

Stir it up

THE COUNTRY RANGE GROUP
MAGAZINE FOR CATERERS

AUTUMN

OCT
2026



Spooky Season

SINK YOUR TEETH INTO OUR
AUTUMNAL MENU INSPIRATION



HOW COMPACT KITCHENS ARE PUNCHING WELL ABOVE THEIR FOOTPRINT |
FESTIVE TABLE THAT CATERS FOR EVERYONE | RESIDENTS RAISING 'DOUGH' IN CARE HOMES

Ingredient

As autumn gets into full swing, this issue explores how caterers across hospitality, education and care are finding creative ways to bring people together, while making every service work harder. We look at the growing opportunity for late-night dining, how boarding school caterers are creating a home from home through food, and the role care catering teams play in connecting residents with their communities. With inspiration on greener catering, developing the next generation of chefs and creating inclusive festive menus, we hope this issue offers plenty of ideas to support you through the busy months ahead.

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@stirupmagazine.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.



EDITORIAL PARTNERS...



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Fresh FROM THE KITCHEN



As diners continue to embrace sharing plates, customisation and smaller portions, side dishes are no longer playing second fiddle, with chefs giving them the same creativity and attention as the main event. Combining seasonal vegetables with bold global flavours, exciting textures and striking presentation, you can create versatile dishes that tick the boxes for sharing, affordability and plant-forward dining. Here are some of the latest trends to inspire your menu.

VEGETABLES FRONT AND CENTRE

– Simple, seasonal vegetables are leading menus, elevated with quality ingredients and clever techniques. Charred cabbage, caramelised sweet potatoes and dressed heritage tomatoes prove that less can often deliver more.

BIG FLAVOURS – Smoke, char, fermentation and pickling continue to transform familiar ingredients. Expect punchy potato salads with pickle brine, kimchi and sauerkraut, alongside fire-cooked vegetables that deliver sweetness, depth and complexity.

GLOBAL INSPIRATION – International flavours are shaping the modern side dish. Korean banchan, Middle Eastern mezze and Mexican street food are influencing menus through ingredients such as gochujang, tahini, labneh, salsa macha, tajín and dukkah, bringing bold, balanced flavours to vegetable-led dishes.

TEXTURE MATTERS – Today's diners are looking for more than flavour. Crispy quinoa, crunchy seeds, smashed vegetables and cheese-crusted finishes create contrast and deliver the satisfying textures that continue to trend across social media and restaurant menus.

SAUCE IT UP – Creamy bases such as whipped ricotta, yoghurt, labneh and gribiche are providing the perfect canvas for roasted vegetables, herbs and crunchy toppings. Loaded dips and flavour-packed oils also encourage sharing and add value with minimal effort.



Roasted
Carrots with
Yoghurt
and Spices

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inform | inspire | realise potential

From Thefoodpeople Side Serving Trend Report, 2026

Cooks CALENDAR

OCTOBER

5TH – 11TH OCTOBER – NATIONAL CURRY WEEK

This National Curry Week, celebrate the evolution of Indian cuisine with Paulig Pro's Loaded Kati Roll recipe, showcasing bold Indian flavours in a modern, handheld format. Perfect for pubs and food-to-go, it's a simple way to bring contemporary Indian flavours to your menu.

12TH – 18TH OCTOBER – COFFEE WEEK

From morning meetings to afternoon catch-ups, coffee brings people together. That's why Coffee Week is the perfect opportunity to celebrate one of the most important drinks in foodservice. As the UK's No.1 coffee brand, NESCAFÉ offers a range of trusted coffee solutions designed to help operators serve great-tasting coffee with confidence, whatever the occasion.



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



NOVEMBER

3RD NOVEMBER – WORLD SANDWICH DAY

This World Sandwich Day, give a classic favourite a gourmet twist with this Ultimate Sausage Sandwich recipe from Opies. Crispy on the outside, packed with juicy sausages, melted cheese and finished with the sweet heat of Opies Spicy Tomato Chutney, it's an indulgent, flavour-packed option that's perfect for cafés, pubs and all-day dining menus.

5TH NOVEMBER – BONFIRE NIGHT

Celebrate Bonfire Night with the comforting flavours of autumn in this Ginger Parkin Cake recipe from Country Range. Rich, warming spices and a traditional sticky texture make this seasonal favourite the perfect sweet treat to keep guests coming back for more throughout the evening.

DECEMBER

2ND DECEMBER – ENGLISH BREAKFAST DAY

This English Breakfast Day, inspire chefs to elevate their offering with a premium Signature by Country Range breakfast. Combining high-quality ingredients with classic flavours, it's the perfect way to create a memorable start to the day. Whether served as a traditional full English or adapted for modern brunch menus, a quality breakfast delivers comfort and value, encouraging repeat visits and setting the tone for the day ahead.

25TH DECEMBER – CHRISTMAS DAY

Looking for a showstopping festive centrepiece? This Parsnip, Chestnut, Pickled Walnut & Cashew Nut Roast recipe from Opies is a delicious Christmas Day option that brings together rich seasonal flavours and premium ingredients. Perfect for vegetarian festive menus, it delivers a hearty, satisfying alternative to the traditional roast.

With thanks to Paulig Pro, NESCAFÉ, Opies and Country Range.



IN SEASON

Pear

Swede

Apple

Banana

Turnip



Crispy Lemon Chicken with Chilli Rice

Readers' lives

NAME: Wendy Honey

BORN AND RAISED: Dagenham, Essex

JOB TITLE: Catering Manager

PLACE OF WORK: Robert Clack School

HOW LONG HAVE YOU WORKED IN THE CATERING INDUSTRY? 18 years

PASSIONS OUTSIDE OF THE KITCHEN? Holidays, cooking and my family.

CLAIM TO FAME? I manage the catering for the biggest school in the country.

BIG TARGET FOR THE NEXT 12 MONTHS? Work hard and take Robert Clack to an even higher standard in catering.

WHAT IS YOUR FAVOURITE CUISINE TO EAT? Greek.

WHAT IS THE MOST ENJOYABLE PART OF YOUR JOB? Working with a good team and producing menus that the children are excited about.

WHICH CHEF DO YOU RESPECT THE MOST AND WHY? Gordon Ramsay – I love his honesty.

WHAT'S THE BEST ADVICE YOU WERE EVER GIVEN AND BY WHOM? My Mum. Work hard and you will achieve your goals.

WHAT IS THE MOST CHALLENGING PART OF YOUR JOB? Scheduling staff and ensuring food quality.

WHAT'S YOUR TIP TO CUT WASTAGE IN THE KITCHEN? Plan meals ahead and see where you can use leftovers creatively. Ensure you buy only what is needed and store it properly.

WHAT IS YOUR TOP TIP FOR SOMEONE STARTING OUT IN THE CATERING INDUSTRY? Prioritise food safety and hygiene, as maintaining proper standards is the foundation of any successful kitchen.

CAN YOU SHARE THE RECIPE FOR YOUR SIGNATURE DISH? Crispy Lemon Chicken with Chilli Rice.

WHAT IS YOUR FAVOURITE COUNTRY RANGE PRODUCT AND WHY? I really can't pick. The whole portfolio is excellent and offers great quality and value. If I had to choose just one product, it would be the Signature by Country Range Potato Sidewinders™.

Signature by Country Range
Potato Sidewinders™
Pack Size: 4 x 2.5kg



CHICKEN CHASSEUR



SERVES: 10 PREP TIME: 30 MINUTES
COOKING TIME: 45 MINUTES

INGREDIENTS

- 20G BISTO CHICKEN BOUILLON PASTE
- 1L BOILING WATER
- 20ML SUNFLOWER OIL
- 1.5KG CHICKEN PORTIONS
- 3 GARLIC CLOVES, CRUSHED
- 300G SHALLOTS, CHOPPED
- 225G BUTTON MUSHROOMS
- 550ML WHITE WINE
- 3 TBS FRESH TARRAGON, CHOPPED
- 900G TINNED CHOPPED TOMATOES
- 75G BISTO CHICKEN GRAVY GRANULES
- 3 TBS FRESH PARSLEY, CHOPPED

METHOD

1. PLACE THE BISTO CHICKEN BOUILLON PASTE INTO A JUG AND ADD THE BOILING WATER TO MAKE THE CHICKEN STOCK.
2. HEAT THE OIL IN A LARGE SAUTÉ PAN, SEASON THE CHICKEN AND FRY, BROWNING ALL OVER, REMOVE FROM THE PAN AND KEEP WARM.
3. IN THE SAME PAN, FRY THE GARLIC AND SHALLOTS UNTIL SOFTENED, ADD THE MUSHROOMS AND COOK FOR A FURTHER 4 MINUTES. ADD THE WHITE WINE AND SIMMER UNTIL REDUCED BY HALF, STIR IN THE CHOPPED TARRAGON, CHOPPED TOMATO AND CHICKEN STOCK.
4. POUR THE SAUCE OVER THE CHICKEN PORTIONS, COVER AND COOK AT 180°C, 350°F GAS MARK 4 FOR ABOUT 45 MINUTES.
5. CORRECT THE CONSISTENCY WITH THE BISTO CHICKEN GRANULES. SPRINKLE WITH THE CHOPPED PARSLEY TO SERVE.

ALLERGENS: MILK, CEREALS CONTAINING GLUTEN, SOYBEANS.

Broccoli

Mackerel



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SCAN FOR RECIPE
INSPIRATION



A TASTE OF THE NIGHT LIFE

With fewer nightclubs in operation, restaurateurs are seizing the opportunity to step in and satisfy the late-night crowd. In city centres such as London, Manchester and Edinburgh, evening footfall from tourists, theatregoers and young adults is still thriving, and for these operators, late night dining can be a useful way to earn additional revenue when daytime trade is quiet.

Jane Pendlebury, CEO of the Hospitality Professionals Association (HOSPA), says, "As younger generations embrace a less alcohol dependent social scene, dining late into the evening offers social connection without the hangover. There's also some Mediterranean influence at play. Diners are becoming more open to the idea that eating later can feel sociable and relaxed, rather than simply functional."

"Prime-time tables are finite, but if a restaurant can extend demand beyond the traditional dinner window, it can increase revenue without necessarily needing more space."

As a way of boosting bookings after 9pm, several restaurants have introduced incentives. Hawksmoor restaurants in Liverpool, Manchester, Edinburgh and London offer a "Steak After Eight" promotion to encourage diners to stay out later, and The Duck & Waffle in Edinburgh has launched a '9pm Club' offering 25% off food and drink after 9pm.

There are many benefits for restaurants staying open late. It can increase revenue as customers staying longer may order extra food and drink, but it can also open up new customer segments such as theatregoers, workers finishing shifts and tourists accustomed to later dining hours.

Jane from HOSPA says, "The main benefit is better use of capacity. Prime-time tables are finite, but if a restaurant can extend demand beyond the traditional dinner window, it can increase revenue without necessarily needing more space. It can also help create a stronger

atmosphere. A restaurant that still feels alive later in the evening can become part of the night-time economy, rather than somewhere guests visit before moving on elsewhere."

Xiaoxiao Wang is founder of Noodle & Beer, which opened a branch in Chinatown last year. "Our Chinatown site was granted a licence allowing us to trade into the early hours. Not every location has that opportunity, as it depends on planning permission and licensing."

Noodle & Beer's location in Chinatown is ideally suited to late night trading. "As we're surrounded by bars, clubs and entertainment venues, it means we see a constant flow of customers late at night," he says. "It's not unusual to have people queuing to get in at 3am after a night out. It's amazing to see that there's still such strong demand for freshly cooked food at that time of night. Our signature Super King Braised Beef Noodle is the most popular late-night order."

Security is the biggest challenge. "Our team deals with every type of customer, and they do an incredible job of keeping the restaurant welcoming, safe and running smoothly. Our staff are the backbone of our late-night operation and none of this would be possible without them."

His advice for any restaurants considering late-night opening is to make sure the right team is in place and invest in reliable security. "Remember that operating late into the night can be significantly more expensive because of higher staffing and operating costs, so make sure you've planned your budget carefully before extending your hours," he says.



Noodle & Beer sees a constant flow of customers late at night.



NO.1 PAN ASIAN BRAND*



EAT THE SEASON

Cabbage



The days when cabbage was seen as just a side dish are long gone. Today it is roasted whole, cut into steaks, stuffed and shredded.

As Sam Linford-Platt, head of the cookery school at the Vegetarian Society notes, "Cabbage works across a huge range of cuisines. I often throw it in towards the end of cooking soups and stews. It's great in stir-fries and noodle dishes or finely chopped in salads and slaw. It's robust enough to use in fermentation, you'll see it in kimchi and sauerkraut. More delicate cabbages like sweetheart cabbage are tender enough for quick cooking, while white and red cabbages stand up well to braising, roasting and pickling. Raw cabbage shouldn't be overlooked though. Finely sliced, it brings freshness, crunch and colour."

This month's recipes feature Savoy, Sweetheart (also known as hispi), White and Red cabbage.

WASTE NOT, WANT NOT

"Raw cabbage can be added to salads, slaws, sandwiches and wraps. Or try finely shredding and adding to an omelette with onion. It's delicious! If you have a glut, think about fermenting – start with sauerkraut," says Sam.



Credit: Vegetarian Society

1/ SEAR IT

The Vegetarian Society's recipe for Savoy Cabbage, White Bean and Tamarind Mash with Curried Onion Sauce sears the cabbage to bring out its natural sweetness. Sam says, "This elegant dish is an unexpected blend of traditional Indian flavours. Topped with a fragrant curried onion sauce, it is a vegan celebration of wholesome ingredients and creative cooking."

Recipe: <https://vegsoc.org/national-vegetarian-week-2024-recipes-cabbage/>

2/ PANCAKES

Switch your pancakes up with a shiitake and cabbage alternative called Okonomiyaki. It uses shredded white cabbage, which is mixed into the batter alongside Worcestershire sauce. Sam says, "It is a savoury pancake that is sold by street food vendors in Japan."

Recipe: <https://vegsoc.org/recipes/okonomiyaki/>

3/ FLAVOUR WITH GARLIC

Nick Beardshaw, Chef Patron at Starling recommends his Garlic Roasted Hispi Cabbage recipe. It uses hispi cabbage, also known as sweetheart cabbage, which is brushed all over with garlic butter and oven baked. To finish off, it is piped with roasted garlic mayo in neat lines over the cabbage.



Credit: Bennetts Opie

4/ GRILL IT

Bennett Opie recommend partnering a charred whole sweetheart cabbage with tahini, lemon, garlic and zingy capers. The cabbage is cut into wedges, leaving the core intact to hold the leaves together. It is brushed with the tahini mixture and then grilled.

5/ SLAW IT

The team at Maple Canada UK recommend combining red cabbage, tahini and maple syrup, shredding the red cabbage and adding finely sliced red onion for texture and flavour. An extra layer of freshness comes from a ribbon of carrot and courgette. The dressing blends tahini, lemon juice, olive oil and Canadian maple syrup.

Recipe: <https://www.maplefromcanada.co.uk/recipes/red-cabbage-tahini-and-maple-slaw/>

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6 x 450g cases



BULK PACK
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Energy	Fat	Saturates	Sugars	Salt
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9%	7%	10%	8%	4%

of an adult's Reference intake. Typical values per 100g (as sold): 1575kJ / 374kcal



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& CQUIN COMPLIANT****



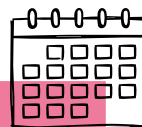
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RAISING 'DOUGH' IN CARE HOMES

Many care homes support charities by participating in events such as Wear it Pink Day in support of breast cancer, Cake4Kindness Day, Macmillan Coffee Morning, and Make Time for a Cuppa Week for Dementia UK. This not only benefits the charities but also care home residents, as it gives them a shared sense of purpose and contribution, as well as creating opportunities for social interaction. Catering teams play an important role in bringing these events to life.



GET INVOLVED!

If you would like to support a local charity, consider the following events:

WEAR IT PINK DAY –
23rd October

CAKE4KINDNESS DAY –
19th November

MACMILLAN COFFEE
MORNING – 25th
September

MAKE TIME FOR A CUPPA
WEEK – 1st - 8th May

One such example of this in practice is Cake4Kindness Day, an event that encourages care homes, schools, businesses, community groups, families and friends to bake together before donating their cakes to local homelessness charities, food banks and community organisations. Nellsar Homes are a keen participant, and caterers help residents take part wherever possible, from mixing ingredients and decorating cakes to serving refreshments and creating a welcoming space for conversation. "They help make each event feel warm, inclusive and

meaningful," says Vivien Stead, Head of Recreation and Wellbeing at Nellsar Care Homes.

Aaron Phipps MBE Paralympic Gold Medallist and ambassador for the initiative, says, "Last year I saw first-hand the positive

difference this project makes not just for those baking and decorating the cakes, but also for the people experiencing homelessness who receive them."

Several Country Court care homes also took part last year. Anwar Kajee, Hospitality Director says, "Everyone was encouraged to get involved in whichever way suited them best, whether that was decorating, choosing colours, chatting over a cup of tea or simply enjoying the atmosphere. Activities like these are wonderfully inclusive and can be adapted so that everyone can take part. Our catering staff were on hand throughout the session, helping ensure everything ran smoothly while encouraging residents to get creative and enjoy the experience."

Supporting the local community is an important part of life for Country Court care homes. Throughout the year the care homes work with local and national charities through fundraising events, donation drives, awareness campaigns and community partnerships.

"Activities like these are wonderfully inclusive and can be adapted so that everyone can take part."



Above: The Old Downs care home in Longfield Kent part of Nellsar Care Homes celebrates Wear It Pink Day

Right: Celebrating Cake4KindnessDay at Carpenders Park Care Home part of Country Court Care Homes



17 Bupa care homes took part in Cake4Kindness Day too, Paulius Kriksciunas National Hospitality Manager, Bupa UK Care Services says, "It was a wonderful example of how food can bring people together, creating moments of shared experience while helping to tackle social isolation and strengthen community connections."

Many Bupa care homes participate in other events such as Macmillan Coffee Morning, as well as the "Bupa Big Give" collecting food, toys and essential items for local food banks and community charities. The organisation regularly develops programmes that combine culinary excellence with charitable giving such as the Great Bupa Menu Competition. Paulius says, "This brought together talented chefs from Bupa care homes and Richmond Villages across the UK. The competition celebrated the creativity and expertise of our hospitality teams while raising £30,000 for the Trussell Trust, helping support people facing food insecurity."

Whether it's a slice of cake, a shared cuppa or a creative fundraising idea, every contribution can make a difference. With catering teams helping to set the scene, these events give residents the chance to connect with others, support causes that matter to them and enjoy the simple pleasure of doing something good together.



THIS IS THE ONE



NO.1
KIDS' DRINK¹

STOCK NOW

BOARDING ON BRILLIANT

Mealtimes at boarding schools are not only about food, but also about creating an environment where students feel welcome. Students who board rely on catering teams to provide breakfast, lunch and supper seven days a week. This means that menu planning requires careful thought, flexibility and creativity. We spoke with boarding schools across the UK and Ireland to learn more about how catering teams are rising to the challenge.



Above: Gordonstoun offers nutritious, balanced and varied dishes

Below: Leiths Education courses are offered at Gordonstoun

Left: Gordonstoun's pork, ginger and chilli Chinese noodle breakfast broth

A WORLD OF FLAVOUR AT GORDONSTOUN

As Gordonstoun is an international school, menu planning can be complex as pupils come from different cultural and religious backgrounds with their own dietary requirements, preferences and expectations. Ross Burgess is head chef at Gordonstoun School in Moray, Scotland which has 480 pupils, mainly boarders, who come from a wide range of countries. "Our role goes far beyond simply providing meals. It's about creating food that is nutritious and balanced, while also being exciting, varied and something students genuinely look forward to. Having travelled extensively, I draw inspiration from cuisines around the world. That helps us create dishes that offer a sense of familiarity and comfort to pupils who may be a long way from home."

The biggest challenge is managing rising food costs as prices can change quickly. "We see these challenges as opportunities to be creative. Working closely with suppliers allows us to explore different cuts of meat, alternative fish species and seasonal produce that may be less commonly used," he says.

Gordonstoun operates on a three-week menu cycle, which is constantly evolving. New dishes are introduced at the start of each term and by the end of the academic year the menu has often been completely refreshed. Popular dishes include Asian soups such as Tom Yum and Pho. Another firm favourite is a Hawaiian Poke Bowl. "We typically use around 50 sides of salmon when it's on the menu," he says.



The school is the only one in Scotland to offer Leiths Education cookery courses, which are delivered by Ross and the catering manager. "Over the past two years we've been amazed by the enthusiasm shown by our students. This has sparked exciting conversations with the school and governing board about creating a dedicated teaching kitchen. Encouraging the next generation of chefs and hospitality professionals is something I care deeply about, and I believe this initiative could make a genuine difference in the years ahead," he says.



Top: Catering staff at Harrogate Ladies College dress up as Willy Wonka and the Oompa Loompas at Christmas



Above: World Oceans Day tasting table at Harrogate Ladies College encourages pupils to try new foods

PUPILS HAVE THEIR SAY AT HARROGATE LADIES' COLLEGE

Moving further south to Yorkshire, Harrogate Ladies' College, which has 60 boarders, regularly holds themed food events to introduce pupils to new cuisines. These include menus highlighting Diwali, Thanksgiving, the Lunar New Year and the catering team pull out all the stops for Christmas dinner. They have dressed up as Willy Wonka and the Oompa Loompas as well as The Grinch. Joanna Fox, principal, says, "These events bring variety to the dining experience and help foster a love of food among students."

Themed tasting tables are another way the school introduces students to different types of food. Joanna says, "They are a big success as they enable students to try new foods in a fun and engaging way. The World Oceans Day table featured tasters such as Mackerel Pâté Crostini and Grilled Sardine Fillet with Tomato Sauce."

Menus are changed every week with boarding students choosing their own menus at weekends. Sample dishes include Smokey Beef and Puy Lentil Chilli, Crispy Panko Breaded Chicken Burger and Cranberry and Vegetable Seeded Roast. 'Build your own' options such as salad bars, burrito bowls, pasta bars and sandwich stations continue to be popular.

Harrogate Ladies' College is the only independent school in Yorkshire to have achieved the Soil Association's Food for Life Catering Mark. Joanna attributes this success to "our talented team of skilled chefs – around 90% of produce is sourced locally. We are also a Fairtrade Fair Achiever School promoting ethical sourcing."

Students' feedback plays a key part in shaping the menu. Each term Food Committee meetings are held where pupils can give their opinion on the meals they've enjoyed and submit ideas. "We respond to pupils with a 'You Said, We Did' poster showing what actions the catering team has taken to pupil feedback," she says.





PANEER

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BRINGING EVERYONE TOGETHER AT VILLIERS SCHOOL

At Villiers School in Limerick, Ireland, catering is an important part of creating a family-like environment for boarding students. Susan Pena from the school says, "The dining hall is much more than a place to eat. It is one of the most important social spaces within the boarding community. Students from every corner of the world sit together, share experiences, discover new cultures and build friendships over shared meals. It is often around the dining table that some of the strongest connections within boarding are formed."

As the only authorised IB World School in Ireland offering the International Baccalaureate, it attracts students from over 50 countries. This means the catering team has to accommodate a variety of cultures, traditions and food preferences.

Susan says, "The role of the catering team extends well beyond cooking. They build relationships with students, become familiar with individual dietary needs and help create a warm atmosphere."

Menus, which follow a four-week menu cycle, are carefully planned in accordance with student feedback. This comes from monthly meetings between Orla Bolger, the catering manager and the Food Council, made up of boarders from each year group. Some dishes remain firm favourites regardless of nationality such as homemade curries, beefburgers and homemade "spice bags".

"It is often around the dining table that some of the strongest connections within boarding are formed."

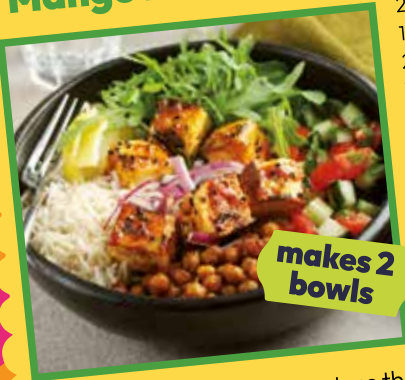
The skill, imagination and genuine care given to every service by catering teams in boarding schools across the UK and Ireland is inspirational. Their efforts help make school feel like home, giving pupils food to enjoy and a warm welcome at the table, wherever in the world they have come from.



Top: At Villiers School the dining hall is one of the most important social spaces within the boarding community

Left: The salad bar at Villiers School is popular

Mango Paneer Poke Bowl



makes 2 bowls

200g Param Paneer
150g cooked rice
2 tbsp mango chutney
1 tin chickpeas
1 tsp cumin, coriander, smoked paprika
2 tbsp veg oil
100g cucumber, diced
100g cherry tomatoes, diced
½ red onion, sliced
50g rocket
1 lemon
Black sesame seeds, to finish

Drain your chickpeas, then toss them with the spices and a splash of oil and roast at 180°C for 30 mins until crunchy. Mix your cucumber and tomatoes with lemon juice and seasoning.

Cube your Param Paneer and fry in oil until every side is gloriously golden. Stir in the mango chutney and keep it moving until the paneer is coated in a sweet, sticky glaze.

Build your bowl with a rice base, load up the rocket and zesty veg, then crown it with the mango-glazed paneer and crunchy chickpeas. Finish with a sprinkle of black sesame seeds.

Tandoori Paneer Loaded Naan



makes 3 naan

200g Param Paneer, cubed
3 small naans
3 tbsp tomato puree
1 tbsp chilli sauce
1 tsp cumin, smoked paprika & garlic powder
½ tsp ground ginger
1 tsp ground coriander & chilli powder
3 tbsp yogurt
2 tbsp mint sauce
1 yellow & green pepper
Chopped coriander and sliced chillies to serve

Mix together the dry spices with a splash of oil to create a vibrant paste. Toss in the paneer cubes and let those flavours soak in.

Thread your paneer and peppers onto the skewers. Grill or fry them until they're beautifully charred on all sides. Mix the tomato and chilli sauce together in one bowl and yogurt and mint sauce in another.

Warm your naans in the oven, then spread them generously with your tomato-chilli mix and pop them back in for 5 minutes.

Slide the sizzling skewers onto your naans. Finish with a swirl of the minty yogurt, fresh coriander and sliced chilli.

To find out more, pick up with your Account Manager today or email: hello@param-foods.com



Powerful drops of inspiration

THE ESSENCE OF WINTER



STICKY TOFFEE CARAMEL LATTE

INGREDIENTS

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

METHOD

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



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40 YEARS, ONE LEGACY

Born and raised in Devon, David Cousins' career in hospitality began working for the family fish and chip shop, restaurant and bakery. A passionate baker and people person, his future was clear and laid out in front of him until he became love struck at the age of 22 and turned his whole life around.



Falling for one of the waitresses working in the family restaurant sounds fairly normal, but as the waitress was married and this was half a century ago, it caused a big scandal. Deciding love would beat all, the couple eloped to the seaside village of Westward Ho! in North Devon, where David initially took on a job as a restaurant manager.

During the eighties, David saw the potential in a disused old jewellery shop 150 metres from the sea and together the happy couple decided it was time to go their own way once again. Country Cousins Restaurant opened its doors in 1986 and celebrated its 40th birthday last April. Now 76 years old, David still runs the restaurant with the same vigour, enthusiasm and principles as when he started.

“The way people socialise and eat has changed and there is so much more competition now.”

“After 40 years I can honestly say I still love my job,” says David. “I actually retired a few years ago and leased out the business. It was a real struggle to adapt to doing nothing and when the new tenants couldn't make it work, I didn't hesitate in taking the reins again.”

The business employs around 16 staff members and serves around 150-200 covers a day. “It's not like it used to be that's for sure. We'd be doing 200-300 covers a day. Now it's more like 150 midweek and 200 on a Sunday. The way people socialise and eat has changed and there is so much more competition now, plus the cost-of-living crisis is continuing to squeeze the pockets of consumers.”

With a friendly welcome, the finest customer service and excellent value, the restaurant focuses on traditional Devonshire home-cooked dishes made using locally sourced ingredients. “We have always stuck to what we know so I would say our menu is very classical English. We offer great

seafood as we have amazing produce on our doorstep, bountiful breakfasts, pies, burgers, steaks, salads, ploughman's, Devonshire cream teas and we also have an all-day carvery with seven veg, two types of potatoes and three meats on offer.”

“We use a wide selection of the Country Range products across our menu including the seasonings, sauces and key staple store cupboard ingredients. They never let us down.”

On the future, David has no plans to give it all up again. “I tried the retirement lark and that wasn't for me. I will continue until I literally can't do it anymore. I have two daughters who are my pride and joy so I am hoping one of them may continue the legacy.”

Country Cousins Restaurant
www.countrycousinsrestaurant.co.uk

Above right
(top to bottom):
Yasmin Keyte, Mercedes
Cousins and David Cousins
Country Cousins Restaurant
offers takeaway hot drinks
Below: Country Cousins
Restaurant's all-day carvery



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GLOBAL LESSONS IN GREENER CATERING

How the World's Boldest Operators Are Rewriting Sustainability

Operators in the UK and Ireland's hospitality sector are no stranger to green catering. The Sustainable Restaurant Association's Food Made Good standard, WRAP's Guardians of Grub and the rollout of Simpler Recycling have all pushed the industry on over the years. Look overseas, though, and a handful of operators are working at a level we rarely match. Here's what they're doing and how their thinking travels back home.



THE CLOSED-LOOP KITCHEN

In Bali, Locavore NXT diverted 98.4% of its waste from landfill in its first year, an achievement that won it the 2025 Asia's 50 Best Sustainable Restaurant Award. A purpose-built circular waste centre with a hot composter, plastic shredder and more than 20,000 worms processing sewage sits alongside solar panels that deliver 30% of its power and a fermentation kitchen that turns trimmings into new dishes.

Few caterers here could build that from scratch, but the transferable idea we can take from it is to measure waste at source then design it out, one stream at a time. Start small by:

- Weighing and logging waste by type before changing anything
- Turning one recurring offcut into a menu item rather than a bin liability
- Sending unavoidable scraps to composting or anaerobic digestion, not landfill

ACHIEVING ORGANIC MEALS AT SCALE, WITHOUT THE PREMIUM

In Copenhagen, there are approximately 900 public kitchens, feeding nurseries, schools, hospitals, elderly homes and prisons which operate using around 85%

organic ingredients - and they did it inside existing budgets. They offset the premium of organic food by serving less meat, cooking from scratch and cutting waste, before reinvesting the savings they made.

The lesson to be learnt here is that more plants and less waste can fund better sourcing rather than blow the budget. For public-sector caterers, it's a proven route that's worth investigating.

CARBON LABELLING

Menu transparency is where overseas operators are pulling ahead fastest overall. In New York, Just Salad became the first US chain to carbon-label its menu and reported just under a 10% increase in sales of low-carbon dishes after launching its Climatarian filter. In Sweden, the platform Klimato gives caterers an A to E climate rating per dish, and its hotel clients report a similar year-on-year lift in green meal sales.

When looking abroad for inspiration, the best international operators treat sustainability as an operating system, not a bolt-on. None of it demands the investment of a Balinese worm farm, it needs a starting point from which to grow.



CARBON LABELLING IN FOUR STEPS

The costed recipes you use for pricing carry the same ingredient data a carbon calculator runs on.

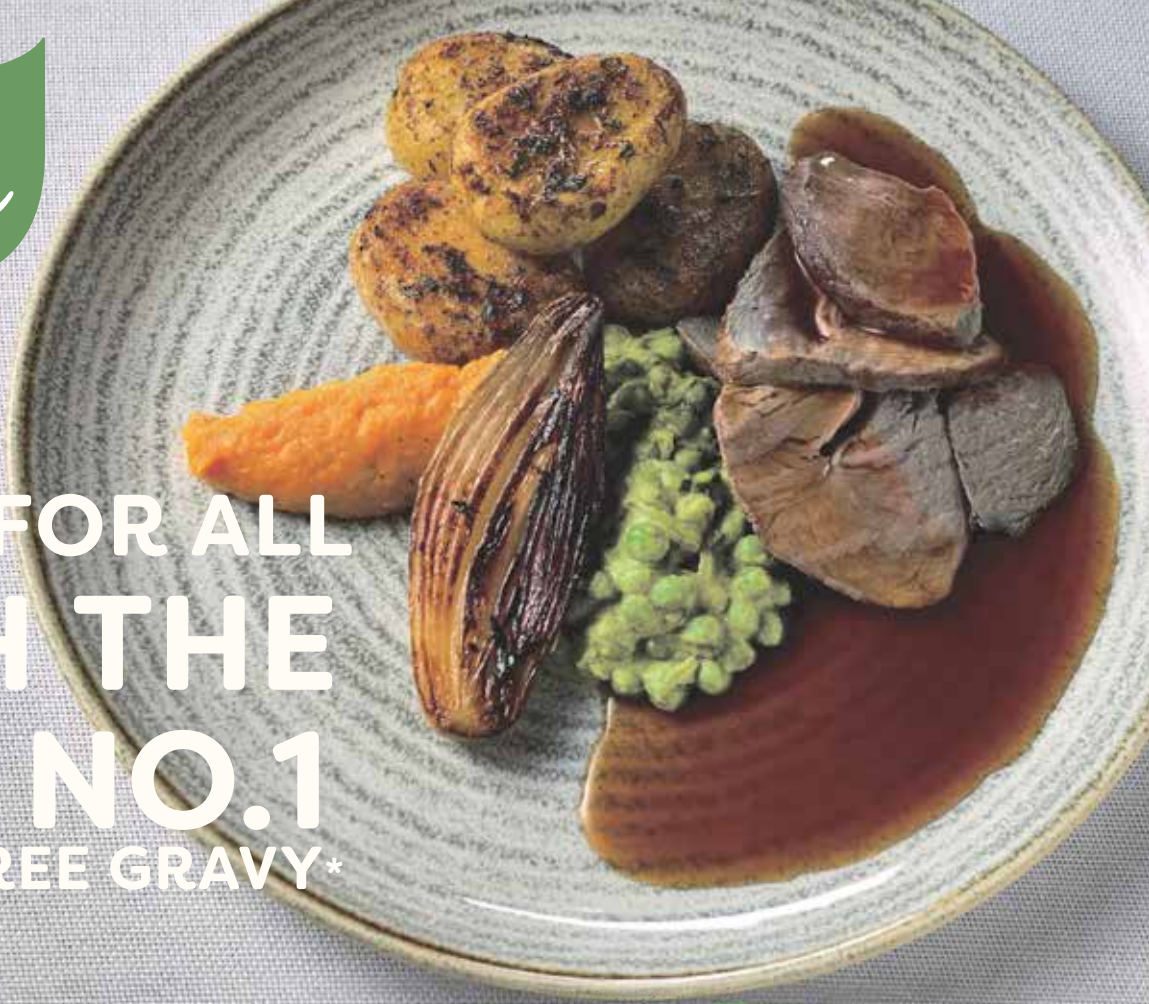
- 1 Choose a tool that fits your scale, such as UK-built Foodsteps or Sweden's Klimato. Both turn a recipe upload into an A to E rating
- 2 Rebalance the heaviest dishes and move a low-carbon option to the top of the menu, where it sells
- 3 Label the dishes simply with A to E per dish on a menu, board or app, and add a QR code to provide detail
- 4 Follow the CMA Green Claims Code, comparing within your own menu, evidencing every figure and avoiding "eco" claims you can't back

One high-volume dish makes a perfectly good pilot and builds the internal case before you commit to a subscription. The University of Sussex already carbon-labels every campus outlet, so the public-sector template is there for inspiration.



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[^]This product does not contain allergenic ingredients which require declaration under EU regulation 1169/2011 [Annex II]. ^{*}Aggregated UK wholesaler value sales 52 WE 28/03/2023. ^{**}Department of Health UK 2024 salt targets for bouillon

Cosy Season

With the green leaves of summer almost gone and the russet reds and browns of autumn taking centre stage, it's the same inside many kitchens as hearty stews, soups, casseroles, pies and slow-cooked saviours start to appear once more. October always presents plenty of opportunities for creative chefs to sink their teeth into and kick off autumn in style. From National Curry Week, National Sausage Week and Apple Day to International Chefs Day and Halloween all crammed into one month, here are our latest products, ideas and inspiration to help you rise to the challenge this autumn.

NEW

NEW THIS OCTOBER

SIGNATURE BY COUNTRY RANGE CARAMELISED RED ONION SAUSAGES - 4 X 1KG PACKS

We're thrilled to be adding to our sizzling sausage selection with the launch of our new Signature by Country Range Caramelised Red Onion Sausages this month. An extension of the successful Signature Pork and Cumberland variants that we launched in January, these superior sausages have a 75% pork content with the addition of a caramelised red onion relish providing irresistible sweet notes and depth of flavour.

Free from both gluten and the 14 major allergens, these top quality sausages come in compact 1kg bags that are easy to store, and they can also be cooked from frozen to save time and reduce wastage.

*Signature by Country
Range Mashed
Potatoes with Butter*

With National Sausage Week kicking off on the 26th October, there is no better time to experiment. For a comfort food classic combo, don't forget to pair with our Signature Mashed Potatoes with Butter for a perfect partnership this autumn.



*Caramelised Red Onion Sausages
with braised red cabbage and apple*



NEW

*Let's get
ready
to crumble*

**COUNTRY RANGE TOFFEE APPLE CRUMBLE TART
1 X 12 PRE-PORTIONED**

With Apple Day taking place on the 21st of the month, we're unleashing a new tantalisingly tasty tart providing a wonderful way to celebrate. The new Country Range Toffee Apple Crumble Tart is an awesome autumnal dessert with a sweet baked shortcrust pastry base filled with toffee and jelled chunky Bramley apples. This delicious dessert is topped with a cinnamon crumble and a sprinkling of demerara sugar. A gorgeous twist on a classic, it is a great time-saver for busy kitchens and comes frozen in 12 pre-portioned servings.

On the way this winter

For chefs keeping one eye on winter and the fast-approaching festive season, here's a quick glimpse of some of the sensational products set to launch in the coming months to give your creativity and menus a boost.

COUNTRY RANGE PORK, CHICKEN, APPLE & CRANBERRY STUFFING - 8 X 500G

COUNTRY RANGE PORK SAUSAGE MEAT - 8 X 500G

COUNTRY RANGE PANETTONE BREAD & BUTTER PUDDING - 1 X 18 PRE-PORTIONED

COUNTRY RANGE STICKY TOFFEE GINGER PARKIN - 1 X 19 PRE-PORTIONED

COUNTRY RANGE ITALIAN STYLE PLUM TART - 1 X 12 PRE-PORTIONED

COUNTRY RANGE RHUBARB & CUSTARD CRUMBLE TORTE - 1 X 14 PRE-PORTIONED

NEW

"I use so many Country Range products that it is impossible to pick a favourite. The quality is excellent" - Head Chef

A SCARE IN CARE

It can be a challenge for chefs in the care sector to ensure inclusivity, especially when it comes to running special menus, themes and events so this month we have teamed up with the illustrious iddsi Consultant Andy Cullum for some bewitching recipes for Halloween. His latest ingenious creation is a Witch's Cauldron Toffee Apple Crumble, which can be easily modified for people with dysphagia.



Level 5 Minced and Moist



Level 4 Puréed



For more guidance on catering for people with dysphagia, download our free guide to the IDDSI Framework.



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NEXT GEN CHEFS

Amanda McGuire – National Head of Careers & Education, Springboard

Having worked for The Springboard Charity and Springboard UK for over 25 years, Amanda McGuire has a deep understanding of how important it is to nurture talent across the hospitality sector. She has spent the last 10 years of her employment leading careers and education programmes for the industry. It was a natural choice that we sought Amanda's advice and expertise on the importance of developing and encouraging young people into kitchen environments.



WHAT DOES THE TALENT PIPELINE INTO PROFESSIONAL KITCHENS LOOK LIKE RIGHT NOW?

From employers, we hear that the talent pipeline is

challenging and it's not just about current vacancies; they are concerned about whether young people see hospitality, and kitchens in particular, as a positive long-term career.

There is demand for chefs at every level, especially entry-level talent who will stay and build their craft. Many young people still associate hospitality with long hours, low pay and limited progression. We know that is outdated, but perception remains a major barrier.

A stronger bridge between schools, training providers and industry is needed, so young people can experience modern kitchens, meet role models and understand the breadth of careers available.

WHAT ADVICE WOULD YOU GIVE TO A SMALL BUSINESS THAT WANTS TO NURTURE TALENT BUT DOES NOT HAVE THE BUDGET OF LARGER ORGANISATIONS?

Start small, but deliberately. Talent development does not have to mean a graduate scheme or training programme.

It can begin with one young person, one meaningful work experience placement, or a conversation about what a hospitality career can offer.

Young people need exposure to understand the range of kitchen careers. If every small operator created one positive first experience, the collective impact would be enormous. Young people remember the person who gave them a chance.

WHAT ARE THE FUNDAMENTALS OF GETTING THAT FIRST WEEK RIGHT?

The first week is critical because it shapes how that young person sees the industry. The fundamentals are clarity, kindness and structure: they should know where to go, who to ask for, what is expected, and that questions are welcome.

The chef's role is to make the environment feel safe, professional and welcoming through proper introductions, clear basics and small tasks that help the young person feel useful without being overwhelmed.

WHAT DOES GOOD MENTORING ACTUALLY LOOK LIKE DAY TO DAY?

Good mentoring is both structured and informal. Young people need to know what they are working towards, but real learning often happens in the small moments: explaining a dish, showing how to

Above: The 12 FutureChef Finalists 2026.

Below: One of the winning dishes.



organise a section, or taking two minutes to say what went well and what to try next.

The best mentors keep it simple. They are consistent, patient and interested. They notice effort, correct standards clearly, and show that every task, even the basic ones, is part of becoming a professional.

WHAT SKILLS DO SENIOR KITCHEN STAFF NEED TO BRING YOUNG PEOPLE ON WELL?

Being a brilliant chef and developing a young person are not always the same skill. Communication, patience and the ability to break tasks down in a simple and relatable way are key.

They also need to remember what it felt like to be new. A young person may not understand kitchen language, pace or pressure, so the chef has to translate that world and set clear expectations.

WHAT DO THE CHEFS WHO VOLUNTEER FOR FUTURECHEF TELL YOU THEY GET OUT OF IT PERSONALLY AND PROFESSIONALLY?

They tell us it is genuinely energising. Many volunteer because they want to give something back, but working with young people often reminds them why they fell in love with food in the first place.

Professionally, it develops leadership and coaching skills. Chefs have to explain, encourage, judge fairly and inspire. We also see many FutureChefs go on to build lasting relationships with their mentors, often staying connected and working with them well beyond the programme.

HOW IS FUTURECHEF SHAPING YOUNG TALENT?

Graeme Cheevers is a great example. He first came through FutureChef in 2003, and today he is chef owner of Unalome in Glasgow, which has achieved Michelin-star recognition and has just opened his new restaurant Loma at Cameron House. His journey shows why early inspiration matters.

FutureChef helped give Graeme an early platform, confidence and industry connection. His success is down to his talent and determination, and he now gives back through alumni events and judging the competition regionally and nationally.

“There is demand for chefs at every level, especially entry-level talent who will stay and build their craft.”



Springboard FutureChef Contestants.

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A Festive Table That Caters For Everyone

Christmas menus have to do more than capture the flavours and traditions of the season. They also need to meet the expectations of guests with a growing range of dietary requirements, without making anyone feel like they're choosing a compromise.

The good news is that catering for different dietary needs doesn't mean reinventing the classics. We've asked chefs and industry experts to share their top tips for creating festive menus that are welcoming, memorable and packed with Christmas spirit, whatever guests' dietary requirements may be.



GARETH PENN

Head Chef, Spaces The Spine

We like to focus on high-quality seasonal ingredients, cooking techniques, and thorough menu development, ensuring

vegetarian, vegan and allergen-conscious options all deliver the same food experience as any other dish on the menu.

We have clear kitchen processes and deliver regular staff training, particularly around allergen management, cross-contamination prevention, and accurate communication with our event managers about our guest requirements.

We're seeing a growing demand for plant-based dishes that appeal to all guests, not just those with specific requirements, and have created dishes such as Beetroot Carpaccio with Whipped Vegan Goats' Cheese, for example.

You're all invited

Root Vegetable Broth With Gremolata Oil

CREDIT: PREMIER FOODS

SERVES: 10

COOKING TIME: 20MINS

INGREDIENTS

- 400g carrots, diced
- 400g parsnips, diced
- 300g swede, diced
- 200g leeks, sliced
- 2ltr boiling water
- 50g vegetable bouillon paste
- 50ml olive oil
- Black pepper

For gremolata oil:

- 50ml olive oil
- Zest of 1 lemon
- 10g fresh parsley, finely chopped
- 1 clove garlic, grated

METHOD

1. In a large pan, add the carrots, parsnips and swede, cover with water and bring to the boil. Add the vegetable bouillon paste, bring to a simmer for 5 minutes then add the leeks and simmer for a further 10 minutes, season with ground pepper.
2. To make the gremolata oil. Mix the olive oil, lemon zest, parsley, and garlic. Allow to infuse before serving.
3. To serve, ladle broth with the vegetables into bowls and drizzle with gremolata oil to finish.



LOUISE WAGSTAFFE

Senior Culinary Advisor, Premier Foods

45% of diners prefer traditional flavours when eating out during the festive season*. The challenge for operators is delivering the festive classics customers love while

catering to a wide range of dietary requirements.

One of my favourite recipes is our Bisto Root Vegetable Broth with Gremolata Oil. It's a great example of how operators can offer something warming, seasonal and full of flavour, while catering to guests looking for meat-free options. The root vegetables bring festive comfort, and the lemon, garlic and parsley gremolata adds freshness and depth.

*Premier Foods, Unwrapping Festive Flavour: Trends, Traditions and Touches, survey of 2,000 UK adults who dine out in December, conducted 3–8 October 2025



FRANK HAAR AND ADAM DAVIES

Executive Chefs, Titanic Hotel Liverpool

We focus on seasonal, local produce and high-quality ingredients, keeping festive classics recognisable while adding a modern twist and adapting dishes where

possible to meet dietary requirements. We use classic Christmas aromatics, balanced sweet and savoury elements, and festive spirits to evoke familiar seasonal memories while letting natural ingredients shine.

Demand for gluten-free and plant-based options continues to grow, with dishes such as Wild Mushroom and Truffle Arancini or a plant-based festive roast proving that inclusive dining can still feel indulgent and celebratory.



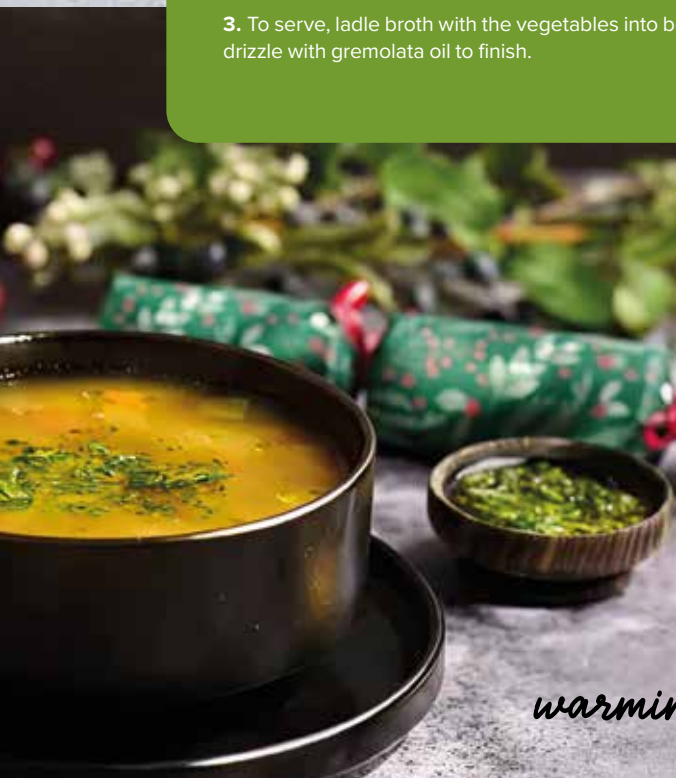
ROBERT PEARCE

Executive Chef, Down Hall

When you take out dairy or gluten, you don't want the dish to feel thin. Use techniques like charring over an open flame to build texture, and use things like seed pestos, nut creams, or rich vegetable sauces to get that comforting thickness.

A massive crowd-pleaser that ticks a lot of boxes (it's naturally vegan and gluten-free) is our Fire-Roasted Butternut Squash Soup. We serve it with a pesto made from homegrown sage and pumpkin seeds, and finish it with fresh winter truffle. Cooking the squash over an open fire brings out a really deep, sweet flavour that goes brilliantly with the earthy truffle. It gives guests all the comfort and luxury they want from a Christmas starter, without having to compromise on anything.

We write our descriptions to focus entirely on the flavours and where the food comes from, rather than cluttering the page with massive lists of what isn't in the dish. Instead, we use a simple key for things like vegan or gluten-free, and put a QR code at the bottom of the page. Guests can just scan it to see the full allergen list. It stops the menu from looking like a medical checklist and lets the food do the talking.



warming, seasonal and full of flavour

**ALEX CONNELL***Roving Chef, Vegetarian for Life (VFL)*

Creating a festive menu that meets a range of dietary needs starts with thoughtful planning. Plant-based dishes are an excellent foundation because they're suitable for vegans and vegetarians while also being enjoyed by meat-eaters. Many festive favourites – from Christmas Pudding to mince pies – can be made without eggs or dairy, and using gluten-free flour means they're suitable for many people with coeliac disease too. The aim is to create dishes everyone can share and enjoy together, proving that inclusive food can be every bit as festive, indulgent and full of flavour.

**CLAIRE BANNERMAN***Roving Chef, Vegetarian for Life (VFL)*

A successful vegan Christmas menu is built around seasonal ingredients, bold flavours and satisfying textures. Choose a standout centrepiece, such as a Mushroom Wellington or Stuffed Squash, and add depth with umami-rich ingredients like mushrooms, miso and herbs. Balance richer dishes with crisp, creamy and crunchy textures, alongside festive flavours such as sage, rosemary, cranberries and chestnuts. Where possible, adapt recipes for additional dietary requirements, including gluten-free and nut-free diets, while using protein-rich ingredients like lentils, beans or tofu. Finish with an indulgent vegan dessert to complete the celebration.



*vegan raw mini tarts
with cashew cream, mango purée
and passion fruit*



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Felix FRAGRANT MONKFISH Coconut Curry

After nearly a decade of success, a new young chef is now at the helm of Felix Restaurant Bar and Grill in Essex who is eager to put his own local stamp on the business. The first of the two Felix restaurants in Billericay launched in 2017 with the second venue opening its doors the following year in Warley.

With both restaurants garnering reputations for their stunning surroundings, design and dining, new chef Kierran Carr has big shoes to fill, but he is hungry for the challenge. "It's an amazing place to work and I feel very lucky to have been promoted to the Head Chef role," says Kierran. "The business is going through a bit of a shift so it's an incredibly exciting time and a fantastic opportunity to build a team, push the food I am passionate about and make my mark."

Starting out as a kitchen porter to earn some pocket money as a teenager, Kierran quickly found a love of the kitchen and enrolled at college where he completed his cookery qualifications. From there he gained experience at various fine dining restaurants before joining Felix.

"The former Head Chef at Felix was of Asian heritage so the previous menu reflected that. Rather than try to be something that I am not, I want to showcase my identity as a chef, while celebrating the countryside, coast, local producers and seasonal produce we're blessed with. This recipe has become a Felix favourite featuring succulent monkfish gently cooked in a fragrant coconut curry sauce made using the Country Range Coconut Milk."



**KIERRAN
CARR**

CREDIT: KIERRAN CARR

SERVES: 1

COOKING TIME: 10MINS

INGREDIENTS

- 150ml Country Range Coconut Milk
- 5g Country Range Garlic Purée
- 1tsp Country Range Curry Powder
- 180g monkfish tail, diced
- 30g diced onion
- 5g ginger purée
- 50ml fish stock
- Mixed seasonal vegetables
- Lime juice and coriander



METHOD

1. Sweat the onion, garlic and ginger until softened.
2. Add the curry powder and cook for one minute.
3. Pour in the Country Range Coconut Milk and fish stock, then simmer gently.
4. Add the monkfish and cook for 4–5 minutes before adding the vegetables.
5. Finish with a squeeze of lime juice and coriander before serving with steamed rice.

For more information, visit <https://www.felixrestaurants.co.uk/>

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BOSH!

**HENRY FIRTH & IAN THEASBY,
CO-FOUNDERS, BOSH!**

With six Sunday Times bestsellers, a million cookbooks sold and over 3.5 million social media followers, BOSH! has been the beating pulse of the plant-based movement. We caught up with Henry Firth and Ian Theasby to discuss their culinary journeys.

What are your first memories of food as a youngster?

Ian: Some of my fondest early food memories revolve around Sunday dinners at my grandparents' house in Lincolnshire. My granddad was a farmer, and my grandma made the best Sunday roasts I have ever tasted, and probably ever will. Her roast potatoes were truly out of this world.

What were your favourite dinner time dishes growing up?

Henry: I loved my mum's lasagne growing up. She taught me how to make it, and I really enjoy the process of making it myself. It's always a real crowd pleaser. I think my mum would agree that my lasagnes are almost as good as hers now.

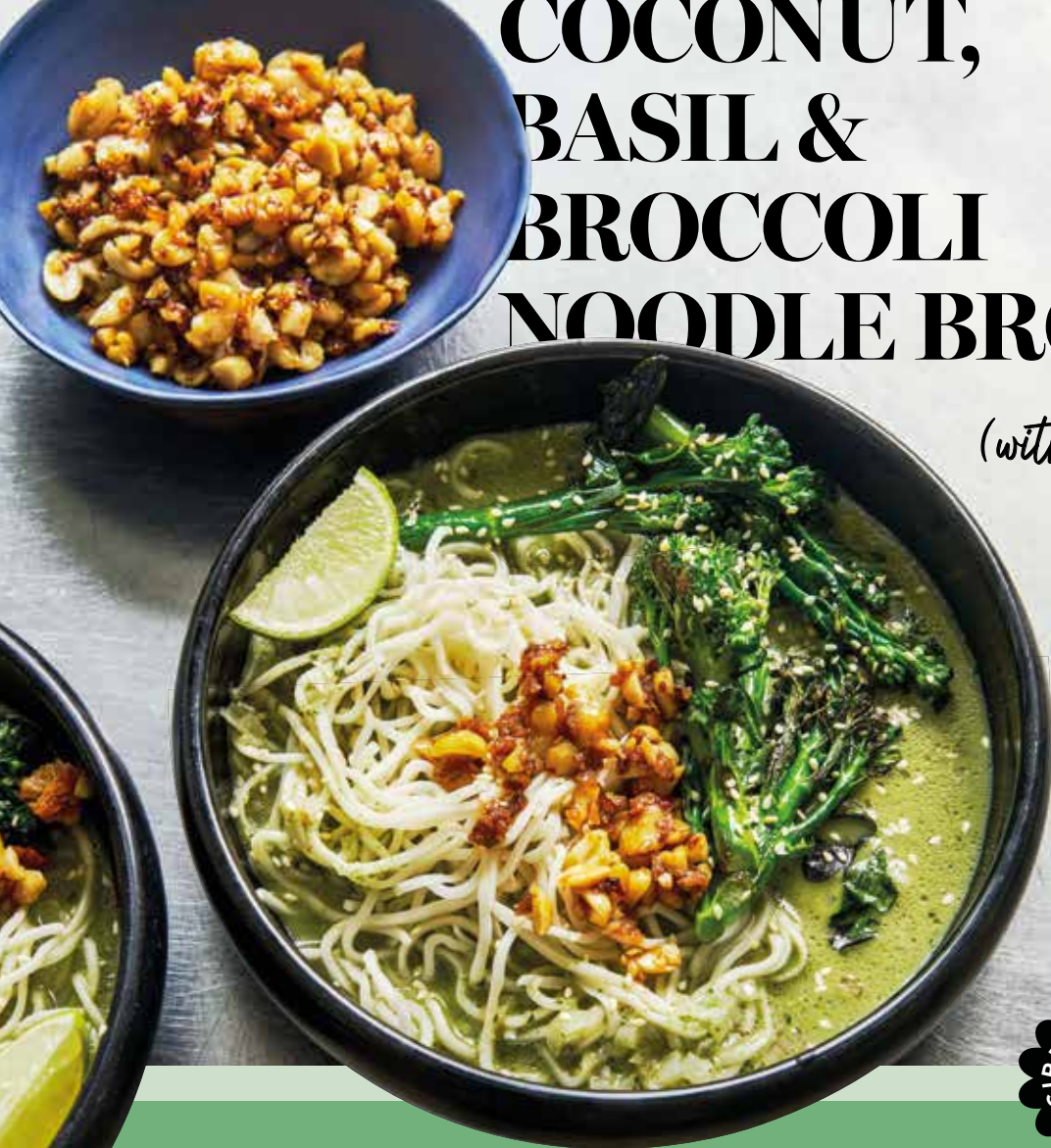
How did your plant-based journey begin?

Ian: My plant-based journey began with a New Year's resolution. It was 2014 and I wanted to kick off 2015 in a positive way. I was carrying a little too much weight at the time and wanted to change my diet for the better, so I decided to try going plant-based for three months. At the end of those three months, I felt fantastic, so I carried on. It turned out to be a very good New Year's resolution.



COCONUT, BASIL & BROCCOLI NOODLE BROTH

(with Spicy Peanut Rayu)



CREDIT: HENRY FIRTH & IAN THEASBY

SERVES: 2

COOKING TIME: 15MINS

INGREDIENTS

- 4 banana shallots
- 4 garlic cloves
- 5cm piece of fresh ginger
- 400g can coconut milk
- 70g basil (or Thai basil)
- 2tbsp neutral oil of your choice
- 750ml vegetable stock
- 150g long-stem broccoli
- 200g dried ramen noodles, preferably wholewheat
- sesame seeds, to serve

For the rayu:

- 1 lime
- 100g roasted unsalted peanuts
- 2tbsp crispy chilli oil
- 1tbsp light soy sauce
- generous pinch of sugar
- sea salt

METHOD

1. Peel and finely chop the shallots. Peel and grate the garlic and ginger. Blend the coconut milk with the basil until smooth and set aside.
2. Heat half the oil in a large saucepan over a medium-high heat. Add the shallots and ginger and cook for 6–7 minutes. Add the garlic and cook for another minute. Remove half of the shallot mixture to a small bowl. Pour the stock into the pan and bring to a simmer. Turn the heat to low and keep the broth on a gentle simmer.
3. Juice half the lime and cut the other into wedges. Roughly chop the peanuts. Add the crispy chilli oil, soy sauce, and peanuts to the reserved fried shallot mixture. Taste and adjust the seasoning with sugar, salt, and the lime juice.
4. Heat the remaining 1 tablespoon of oil in a medium frying pan over a high heat. Add the broccoli with a pinch of salt and stir-fry for 2–3 minutes, until tender and slightly charred.
5. Cook the noodles following the instructions on the packet, then drain.
6. Divide the coconut basil mixture between your serving bowls, then pour in the hot broth. Add the cooked noodles and top with the charred broccoli. Drizzle generously with the peanut rayu and sprinkle with sesame seeds.

Henry: Ian and I were living together when he first adopted a plant-based diet. He told me about a documentary called *Cowspiracy*, which opened my eyes to the connection between food and the climate. I adopted a plant-based diet the very next day and have never turned back.

How did it turn into a career?

Ian: We were cooking together quite frequently, and over the course of a year we had developed some really tasty recipes and interesting techniques to get the most out of vegetables. We wanted to share what we had learned, so we started posting videos on Facebook. They were very well received, so we doubled down and built a business with the sole focus of getting more plants on the plate.

It's ten years since you started BOSH!, did you have any idea how big the platform and plant-based food would become?

Henry: Right from the get-go we saw that plant-based food could become a mega trend, so we threw everything at it. We released new videos every day and continue to do so. It's been great to see plant-based food become popular and normalised over the course of the past decade.

What do you consider your biggest achievements?

Ian: Our first cookbook is the biggest-selling plant-based cookbook ever, which

is obviously something we're very proud of. Having a line of products in the UK's biggest retailer is another big achievement.

What is your favourite dish to cook and eat right now?

Henry: I just love a stir fry. They're incredibly versatile, quick to rustle up and super healthy. If you throw in a good amount of tofu or tempeh, you get more than enough protein.

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

Ian: Olive oil, firm tofu, brown rice, salt and a bag of mixed vegetables. With those five things you'll always have a tasty meal that ticks all the nutritional boxes.

Three kitchen secrets for plant-based success.

Henry: Get yourself a sharp knife and keep it sharp. Write a list before you go to the supermarket, so you don't get flustered and overbuy. And make sure you get enough protein. Tofu is about as versatile an ingredient as there is. Learn how to cook with it.

Can you share a recipe for one of your signature dishes?

Henry and Ian: This Coconut Basil and Broccoli Noodle Broth is from our latest book *More Plants* and is one I can't stop making. It's comforting, nourishing, and full of vibrant, slurp-able goodness.

BOSH! More Plants by Henry Firth and Ian Theasby, which is out now priced at £22. Win a copy! See page 53.



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STEAKHOUSE DIRTY FRIES

Loaded fries is a trend that isn't going away any time soon. This elevated version involves steak and a delicious rich peppercorn sauce made with a good quality gravy mix. Don't forget to pour the lovely pan juices all over the top for maximum flavour.



Making ends meet

FROM ROAST TO RICHES

With food costs continuing to fluctuate and labour remaining one of the biggest pressures on commercial kitchens, finding hardworking ingredients that deliver consistency and versatility has never been more important. This month, Paul Dickson shares why gravy mix deserves to be seen as much more than a Sunday roast essential and how it can become one of the most useful products in your store cupboard.

I'll always champion making gravy from scratch when time, staffing and pan juices allow, but that's not always practical in a busy catering environment. A good quality gravy mix offers chefs consistency, speed and excellent value while acting as a fantastic base for countless dishes. Rather than simply serving it alongside roast meats, think of it as a rich savoury ingredient that adds body, seasoning and depth to recipes. With a few fresh ingredients and a little creativity, you can transform a simple gravy mix into dishes that feel completely homemade while helping control food costs and reduce preparation time. Here are three easy ideas.

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.



Loaded Yorkshire Pudding Bowl

Yorkshire puddings are no longer just for Sunday lunch. Fill a large Yorkshire pudding with sausages, buttery mashed potato and seasonal vegetables before finishing with plenty of rich onion gravy. It's a comforting, cost-effective dish that's perfect for pubs, cafés and winter menus.



French Onion Meatballs

Turn classic beef meatballs into a crowd-pleasing mashup by simmering them in a rich onion gravy made with caramelised onions and gravy mix before topping with mature cheddar and baking until bubbling. Serve with creamy mash, garlic bread or buttered pasta for a simple dish that delivers maximum flavour with minimal preparation.

MORE WAYS TO MAKE ENDS MEET WITH GRAVY MIX

- Pie Fillings
- Slow-Cooked Beef Brisket
- Cottage Pie
- Beef Stroganoff
- Sausage & Onion Casserole
- Open Steak Sandwich
- Stews & Casseroles
- Soups
- As an Umami-Rich Seasoning



Country Range
Gravy Mix
Pack Size: 2 x 2kg



macphie

**SIMPLY
CLEVER
FOOD**

SIMPLY HEAT, CHILL & SERVE

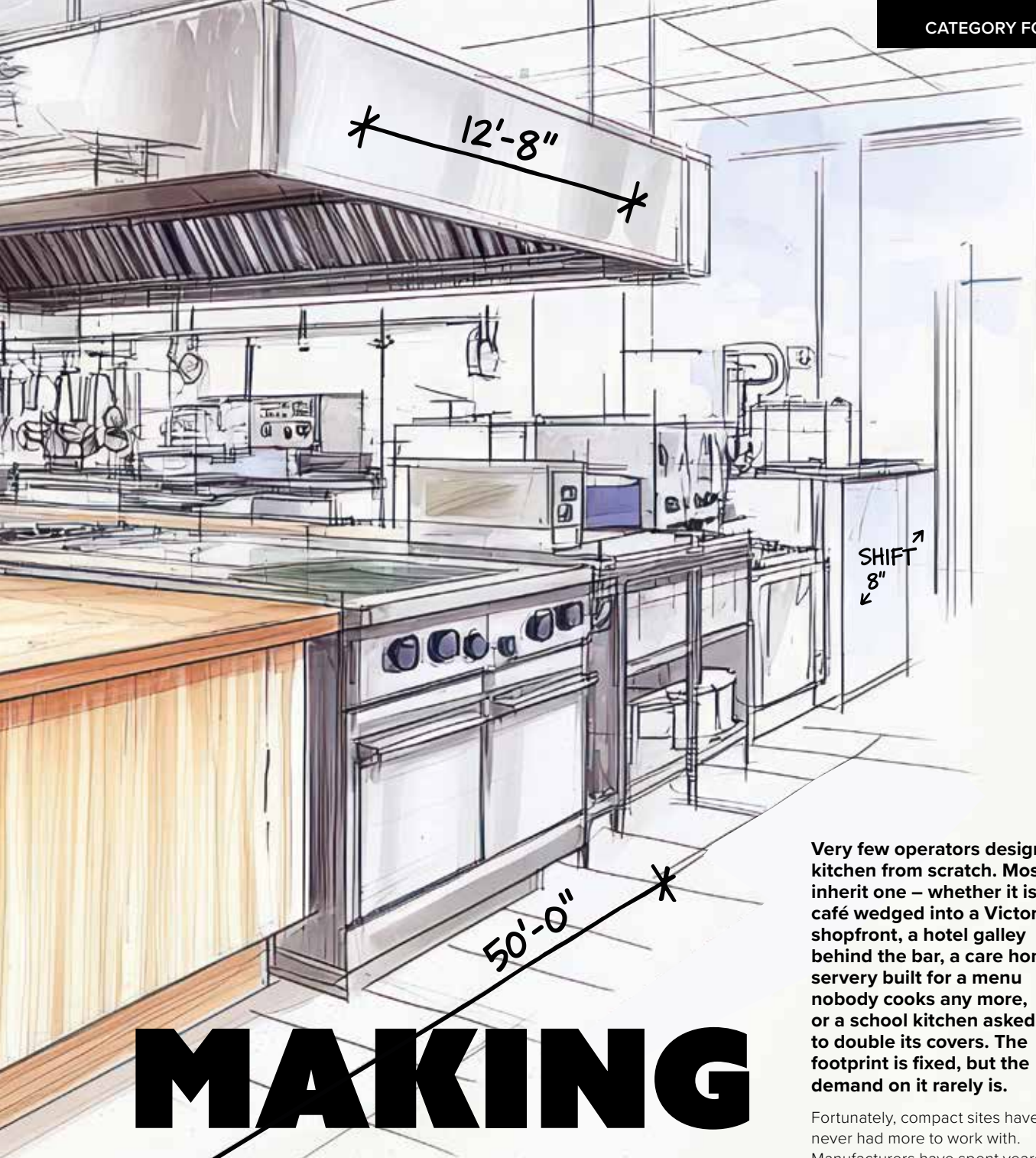
Easy to use with a simple heat, chill, serve instruction, our dessert range delivers delicious dishes that you can add your own stamp of flavour and flair to.

They come in 1 litre cartons made from 87% renewable material, it's just as sweet for the environment as it is for your customers.



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FULL DESSERT
RANGE**

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Very few operators design a kitchen from scratch. Most inherit one – whether it is a café wedged into a Victorian shopfront, a hotel galley behind the bar, a care home servery built for a menu nobody cooks any more, or a school kitchen asked to double its covers. The footprint is fixed, but the demand on it rarely is.

Fortunately, compact sites have never had more to work with. Manufacturers have spent years shrinking footprints, stacking functions and cutting heat output. The biggest gains for operators now come from pairing that equipment with insights into how people move.

MAKING EVERY CENTIMETRE COUNT

*How Compact Kitchens
are Punching Well Above
their Footprint*

GET TOP MARKS IN COMPLIANCE.

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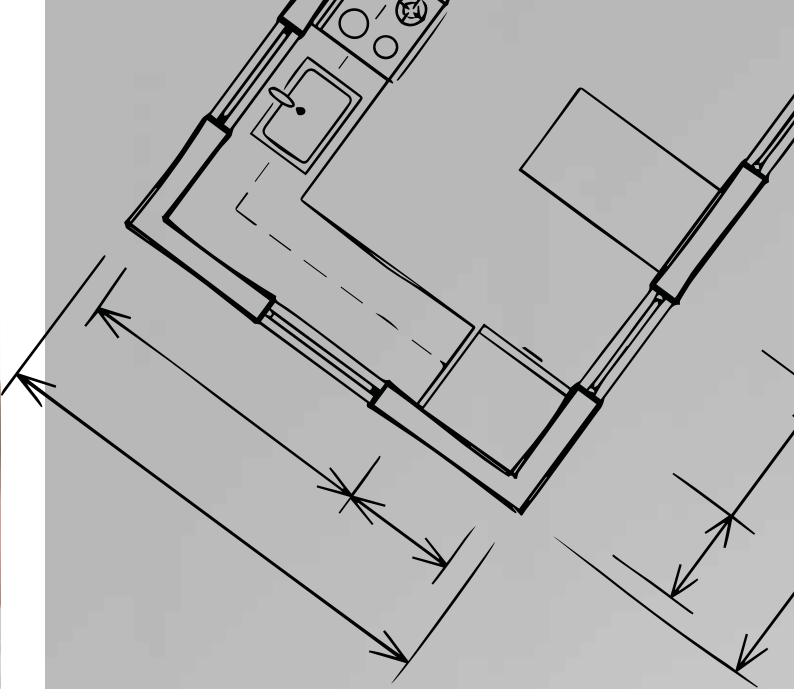


Gluten free



VEGAN

floraprofessional.com/en-gb



START WITH THE FLOW, NOT THE FLOOR PLAN

One of the biggest mistakes operators make is trying to fit as much equipment as possible into a compact space. Alimah Awan, owner of The Toll House which operates from a very small kitchen, believes the starting point should always be workflow. "A practical tip for fitting equipment into a small kitchen is to design the layout around workflow rather than simply trying to squeeze in as much equipment as possible," she says. "For example, we look at how staff move during service, where ingredients are stored, where food is prepped, and where finished items need to go. If the flow is wrong, even a well-equipped kitchen can become inefficient very quickly."

Grouping storage, preparation and cooking zones together reduces unnecessary movement and helps minimise bottlenecks during busy services. "All refrigerated storage should be placed close together, there should be an area for cooking equipment with effective ventilation, and food prep stations should be placed between storage and cooking areas for the seamless movement of food in the kitchen," recommends Mark Conron, Group Head of Customer Communications at Nisbets UK.

Worktop space is the scarcest resource in a small kitchen, so the smartest layouts push everything else above or below it. This kind of vertical thinking extends to cooking lines too. "For compact kitchens, sourcing multi-functional, stackable solutions proves an ideal way of utilising space cleverly," says Justin Cadbury, Chairman and CEO of Synergy Grill Technology. "Synergy grills and griddles are designed to be able to sit on top of refrigerated counters. This is a big tick in the box for space utilisation as sites can utilise space vertically while also enhancing kitchen flow with food prep being refrigerated directly underneath the grill."

Refrigeration is where the squeeze bites hardest. "Refrigeration causes a dilemma in smaller kitchens as operators need high-capacity units that can easily fit the available space," says Mark. Counter and undercounter models with gastronorm-compatible storage, forced air cooling and strong energy ratings are a good option here, with the worktop space marked out to suit the specific prep or cooking task.

If you are building your kitchen from scratch, modular ranges come into their own for smaller spaces. "Modular units can be ideal for operators looking to maximise space, especially when these are used to create a bespoke kitchen with each individual unit fitting together perfectly," Mark adds.

Storage follows the same logic. “The most useful design feature in a small kitchen is smart vertical and undercounter storage,” says Alimah. “Wall shelving, undercounter fridges and compact prep stations help free up worktop space, which is often the most valuable area in a small kitchen.” Sometimes worktop space is more valuable than additional storage, so think about what can be moved easily to accommodate menus across every day part. “Countertop appliances often benefit from being plug-and-play friendly, meaning they can be repositioned or tucked away in storage when not required,” says Trevor Burke, Managing Director of Exclusive Ranges.

MAKE EVERY APPLIANCE DO TWO JOBS

When space is limited, every appliance needs to justify its footprint. Multi-functional equipment continues to be one of the biggest trends for compact kitchens, allowing operators to reduce the number of individual appliances without compromising capability.

A good example of this in practice is the Hugentobler HoldOMat. Originally a holding cabinet, it now handles low temperature and overnight cooking, drying fruit and vegetables, tempering chocolate and holding dishes to within $\pm 1^{\circ}\text{C}$. Non-circulating heat and dehumidification mean far less shrinkage on meat, and overnight programmes let sites cook on cheaper tariffs.

High-speed ovens do similar work at the café end of the market. “In a small kitchen, you often do not have the luxury of multiple large appliances, so having one compact piece of equipment that can heat, toast and finish items quickly makes a big difference,” says Alimah. “It allows us to offer a wider menu without needing a full-size commercial oven or a much larger cooking area.”

Compact combis cover similar ground, roasting, steaming and baking simultaneously. On the prep side, all-in-one units continue to consolidate worktops. “By combining multiple functions in one compact appliance, it supports everything from preparation to cooking, helping kitchen teams deliver consistent results while saving valuable time during busy service,” says Raquel Alves, Head of Digital & Brand at Thermomix.

“WHEN SPACE IS LIMITED, EVERY APPLIANCE NEEDS TO JUSTIFY ITS FOOTPRINT. MULTI-FUNCTIONAL EQUIPMENT CONTINUES TO BE ONE OF THE BIGGEST TRENDS FOR COMPACT KITCHENS.”



Right:
Slimline Grill -
Synergy Grill
Technology.

Below:
Buffalo Smart
Touchscreen
Compact Electric
Combi Oven.
Credit: Nisbets



Nisbets Buffalo 600 Series

Credit: Nisbets

5

EQUIPMENT
CHECKS BEFORE
YOU BUY

- Does it have a clear, regular purpose on your current menu?
- Can it replace two things you already own?
- Will it sit under a counter, on top of one or on a shelf?
- What heat, steam and grease does it push into the room?
- How long does it take to clean at the end of a shift?

LOOK PAST THE DIMENSIONS

Fitting the gap is only half the specification job. "Energy consumption, heat output, and installation complexity should all be considered," says Trevor. "These appliances minimise steam, grease, or excessive heat output, making them compatible with a range of environments." Where extraction is limited and the space small, a low-heat unit can be the difference between a workable kitchen and a miserable one.

The temptation to buy the latest piece of equipment can be strong, but compact kitchens cannot afford luxury purchases. "My advice to chefs choosing equipment for tight spaces would be to avoid buying anything unless it has a clear, regular purpose," says Awan. "It is worth thinking about your menu first, then choosing equipment around what you actually need to produce efficiently, rather than designing the menu around equipment that may not suit the space."

TRAIN THE TEAM TO WORK SMALL

Equipment alone won't solve every problem. Clear communication does the heavy lifting, as does restructuring sections so people aren't tracking across each other mid-service. As such, smaller kitchens demand different working habits. "Our team has adapted by being very organised with prep and storage. In a smaller space, clutter builds up quickly, so everything needs to have a clear place," says Alimah. "We also try to prep in stages, keep only what is needed for service close to hand, and make sure staff understand the layout so they are not crossing over each other unnecessarily during busy periods."

*holdomats
family
appliances*



Credit: Exclusive Ranges

Something sweet?

Kara
FOODSERVICE BAKERS



Jam & chocolate filled doughnuts with sugar dusting.

 Suitable for Vegetarians



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October 2026



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5 ways to use

PANKO BREADCRUMBS

TREACLE TART

Panko gives this classic dessert a lift, soaking up the molten treacle while keeping the filling beautifully light and almost soufflé-soft. The result is a tart that slices cleanly yet melts on the tongue, with a golden top.

ARANCINI FILLED WITH BOLOGNESE

Covered in panko, these risotto balls fry to a delicate, thin crunch that shatters around a rich, slow-cooked Bolognese centre.

CARAMELISED ONION & CHEDDAR SAUSAGES

Fold panko into the sausage mix and it transforms the texture, keeping the pork juicy while helping the sweet onions and sharp cheddar disperse evenly. When cooked, the sausages stay plump and tender.

GARLIC & HERB CRUMB

Toss panko with garlic, parsley, lemon zest and a drizzle of oil to create a fragrant, crunchy topping to sprinkle over fish, chicken or roasted veg. It delivers an amazing crunch to any savoury dish you're presenting.

NUT-FREE PRALINE

I make nut-free praline using panko breadcrumbs, which behaves just like classic nut praline - crisp, glassy and deeply caramelised. I love using it folded into tempered chocolate to make a crunchy, nutty-tasting chocolate bar.

Country Range
 Panko Breadcrumbs
 Pack Size:
 10 x 1kg



This month, our guest chef is Dylan Slater – another one of the twelve terrifically talented FutureChef finalists who competed last March. A student at Cambourne Village College, Dylan showed immense courage on the day of the final and although he wasn't victorious, he has continued to push himself by gaining experience and working in multiple professional kitchens since. A real perfectionist with a special creative flair, Dylan won the East of England FutureChef heat and we thought he would be ideal for providing some innovative ideas to use the Country Range Panko Breadcrumbs.



Nut-Free Panko Praline

CREDIT: DYLAN SLATER
 COOKING TIME: 20MINS



INGREDIENTS

- 75g Country Range Panko Breadcrumbs
- 50g unsalted butter
- 120g caster sugar
- 1tbsp water
- Pinch of salt

METHOD

1. Brown the butter by melting over a medium heat until it foams and then turns golden and nutty. Remove from the heat and add a pinch of salt.
2. Sieve the panko to remove any excess dust. Then stir the panko into the hot brown butter. Let it sit for 5 minutes so the crumbs absorb the butter.
3. In a clean saucepan, heat the sugar and water without stirring. Cook until it reaches a deep amber.
4. Quickly pour the caramel over the buttery panko and stir fast to coat everything before it sets.
5. Spread onto baking paper, cool completely, then break into shards or blitz into a crumb.



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Rising Star KATE SKINNER

SPRINGBOARD FUTURECHEF 2026 CHAMPION

This month we caught up with Springboard FutureChef winner Kate Skinner, who triumphed at the live final in London in March to learn more about what drives her to succeed and what she wants to focus on next.

When and how did your passion for food and cooking begin?

My passion for cooking started when I was little, spending time at my granny and grandad's house baking with my granny. Those are some of my favourite memories, and they're what first made me fall in love with cooking. As I got older, I started experimenting with different recipes and challenging myself to recreate dishes and learn new techniques.

How did FutureChef impact your development?

FutureChef helped me grow so much as a chef, especially in confidence. I competed the year before without a mentor, so I wasn't really sure what to expect. The following year, working alongside my mentor chef, Peter Thompson, gave me the opportunity to develop my skills and push myself beyond the home cooking I was used to. It gave me the confidence to explore more restaurant-quality cooking and taught me the importance of precision, planning and believing in my abilities.

What were the hardest and most challenging parts of the competition?

The pressure of competing and wanting everything to go perfectly was definitely the biggest challenge. Staying organised and keeping calm under time pressure was essential. Working closely with my mentor beforehand meant I was well prepared, and practising my dish gave me the confidence to trust my skills on the day.

Would you recommend it to other students?

FutureChef is an incredible opportunity for anyone who wants to develop their cooking skills. It isn't just about the competition itself, it's about everything that happens in the lead-up, from practising your dish to learning from experienced chefs. I learned so much throughout the process, and I'd encourage anyone with an interest in cooking to give it a go.

Who have been your key mentors?

My mentor chef, Peter Thompson, has been a huge part of my journey. His guidance, encouragement and knowledge helped me

develop both my skills and my confidence in the kitchen. I honestly couldn't have achieved what I did without his support.

What's the best advice you have been given?

The best advice I've been given is to always stay organised. A tidy, well-prepared workspace makes cooking so much easier and allows you to stay focused, especially in a busy kitchen or competition environment.

What are your current goals?

I'm continuing to develop my skills, learn new techniques and gain as much experience as I can. Every opportunity helps me become a better chef.

What's the big dream?

In ten years' time, I'd love to be working as a private chef. I like the idea of creating personalised menus for clients, getting to know their tastes and preferences, and making every dining experience unique.

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

I'm really enjoying recreating restaurant dishes and learning more advanced techniques. I also love experimenting with desserts, especially different versions of Baked Alaska, because they allow me to be creative with flavours while improving my technical skills. I enjoy challenging myself to learn new techniques while creating food that people genuinely enjoy eating.

"A tidy, well-prepared workspace makes cooking so much easier and allows you to stay focused, especially in a busy kitchen or competition environment."



THE MARKETPLACE

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



New Research Reveals Opportunity to Boost Dessert Sales

Flora Professional is encouraging foodservice operators to rethink frozen desserts as a valuable growth opportunity, with new research highlighting strong potential across delivery, takeaway and dine-in channels. The findings show that while demand remains high, product quality during delivery continues to be a major barrier, with melting and temperature fluctuations impacting customer satisfaction and repeat sales.

Designed as a direct 1:1 alternative to dairy soft serve, Flora Professional's frozen dessert solution aims to improve stability during delivery while simplifying back-of-house operations. The research

also suggests operators could benefit from higher yields, improved margins and reduced waste, alongside a lower carbon footprint compared with traditional dairy soft serve.

With growing consumer demand for dairy-free options, the product also helps businesses broaden their appeal without the need to manage multiple dessert lines. Blind taste testing found no compromise on flavour, reinforcing its potential to satisfy a wider range of customers.

For operators looking to maximise frozen dessert sales, the research highlights an opportunity to combine operational efficiency, sustainability and consistent quality to unlock profitable new occasions.

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PACIFIC WEST SERVES UP ONE OF 2026'S HOTTEST FLAVOUR TRENDS

The “fricy” trend – combining fruity sweetness with spicy heat – is set to be one of the standout flavour movements of 2026, and Pacific West is already ahead of the curve. Its Chilli & Mango Prawns have long delivered the now on-trend flavour pairing, combining butterflied prawns with a sweet mango and chilli jam, finished in a crisp hand-crumbed coating.

While sweet-and-spicy combinations have long featured in Latin American and Asian cuisines, the growing popularity of bold, visually appealing dishes has helped propel the “fricy” trend into the mainstream. As diners increasingly seek memorable flavours and social media-worthy menu items, products like these offer operators an easy way to tap into consumer demand without adding preparation time.

Supplied frozen and ready to cook, Pacific West's Chilli & Mango Prawns provide a convenient solution for busy kitchens looking to add contemporary flavours to starters, sharing platters or light bites. The launch also highlights how established products can gain fresh relevance as food trends evolve.




Flexi Cook Helps Kitchens Do More with Less

With commercial kitchens under increasing pressure from labour shortages, rising costs and the need for greater efficiency, Whitby Seafoods' Flexi-Cook range has been designed to make life easier.

Suitable for ovens, combi ovens, air fryers and deep fryers, the versatile range delivers consistent, high-quality seafood regardless of the cooking method, helping operators simplify service without compromising on taste. Ideal for schools, care homes, pubs, hotels and contract caterers, Flexi-Cook supports menu flexibility, reduces waste and helps kitchens adapt to changing operational demands.

The range includes Whitby and Kilkeel scampi, Discovery scampi, scampi and cod poppers, tempura haddock goujons and breaded and tempura king prawns, offering plenty of opportunities to refresh menus across multiple occasions.



FREE ALLERGY RESOURCES EVERY SCHOOL CATERER SHOULD KNOW ABOUT

With Benedict's Law now in force across England, allergy management has become an even greater priority for schools and education caterers. The new legislation requires schools to hold spare adrenaline auto-injectors, ensure all staff receive allergy training and implement a dedicated allergy safety policy.

For schools and catering teams looking for practical support, Natasha Foundation's Allergy School provides a wealth of free, accredited resources to help meet these new requirements with confidence. The online allergy and anaphylaxis training takes just one hour to complete and is fully accredited and medically approved, making it an accessible option for all staff. Allergy School also offers guidance on developing robust allergy safety policies and creating Individual Healthcare Plans (IHCs), helping schools work closely with families to keep children with allergies safe, included and supported.

As allergy awareness continues to grow across education catering, Allergy School is a valuable free resource, giving schools the knowledge, training and practical tools they need to create safer dining environments for every pupil.

To find out more and access these free resources, visit Allergy School at <https://allergyschool.org.uk/> and discover how the training, templates and practical guidance can help your school meet Benedict's Law with confidence.

Natasha's Foundation
A future without food allergy



Soft Serve Isn't Just for Summer Anymore

Think ice cream is just a summer seller? Think again. Comelle's new Autumn/Winter Soft Serve Forecast 2026 reveals that almost a third of all out-of-home ice cream sales now happen during the colder months, with frozen desserts becoming a year-round opportunity for foodservice operators.

The report highlights how seasonal flavours, nostalgic desserts and eye-catching presentation can help drive footfall and increase spend. From chai, espresso martini and mulled pomegranate-inspired serves to indulgent toppings such as toasted panettone, peppermint bark and blondie s'mores, winter menus are evolving to deliver comfort, creativity and shareable moments. The report also points to growing demand for adventurous flavour combinations, including sweet-meets-savoury pairings and emerging tea-inspired desserts, alongside the continued importance of texture and visual appeal.



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Food



SOFT SERVE FORECAST

Autumn/Winter 2026



THE UK'S
NO.1

Soft Serve Forecast
for trends, flavours
and formats shaping
the future of soft
serve and shakes.

Comelle
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SCAN HERE
to download the report

Released as part of Comelle's 75th anniversary celebrations, the latest Forecast provides practical inspiration for operators looking to boost dessert sales and profitability throughout autumn and winter.

To explore the full Autumn/Winter Soft Serve Forecast 2026 and discover more seasonal menu ideas, download the report from Comelle. <https://marketing.lakelanddairies.com/comelle-soft-serve-forecast-autumn-winter-edition>



COST-EFFECTIVE CATERING STARTS WITH CATERING ESSENTIALS

For operators looking to balance quality with cost, Catering Essentials continues to grow as a trusted value brand within the Country Range Group portfolio. Available exclusively through Group wholesalers, the expanding range covers grocery, chilled, frozen and non-food essentials designed to support busy professional kitchens without stretching budgets.

Among the latest additions are Heavy Duty Refuse Sacks, supplied in cases of 200 and manufactured from 100% recyclable polythene. Offering increased strength and tear resistance, they are CHSA-certified, giving operators confidence that they meet independently verified standards for specification, durability and performance. It's another practical solution from a brand focused on delivering dependable everyday products that help foodservice businesses control costs while maintaining high operational standards.



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YOUR MENU WITH
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THREE BESTSELLING COOKBOOKS, ONE INCREDIBLE PRIZE!

Inspired by this month's exclusive interview with Henry Firth and Ian Theasby, founders of BOSH!, this fantastic prize celebrates the duo who have been at the beating pulse of the plant-based movement. Their innovative recipes have inspired millions to embrace delicious, accessible, plant-powered cooking.

This incredible bundle features three bestselling BOSH! cookbooks. BOSH! is packed with flavour-filled, easy-to-follow recipes that prove plant-based cooking can be exciting and satisfying. BOSH! on a Budget is full of clever, cost conscious dishes that help you make every ingredient go further, while Bish Bash Bosh! delivers quick, fuss-free recipes

bursting with flavour, perfect for busy kitchens and weeknight meals.

From comforting classics and family favourites to fresh new ideas, these books are packed with practical tips, inspiring recipes and bold flavours. Whether you're fully plant-based or simply looking to introduce more meat-free meals into your menu, this collection is the perfect source of inspiration for cooking with confidence, creativity and incredible taste.

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



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TAYLORS
OF HARROGATE

Sharpen Up for Christmas with Flint & Flame

The festive season is just around the corner, so now's the perfect time to upgrade your kitchen kit! One lucky winner will receive the **Flint & Flame 5-Piece Knife Set with Waxed Canvas & Leather Knife Wrap** – a professional-grade collection designed for exceptional precision, performance and durability.

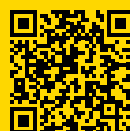
Whether you're prepping Christmas menus, carving the perfect roast or tackling the busiest services of the year, these expertly balanced knives make every slice, chop and dice effortless. Complete with a stylish waxed canvas and leather knife wrap to keep your blades protected and organised, this premium set is built to handle the

demands of every professional kitchen. Sharpen your skills, elevate your prep and head into the festive season with tools worthy of a top chef.

For your chance to win, enter online or send an email titled '5-Piece Knife Set' along with your name, contact details and name of your Country Range Group wholesaler to **competitions@stiritupmagazine.co.uk**

WIN
a Flint & Flame Knife Set!!

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



Closing date for the competition is 30th November 2026. All winners will be notified by 8th January 2027. Postal entries can be sent to: Country Range Group, 4 & 5 Jupiter House, Mercury Rise, Altham Business Park, Altham, Lancashire, BB5 5BY. Full terms and conditions can be found at: **www.stiritupmagazine.co.uk/**

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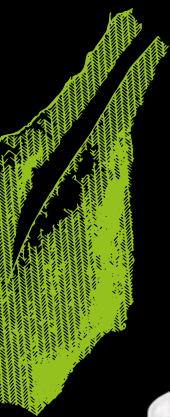
GET READY... THE STIR IT UP ADVENT CALENDAR RETURNS THIS DECEMBER!

The countdown to Christmas is on, and we're delighted to announce that the Stir it up Advent Calendar will be back this December, bigger, better and packed with festive surprises!

Once again, the front cover of our November/December issue will transform into your interactive Advent Calendar. Behind every door, you'll find a unique QR code leading to an exclusive daily competition. Simply scan, enter and keep your fingers crossed! But remember, each competition is open for a limited time only, so you'll need to check back every day to avoid missing out.

Throughout December, we'll be celebrating the season with support from some of the foodservice industry's leading brands and our editorial partners, bringing you exciting competitions, inspiring recipes, exclusive Stir it up content and plenty of festive treats along the way. Whether you're looking for culinary inspiration or the chance to win something special, there'll be something new to discover every day.

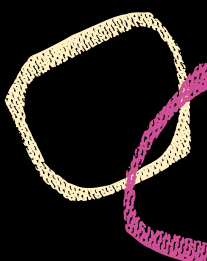
We'll reveal more about this year's prizes and partners in our next issue, but for now, make sure you're ready to join the countdown.



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IN039 VADASZ GARLIC & DILL PICKLE 1KG
IN046 VADASZ SAUERKRAUT 1KG

IN072 VADASZ JALAPENO RELISH 1 KG
IN068 VADASZ SUPERBEET KIMCHI 1KG
IN083 VADASZ SMACKED CUCUMBERS 1KG
IN043 VADASZ RED ONION PICKLE 1KG

To find out more contact your Country Range Group Wholesaler



AWARD WINNING CENTENARY

CHICKEN, LEEK & BACON PIE



❖❖ CELEBRATING 100 YEARS *of Baking* ❖❖

FORMAT	PRODUCT DESCRIPTION	CASE COUNT	UNIT WEIGHT
FROZEN UNBAKED	Limited Edition – Chicken Leek & Bacon Pie	24	245g

