye work beautifully as breakfast items.”

As the world's resources are put under increasing pressure, sustainability should be a priority when sourcing fish. Actively encouraging diners to be more adventurous and try a wider range of seafood, such as John Dory or coley, is just one approach to contribute to a healthier marine ecosystem. This strategy can be combined with supporting local fishermen who use responsible fishing methods and connecting with industry bodies such as Seafish or the Marine Conservation Society to educate those tasked with sourcing ingredients.

Giving fish the hero spot is simpler than it seems. When you let your imagination swim freely, you can turn an everyday staple into extraordinary experiences that keep your guests hooked and returning for more.

#### TIPS TO REDUCE WASTE

Support a more sustainable, flavourful and respectful way of cooking by reducing waste and ensuring no part of our precious fish resources go unused.

**BUY WHOLE FISH:** Utilise all parts including fillets, cheeks, bones, and offcuts. For example, when herring skin is toasted or fried, it is a crisp, protein-packed garnish.

**MAKE STOCK FROM SCRAPS:** Turn fish bones and heads into flavourful stocks or broths.

**USE OFFCUTS CREATIVELY:** Transform smaller trimmings into pâtés, fishcakes, or fish pies.

**PROPER PORTIONING:** Pre-portion fish accurately to minimise leftovers.

**FREEZE EFFECTIVELY:** Freeze excess fish immediately in airtight packaging to maintain freshness.

**OFFER SPECIALS:** Create limited-time dishes using less popular cuts or surplus ingredients.







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# Making ends meet

## BERRYLICIOUS

With an abundance of produce in season at this time of year, Paul Dickson is giving his top tips for making sure you get the most out of seasonal berries.

In the summer months, I love to make sure I'm using all of the locally grown berries that are widely available in the UK and Ireland. Even better if you've managed to grow your own! At other times of the year, fresh blueberries and strawberries can feel like a luxury, so now is the time to really make the most of what we have whilst it's so fresh and readily available. Here are some of my best berry recipes.

*Berry cream filled croissant*

### SPOONFULS OF SUMMER

A timeless way to preserve berries is by turning them into a jam or compote. Blackcurrants work particularly well in my opinion, as their naturally tart flavour can stand up against the sugar to create a flavoursome and versatile preserve. With the croissant craze still going strong, how about adding to an indulgent cream filled pastry treat which can be served any time of the day?

### Bun-believable

Here's a great way to use up any doughballs you have left all year round - these sweet buns are light and delicious for a morning or afternoon treat. Here I've added blackcurrants to the dough before baking and they're delicious served with some blackcurrant compote.

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](http://www.countryrange.co.uk/recipes) or by scanning the QR Code.



*Blackcurrant sweet buns*

### Berry Baked Bliss

Burnt Basque cheesecake is having its time in the spotlight and now there are so many different versions of it. Of course, to make it, you need to burn the top, so it doesn't traditionally work with fruit added. However, the idea of a rustic, indulgently deep baked cheesecake can be taken and adapted to make it seasonal and fruity. Here, I've added blueberries for a sweet and juicy addition.

*Blueberry cheesecake*



*Healthy strawberry sweets*

### A SWEET FIX

If you have the fantastic problem of too many strawberries, then a lovely thing to do with them is to dry them and turn them into healthy sweet treats! They can be served in little bags or put out at breakfast to add to yoghurt and cereals, as well as being used as natural decorations for cakes and desserts.



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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.



# LOKI POKE: LEADING IN SUSTAINABILITY

**Traceable ingredients, local suppliers, sustainable seafood, raising money for a social enterprise and analysing their carbon footprint are just some of the initiatives introduced by Loki Poke. Their efforts have been rewarded with two sustainability Awards – British Street Food Awards' Sustainability Award and UberEats Climate Impact Award.**

Loki Poke, which serves healthy bowl food from a shipping container in Bristol's Wapping Wharf, serves colourful poké bowls with a strong emphasis on local, seasonal produce and ethically sourced fish. They have recently opened a new outlet at St Nicholas Market in Bristol and also run an events business.

Georgia Hussey, founder and managing director, says, "We wanted to make healthy, tasty fast food - something nourishing, colourful and sustainably sourced. I also wanted to run a food business that's built around ethics and transparency."

Winning the British Street Food Awards' Sustainability Award was a massive achievement for the team, who opened their doors in 2021. "We're incredibly proud to have our sustainability work recognised at a national level," says Georgia. The Sustainable Restaurant Association judged the award across three areas - sourcing, society and environment. Georgia says "I think we do a bit of all three. We work closely with local suppliers, choose ingredients carefully, as well as paying and treating our staff well, getting involved in local community projects, minimising food waste and trying to reduce our carbon footprint where possible."

Local suppliers play a key role. Local butcher Beast and Co provide the company with free range chicken from Stream Farm in Somerset, which practises regenerative farming. They also worked with Conscious Food Co to replace sashimi tuna with Hampshire Chalkstream Trout, a locally sourced sustainable alternative and ran an awareness campaign to encourage customers to try it. Georgia says, "Tuna is a heavily overfished species and the traceability of imported sashimi-grade tuna can be difficult to guarantee. We wanted a low-impact, local alternative and Chalkstream trout was a perfect fit. It's responsibly farmed, rich in omega-3 and has the same delicate texture and clean flavour as salmon, so it works brilliantly served as sashimi. For any customers who ordered a salmon bowl, we would offer sashimi trout instead."

Supporting the launch Loki Poke also collaborated with Food Tours of Bristol, who added them to their tour. Attendees were able to sample a mini trout bowl and learnt about the swap. "We created educational content on social media and designed clear messaging around the switch," added Georgia. "The response was overwhelmingly positive – people said they preferred the flavour."

When it comes to social sustainability, the company collaborates with Bristol-based Mazi Project, which works to empower disadvantaged 16–25-year-olds through food and community by adding a special poké bowl dish to the menu.

Plans for the future include producing retail products, using their £7k prize money won as a result of their UberEats Award to kickstart the project.

Visit <https://www.lokipokeuk.com/> for more information.



Above left to right: Loki Poke team members outside the outlet in Bristol's Wapping Wharf. Loki Poke Healthy Bowls.

## HOW TO MAKE YOUR BUSINESS MORE SUSTAINABLE

### HERE'S SOME ADVICE FROM GEORGIA HUSSEY, LOKI POKE

- **Start small** and do what feels within your capacity.
- **Review ingredients** – is there a more local low impact alternative?
- **Build relationships with suppliers.**
- **Involve your team** – it's easier to make meaningful change when everyone is on board.



Rising Star

# CHRIS HOBSON

HEAD CHEF AT THE VIEW RESTAURANT

**Passionate about seasonality, sustainability and Yorkshire, Head chef at The View Restaurant, Chris Hobson has been showcasing the very best of the county's produce and quietly putting Scarborough on the culinary map. With big plans and aspirations, we caught up with Chris to discuss his way to the top and his next goals.**

**Tell us how you first became interested in food?**

I actually did Food Tech at school and as part of my work experience, I was placed at a restaurant called Green Lizard in Scarborough. I was 13/14 years old at the time and I just remember being blown away by the set up and job. The buzz of the kitchen hooked me in from a young age.

**How did it progress into a career?**

Following my work experience, I was offered a part time job at the Green Lizard and was working every hour I could at weekends and throughout the holidays. It was a great learning experience as I was learning classical techniques, and we cooked everything from scratch. After school, I enrolled at Yorkshire Coast College where James Martin attended and never really looked back. My first year was pretty college-based but in the second year it was a mix of college and working in restaurants. I found that incredibly important to my development and confidence.

**Can you remember the first dish you cooked?**

The first ever dish I cooked was an omelette and that was a test from the chef Peter Davis at the Green Lizard. An omelette seems very simple but there is actually a lot of skill in getting it right. It's not so much about the flair, it's about cracking the basics. It's the same with sauces – basics are vital.





Pan-fried hake, chive gnocchi and Shetland mussels.

#### Tell us about The View

I work at The View restaurant in Scarborough, which is part of the Delmont Hotel. It's right on the north bay with incredible views out to sea and of the coast. The restaurant opened initially during COVID, which was far from ideal, so the owners have been biding their time, and I joined earlier this year to take it to the next level. The restaurant is about sustainable, locally sourced, ultra seasonal food and the response so far from visitors and customers has been immense. It's been crazy but we've been overwhelmed with the reviews and feedback.

#### What is your goal at The View?

I really want to create something that puts Scarborough and Yorkshire's food on the national culinary map and celebrates the local producers, growers, farmers and produce. It's about being accessible and approachable so we're proud to offer fantastic value. A decade ago, there were a lot of fine dining restaurants in town, but many have been replaced by casual dining, convenience or fast-food joints. I want to bring the fine dining back but make it available to all. I was privileged to be a finalist for best local produce on a menu in the Deliciously Yorkshire Awards in 2024 so I am excited to be taking part again and will be aiming to go one better this year with The View.

#### Tell us about the food

We want to cater for everyone, so we have a diverse menu. Whether you are gluten free, vegan, a meat eater or a lover of the sea, there is a treat for you. When it comes to seafood, we offer a catch of the day but work closely with our local fishmonger to ensure it is sustainable and seasonable. If it's not in season, we don't touch it, and this is the same throughout the menu. This ensures the produce we use is at its very best when we do use it. We source solely from Yorkshire and I'm so proud of the

relationships we have with our local suppliers. We use Yorkshire seasalt, Yorkshire rapeseed oil, meat from Sykes House Farm, Yorkshire Pasta, Dennis Crooks Seafood, All Seasons Fruit & Veg who are based at our local market and Cryer Stott for cheese. We're very lucky to be surrounded by such passionate producers.

#### What do you love most about your job?

I love the feedback from customers most of all. That makes it all worthwhile. I do put myself under pressure at times, especially with our local and seasonal ethos but happy faces and empty plates is the ultimate. It makes me feel like I'm giving something back and that I am part of something.

#### What are your big goals for 2025?

I want to really establish The View Restaurant as the hottest ticket in and around Scarborough for the finest, creative seasonal food. I'm currently doing a lot of demos, TV, radio and events to help drive awareness, so the aim is to put The View on the UK's culinary map as a must-visit for good, honest, fresh food.

#### Who are you most proud to have cooked for?

My wife. She is a big foodie, and we have known each other since school. We've been together 16 years now and I still find cooking for her is a passion and a privilege.

#### What trends do you expect to see in late 2025 and 2026?

I think seasonality and sustainability will continue to be important for chefs and customers but I'm very excited to be doing some smaller plates and sharing plates in 2025. Tapas and sharing plates are a great way of introducing customers to new dishes and flavours but are also great for creating atmosphere at the table. We're running our first tapas evening in May and Scarborough has been crying out for it.

**If it's not  
in season,  
we don't  
touch it**

**What is your favourite restaurant to eat at?**

Eighty-Eight at Grantley Hall, Shaun Rankin at Grantley Hall and Number 1 York at the Guesthouse are three beauties I have visited recently. They're all superb. Whenever I eat out, it's a boost to my creativity and I am always learning.

**Do you have a guilty food pleasure?**

I do love my sweets and puddings. Jam sponge and custard - proper retro desserts but made well.

**Who is a chef to watch in your eyes?**

Shaun Rankin has serious talent, and I also have a big respect for what Tommy Banks does.

**What's your favourite meal of the day?**

I love a proper long lunch, and I would be choosing a roast lamb dinner every day. You can't beat roast lamb with all the trimmings.

**What's the most important piece of kitchen equipment?**

Your brain.

**I do put myself under pressure at times, especially with our local and seasonal ethos but happy faces and empty plates is the ultimate.**



**FIND  
— YOUR —  
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STOCK UP NOW**



# Pan fried Scottish hake, chive gnocchi and Shetland mussels



## INGREDIENTS

### Gnocchi

- 50g Potatoes
- 50g Gluten Free Plain flour
- 1 egg Yolk
- 5-10g Chives
- A Pinch of Salt (Yorkshire sea salt)

### Sauce

- 250ml White Wine
- 100ml Stock
- 5g Fresh Garlic
- 20g Shallots
- 10g Chives
- 8 Single mussels (cleaned & debearded)
- 100ml Double Cream
- ¼ lemon

### Additional

- 2x Seasonal Fish (I use Hake)
- 2 tbsp Yorkshire Rapeseed oil
- A Pinch of Salt (Yorkshire sea salt)

## METHOD

1. The gnocchi can be prepared the night before. Boil the potatoes with skins on, for about 20-25 minutes, until they are tender. Once they're done drain & dry the potatoes with a tea towel.
2. When cold enough to handle, remove the skin and mash your potatoes into a bowl.

I use a potato ricer. Into the bowl add egg yolk, salt, chives and mix it all together. While mixing, gradually add plain flour bit by bit until it all comes together and forms a ball. Cover & leave to rest for 20 minutes.

3. Roll your ball into a long sausage shape log. Cut into small size shapes, using a gnocchi board roll your shapes to create ridges. Tip - if you do not have a gnocchi board use the back of a fork. Once done, place into boiling water with salt. Cook for 30 seconds, when they float to the top they are ready. Once cool, transfer to the fridge, if not using just yet.

4. Take your hake or seasonal fish of choice out of the fridge, make sure the skin is dry.

5. Get your pan on a medium to high heat and once hot, place the fish skin side down and leave for 3 minutes.

6. At the same time, pan fry your gnocchi from earlier in the same pan, when your 3 minutes are over, turn

your heat down to medium, flip your fish and the gnocchi over and cook for one minute. Transfer your gnocchi onto a tray, then place your fish skin side up to keep that fish skin crispy. Cook in oven for further 4 minutes.

7. In the same pan add diced shallots and garlic, let that sweat for 2-3 minutes, then add the white wine, cook for a further 2 minutes, then add the little stock to your pan, add your cleaned mussels, cover your pan and let that cook for 3 minutes. At the last minute add a drop of cream, chives & lemon.

8. Make sure all your mussels have opened and take them out of their shell.

9. To plate, add the sauce in the middle of your plate with mussels at the bottom, then layer with gnocchi and finally your fish and more sauce. Finish it off with some micro herbs, chives and chive oil.

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# HEADS<sup>UP</sup>

## Embracing Diversity Equality and Inclusivity

**Diversity, Equality, and Inclusivity (DEI) goes beyond compliance; it fosters an environment where individuals from diverse backgrounds feel valued and empowered, enriching your team culture and driving business success, however many operators struggle to fully understand what it means.**

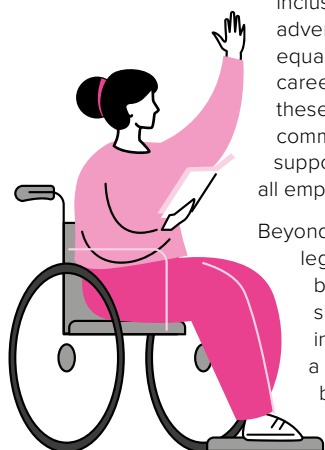
DEI encompasses the acceptance and respect of all individuals regardless of their race, ethnicity, gender, sexual orientation, religion, disability, or other differentiating factors. In the context of hospitality, this translates into creating workplaces that reflect the diverse clientele they serve.

To build an inclusive workforce, businesses must consider DEI during the recruitment process. This involves ensuring candidates are evaluated based on skills, experience, and potential, rather than demographic characteristics. Implementing blind recruitment techniques, where personal information is anonymised during initial assessments is an easy change to make which helps mitigate unconscious bias and promotes fairness.

Fostering an inclusive culture within your business starts with creating policies that champion diversity. From

inclusive language in job advertisements to offering equal opportunities for career advancement, these policies signal a commitment to creating a supportive environment for all employees.

Beyond compliance with legal requirements, businesses stand to gain significantly from DEI initiatives. Cultivating a diverse workforce brings a variety of perspectives and ideas, enhancing



creativity and problem-solving capabilities within teams. This diversity of thought not only improves customer service but also strengthens brand reputation as a socially responsible employer. A diverse team that reflects the demographics of guests can better anticipate and meet their needs, leading to increased customer loyalty and positive word-of-mouth referrals.

Moreover, DEI fosters a more engaged, secure and motivated workforce. This engagement translates into lower turnover rates and reduced recruitment costs, contributing to long-term financial stability.

Integrating DEI principles into hospitality recruitment strategies isn't just about meeting quotas; it's about harnessing the power of diversity to drive business growth and foster a culture of inclusivity. By embracing DEI, hospitality businesses can unlock new opportunities, enhance operational efficiency, and ultimately create environments where everyone thrives.

As the industry continues to evolve, investing in DEI isn't just a choice; it's a strategic imperative that sets businesses apart as leaders in both hospitality excellence and social responsibility.

• **Diverse teams are 35% more likely to outperform their counterparts, highlighting the tangible benefits of inclusive hiring and working practices.**

• **Diverse teams are 87% better at making decisions**

• **Inclusion increases employee engagement by up to 83%**

# Summer in Miniature

To help the amazing array of chefs working tirelessly in the care sector this summer, we've recently published our Catering for Dementia guide with a wide range of techniques that will enable you to deliver a summer taste sensation for guests.

People living with dementia may find it difficult to remember how to eat with cutlery and may also find it difficult to remain seated to eat a whole meal. Our guide includes ideas to turn favourite dishes into accessible cutlery-free versions. It's also helpful to consider this if you cater for elderly customers across all sectors.

The perfect season to ditch the cutlery and help your residents enjoy another finger-licking summer, scan the QR code to download the guide.



SCAN HERE  
to see our new  
Catering for  
Dementia Guide



## AFTERNOON TEA

### *with a Difference*

11TH – 17TH AUGUST



With afternoon tea week on 11th – 17th August, it's the perfect time to create some bite-sized finger food that's inclusive for all. Why not transform your afternoon tea to include more than the usual sandwiches?

### PRAWN COCKTAIL WRAP

A retro classic, turn your prawn cocktail into a wrap to make it cutlery-free and if you're catering for those with dysphagia, you can modify this to IDDSI level 4 or 5.



### FISH 'N CHIPS

Create classic fish finger butties or serve our Gourmet Fish Fingers with dipping pots filled with our Mushy Peas and our award-winning Tartare Sauce. Easily chewable chips can be created by shaping steamed potato and brushing with gravy browning for colour.

*Add classic flavour to your prawn cocktail with Country Range Seafood Sauce.*



### SUMMER ROAST

These mini filled Yorkshire puds make a delicious nutrition-packed addition to your afternoon tea.



### BURGER DAY

With National Burger Day on the 21st of August, whizz up this fantastic mini burger that can be adapted for all.

### WHAT A DELIGHT!

Country Range Delight Mixes are as nostalgic as they are versatile. Serve them as they are for the ultimate retro treat, or create a delightful mini dessert such as this indulgent banoffee trifle.





*Banoffee  
Trifle.*

*We're always looking to improve and our residents are becoming more experimental each year so my wholesaler and the Country Range brand have been a massive help in driving our creativity*

– Care Home Catering Manager

## Delights for all

If you're catering for people with dysphagia, here is how to modify the Country Range Delight Mixes to make them suitable for IDDSI Level 4 (puréed). Always ensure that you use the IDDSI framework to correctly test the consistency before serving.

1. Use milk to make up your Country Range Delight Mix. Before adding the Delight Mix, add food thickener to the milk and blend until it is Level 2 consistency.
2. Add the Delight Mix as per packet instructions and blend until it is at a consistency that it drops clean off a spoon.
3. Test using the IDDSI framework at [idssi.org](https://idssi.org) to ensure it is at the correct consistency.



## BEHIND THE BRAND



**Name:** Rachel Porter

**Role:** Marketing Manager

**Joined:** October 2022

**Day-to-day responsibilities:** No two days are the same, but I am always working on marketing for Country Range products – whether it's briefing photography and video, working with our

development chef on new recipe inspiration or creating guides to support Country Range customers.

**Best part of your job:** I am the Country Range sector champion for Health and Welfare, and it is a privilege to work with inspirational people like Andrew Cullum who are making such a big difference to help caterers in this challenging sector to enable residents to dine with dignity.

**How do you ensure the Country Range portfolio remains the best?** I work closely with our buying and technical teams to ensure that all of our products are presented in the best way to chefs and caterers, from researching the latest food trends, briefing packaging design, all the way through to practical and creative recipe inspiration. I also meet customers at events throughout the year which gives me great insight and feedback that I can pass back to the team who are continually ensuring that our products are the best quality at the best price.

**Favourite Country Range product:** Country Range Tartare Sauce.

**Favourite Dish:** Tough question! I love a good quality lasagne.

**Favourite chef:** I unapologetically love Nigella Lawson!

**Favourite drink:** A nice full bodied red wine.

**Last restaurant you ate at:** A'Vucciria in Rawtenstall.

**Favourite restaurant:** Hawksmoor in Manchester has got it right with both ambience and top-quality food and service.

**Favourite cuisine:** Freshly caught fish served straight from the grill – preferably sat by the sea somewhere warm!

**Signature dish:** Chicken and Chorizo Paella – my Hairy Bikers cookbook naturally falls open on that page because it's so well-used! It always goes down well when I need to feed a crowd.

**Hobbies outside of work:** I live in the beautiful Rossendale Valley so hill walking is a necessary hobby! I also love cooking and I'm a slightly obsessive cookbook collector (or hoarder if you ask my husband!).

**Most exciting food trend of 2025:** No Rules Fusion – so much opportunity for creativity!



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\*N20 Hellmann's taste study with 1228 consumers March 2025. \*\*compared to average sugar content in the UK ketchup market.



# Guy daily bread

**A perennial favourite, sandwiches feature in most café, event and catering menus, but there is more than simply chicken or egg mayonnaise to the litany of options now available (although, we do love a good egg mayo sarnie!). Whether it's a Veggie Reuben stuffed full with mushrooms, pickle, Swiss cheese and red cabbage, or posh fish fingers with homemade tartare sauce in a brioche bun, the good-old sandwich has been a part of mealtimes for years and its time to give it some recognition.**



**NICK PHILPOT**  
*Founder, Yolk*

At Yolk, our go-to bread is fresh ciabatta — soft and chewy inside, crisp on the outside, and sturdy enough for stacked fillings. We don't currently offer gluten-free bread, but we're always testing options that don't compromise on quality.

For vegan fillings, we love contrast: roasted mushrooms with almond bang-bang sauce, kimchi and sesame slaw — earthy, spicy, tangy, crunchy. The perfect sandwich balances richness, freshness and bite such as our Chicken Romesco, with pink pickled onion, crispy shallot, meaty tomato, fresh rocket and fresh herb mayo.

For hot fillings, our egg-spinach-cheese breakfast bap hits every note, with a runny-yolked St Ewe egg, melted cheese, wilted spinach and our umami-packed Secret Sauce.







*The art of the sandwich has diversified drastically in recent years and the options are now endless.*



#### **SAM HARRISON**

*Owner, Sam's Riverside & Sam's Larders*

I love pastrami and Swiss cheese, with sauerkraut and mustard. Or a cheese toastie with real depth of flavour - we use three different kinds of cheese with chilli and red onions at all our Sam's Larders. I always try to think what will complement the sandwich and add to the experience. For example, pickled cucumber on the side of our three cheese toastie or gherkins and salted crisps alongside the pastrami & cheese give that added bit of crunch and flavour that you crave to round up your lunch.



#### **FLEUR & PAUL**

*Owners, The Retreat*

We love the traditional choices such as cheese and chutney or tuna sweetcorn mayonnaise, but we also like to make sandwiches a little bit special by treating simple ingredients with a lot of love. Paul makes a gorgeous honey roast ham which we slice and use for sandwiches, and for vegans/vegetarians, our rainbow wrap filled with hummus, grated beetroot, carrot, tomato, lettuce and cucumber always hits the spot.



#### **BILL MATHIESON**

*Managing Director, Clawson Farms.*

Premium sandwiches have risen in popularity and for a versatile, staple ingredient, cheese delivers an unbeatable depth of flavour. Whether hot or cold, it's often the hero ingredient, adding richness to vegetarian choices.

Clawson Farms offers British, heritage cheeses in convenient foodservice formats, and a range of traditional and contemporary flavours. Add some heat with Caribbean Blazer (Cheddar & Scotch Bonnet Chilli) or indulge in herby Cotswold® (Double Gloucester & Chive); both available in sliced formats. Ideal for toasted sandwiches, our award-winning Stilton® Crumb, delivers a rich flavour and the perfect melt. Get creative with fillings - Stilton® pairs wonderfully with honey, fig and caramelised onions or pickled vegetables!



#### **STEVE HUMPHERSON**

*Co-founder, CENSE*

Gone are the days of having just a cheese and pickle sandwich on sliced white bread. The art of the sandwich has diversified drastically in recent years and the options are now endless.

With the rise in Sandwich-Tok (Tik-Tok influencers creating sandwiches by rolling a dice to decide their bread and fillings) we are regularly seeing some weird and wonderful creations made by chance. But strip it all back and there are some key fundamentals to making the perfect sandwich.

Opting for high-quality fillings such as cured meats and artisan cheeses will ensure your sandwich not only looks great but tastes great too. Especially when using finely sliced meats, for example in a sliced beef and horseradish sandwich, you need to be able to identify the key component, so be generous with the quantity of protein/dairy. Layer up your fillings to give that artistic look and feel and also to provide value for money - its going on the 'gram' so the more enticing the better.



#### **DEAN HARPER**

*Head Chef, Harper Fine Dining*

Artisanal sourdough is a good choice for sandwiches, its hearty crust and tangy flavour is perfect for savoury fillings. A gluten-free option like focaccia is ideal and adds flexibility.

For vegan selections, roasted beetroot paired with a creamy cashew sauce and finishing with peppery wild rocket works well.

To achieve the ideal textural mix, use crisp cucumber ribbons, silky avocado, and crunchy pickled radishes, complemented with fennel and apple slaw on rye. When it comes to warm fillings, nothing beats slow-cooked short rib with melted Gruyère and caramelised onions. Each bite should be crafted with care, turning the simple sandwich into a culinary experience.





# Open Cassoulet Sandwich

SERVES 1



## INGREDIENTS

- Sourdough Bloomer slice
- 80g duck thigh
- 20g streaky bacon
- 45g haricot beans
- 135g canned plum tomatoes
- 2g garlic bulb
- 5g icing sugar
- 80cl vegetable oil
- 25cl milk
- 15g butter
- 2g parsley
- 1g thyme
- Chinese 5 spice

## METHOD

### 1. Duck Confit

Salt duck leg and cover with spices overnight. Rinse all salt off and submerge in oil. Bring oil to 100 degrees and add some extra spices. Bake at 95°C for around 4hrs. Leave to cool in oil.

### 2. Haricot Beans

Add beans to a pan with the milk, some thyme and a bit of garlic. Simmer for about 10 to 15 min until almost evaporated.

### 3. Tomato Ketchup

Put the plum tomatoes in a pan, bring to a boil and cook for 10mins. Push through a fine sieve and then back into a pan. Reduce for about an hour and then add the garlic, 5 spices and sugar. Reduce down to a ketchup consistency and then sieve, season.

4. Slice the bread quite thick and then spread a little butter, garlic and seasoning.

5. Place the duck, bacon and butter bread under until skin is crisp and bread browned on both sides. Shred the duck and then mix with a little ketchup and parsley. Heat the haricot beans slightly and set aside.

### Assembly:

1. Spread the beans on the bread and a small amount of the ketchup.
2. Arrange the bacon and duck.
3. Decorate with parsley.

Recipe credit Délifrance

# New Flora Ice Cream Mix



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# ***Same great taste***

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# BELFAST IS REBOOT-ED

## Catering at Queen's University's Reboot café

Reboot is a new £1.4m ground-breaking gaming café at Queen's University (QUB), Belfast. The café is on three floors and was initially aimed at students, but since January it has been opened to the public and has really taken off, generating an additional valuable revenue stream.

Brian Horgan, Head of Campus, Food, Drink and Retail at the university, says "We've become the first university in the UK and Ireland to provide such a space. The café, which can accommodate 100 customers, was designed with a clear mission – to enhance the student experience by offering a dynamic, inclusive space where students and the local community can socialise and enjoy gaming in a safe and alcohol-free environment." The decision not to serve alcohol was supported by TUCO research, which showed 40% of university students never or hardly drink alcohol.

A selection of classic and modern arcade games and a board game area can be found on the ground floor of Reboot, while the mezzanine floor features the only Formula 1 simulator in Ireland. Brian says, "This has quickly become a crowd favourite as it enables players to experience the thrill of racing in a hyper-realistic setting. It was gifted to the university by Red Bull who were quick to see the potential of the café and its customer base."

Cutting-edge gaming consoles including Xbox, Nintendo Switch, PS5 and VR systems can also be found on this level, while the

first floor is for Esports featuring 30 of the fastest and most powerful PCs available on the market. The café regularly hosts events such as the All Ireland Esports Finals.

Menu items include pizzas, burgers, loaded fries, paninis, snacks and confectionery, as well as a selection of soft drinks, milkshakes and speciality coffee, all at student friendly prices.

The café also sells branded merchandise and can be hired for group events such as birthday parties and corporate team-building events.

The university has 11 food outlets in total, with some operated in-house and others by third party companies. They cater for 25,000 students and around 4,000 campus staff. Apart from Reboot, outlets operated by the university include Business and Beans café at the business school, Union Bar and a Spar retail store in One Elmwood, the Student Centre and Students' Union which opened in 2022.

The Union Bar took £3 million wet sales and served 18,000 pizzas last year. Brian attributes this success to listening to customers. "We involved students in the initial design through focus groups and trialled the food offering in the temporary location during building work which allowed us to adjust where necessary."

Visit [www.rebootgamingcafe.co.uk](http://www.rebootgamingcafe.co.uk) and <https://www.qub.ac.uk/sites/campus-food-drink/> for more information.

### SAMPLE MENU AT REBOOT

#### Burgers and Sliders

**Smash Beef Burger** - 4oz beef patty, cheddar, relish, garnish on a brioche bun £7

**Vegan Burger** - marinated tofu, roasted red peppers, vegan cheese, garnish on a brioche bun £7.50

**Sliders £6 (Beetroot Falafel and Cheese, Pulled Chicken and Salsa, Beef Patty and Cheese)**

#### Pizzas

**Meat Feast** - Tomato Sauce, Pulled Chicken, Pepperoni, Mozzarella, Barbecue Drizzle £10.50

**Spicy Veg** - Tomato Sauces, Grilled Aubergine and Courgettes, Sun Dried Tomatoes, Jalapeños, Mozzarella, Sour Cream £9



Above: Reboot offers a diverse range of games for customers.

Right: Customers playing Jenga at Reboot.





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# Thomas STRAKER

OWNER AND CHEF, STRAKER'S, ACRE

**W**ith a huge social media following amassed, a disruptor butter brand available in the supermarket and his first restaurant - Straker's - becoming one of the hottest tickets in London since it opened in Notting Hill in 2022, Thomas Straker is certainly a chef on the rise. We caught up with him ahead of the launch of his first cookbook, *Food You Want To Eat*, and the opening of his new restaurant Acre.

**“Learn how to sharpen knives. A chef with a blunt knife is like a drill without a battery.”**



**Throughout your career, have you had any mentors?**

My parents weren't really involved in the food scene although my mum did own a pub at one stage, so my key mentors were chefs I worked with. One of the first head chefs I worked for was Freddy Money, who now has a Michelin star out in Atlanta. He had worked for Ferran Adria, so I really admired his passion for the job and creativity. We're still in touch now and that was 18 years ago. I also loved Phil Howard's food and was lucky enough to work for him. His ethos is incredible. I think I have generally picked people who have a similar ethos or traits, taking advice where needed. I'm a chef but there is so much more to be done than just prepare food.

**How's Straker's going?**

It's going really well. We're still doing record numbers. As a chef and someone who is always striving for perfection, there is always more to do but the team are amazing and they're really enjoying it.

**What are your next projects and goals?**

My next restaurant Acre should be open at the end of May and I'm just about to sign a restaurant deal in New York. Hopefully that will open in September this year. Then, we're working on another place in London that will open later this year. The aim is to create more spaces where people can have a great time.

**Are you still in the kitchen as much as you would like?**

My career is at a point where I am doing so many different things that it is difficult to be in the kitchen all the time. I like to be there for the development, but I also like the chefs to have their own time to create, grow and be in control. They don't want me looking over their shoulders all the time. They need their own moments to shine. I'm here to support and to give younger chefs more opportunities.

**What's the best part of your job?**

Seeing people having fun with what we have essentially all created is the pinnacle but building our team and culture has been very satisfying. One of my chefs went to work at The Ledbury for a year when it received three stars, and he has come back to work for me because he enjoys the work environment we have created and the creativity we can offer them here. It's all horses for courses and depends on what they want from their careers. A lad we have started when we opened as a chef de partie and now he is the head chef of the restaurant. Yesterday I ate a dish here which is probably one of the best dishes I have eaten here since we opened. That gives me a huge buzz.

**What can you tell us about your new book?**

It's ingredient led food and if you follow some simple rules, cooking isn't that difficult. Know what food to buy, master a technique, understand seasonality and flavours that work together. We also have some bits about plating up and how to make food look pretty.



**What do you enjoy outside of work?**

I love sport. I'm a Man United fan but I never really got that obsessed with football because as a chef, I was working Saturdays. I like the gym, running and last year I did four marathons. I even ended up doing one in Jordan last summer.

**Which chefs should we be watching right now?**

Max Cohen at Dorian. He is a hot ticket right now and a great guy. A lovely, genuine bloke.

**What's your favourite dish to cook?**

Roast chicken. A top one for me – always. With some good Italian spinach and some crushed potatoes. I have three kids, so I cook it a lot. I like to cook for ease and maximum pleasure.

**What are your three kitchen secrets for success?**

- Learn how to sharpen knives. A chef with a blunt knife is like a drill without a battery. If a builder turned up without a battery for his drill - what would you say to them?
- Invest in your knowledge of seasonality.
- Learn from anyone and everyone – be a sponge. Knowledge and technique will take you all the way.

**Would you advise young chefs to start social media channels?**

I would advise young chefs to learn how to cook first. One of the reasons I was able to grow my page online was because I could teach well, which was based on the fact that I had a knowledge of food and technique.



Extract taken from *Food You Want to Eat* by Thomas Straker (Bloomsbury Publishing, £25, Hardback).  
Photography © Issy Crocker.



## Set Custard with Rhubarb

**SERVES 6-8**

**INGREDIENTS****For the custard**

- 1 vanilla pod
- 500ml double cream
- 150g egg yolks (about 9)
- 75g caster sugar

**For the rhubarb**

- 300g forced rhubarb, cut into chunks
- 60g caster sugar
- finely grated zest and juice of 1 blood orange, plus more zest to serve

**METHOD**

1. The day before you serve the pudding, cut the vanilla pod in half lengthways and scrape out the seeds, then put both the pod and seeds in a large saucepan with the cream. Set over a medium heat and gently bring to the boil. In a large bowl, whisk the egg yolks with 75g of sugar until well combined and thickened.

2. Once the cream is boiling, slowly pour it over the egg yolk mixture, whisking continuously. Once combined, return the custard to the pan and heat gently until it reaches 86°C on a probe thermometer, stirring all the time. Remove the vanilla pod.

3. Transfer the custard to a high-speed blender and blitz, then pass it

through a fine sieve into a container. Cover the surface of the custard with clingfilm to prevent a skin from forming, then put it in the fridge to set for a minimum of 3 hours, or ideally overnight.

4. To prepare the rhubarb, preheat the oven to 180°C/160°C fan. Put the rhubarb, sugar, orange zest and juice in an ovenproof dish just big enough to fit the rhubarb pieces in a single layer. Toss together gently, then roast in the oven for 15–20 minutes until the rhubarb is tender but still holding its shape. Remove and leave to cool.

5. Serve the set custard with the roasted rhubarb and its juices alongside, with a final grating of blood orange zest.



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# CURRIED MINCE

## on Toast

Set up in 2003, the Cheshire based Nantwich Bookshop & Coffee Lounge has established itself as a much-loved and favourite haunt for booklovers, foodies and tourists alike. A proud, family-run independent business, it was set up by South Africans Denise and Steve Lawson after they emigrated to England with their two young daughters.

Since taking ownership of the beautifully unique, 16th century timber-framed premises that had been built after the fire of Nantwich in 1583, the entrepreneurs have expanded the business with the addition of a coffee shop, kitchen and outdoor seating area and have worked tirelessly to develop a loyal local following.

While the menu features a wide range of the classic British breakfasts, soups, scones, sandwiches and cakes, it still retains some South African personality through its famous Boerewors rolls and its iconic curried mince on toast with fried eggs.

"We try to make as much from scratch as possible and pride ourselves on our homemade scones, quiches, breakfasts, sandwiches and cakes but we're definitely known for our South African specials," says Head Chef Kelly Dowle. "The Boerewors are made for us by our local butcher and our curried mince on toast provides a tasty unique selling point that you won't find anywhere else. It's a proper filling South African breakfast with the curried mince loaded with two eggs and fried tomatoes."



THE LAWSON FAMILY

**SERVES 50 - 60**

### INGREDIENTS

- 2 pints Country Range Chopped Tomatoes
- 1 dsp Country Range Dried Mixed Herbs
- 2 heaped dsp Country Range Ground Cumin
- 10 heaped dsp of Country Range Curry Powder
- 50ml vegetable oil
- 1 full tube tomato purée
- 2 large white onions finely chopped
- 15 fresh garlic cloves, crushed
- 8 gluten free stock cubes
- 5kg beef mince (best quality)
- Salt and pepper to taste
- Eggs to serve

### METHOD

1. Fry onions in vegetable oil until soft and translucent. Add garlic and fry until fragrant for about 2 - 3 minutes.
2. Add in the cumin and curry powder and gently fry for 3 minutes.
3. Add the beef mince slowly, making sure that there are no huge clumps. Brown the mince, stirring as needed. Be careful not to burn it.
4. Add the tomato purée once the mince has browned. Stir in evenly and cook for about 5 minutes.
5. Add the chopped tomatoes, herbs, and stock cubes. If your mince mix is fairly dry at this point add in 500ml water. Get it up to boiling point for 5 minutes then simmer for 30 minutes.
6. Add salt and pepper to taste. The mince shouldn't be dry, just moist enough not to make the toast soggy.
7. To serve, fry your egg and add a generous helping of mince to buttered toast, placing your fried egg on top. We garnish with slices of fried tomato and a pot of mango chutney.



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# Signature Solutions Winner



**To celebrate the launch of our new Signature by Country Range premium product selection, we ran a competition in the search for your best Signature menu solutions.** The recipes you submitted were independently judged by our development chef, Paul Dickson, and we're pleased to announce the winning recipe which was submitted by Conor Nellis at Hillbrook Grange Care Home who has received the prize of an Ooni Pizza Bundle which we're sure is coming in very handy this summer!

Conor has been at Hillbrook Grange for the last four years and spent time in restaurants, contract catering and pubs prior to this. He says, "We have been using Country Range products here for many years. The range of dried spices, fruits and nuts are a staple here – good

value, quality ingredients and versatile. I use the Country Range walnuts in a range of dishes from cakes and breads, to toppings for breakfasts and in salads to add a little fibre and bite."

Conor used the new Signature by Country Range Sourdough Style Doughballs in his winning recipe entry.

"The Signature by Country Range Sourdough Style Doughballs are a cost effective way to provide a quality product while managing cost and efficiency in the kitchen. As a small team providing service throughout the day and into the evening, we need to make the most out of each product in terms of cost and versatility."



"These pin wheels are a nice addition for our sharing buffet and garden party menus. They are simple to prep ahead and are a nice variation from a traditional pizza offering."

## Walnut Honey & Feta Pinwheel

RECIPE BY CONOR NELLIS

### INGREDIENTS

- 1 Signature by Country Range Sourdough Style Doughball
- 20g Country Range Walnuts
- 1 tbsp Country Range Honey
- 20g Country Range Grated Mozzarella
- 40g feta cheese
- 2 slices Serrano ham
- 40g wilted spinach
- 2 tbsp olive oil



### METHOD

1. Toast and rough chop the walnuts.
2. Roll out the dough to a 12" x 8" rectangle.
3. Scatter the ingredients on top leaving ½ inch along the top long edge. Brush this edge with olive oil.
4. Roll up your pin wheel from the bottom long edge to the top oiled edge.
5. Cut into 4 – 5 'wheels' and brush with olive oil.
6. Bake at 200°C for 15 – 18 minutes.



Available in two sizes and pre-weighed to avoid wastage, our versatile doughballs have a sourdough style finish, giving you a premium, light and rustic result, whilst being easy to use without the need for advanced pizza throwing techniques. The dough can be cooked from thaw with a single prove and can last all day in proving trays.

To demonstrate the versatility of the doughballs for both savoury and sweet recipes, here are some more recipes to give you even more inspiration.



## Cream Puff Doughballs

**SERVES 4**

### INGREDIENTS

- 1 Signature by Country Range Sourdough Style Doughball
- 1tbsp Country Range Ground Cinnamon
- 100g caster sugar
- 100g Country Range Raspberry Jam
- 200ml whipped cream
- 1 tsp vanilla essence

### METHOD

1. Defrost the doughball and allow to prove for one hour.
2. Cut each doughball into six and roll into small balls. Prove for another hour.
3. Fry each doughball in the fryer and keep turning in the hot oil until golden, light and fluffy.
4. Mix together the cinnamon and sugar and roll each hot doughball in the sugar mix.
5. Carefully cut the doughballs open and spread some raspberry jam on the inside.
6. Whip the cream with vanilla and fully fill the doughball.

Enjoy!



## Garlic and Cheese Mini Doughballs



**SERVES 2**

### INGREDIENTS

- |  |                               |
|--|-------------------------------|
| • 1 Signature by Country Range Sourdough Style Doughball | • 1 tsp garlic purée          |
| • ¼ tsp Country Range Dried Mixed Herbs                  | • 10g grated Parmesan         |
| • 50g Country Range Grated Mature Cheddar                | • Salt and pepper to taste    |
| • 100g butter  | <b>Garnish</b>                |
|  | • Chopped chives and rosemary |

### METHOD

1. Prove the doughball for 2 hours until it has doubled in size.
2. Preheat the oven to 220°C/200°C fan.
3. Carefully cut the doughball into 8 even sized chunks and place onto a parchment lined tray.
4. Second prove for 30 minutes then top with grated cheddar and Parmesan.
5. Bake in the oven for 12 minutes and keep warm.
6. Melt the butter and add the mixed herbs and garlic. Season to taste and serve with the doughballs.
7. Garnish with chopped rosemary and chives and serve as a side dish or as a starter.





# THE MARKETPLACE

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

## Welsh Dairy Farmers Partner with Nestlé to Boost Water

Sustainability Nestlé Waters & Premium Beverages UK and dairy co-operative First Milk have launched a four-year regenerative agriculture partnership in Pembrokeshire, collaborating with up to 30 local dairy farmers.

The initiative aims to reduce soil compaction and enhance water infiltration, potentially capturing an additional 250 million litres of groundwater annually. Practices such as rotational grazing and increasing grassland diversity will be employed to improve soil structure and water retention, supporting biodiversity and improving water quality in local rivers like the Cleddau and Taf.

Farmers will receive tailored support through workshops and on-farm advice, selecting interventions suited to their specific land types. This project represents Nestlé's first collaboration with farmers outside its direct supply chain, reflecting a commitment to positive environmental impact and community engagement.



**"The initiative aims to reduce soil compaction and enhance water infiltration."**

## REFRESH YOUR RANGE THIS SUMMER WITH

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## NEW AUTUMN/WINTER DRINKS TRENDS REPORT

MONIN, the UK's leading syrup brand, has shared its hotly anticipated predictions for autumn and winter 2025 drink trends.

MONIN conducted first-hand research, visiting over 200 venues across the UK, backed up with third-party research to compile the report, revealing the coffee and cocktail trends expected to shine on seasonal menus.

For bars, coffee shops and operators looking to stay ahead of the curve this year, MONIN's predicted trends are...

### 1. NOSTALGIA

Hailed as one of the top trends for 2025, nostalgic drinks are sure to be popular next season.

### 2. ADVENTUROUS BEHAVIOUR

With the online world broadening culinary horizons, consumers are daring to experiment with flavours, formats and unusual combinations.

### 3. FUSIONS

With the coffee shop and bar markets crossing over, and venues looking to offer the next "new thing", customers can expect combinations such as coffee/cocktail hybrids.

### 4. FUNCTIONAL BENEFITS

Health remains a top priority for consumers. Embrace this trend by adding a healthier twist to serves such as lower ABV, lower calories and sugar content, or an added nutritional benefit such as matcha.

Contact your account manager to request the full report.



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# WELLBEING ISN'T A PERK, IT'S A PRIORITY

Head of People at Virgin Incentives, Jo Kansagra believes that in all companies, engagement and happiness are key to reducing attrition. With over 10 years' experience in her current role, Jo understands how multiple industries and business sizes tick. At the heart of her ethos is the belief that investing in regular rewards and recognition programmes can help employees feel appreciated for what they do, while giving them something to be excited about – and it doesn't need to break the bank. We caught up with Jo to learn how hospitality business owners can spread a little more happiness amongst their teams.



## IN YOUR EXPERIENCE, WHAT TYPES OF BENEFITS TEND TO RESONATE MOST STRONGLY WITH HOSPITALITY EMPLOYEES?

Hospitality employees are the key component to creating memorable guest experiences, and the benefits that resonate most with them today reflect a desire for both stability and flexibility in an unpredictable industry. With this, employees desire more flexible scheduling options, which give them the ability to rest and recharge in what can be a physically and emotionally demanding environment. Access to mental health support, including counselling services and mindfulness tools, is also increasingly valued, with employees wanting to feel heard and appreciated for the hard work they put in. Benefits should help employees feel more secure, supported, and seen, in order to create a stronger connection between team members and the businesses they serve.

## WHAT MENTAL HEALTH AND WELL-BEING BENEFITS CAN OPERATORS INTRODUCE THAT WON'T BREAK THE BANK?

Regular rewards and recognition can play a significant role in demonstrating investment into employees. This can include small treats for birthdays or other milestones.

Giving employees a gift card for coffee, for instance, and encouraging micro-breaks—like a 5-minute walk, stretch, or breathing exercise—can also go a long way in relieving stress and improving focus.

Ultimately, showing genuine care for employee wellbeing through recognition, flexibility, and open dialogue, creates a positive environment that supports mental health just as much as any formal perk or programme.

## WHAT BENEFITS CAN SMALL BUSINESSES OFFER TO SET THEMSELVES APART FROM LARGER COMPETITORS?

Small gestures to regularly reward and recognise employees can go a long way in improving morale and wellbeing. Whether this is to celebrate their company milestones, long service or birthdays, small gifts to show appreciation help make employees feel seen and valued, which can translate to increased happiness and loyalty to a business.

## HOW CAN HOSPITALITY BUSINESSES LEVERAGE FLEXIBLE WORKING HOURS AS A BENEFIT?

Similarly to benefits, there will be differences in what hours work best for each employee, however it is possible to implement flexibility in a way that still aligns with operational needs.

Offering a mix of part-time, full-time, and split-shift options can also help cater to different lifestyles, whether someone is a student, a parent, or pursuing other passions. Cross-training staff across roles adds another layer of flexibility, making it easier to fill gaps and easily adapt to fluctuations.





### WHAT ROLE DO TRAINING AND PROFESSIONAL DEVELOPMENT OPPORTUNITIES PLAY IN EMPLOYEE RETENTION?

Investing in training is a great way for businesses to demonstrate their commitment to their employees' development and future. This sense of investment not only boosts morale and engagement but also builds loyalty, which is essential in an industry known for its high turnover.

On-the-job training, for instance, can create structured learning moments during shifts. Whether it's shadowing senior staff, cross-training in different departments, or assigning team leads. This offers continuous development without added costs. Businesses can also tap into their internal talent, by running in-house workshops for employees.

### HOW CAN BUSINESSES HARNESS PARTNERSHIPS OR COLLABORATIONS WITH LOCAL BUSINESSES TO ENHANCE EMPLOYEE BENEFITS?

Partnering with other local businesses could allow businesses to offer discounted or free access to various perks, such as fitness, mindfulness, or counselling resources. These types of benefits can make a real difference in employees' day-to-day lives, showing them they're valued and their wellbeing is thought of. It's a cost-effective way to improve retention and wellbeing, while building stronger community ties.

**“What matters most is consistency and making it part of the culture.”**

### WHAT PRACTICAL ADVICE WOULD YOU GIVE TO GATHER FEEDBACK ON BENEFITS?

There is no one-size-fits-all approach to benefits. Sharing anonymous surveys can be a great way of getting employees involved, finding out what their needs are, and how these can best be met. In the short term, this can help business owners pick out small rewards or gifts for employees to celebrate milestones or acknowledge hard work, however in the long term this also results in employees feeling more heard and valued, as long as their employers are making the necessary adjustments based on feedback. This takes us back full-circle as employees that feel more appreciated at work will have a stronger sense of loyalty, which directly impacts turnover.

### WHAT ARE YOUR VIEWS ON PEER RECOGNITION PROGRAMS?

Peer recognition programs are an incredibly powerful tool to strengthen teamwork and morale. They foster a culture of appreciation, boost engagement, and help build stronger, more connected teams. From my perspective, when recognition comes from colleagues, and not just managers, it feels authentic and reinforces positive behaviours across the whole company.

More importantly, these programs don't need to cost anything. Simple initiatives like a “Star of the Week” voted by the team, a shout-out board in the staff room, or a recognition moment during team meetings can go a long way. Even a quick Teams or Slack message celebrating someone's great service can mean a lot. What matters most is consistency and making it part of the culture.

# CAPE TEXAN STEAK HOUSE BURGER



**SERVES: 10 PREP TIME: 5 MINUTES  
COOKING TIME: 15 MINUTES**

## INGREDIENTS

### FOR THE BURGER

- 1 ONION, VERY FINELY DICED
- 1 TBSP VEGETABLE OIL FOR FRYING
- 50G CAPE TEXAN STEAK HOUSE SEASONING
- 100G WHITE BREADCRUMBS
- 1.25KG BEEF MINCE

### FOR THE MAPLE BACON

- 20 SLICES SMOKED STREAKY BACON
- 50G BROWN SUGAR
- 50ML MAPLE SYRUP
- 1½ TSP CAPE SMOKE HOUSE SEASONING

### FOR THE SERVING

- 10 BURGER BUNS
- 150ML MAYONNAISE
- 10 SLICES MOZZARELLA
- 100ML TOMATO SAUCE
- 100G ROCKET LEAVES
- SLICED TOMATO

## METHOD

### To make the burgers:

1. Fry the onion in 2 Tbsp vegetable oil until soft and translucent but not browned.
2. Combine all the burger ingredients.  
Form burger patties and fry them in a bit of oil until cooked to your liking.
3. Place the mozzarella slices on the burger patties for the final few minutes of cooking to allow the heat of the patty to melt the cheese.
4. Toast the burger buns on the braai or in a hot pan and assemble your burger just the way you like it.

**TOP TIP**  
Why not serve with seasoned onion rings as a side?





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# 5 ways to use

## GRATED CHEESE

### STUNNING SAUCES

A well-made cheese sauce is all about balance. For our residents, it's an adaptable base that adds richness and depth to meals, while also making foods easier to eat. For me, it has to be mature cheddar!

### CHEESY POTATO BOATS

These are a favourite of our residents. Crisp potato edges, silky soft centres, and a rich, melted filling – what's not to love. The cheese mix includes a hint of mustard or Worcestershire sauce to elevate the flavour without overpowering. It's an ideal choice for a warm, nourishing snack that stimulates the appetite. Add a bit of bacon too, if you're feeling adventurous!

### CAULIFLOWER CHEESE

The key to a good cauliflower cheese is ensuring the vegetable retains some structure while absorbing the flavours of the sauce. We blanch the cauliflower to prevent it from becoming watery, then bake it in a cheese sauce that has been seasoned with a hint of nutmeg for warmth. No Sunday roast is complete without it!

### CHEESE & ONION PIE

Success is all about the pastry-to-filling ratio. The filling needs to be rich and creamy without becoming too dense, which is why we slow-cook the onions to bring out their natural sweetness and use a mix of cheeses for complexity. The pastry must be soft enough for ease of eating but still provide that satisfying, buttery bite. It's a dish that brings a lot of nostalgia to our residents so we can't miss with this one!

### WELSH RAREBIT

A deceptively simple dish where technique makes all the difference. The cheese topping must be thick enough to coat the bread without making it soggy, which is why we use a roux-based mixture rather than just melted cheese. The addition of ale or mustard really gives it a lovely kick. We tailor the consistency so all residents can enjoy it.

**Country Range Grated  
Mature Cheddar**  
Pack Size: 1kg



Qualified chef, baker and confectioner – when it comes to beautiful dishes, Tracey Hampson can do it all. Head Chef at Worthington Lake Care Home since 2021, Tracey went straight from school to catering college where she completed her Level 1, 2 and 3 qualifications.

As passionate about cooking as she is about sharing her knowledge to team members and residents, Tracey has recently started delivering cookery demonstrations.



### Welsh Rarebit



#### INGREDIENTS

- 140g Country Range Grated Mature Cheddar
- 25g Country Range Plain Flour
- 1 heaped tsp Country Range English Mustard
- 120ml brown ale
- 25g unsalted butter
- 1 tbsp Worcestershire Sauce or Hendersons Relish
- 2 large slices sourdough bread
- 1 tbsp chopped chives

#### METHOD

1. Melt the butter and stir in the flour, cooking it through. Meanwhile, gently warm the ale in a separate pan.
2. Whisk the warmed ale into the butter and flour until it forms a thick, smooth sauce, then whisk through the cheese to create a thick paste.
3. Stir the mustard, Worcestershire sauce and chives through the sauce.
4. Grill the bread on one side, then turn it over and spread each slice with the cheese mixture. Grill for a few minutes until it is golden brown and bubbling.

# The Country Club

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