

THE COUNTRY RANGE GROUP
MAGAZINE FOR CATERERS

Stirrup

SPRING

MARCH
2026

Waffle Trends

TAKE A LOOK AT THE FLAVOUR COMBOS



HOW FOOD-TO-GO IS SHAPING HOSPITALITY | LEADING LIGHTS: ADAM HANDLING
ALLERGEN-SAFE MEALS START WITH SUPPORTED STAFF

Ingredient

With March brings the Spring Equinox and the whole host of events that comes with the Spring Season.

To help you plan and prepare for the season ahead we have a bumper issue filled with sector specific news, advice and plenty of on-trend recipe inspiration too. A few highlights are a brilliant interview with this month's Leading Light Adam Handling, all things food-to-go in this month's Category Focus and Country Range development chef Paul Dickson is celebrating humble cuts of meat in Making Ends Meet.

If you would like to get involved in a feature, share your own story or an amazing recipe, we would love to hear from you. Please email editor@stiritupmagazine.co.uk

The Stir it up team



NEWS

- 04**
Cooks Calendar
- 05**
Readers' Lives
- 07**
Customer Profile
Kaana Shakes Up the Fast Casual Sector
- 12-13**
News From Country Range
- 35**
The Marketplace
- 45-47**
The Country Club

ADVICE

- 10-11**
Health & Welfare
Allergen-Safe Meals Start with Supported Staff
- 15**
Education
A Recipe for Recognition
- 38-39**
The Green Gauge
A New Recycling Rhythm for Hospitality
- 43**
Advice From the Experts
Technology and the Customer Experience

INSPIRATION

- 09**
Eat the Season
Kale
- 25**
Making Ends Meet
Humble Cuts
- 27**
Five Ways to Use
Ground Turmeric
- 33**
On the Range
Spiced Lamb Flatbreads
- 36-37**
Leading Lights
Adam Handling
- 41**
Rising Star
Jeffrey Boadi

TRENDS

- 03**
Fresh from the Kitchen
International Waffle Day
- 19-21**
Category Focus
How Food-to-Go is Shaping the Hospitality Industry
- 23**
Hospitality
The Loyalty Loop
- 29-31**
Melting Pot
Fusing Flavours and Breaking Rules

Contact us...

Writers
Lindsey Hoyle
Sam Houston
Jackie Mitchell



@stiritupmag

Subscriptions
stiritup@countryrange.co.uk

Design & Print
Eclipse Creative
www.eclipse-creative.co.uk

Front Cover
crowdedkitchen.com

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...



ALLERGEN REFERENCES

VG - Vegan V - Vegetarian

ts

RECIPES



Papas Arrugadas with a red and green mojo sauce

05

Aloo Dum

27

Spiced Chai Muffins

31

Spiced Lamb Flatbreads

33

Beef Wellington

37

Spinach and Pistachio Spaghetti

41



Fresh FROM THE KITCHEN



International Waffle Day is on 25th March so what better time to delve into the latest trends, as waffles are well and truly in the spotlight this year.

CHICKEN & WAFFLE MASHUPS – Waffles have long been the perfect carrier for crispy fried chicken, but this is being taken to a whole new level, with hot honey, maple butter, ranch, BBQ sauces, plus toppings like mozzarella, nuts and pickles. Our front cover image is of a vegan take on chicken and waffles, with deep fried, panko-coated spiced cauliflower.

POTATO PERFECTION – Forget the potato waffles that we all know from childhood and reimagine this classic in the form of fresh cooked potato clamped in a waffle iron and turned into all manner of delicious brunch dishes. And don't miss out sweet potatoes in this – their natural sweetness is the perfect vessel for salty proteins.

CHAFFLES – Swap your traditional batter for a combination of eggs and cheese and you've got yourself a chaffle – high protein, low carb and full of flavour. Experiment with different cheeses to find the best balance for various toppings.

BURGERS – Upgrade your brioche bun to a waffle and take your burger to another level of nostalgia, indulgence and difference.

CROFFLE CRAZE – Think you've seen every version of a croissant known to man? Think again. Croissants turned into waffles (croffles) started as a clever café hack but are becoming a global sensation. Sweet versions include chocolate drenched or berry glazes with cheesecake swirls, whilst savoury options are popping up in the form of spicy cream cheese or tuna.

BUBBLES – Bubble waffles bring a new playfulness thanks to their iconic bubbled surface and soft-crisp bite. The options for toppings are endless, from nostalgic dessert-inspired creations to new global flavours. Handheld formats such as cones and sticks make them even more accessible.



Crispy fried chicken with waffles and maple syrup

thefoodpeople.
inform | inspire | realise potential

From thefoodpeople's 'Waffles' Trend Report

Cooks CALENDAR

MARCH

2ND MARCH - 8TH MARCH – BRITISH PIE WEEK

Celebrate British Pie Week with MAGGI® Original Gravy. Easy to prepare and consistent in quality, it's designed for busy professional kitchens that demand reliability and great flavour.

15TH MARCH – MOTHER'S DAY

This Mother's Day, make every treat feel extra special with The Flava People's Baileys Caramel Sauce. Perfect for drizzling over desserts, stirring into hot drinks, or topping ice creams, the versatile sauce helps you create memorable moments that show Mum she's truly celebrated.

25TH MARCH – INTERNATIONAL WAFFLE DAY

International Waffle Day is the perfect occasion to serve up a Breakfast Waffle made with KITKAT®. It takes a classic favourite and gives it a playful twist—crispy waffles topped with creamy yogurt, fresh fruit, and drizzled with KITKAT® Sauce. It's a simple yet eye-catching dish that's ideal for cafés, brunch menus, or special promotions.



APRIL

EASTER INSPIRATION

This Easter, the Slow-roasted Lamb Shoulder recipe from Opies becomes the hero of the menu, filling the kitchen with irresistible aromas and springtime comfort.

The Chocolate Scotch Egg recipe from Country Range hops onto the menu as a playful nod to the season of treats and tradition. Crack through the biscuit and brownie coating to reveal a rich, chocolatey centre that feels indulgent as well as nostalgic. Perfect for surprising and delighting, it's a dessert recipe that brings Easter joy with every bite.

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



MAY

2ND MAY – WORLD TUNA DAY

For World Tuna Day, an Italian-style tuna melt ciabatta recipe from Country Range brings bold Mediterranean flavour to the menu. Flaky tuna and melted cheese in warm, crusty ciabatta delivers simple, satisfying comfort with a global twist.

26TH MAY – 1ST JUNE 2026 – NATIONAL BBQ WEEK

Elevate National BBQ Week with these Turkey Meatball Sliders made using MAGGI® Truffle Flavour Seasoning. Ideal for small plates or bar snacks, the soft, seasoned patties are grilled and served in toasted buns with fresh rocket, mozzarella, tomato and truffle mayo for a rich, satisfying bite.



IN SEASON

Hamburg parsley

Nettles

Lemon



Papas Arrugadas with a red and green mojo sauce

COOK TIME 30 MINS

SERVES 2



PAPAS ARRUGADAS

The potatoes themselves are essentially small, unpeeled potatoes boiled in a ridiculous amount of sea salt (500g per 1.5kg of potatoes) with half a lemon until cooked and wrinkled.

MOJO VERDE (AMAZING SERVED WITH FISH)

INGREDIENTS

- A green pepper de-seeded and roughly chopped.
- 1 bunch of coriander
- 2 garlic cloves
- Juice of half a lemon
- Salt and pepper to taste
- Olive oil approximately 1 cup but add more if needed for a nice runny consistency.

METHOD

1. Place all together in a jug and blitz with a hand blender until everything is smooth. Store in a squeeze bottle and shake before use.

MOJO ROJO

INGREDIENTS

- 1tbsp Country Range Smoked Paprika
- 2 red peppers de-seeded and roughly chopped
- 2 cloves of garlic
- Half a fresh red chilli (you can make this more or less spicy)
- Juice of half a lemon
- Salt and pepper
- Approximately 1 cup of olive oil but add more if needed.

METHOD

1. Pop everything into a jug and blitz with a hand blender until smooth. Store in a squeeze bottle and shake before use.

Readers' lives



NAME: Nicola Thomas

BORN AND RAISED: Glasgow

JOB TITLE: Owner and Head Chef

PLACE OF WORK: Vive Libre – a gluten free bistro in Puerto del Carmen, Lanzarote

HOW DID YOU END UP IN LANZAROTE? My husband and I got married and headed off travelling for our honeymoon. After arriving back and being welcomed with rain, we decided enough was enough, we needed to live in the sun. That was 17 years ago.

WHEN DID YOU OPEN YOUR BISTRO? We've been open about two years. January 2024.

WHAT WAS YOUR INSPIRATION? While running a restaurant, I realised I had coeliac disease. It got to the stage where if I inhaled raw flour, it would knock me sideways for days. It made my job difficult and I was constantly ill. I could see more and more people struggling with the disease so I saw a gap in the Lanzarote food market.

BIG TARGET FOR THE NEXT 12 MONTHS? All we wanted was somewhere small, we could run ourselves. My aim is to continue to improve my baking and keep building our business and community. Initially we thought it was just about ticking on

until retirement, but the demand is definitely growing so we want to see how far we can take it.

WHAT ARE THE BIGGEST CHALLENGES? Getting staff – it is so difficult. I'm totally against the zero hour contracts in the UK but Spain is the other end of the spectrum. The workers have all the power. There are no such thing as trials and from day one you cannot be sacked. If someone is dishonest you have to pay them off.

WHAT IS YOUR FAVOURITE CUISINE TO EAT? Curry. I'd eat it every day if I could afford to.

WHAT'S THE BEST ADVICE YOU WERE EVER GIVEN AND BY WHOM? If you wouldn't pay it yourself, don't charge it.

WHAT IS YOUR FAVOURITE COUNTRY RANGE PRODUCT AND WHY? The Country Range Gluten Free Carrot Cake is so good that unless you knew it was gluten free, you'd never guess.

WHICH CHEFS/BAKERS DO YOU LOOK UP TO? I'm old school and grew up with the amazing Deila Smith and Mary Berry.

Country Range Gluten Free Carrot Cake

Pack Size: 1 x 14 Pre-portioned



Salmon

Potato

Celeriac

Spring onions



You're a true Maggician[®]

Create MAGGI[®]cal dishes effortlessly this Easter

SCAN



TO DISCOVER THE MAGGI[®]C

*Reg. Trademark of Société des Produits Nestlé SA



A NEW KIND OF CASUAL

Kaana Shakes Up The Fast Casual Sector

With entrepreneurship in the blood and a host of strong independent women to inspire her growing up, Symron Bedi always knew that one day she was going to run her own business.

Born in Manchester, Symron's family were originally from the Punjab in India before moving to the North of England and setting up a successful fashion business in the 70s. After completing her studies at Harvard and moving into management consulting, Symron decided she wanted to take a step off the beaten path of the family business and go her own way.

“I want the food to reflect my heritage and be as authentic, tasty and colourful as possible but with some modern and unique twists.”

“I had always known I wanted to set up my own business but following my studies in the US, I worked as a management consultant at McKinsey & Company, which included a fascinating period working for cosmetics brand Aesop. I learnt so much about how to build a brand that stands the test of time and how to create unique retail environments,” says Symron.

“While studying, we would often eat at the big fast casual dining places and then after eating at Chipotle last summer in the UK, I started to wonder why there wasn't any Indian fast casual brands in the UK that had a similar concept. The more I thought about it and looked into it, the more I saw a gap and an opportunity.”

“I knew I had to really understand the sector before I kicked off my own venture, so I took on a front-of-house job at The Salad Project. I was also in my first trimester of my pregnancy, so it wasn't easy but the insight I gained and the contacts I made were invaluable. It was then all about creating the brand, devising and testing the menu, putting the team together and finding our first location.”

Launching on New Street Square in the City of London in early November, Kaana has wasted no time in making its mark. Offering a unique selection of dishes that blend and

fuse Symron's Indian and British heritages, customers have the choice of a filled wrap, bowl or a thali. There is then a choice of spiced chicken, lamb, salmon and tofu with an array of vibrant salads, sides and sauces.

“I want the food to reflect my heritage and be as authentic, tasty and colourful as possible but with some modern and unique twists. My grandma was a big influence on me as she always made dishes with little oil that were light and fresh, so we follow that mantra and even use her age-old family Garam Masala recipe.”

With big plans to grow, the business currently has seven full-time and four part-time staff members, many of whom she met while carrying out her work experience at The Salad Project.

“I want to ensure I have worked out any kinks and cemented the brand before expanding but rolling out to other cities and even internationally is definitely a goal. Watch this space. The support we have received from our Country Range wholesaler has been incredible and we use a selection of the Country Range products from spices to sauces. The quality and value are excellent ensuring maximum flavour and margins.”

For more information, visit www.kaanafood.com

Below: The Kaana team and a selection of Kaana food.



Gourmet Slider Buns

Perfect for small plates
and kids burgers.



Be inspired

View the latest recipe
...on our website



EAT THE SEASON



Kale

In the last decade, kale has grown in popularity not only because of its health benefits, but also its versatility. It is an excellent source of vitamins K, A and C, as well as antioxidants and manganese.

Not only can kale be boiled, steamed or oven baked, it can also be used to make eye-catching desserts as its strong flavour and colour is balanced by sweet ingredients such as chocolate, lemon or orange.

This month's inspirational recipe ideas include three dishes from vegan chefs Henry Firth and Ian Theasby who run the global online plant-based channel www.bosh.tv and have written numerous cookbooks. Other contributors are Sohan Bhandari, Executive Chef at the Colonel Saab group of Indian restaurants, and Dean Dell, Executive Head Chef at Horwood House, a hotel, spa and estate in Buckinghamshire.

WASTE NOT, WANT NOT

Left over kale can be used in a myriad of dishes, but it can also be frozen for use later. When cooking, either sauté it for five minutes, add garlic and finish with lemon for a side dish, add it to soups, stews, pasta or stir-fries. A handful of kale also works well with smoothies such as banana or pineapple.

2/ PEP UP SALADS

Raw kale contrasts with the pink of the roasted beetroot in this colourful Pink Salad recipe. Add kale to a mixing bowl with olive oil and massage until softened. Add chickpeas, sweet potatoes, pine nuts along with the beetroot.

Credit: Henry Firth and Ian Theasby, Bosh!

1/ SPICE IT UP

Kale Leaf Chaat is a healthy twist on the traditional Indian street food chaat. The crispy kale leaves are drizzled with yogurt, tamarind and green chutney, with the rest of the ingredients on top. It is served at once so the kale stays crunchy. Bake the kale for a lighter version.

Credit: Sohan Bhandari, Executive Chef, Colonel Saab.



3/ ADD TO SOUPS AND STEWS

Our Tomatoey Chickpea Broth illustrates how kale can be added to stews to enhance the flavour. This vegan stew contains various ingredients including chickpeas, pasta and Aquafaba. Once the pasta is al dente, the kale is stirred through the stew, which is served with chunky slices of sourdough.

Credit: Henry Firth and Ian Theasby, Bosh!

4/ WHAT A SAUCE

Kale simply blended with garlic, olive, nuts and cheese to make a pesto, adds the finishing touch to a Orecchiette dish containing butternut squash, crispy sage toasted pumpkin seeds and parmesan.

Credit: Dean Dell Executive Head Chef, Horwood House.



5/ CRISP IT UP

A key part of our Tahini Greens Pasta are the kale crisps. Make them by massaging olive oil, salt and chilli flakes into kale, add to a baking and cook for five minutes or stir fry for three minutes until crispy.

Credit Henry Firth and Ian Theasby, Bosh!





BISTO SPICED CHICKEN WITH PRUNES

Prep: 10 minutes Cook: 56 minutes
Serves: 10

INGREDIENTS

- 40g Bisto Chicken Bouillon Powder**
- 2 tbsp olive oil
- 1kg chicken thighs, dice
- 2 medium onions, sliced
- 30g garlic cloves, crushed
- 1 tsp ground turmeric
- 2 tsp ground cumin
- 2 tsp tomato paste
- 1 tsp mild chilli flakes
- 400g yellow split peas, rinsed
- 1l water
- 20 pitted prunes (about 160g)
- 2 tbsp sherry vinegar
- 30g fresh coriander leaves, chopped
- salt and pepper to taste

METHOD

1. Heat oil in a large sauté pan or casserole dish. Add chicken and brown for 5 minutes per side. Remove and reserve.
2. In the same pan, add the onions and cook over medium heat for 10 minutes until soft and lightly caramelised. Add garlic, cumin, turmeric, tomato paste, and chilli flakes. Cook for 1 minute.
3. Return the chicken to the pan. Add split peas, water, **Bisto Chicken Bouillon Powder**, and prunes. Bring to a gentle simmer.
4. Cover and simmer gently for 40 minutes, or until the split peas are tender. Add a little extra liquid if required during cooking.
5. Stir in sherry vinegar and chopped coriander before serving.

ALLERGENS: Please check the ingredients declaration on the products you use making this recipe.

TRAIN. SUPPORT. SERVE SAFELY.

Allergen-safe meals start with supported staff

As more people are being diagnosed with a food intolerance or allergy in later life, care homes need to carefully manage and monitor the impact of food on residents' health. Effective staff training is therefore key to ensure residents are safe and staff understand and feel equipped to confidently recognise the symptoms of an allergic reaction and can respond in an emergency.

Sophie Murray, spokesperson for the National Association of Care Catering (NACC), says staff training needs to cover the whole process from food preparation until the food is eaten. "It shouldn't stop when the food exits the kitchen," she says. "Special attention needs to be given to self-serve food including biscuits and cakes. These need to be fully labelled with all ingredients listed. If you're catering for an event, again all food needs to be fully labelled with ingredients visible, not just the 14 allergens."

"Serving familiar foods can help reduce confusion. This is when knowing a person's history and past habits is so vital"

According to Jacqui McPeake from JACs Ltd, in-person training is more effective as it allows the team to feel more confident, ask questions and the training can be tailored to that particular environment. "Every member of the team has a part to play to make sure that a meal served is free from the allergens which must be avoided. It takes one member of the team to make a mistake which could have tragic circumstances," she says.

Training opportunities for care home staff are available from a number of charities and organisations. Coeliac UK provides training on catering for coeliacs, who are gluten free, through its Gluten Free Academy, the Food Standards Agency run a 6 week course and the NACC have also launched a course to support its members.

Identifying allergens on menus can be done by means of an allergen matrix, often a chart or table, that lists all menu items or food products alongside the 14 major allergens such as nuts, dairy and gluten. Sophie from NACC says "This can be cross-checked with ingredient labels and residents' allergens."

It is helpful to have a pre-service briefing prior to meal service. Jacqui says "This should be delivered by the chef and ensures staff understand which meals are suitable for individual residents and when required, specific meals labelled with the name of the resident."

For residents with dementia, prompts and simple language to explain food choices is important. Leni Wood, head of nutrition and wellness, Nelsar Care Homes, says "Serving familiar foods can help reduce confusion. This is when knowing a person's history and past habits is so vital and knowing how they managed their allergy or intolerance themselves over the years."

In the dining room, residents with food allergies, intolerances or coeliac disease, shouldn't feel singled out. Lena says "To maintain dignity and avoid drawing unnecessary attention to differences, we clearly label and separate allergenic meals in the kitchen. During service, staff remove all obvious labelling up to that point and carefully serve the individual without highlighting there is a health concern."

The sector is quickly proving that with a little understanding, implementing a process for managing allergies and food intolerances can fast become part of a care home's every day practice, ensuring residents stay healthy, happy and included.

For further information:

NACC <https://www.thenacc.co.uk/>

JACS Ltd <https://jacsallergenmanagement.com>

Natasha's Allergy Research Foundation (NARF)

www.narf.org.uk

Coeliac Society www.coeliac.org.uk

Food Standards Agency www.food.gov.uk

Anaphylaxis Campaign www.anaphylaxis.org.uk



HOMEPRIDE SHAKSHUKA

Prep: 5 minutes Cook: 25 minutes

Serves: 10

INGREDIENTS

- 1.5kg Homepride Tomato Everything Sauce
- 50ml olive oil
- 2 large onions, sliced
- 4 green peppers, sliced
- 4 garlic cloves, chopped
- 2 tsp ground coriander
- 2 tsp paprika
- 1 tsp ground cumin
- 10 eggs
- 25g fresh parsley leaves, chopped
- 25g fresh mint leaves, chopped
- pinch of salt and black pepper

METHOD

1. Heat the olive oil in a large frying pan. Add the onions, green peppers, garlic, spices, pinch of salt and pepper. Cook, stirring occasionally, until the vegetables have softened, for about 5 minutes.
2. Add the **Homepride Tomato Everything Sauce**. Cover and let simmer for about 15 minutes.
3. Using a spoon, make 10 indentations or "wells" in the tomato mixture (make sure the indentations are spaced out). Gently crack an egg into each indentation.
4. Reduce the heat, cover the pan, and cook on low until the egg whites are set.
5. Uncover and add the fresh parsley and mint. You can add black pepper to season.

ALLERGENS: Please check the ingredients declaration on the products you use making this recipe.

Eggs



Blooming Brilliant

As the first signs of spring sprout and sing around us, a combination of special occasions, celebrations, better weather and new seasonal produce make March one of the most exciting times in the calendar. We're shining the spotlight on care catering this month and have teamed up with the talented IDDSI Trainer Andy Cullum to create inspiring seasonal dishes so that no-one misses out.

Mother's Day

15TH MARCH

There are not many bigger days in the care home calendar than Mother's Day so it's all about helping guests celebrate and, more importantly, be celebrated. As always, the challenge for chefs is to make the feast as visually appetising and delicious as it is healthy, functional and inclusive. The traditional roast rules the roost, but get creative with your starters to take diners down memory lane.

This Creamy Prawn & Avocado Salad with a gentle lemon dressing ticks that retro starter box and the Country Range King Prawns make it a fresh and luxurious way to kick off the celebrations. The dish can also be adjusted depending on the needs of residents.

For someone on a soft food diet, the prawns can be finely chopped and served on a soft lettuce leaf. For those on a puréed diet, the prawns can be blended with avocado into a silky-smooth mousse and for a diabetic-friendly option, a reduced sugar dressing can be used with fresh lemon providing zing.



Creamy Prawn and Avocado Salad

COUNTRY RANGE KING PRAWNS
16/20 OR 26/30
(30% GLAZE)
PACK SIZE:
10 X 1KG



NUTRITION & HYDRATION WEEK 16-22 MARCH

Set up in March 2012, Nutrition and Hydration Week was created to raise awareness and educate people on the value of food and drink in maintaining health and wellbeing in health and social care. Now celebrated around the world and across the care sectors, the highlight of the week is the Global Tea Party, which takes place on the 18th March. Why not add some nutrient-rich smoothies and milkshakes to your afternoon drinks offering this spring?

EASTER SUNDAY

5TH APRIL

Synonymous with the season, roast lamb will feature as the centrepiece on many a table during the Easter period, so make sure your spread is the best baaa none with these great recipes modified for IDDSI levels 5 & 6.



Adapted lamb dish, in levels regular, level 5 and Level 6

Although the traditional Easter cake has declined in popularity, the monumental marzipanny Simnel cake is a guaranteed crowd-pleaser. A lighter fruit cake with layers of almond paste and eleven marzipan balls on top, this is another recipe to take guests on a nostalgic food journey into their past.



Simnel Cake



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

NEWS FROM

Country Range
Created for the makers

When it comes to products, The Country Range portfolio is always on point - great quality immense variety and fantastic value – Care Home Manager

Award Winners

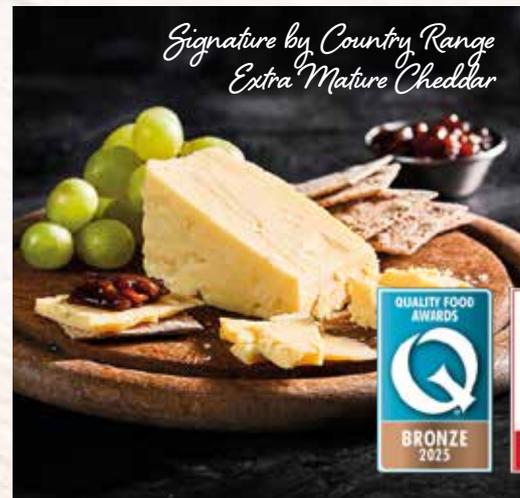
We were thrilled to win a trio of Cash & Carry Management Own Brand Awards recently.

Our **SIGNATURE BY COUNTRY RANGE EXTRA MATURE CHEDDAR** is now a multi-award winner, scooping a Quality Food Bronze Award as well as winning in the Cheese category at the CCM own Brand Awards.

WIN! To celebrate we're giving one lucky winner a **Signature Cheeseboard**, turn to page 47 to enter.

The Best Innovation Award went to our **WHITE CHOCOLATE COOKIE PUCKS** whilst our **CRANBERRY AND ORANGE TORTE** won in the Seasonal category, with a prestigious Best of the Best award.

If you're yet to try these award-winners – ask your Country Range wholesaler about them when you place your next order!





NEW

BISTO BOUILLON PASTE & POWDER

SUPERIOR FLAVOUR, CHEF APPROVED

Bring superior depth and balance to every dish, while keeping nutrition and costs on track. Versatile and chef-approved, these essential ingredients make prep effortless and keep cooking creative.



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

Serving suggestion



**REQUEST YOUR
FREE SAMPLE***

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

** Made to a recipe containing no declarable allergens

A RECIPE FOR RECOGNITION

University of Southampton's Restaurants Get Top Marks

The University of Southampton is the first university to receive two AA Restaurant Rosettes for The Blue Room, its fine dining restaurant, which is open to the public. This prestigious accolade is presented to restaurants, which “aim for and achieve higher standards” according to the AA.

For the university, this honour has had a tremendously positive impact. It has not only raised the restaurant's profile on campus, but also across the region, resulting in a steady stream of new customers.

Felice Foscheri, Associate Director, Catering, Hospitality & Commercial Operations, University of Southampton, says “The biggest impact has been in breaking the stereotype of traditional university catering. The award has helped us demonstrate that university hospitality can be modern and ambitious. Ultimately, it has helped position the University of Southampton as a destination not just for education, but for exceptional hospitality as well.”

Felice attributes this success to staff training and development, as well as quality local produce and seasonal cooking. Chefs are sent for training sessions at Paul Ainsworth's No. 6 and The Mariners, both in Padstow, as well as several Rosette-standard restaurants nearer the university. “We studied AA feedback from other top establishments to fully understand the expectations and standards required,” adds Felice.

“It has helped position the University as a destination not just for education, but for exceptional hospitality as well.”

All dishes are prepared from scratch using fresh local ingredients whether it's from the kitchen garden or suppliers. Lewis Huggins, senior sous chef, says “Quality ingredients are those with provenance, seasonality, and integrity. For us, that means working with local growers, producers and fishermen as well as growing our own fruit, herbs, vegetables and edible flowers in our campus



kitchen gardens.” Lewis goes foraging for wild garlic, while other members of the team collect herbs, hedgerow plants and other natural ingredients.

The menu at The Blue Room changes regularly based on what's available, with details of suppliers included on the menu.

The restaurant is also hired for events such as academic conferences, VIP receptions, private dining for external clients as well as special wine pairing evenings and chef's table experiences.

The catering team, headed by Kevin Whicher, head chef, comprises a brigade of three experienced chefs and Lewis the senior sous chef.

Front of house, the restaurant is overseen by a manager and support staff. Across the wider university catering operation, there are 70 staff from retail and hospitality to production kitchens and events. “The Blue Room may have its own dedicated core team, but it is strengthened by an entire catering community working to the same high standard,” says Felice.





Download
Our Recipe
Brochure

TAP INTO THE EASTERN MEDITERRANEAN TREND.

89%
of UK consumers
find Eastern
Mediterranean
flavours appealing.
*UK Cambri test, Nov '24

Looking to bring the **taste of the Eastern Mediterranean** into your menu but unsure about the cuisine? Well look no further than the **NEW Santa Maria Eastern Mediterranean** range of sauces, pastes & seasonings. They are easy to use, versatile and are bursting with flavour. Whether it's creating authentic dishes or adding a taste of the Eastern Mediterranean to your favourite menu items, we have you covered.

Keys to
**Eastern
MEDITERRANEAN**
taste



Find a new way to refresh your menu at pauligpro.com/uk



PAULIG PRO

UNLOCK A WORLD OF FLAVOUR

The **new wave of Eastern Mediterranean cuisine** blends authentic flavours with global influences and modern eating habits which are perfect for today's fast-paced, foodservice environments. Think Eastern Mediterranean Burgers, Loaded Fries, Wraps, Nachos, Tacos, and Salad Bowls, ideal for OOH operators and contract catering.

The **NEW Eastern Mediterranean Style Street Food** concept from Paulig PRO brings you all the inspiration you need to grab a piece of this growing trend. Whether you are looking to add new dishes to your menu or put a twist on existing favourites we have inspiration, insight, hints & tips for you to enable you to unlock a world of flavour with our fantastic range of multi-use, versatile, accessible, consistent & high-quality products.

CHICKEN SHAWARMA WRAP WITH TAHINI

A modern classic – fresh, filling, and full of flavour.

This Shawarma and Tahini Wrap delivers bold Eastern Mediterranean flavour with speed and consistency. Featuring spiced chicken, creamy tahini, and fresh salad in a soft tortilla, this dish is a versatile, crowd-pleasing option for modern menus.

TO BUILD CHICKEN SHAWARMA WRAP WITH TAHINI

INGREDIENTS

- 100g Chicken thighs, boneless and skinless
- 5g Santa Maria Shawarma Seasoning**
- 3g Oil
- 30g Feta cheese, crumbled
- 30g Cucumber, diced
- 40g Tomatoes, diced
- 10g Red onion, thinly sliced
- 20g Spinach
- 1 Santa Maria 12" (30cm) Tortilla Wrap Grilled**
- 50g Santa Maria Tahini Sauce**
- Parsley, fresh and chopped (optional)

METHOD

- 1** Cut the chicken into strips and season with Shawarma Seasoning, place it on a lined and oiled baking tray and cook in the oven at 190°C for 30 – 35 minutes.
- 2** Prepare the cucumber, tomatoes, red onion, spinach and fresh parsley.
- 3** Heat the tortilla in a pan for 1–2 minutes.
- 4** Put a generous amount of chicken in the center of the tortilla, a bit closer to the bottom. Add the salad vegetables, crumbled feta cheese, spinach, parsley and a drizzle of tahini sauce.
- 5** Fold the bottom part of the tortilla over the filling, then fold in the left and right sides.
- 6** Roll it up from the bottom to the top.





RICH. ROBUST. RELIABLE. READY FOR EVERY-PLATE.

With **Macphie Plant-based Demi-Glace**, you're not just serving flavour - you're adding a dependable tool designed to deliver premium taste, optimise stock, and support flexible service models.

Please contact your **CRG member wholesaler** for more information.



**READY TO
LEARN MORE?**

www.macphie.com    /macphieuk

macphie

**SIMPLY
CLEVER
FOOD**

made to move



How Food-to-Go Is Shaping Modern Hospitality

More people are eating little and often, at different times of day, and in places that don't always lend themselves to a sit-down meal. This shift has opened up real opportunities for hospitality businesses across all sectors to capitalise on the food-to-go market.

Although today's food-to-go customers still want speed and value, they also expect flavour, care and a sense of occasion. According to the latest food and beverage trend analysis by thefoodpeople, snack-ification, comfort-led formats and elevated convenience are driving innovation across global foodservice as we head into spring and summer.



ABOVE RIGHT
TO LEFT:
LAMB WESTON
TIJUANA FRIES
AND LEE KUM
KEE KATSU
SANDO

COMFORT FOOD, MADE PORTABLE

Comfort remains a powerful driver of choice, especially when budgets are tight and routines are busy. Carbs, familiar flavours and nostalgic formats offer reassurance, but they need updating to fit modern expectations around quality and presentation.

“Pizza is the ultimate on-the-go menu item,” says Charlotte Perkins, Commercial Manager, Pan’Artisan Ltd. “It’s highly customisable, incredibly flavourful and satisfying across a wide range of dietary needs. We are seeing clear momentum in the UK for artisan and regional style pizzas made with premium ingredients.”

Bill Mathieson, Managing Director, Clawson Farms agrees, noting “Demand for more exciting toppings has grown, chefs are experimenting with flavour fusions, transforming their pizzas with their own twist to create stand-out offerings with a point of difference. We know that Stilton is already popular on the cheeseboard, but Stilton can also be paired with a variety of other ingredients on pizza. Its well-balanced and slightly tangy taste complements super sweet ingredients such as pear, fig, apricots and honey, and we know it goes extremely well with chicken, salami and mushrooms.”

In care catering and education, comfort formats are especially valuable. Familiar dishes encourage residents to eat, while small upgrades like better bread or potato-based products that offer value, versatility and innovation can lift perception without complicating service.

“We’re expecting growth in formats that align with the ‘anytime eating’ trend,” says Ash Liles, Trade Marketing Manager, Lamb Weston. “Loaded fries with bold global flavours (shawarma, gochujang, Mexican) continue to be a hit across foodservice, and we see opportunities in using potatoes as a carrier for these trending concepts. Lamb Weston products that lend themselves well to loading up and taking out include Stealth Fries and our latest innovation, Frenzy Fries, for their great hold time and long-lasting crunch. Most popular among our snackable formats are our Crisscut, Twisters, seasoned / coated and Sweet Potato Variants.”

ADDING A PREMIUM TOUCH

One of the biggest challenges in food-to-go is balancing speed with quality. Premium doesn’t have to mean slow or expensive. Often, it’s about restraint and detail.

A cheese toastie becomes more appealing when the cheese is specified and paired with a spring onion or wild garlic relish. A brownie feels more special when cut neatly, wrapped well and labelled clearly. These details matter just as much in a staff restaurant or hospital café as they do on the high street.

“Operators should take a lesson from coffee,” recommends Stéphanie. “Start with a great base product that lends itself well to personalisation – our vanilla teardrop is a good example of this. Then offer finishing touches that are either complementary or come at an incremental cost – these could be extra fillings or a topping for texture, such as granola crumble.”

As we head into the warmer months, this also applies to ice cream too, so elevating your offering in readiness will be time well-spent. “Seasonal ripples, textured inclusions, single-serve premium pots and strong flavour storytelling all transform a simple snack into something memorable,” says Fabiano Franzoso,

SNACK-TIME IS THE NEW MEAL-TIME

The traditional three-meal day has faded and, in its place, consumers are choosing compact, flexible options that satisfy hunger without committing to a full sit-down experience. “We’re now seeing consumers spread their food intake across several smaller moments, from morning pick-me-ups to moments of escapism in the afternoon,” says Stéphanie Brillouet, Marketing & Innovation Director, Délifrance. “Think freshly baked pastries with coffee in the morning, such as an indulgent cinnamon bun or the savoury fan-favourite cheese twist; and inclusion packed breadsticks for apéritif served with a selection of dips, cheese and olives. Adapting formats, portion sizes and recipes to fit evolving needs – whether for convenience, indulgence or nutrition – will be key to capturing these growing snacking moments and increasing sales.”

formats that work particularly well include:

- **Meal-on-toast dishes using sourdough or seeded bread, topped with seasonal vegetables, slow-cooked meats, eggs or tinned fish.**
- **Premium sandwiches with artisan breads, house pickles and international condiments such as Lee Kum Kee’s Honey BBQ Chicken Katsu Sando which uses Lee Kum Kee Chinese Style Honey BBQ Marinade to bring a sweet-savoury Hong Kong flavour to breaded chicken (or alternative protein), paired with leafy greens, slaws, or seasonal fruits.**
- **Savoury pastries that can stand in for lunch, such as pan Suisse or individual pithiviers.**
- **Snack boxes combining protein, bread and fresh veg for balanced grazing.**

award-winning gelato master and UK Gelato Festival World Masters Champion 2021.

“High-grade nuts, especially pistachio, remain timeless, while international pairings such as matcha-yuzu, black sesame or dark chocolate with Mediterranean spice create distinction. Diversify your offer with dairy, vegan and sorbet options, and experiment with seasonal or bold flavour combinations, but remember to maintain strict handling and storage standards to preserve texture.”

tips to elevate everyday snacks

- Using one standout ingredient per item, such as a distinctive cheese, herb oil or seasonal vegetable
- Adding texture with seeds, crunchy toppings or crisp salad elements
- Finishing dishes thoughtfully, even in packaging, with visible colour and contrast
- Naming ingredients clearly on menus to signal care and provenance

SWEET TREATS, ANY TIME OF DAY

Dessert has firmly escaped the end of the meal. Sweet food-to-go now appears at breakfast, mid-afternoon and late evening, often replacing larger dining occasions. Look out for companies like Lotus Bakeries who are supporting this move with innovative new products specifically designed for foodservice. As Frances Booth, Head of Marketing at Lotus Bakeries UK notes, “Biscoff has made it easier for chefs to inject the taste and texture of their popular biscuits into grab and go items to make elevating presentation simple with a drizzle of Biscoff Topping Sauce and a sprinkle of Biscoff Biscuit Crumbs. Both are pre-made using Biscoff’s unique recipe and ready to use without hassle.”

Products such as these will generate increasing opportunities for getting creative with cakes, traybakes and bars, as well as pastries and batter-based items like waffles adapted for takeaway.

As food-to-go continues to develop, menus that combine convenience with creativity, comfort with freshness, and speed with care will stand out. The opportunity for the hospitality sector lies in treating food-to-go with the same thought and pride as any plated dish. Done well, it isn’t a compromise. It’s one of the most exciting growth areas in foodservice today.

CREAMY DESSERT WITH BISCUIT CRUMB TOPPING



break
INTO BETTER SALES



THE NO.1 OOH CONFECTIONERY BRAND FOR THE BREAK OCCASION*

Have a **break**, have a KitKat®

For illustrative purposes only. ©Reg. Trademark of Société des Produits Nestlé S.A. * Source: Circana One View, Confectionery + CBBS, 52 w/e 26th October 2025, KitKat (including KitKat Chunky).

A better bottle

FOR BUSY KITCHENS



NEW 1L BOTTLE - DESIGNED BY CHEFS, FOR CHEFS



**ERGONOMIC
GRIP DELIVERS
PRECISE CONTROL**



**SWAN NECK
DESIGN GETS MORE
SAUCE OUT OF
EVERY BOTTLE**



**COMPLEMENT
YOUR DISHES WITH
HEINZ ICONIC
FLAVOURS**



SEE THE FULL RANGE AT WWW.KRAFTHEINZAWAYFROMHOME.COM



THE LOYALTY LOOP

Loyalty schemes can enable businesses to build strong relationships with existing and new customers, encourage repeat custom and a higher spend. They can also help with the issue of 'no shows'. The key is to ensure that the offer is easy to understand and delivers rewards your target consumer value.

Research shows that customers, especially Generation Z and Millennials, value restaurant loyalty schemes. A survey from RSM UK found that 58% of Generation Z and 48% of Millennials are more likely to visit a restaurant with a loyalty programme.

As Jane Pendlebuisy, CEO of The Hospitality Professionals Association (HOSPA) says "While the 'points make prizes' element is a great hook, the real effectiveness lies in the data. A well-run scheme allows an operator to understand their guest's habits – what they eat, when they visit and how much they spend. The days of stamping a cardboard card are fading as they don't provide the operator with insights."

"Loyalty schemes create a psychological contract. If you're a "member" of a restaurant's club, you feel a greater sense of belonging and responsibility toward that business, making you less likely to "ghost" them. You don't stand up a friend, and loyalty schemes help turn a business into more of a friendship, rather than a buyer-supplier one," notes Jane.

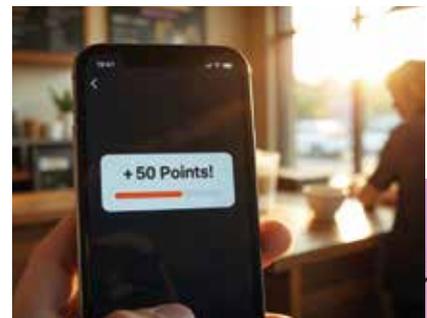
If you're introducing a loyalty scheme, Jane's advice is to keep it simple and digital. "The barrier to entry must be low for the customer though. If they have to fill out a long paper form, they won't bother. A QR code scan or

a simple email sign-up at the point of payment is the best way to launch."

Several pub chains have introduced or revamped loyalty programmes as a way to bring back customers. The new app from Greene King, which owns Chef & Brewer and Hungry Horse chains, lets customers earn perks, unlock surprises and access exclusive offers whether they order at the bar or through the app. The app enables them to take part in interactive challenges like Spin to Win and Pub Match, with the incentive of winning free food and drink.

The Lounge all day restaurant group has taken a different approach. With the Lounge Passport, customers are encouraged to visit different establishments within the group rather than return to their favourite restaurant again and again. By collecting stickers from each Lounge, they earn rewards from free tapas to prosecco and exclusive merchandise.

The key to a successful loyalty scheme is consistency and communication. "You need to actively manage the communication flow", says Jane. "Don't spam your customers but let them know when they are close to a reward. From an operational perspective, buy-in from your staff is critical. If your front-of-house team doesn't understand the scheme or forgets to ask guests if they are members, the system falls apart. They are your greatest ambassadors, so incentivise them to sign people up."



TIPS TO REDUCE NO SHOWS



- If customers are part of a loyalty scheme, you can confirm notifications and send personalised reminders
- Consider rewarding attendance – points given if the guest attends, bonus points for attending several reservations in a row
- Make it easy to cancel
- Take credit card details for peak times
- Some restaurants issue cancellation fees and take deposits

"The key to a successful loyalty scheme is consistency and communication."

DAL  1932

SANPELLEGRINO

ITALIAN SPARKLING DRINKS

BESTSELLING NEW SOFT DRINKS LAUNCH*



OVER 5 MILLION CANS SOLD**

†Contains naturally occurring sugars. Sanpellegrino Zero Added Sugar is the best selling new soft drink launch in the last year. Soft Drinks Brands† Value & Volume Sales† Geography: Circana All Outlets | 52 w/e 18 Oct 25 *NPD defined as product with zero sales in the previous period **Circana (UK) Ltd, Circana All Outlets, UK, Sanpellegrino ZERO carbonates, Unit Count, 52 w/e 18 October 2025. ©Reg Trademark used in agreement with the Trademark Owner

Worth the Wait

The cuts of beef that require low and slow cooking, in my opinion, are also the most rewarding in terms of flavour and texture. Take the gelatinous, rich flavour of beef shin or oxtail, for example. These cuts are generally much more budget friendly, but when given the time to cook down and tenderise, can turn into a signature dish on your menu. How about transforming a classic cottage pie into a showstopper by replacing the mince with this rich slow cooked beef shin, oxtail or a combination of the two?



Beef shin cottage pie

Making ends meet

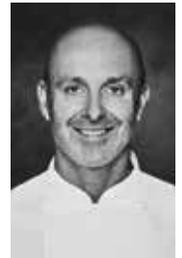
HUMBLE CUTS



With the recent rising cost of beef, Paul Dickson shares his top tips for reducing waste and using cheaper cuts with delicious results.

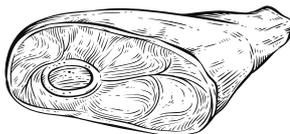
It's no secret that meat prices, particularly beef, have seen unprecedented increases recently. Not only has this resulted in seeing it disappearing from menus, but, perhaps more positively, we've also seen a shift in popularity of lesser-known cuts and more focus on nose to tail dining, which I hope is here to stay. This is my favourite kind of cooking, so it has been a challenge to narrow down my recipes this month! I've settled on three areas – the deliciousness and practicality of using beef dripping, broadening your steak offering and the benefits of low and slow cooking.

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.



BREAD & DRIPPING

From chips to Yorkshire puddings – beef dripping is having a revival. In the rise of the scrutiny of ultra-processed foods, animal fats come up trumps, and from my point of view, you can't beat the unmistakable flavour of beef dripping. It's great that consumers are enticed rather than put off by animal fats, so much so, in fact, that we're starting to see bread and dripping back on menus. The nostalgia of this classic treat makes it just as at home on an on-trend restaurant menu as in a café or care home, and it's a great way of using every bit of your beef joint to maximise your margins and minimise waste.



Bread with beef dripping

Humble but Mighty

It has become challenging to include a decent steak offering on menus at a price that gives customers perceived value for money. Step aside, sirloin and enter the humble but mighty bavette. This cut, also known as flank steak, is not only more affordable than the traditional prime cuts, but has other benefits too. Its open texture helps it to absorb sauces and marinades well and it has a delicious rich flavour. The key to this cut is fast cooking over a high heat and to slice it against the grain. My favourite sauce to serve with steak is the classic béarnaise and recently, by happy accident, I elevated my recipe to the next level of flavour - having realised I didn't have enough butter to make it, I used beef dripping instead. What a delicious discovery that I urge you to try!



Bavette steak with beef dripping béarnaise



Serving Suggestion:
Creamy Fish Pie Including Opies Capers



Serving Suggestion:
Beef, Ale & Pickled Walnut Pie

Serving Suggestion:
Beef Pie including Ale and Opies Pickled Walnuts

Opies
SINCE 1880



Serving Suggestion:
Coronation Chicken Pie Including Opies Stem Ginger

**FLAVOUR
-FIRST**
fillings,
BAKED into a
pie



Opies Capers 2 x 2.4kg

Opies Pickled
Walnuts 6 x 390g

Opies
Stem
Ginger
3 x 1.35kg



This month our guest chef is **Manika Thapa**, Head Chef at the **Langwood Hotel in Blackpool**. **Manika and her husband Srini have over 30 years' experience working in hospitality and celebrate 20 years at The Langwood in 2026**. Situated on the promenade to the north of the famous Blackpool Tower, Manika and her team have built a strong reputation for their creative menus and first-class, British home-cooked fayre. Here's Manika's five ways with Country Range Ground Turmeric.

For more information on the Langwood Hotel, visit <https://langwoodhotel.com/>

5 ways to use

GROUND TURMERIC

WARMING WINTER REMEDIES

A warming, delicious drink and also a fantastic immune booster in the fight against cold and flu, simply warm 330ml of milk, add a teaspoon of honey and once it has combined, stir in a quarter of a teaspoon of ground turmeric. Bring to a boil and serve hot.

WOO WITH ALOO DUM

Ground turmeric is central to my aloo (potato) dishes as it provides vibrant colour as well as flavour.

PIG OUT

Remove the skin from a whole pig and then rub the flesh with turmeric all over. Leave it overnight and then chop up the different cuts and use in your curries. This simple technique provides extra depth to dishes and terrific colour.

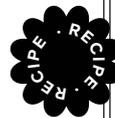
RICE, RICE BABY

Soak your rice for 30 minutes, drain and then steam in a rice cooker with one tsp of turmeric and one tbsp of ghee. Stunning!

SWEET BENGALI BRILLIANCE

Rasmalai is a traditional Indian dish from Bengal, central to Diwali celebrations. It features spongy cottage cheese dumplings in a fragrant milk syrup lightly spiced with turmeric, cardamom, and saffron.

Country Range
Ground Turmeric
Pack Size: 500g



Aloo Dum

COOKING TIME: 30 MINS
PREP TIME: 15 MINS

INGREDIENTS

- 1tbsp Country Range Ground Turmeric
- 1/4tsp Country Range Crushed Chillies
- 1/4tsp Country Range Garam Masala
- 1/2tsp mustard seeds
- 1/2tsp fenugreek seeds
- 500g peeled and chopped Maris Piper potatoes
- 1 diced onion
- 2 finely chopped fresh tomatoes
- 4 crushed cloves of garlic
- 75g ghee
- 1 large sprig of chopped coriander
- 2 sliced green chillies

METHOD

1. Parboil the potatoes.
2. In a large pan, melt the ghee and add the turmeric, crushed chillies, mustard seeds, fenugreek seeds and garam masala and gently fry for one minute.
3. Add the diced onion and garlic and gently fry until soft.
4. Add the potatoes and chopped tomatoes with 100ml water and gently simmer until the potatoes are tender.
5. Season and garnish with chopped coriander and sliced green chillies.



Perfect for baking, cooking and spreading



- Dairy free
- Naturally contains Omega 3 & 6
- Approved by the UK Vegan Society
- Suitable for freezing (defrost in the refrigerator)



FLORA
PROFESSIONAL



floraprofessional.com/en-gb

Fusing flavours BREAKING RULES

Fusion desserts can turn a menu into a talking point as people discover something new and share those moments with friends and family. In the kitchen, chefs get to play with bold ideas, breaking the rules that we so often follow by mixing familiar ingredients with surprising twists. This month, our panel of experts share their favourite fusion desserts to ignite inspiration in your kitchen.



IZZY COHEN

*Business Development Chef,
Henley Bridge*

Heat-giving spices and flavourings are definitely coming to the fore as consumers demand more adventurous desserts, and we're increasingly seeing ingredients such as hot honey, black peppercorns and chilli being added to desserts to add extra punch and interest.

With this in mind, I combined the power-packed flavours of ginger and blood orange to create a deliciously flavourful tart which can be prepared in advance, making it ideal for busy professional kitchens.

The ginger ganache is made with Belcolade white chocolate, double cream, glucose syrup and Rubicone ginger flavour paste piped into Pidy's ready-made tart cases. After leaving to crystallise overnight, the tarts can be topped with blood orange gel (made with Boiron blood orange puree and Sosa Gelcrem cold), and finished off with a Nice Slice orange piece.



**Pistachio, Rose and
Orange Macarons**



CARLO SCOTTO

Chef Patron, BEAR by Carlo Scotto

Our philosophy is built on taking ingredients that shouldn't naturally belong together and making them feel effortless, creating flavour combinations that surprise without ever feeling gimmicky. By bringing together shikuwasa, British apple cider, chestnut, and sencha, we're celebrating the two cuisines that inspire us most while staying rooted in local seasonality.

Shikuwasa is a small green citrus from Okinawa known for its intensely sour and refreshing taste, which becomes sweeter as it ripens to a golden colour. The apple cider we use comes from a local company in Hertfordshire called Black Lab, and we are very proud of this to be supporting a fantastic local business. Sencha is one of the most popular Japanese green teas, it has a refreshing, grassy flavour with a hint of sweetness. We use it to make the meringue which we char with British charcoal. We let the tea leaves dry and repurpose them as a powder on top of the dessert.



SOHAN BHANDARI

Executive Chef, Colonel Saab, London

One of my favourite fusion desserts is the Panettone Tiramisu Trifle with Gulab Jamun, where Italian panettone is layered with mascarpone cream, espresso-soaked sponge, sliced gulab jamun and a touch of orange zest.

It was inspired by the idea of bridging comfort and surprise by taking flavours people already love and layering them with unexpected notes from another cuisine. I've always noticed that desserts often stay within cultural boundaries, yet the most memorable bites happen when those boundaries blur.

I naturally gravitate towards classic Indian pairings such as saffron with cardamom and rose with pistachio along with flavours that bring floral warmth, gentle spice and crunchy contrast to creamy bases. These combinations often inspire my fusion work, allowing me to blend Indian nostalgia with global techniques in a way that feels both comforting and inventive.



Sencha Leaves and Green Tea Cup



JASON MCCRELLIS

Owner/Head Chef, Hip Hop Food Shop in collaboration with Lee Kum Kee

I used Lee Kum Kee Mushroom Seasoning Powder and Arborio rice for the creation of my take on rice pudding as I wanted

that larger grain to absorb flavour. I love the subtle, umami, earthy flavour the Mushroom Seasoning Powder gives to this dessert. A compote of dates stewed in Earl Grey tea with honey BBQ (char siu) sauce produced an amazing, slightly savoury, sticky-toffee flavour, perfectly complementing the creaminess of the rice pudding. The Mushroom Seasoning Powder brings depth and body to a dish; it's an excellent multi-purpose seasoning offering applications for savoury and sweet dishes. The aroma is heady and full of Shiitake, with a wonderful well-rounded deep flavour.



JULIEN PHILIPPE

Group Pastry Chef, Azumi

Roka's miso crème brûlée was created when Roka did its first season in Mallorca. The idea was to do our version of the cream Catalan. It's quite simple, using flavours

which are approachable but yet it over delivers, making you come back for more.

It's the combination of savoury miso, balancing out the crisp caramelised top and crunchy pistachios that makes it stand out. It is then topped with pistachio ice cream, a drop of olive oil and lemon zest.

I find miso works very well in a lot of desserts because it offsets the sweetness.



DEEPAK SHUKLA

CEO, Pearl Lemon Catering

One of the desserts we love showing off is our Matcha Tiramisu. Think creamy Italian layers, but with that earthy green hint of Japanese matcha folded in. It's a little

familiar, a little surprising, all at once. We came up with it because we wanted something comforting but with a twist, something that feels classic yet playful. It fits right in on our menu, which is all about blending traditional techniques with flavours from around the world. The mascarpone is silky, the sponge is light, and that hint of matcha bitterness really makes it pop. People keep coming back for it. On a personal note, I often mix citrus and chocolate for a zingy little kick.



Drink Me Chai Spiced Latte Powder



Spiced Chai Muffins

by Aimia Foods for Professionals

INGREDIENTS

- 250g plain flour
- 2 large eggs
- 2tsp baking powder
- 1tsp ground cinnamon (optional, for extra spice)
- ½tsp baking soda
- 120g light brown sugar
- ½tsp salt
- 120ml vegetable oil (or melted butter)
- 2tsp Drink Me Chai Spiced Chai Latte Powder
- 1tsp vanilla extract
- 200ml milk (dairy or plant-based)

METHOD

1. Combine the flour, baking powder, bicarbonate of soda, salt, cinnamon and Drink me Chai Spiced Latte Powder.
2. In a separate bowl, beat the sugar, eggs, vegetable oil, milk and vanilla extract until smooth.
3. Gently fold the wet ingredients into the dry ingredients until just combined and then spoon the batter into 12 muffin cases.
4. Bake at 180°C in an oven for 18-22 minutes and leave to cool, before decorating with icing and serving.



REBEKHA WHITE

Brand Manager, Aimia Foods for Professionals

Fusion desserts, which combine two much-loved food or drink items, have increased as chefs become more adventurous with their recipes, crafting extravagant sweet treats that tempt the customer with something a little different. Experience is also driving out of home sales so tapping into this market is essential. As a trending drink, the authentic, spiced flavour of chai creates desserts that are sure to stand out, especially with Millennial and Gen Z customers. Injecting this popular flavour into dishes, Drink me Chai's Latte Powders are extremely versatile, and it is simple to dust it over desserts for an exotic twist or stir in to batters for spiced cakes, cookies and puddings.



ARGENTINE ALFAJORES SHORTBREAD COOKIES



SERVING SUGGESTION 1 PORTION = 269 KCAL

MADE WITH:
CARNATION® DULCE DE LECHE Caramel BOTTLE



 80 MIN

 10 PORTIONS

INGREDIENTS

FOR THE SHORTBREAD BISCUITS

- 150g corn starch
- 75g flour
- 25g cocoa powder
- 5g baking powder
- 75g icing sugar
- 100g unsalted butter
- 50g egg
- 20g egg yolks
- 5ml vanilla extract
- 1g lemon zest (from about 1/4 lemon)
- 200g CARNATION® dulce de leche

PREPARATION

1. To make the shortbread: Preheat your oven to 180°C (350°F).
2. In a mixing bowl, cream together the unsalted butter and icing sugar until the mixture is pale. Add the vanilla extract and lemon zest, mixing until well combined.
3. Beat in the whole egg and egg yolks until smooth.
4. In a separate bowl sift together the corn starch, flour, cocoa powder, and baking powder.
5. Gradually fold the dry mixture into the creamed butter mixture in three stages, mixing gently until a dough forms.
6. Chill the dough: Wrap the dough in cling film (plastic wrap) and refrigerate for 1 hour to firm up.
7. On a piece of parchment paper, roll out the chilled dough and cut it into small round discs.
8. Place the discs onto a lined baking tray and bake for 12 minutes.
9. To assemble the sandwich cookies: Once baked, allow the cookies to cool completely.
10. Spoon a generous amount of CARNATION® dulce de leche onto half of the cooled biscuits.
11. Top each with the remaining biscuits to create a sandwich.



SCAN HERE
FOR MORE
INFO AND
MENU IDEAS

Serve

Canderel[®]



The Sweetener Your Customers Trust



LOW CALORIE
SUGAR ALTERNATIVE



SUITABLE FOR
TEA & COFFEE



TRUSTED BY
CUSTOMERS



Spiced lamb FLATBREADS

MAKES 4-6

INGREDIENTS

For the lamb:

- 500g of leftover cooked lamb
- ½tsp each of Country Range Dried Rosemary, Country Range Dried Thyme, Country Range Dried Oregano
- ¼tsp each of Country Range Paprika, Country Range Crushed Chillies and Country Range Garlic Powder
- Salt and black pepper to taste
- 1 lemon sliced into wedges for squeezing over lamb and for serving
- Fresh parsley for garnish

For the flatbreads:

- 1tsp Country Range Baking Powder
- 350g plain flour
- 350g yoghurt
- Salt



METHOD

For the lamb:

1. Mix all dry ingredients together and toss the left-over lamb (shredded or cubed) in the mix to coat well.
2. Add a splash of olive oil to the lamb and toss a little more to coat.
3. Heat a pan and add the lamb, keep it moving and heat through.

For the flatbreads:

1. Mix the ingredients together into a light dough. Leave to rest for 5-10 minutes.

2. Lightly flour your work surface.

3. Portion the dough into 4/6 Pieces and roll into a ball.

4. Use a rolling pin to roll into a round (about 5mm thick).

5. Heat a heavy based pan or skillet (medium heat).

6. Dry fry for a few minutes on each side until golden and slightly puffed up.

Serve the lamb on the flat breads with a fresh salad and tzatziki, mint yoghurt or preferred sauce....go hot if you're feeling adventurous.

Chef Conor Goes Full Circle**From Chef to Teaching and Back Again**

Starting out as a kitchen porter at the age of 13, Conor Nellis realised a love of food early on but by the age of 20, he also realised how time-consuming and damaging a career in the kitchen could be in the wrong hands.

So, instead of a career as a chef, Conor became a primary school teacher and it wasn't until Covid after a successful ten years in the classroom, that the allure of the kitchen pulled him back.

"Even when I was teaching, I was always cooking whether it was running pop-ups, parties or just cooking big feasts for family and friends. Catering in care gives me more life balance and enables me to follow my passion for food. I have time to do a bit of private dining in my own time, which improves me as a chef and helps me express myself," says Conor

"We provide excellent dementia care so our menu is very inclusive for people with dysphasia, and those who require person-centred care and nutritional considerations. It's about trying to cater for a huge range of tastes but needs as well. The menu changes with the seasons and we have regular meetings with residents to generate feedback. We do a lot of the old slow-cooked, homecooked staples and classics alongside more 'adventurous' options such as curries, Greek and Mediterranean. We also have themed celebrations for Burns night and St George's Day."

"We have definitely seen more guests asking for meat-free choices and that isn't necessarily for residents who are specifically vegetarian. It's across the board. Rather than use fake meats, we concentrate using seasonal vegetables while they are at their best."

CONOR NELLIS



You're a true
Magician[®] ✨

SCAN



**TO DISCOVER
THE MAGGIC**

Shake in **NEW MAGGI[®]**
Truffle Flavour Seasoning for
gourmet flavour made simple

An affordable way to elevate your menu



THE MARKETPLACE

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

A SPRINKLE OF LUXURY

Elevate your culinary creations and enhance your menu's perceived value with MAGGI® Truffle Flavour Seasoning. This innovative seasoning captures the luxurious, trending flavour of truffle, offering a rich, earthy profile without the prohibitive cost of fresh truffles.

A cost-effective way for Chefs to add truffle flavour to menus, boost quality perceptions and maximize menu profits. Designed for easy preparation, this seasoning can be effortlessly used for both hot and cold dishes, providing versatility to operator menus. Whether enhancing freshly made fries, adding depth to creamy pasta, or sprinkling on top of pizza, it's a Chef's go-to solution for gourmet flavour made simple.



Middle Eastern Tops the List of Fastest Growing Office Cuisines

Just Eat for Business has released its 2025 report on UK workplace dining trends, revealing how office food habits continue to evolve alongside changes in the modern working week. Employees are increasingly prioritising personalised, plant-based and health-focused options, with customisable meals seeing strong growth alongside vegetarian and vegan choices. The report highlights a rise in communal dining, with buffet, platter and bundle orders becoming more popular as teams seek shared, social eating experiences.



Midweek remains the busiest period for orders, with Thursdays particularly popular, while seasonal trends show October and July as peak months for workplace meals. The report also reflects a growing appetite for global flavours, with Middle Eastern cuisine leading the charge (+22%), followed closely by Thai (+21%), Mediterranean (+19%), Mexican (+19%), and Vietnamese (+17%) options. This demonstrates how cultural diversity is reshaping office menus, offering employees both variety and excitement in their meals.

Beyond flavour trends, the report underscores a broader shift toward choice, convenience and wellbeing in workplace dining. Health-conscious, ethically minded and flexible eating preferences are influencing decisions more than ever, signalling that food at work is no longer just fuel—it's a valued part of the employee experience.

UK IDDSI FESTIVAL 2026

The UK IDDSI Festival 2026 – "Quality at Every Level" is a must-attend, one-day event for care caterers, dietitians, nurses and healthcare professionals involved in supporting people with dysphagia or requiring texture-modified diets. Organised by the IDDSI UK Reference Group, the festival is designed to provide practical, hands-on learning through expert-led sessions, workshops and case studies. Attendees will gain a deeper understanding of the International Dysphagia Diet Standardisation Initiative (IDDSI) framework, which standardises food textures and drink thickness to improve both safety and dignity at mealtimes.

Taking place on 22nd September 2026, the festival presents a unique opportunity to network with peers, exchange best practices and explore

innovative solutions that enhance care catering and clinical services. Participants will leave equipped with actionable strategies to implement in their own workplaces, whether in care homes, hospitals or community settings.

An Earlybird ticket rate of £55 is available for bookings made before 1 May, making this high-value professional development accessible to all. Beyond practical skills, the event emphasises the importance of quality, consistency and compassion in mealtime care, helping organisations raise service standards and improve outcomes for people with dysphagia.

To learn more about the event and secure your place, **scan this QR code** or visit www.iddsi.org.uk/events.





A true leading light in British food, who incredibly is still a couple of years shy of 40, there is not much that Chef Adam Handling MBE hasn't achieved already. The winner of pretty much every well-known chef competition around including Scottish Chef of the Year, British Culinary Federation's Chef of the Year and Great British Menu's 'Champion of Champions', his successful business is now made up of two bars, a chocolate shop and four restaurants. A proud Champion for Springboard FutureChef, we chewed the fat with Adam as this year's competition came to a climax.

How and why did you become a chef?

The reason I became a chef was so that I didn't have to go to university. University was free in Scotland and my mum used to be under the impression that to be successful, you needed to go into higher education. My dad is very smart. In fact, I can't count on two hands how many degrees he has got but I was always more like my mum - more hands on. I wasn't an academic person in the slightest so after chiselling her down, she gave me an ultimatum. If I could get an apprenticeship, I could forego university. The first job I saw was for an apprentice chef at Gleneagles Hotel.

Adam Handling

Was it daunting as a 15-year-old at Gleneagles without any cookery background?

I knew it was a spectacular and iconic place, but I really didn't quite understand just how spectacular it was until I joined. At that point in time, Gleneagles was owned by Diageo, so everyone had to be 18 or over to work there. That was apart from me - I was the youngest person within the business. I was the first apprentice in the hotel since Diageo had taken it over, which was many, many years ago. It meant everyone else was a proper chef with countless years of training and experience, which was quite scary for me being so young and having never cooked before.

What is most important when cooking?

To be as positive as you can. Positivity produces better food. If not, you will inadvertently overcook something or under season something. Negativity is a vicious virus that affects confidence and concentration. I have always been a positive person. Negativity is poison.

You've already achieved so much, what are the goals now?

My main goal now is to ensure British food is respected, loved and that when people come over here, they are excited to eat the best of British. My goal isn't personal anymore. What I have achieved in my timeline is wonderful, but now I'm more focused on ensuring the Adam Handling Collection is somewhere that diners can rely on to consistently deliver the best of British food and that develops the best chefs and hospitality talent.

As a Springboard FutureChef Champion, what are the benefits of the initiative?

I feel very privileged to be a Springboard FutureChef Champion. It's really important to treat them as adults but also to try and push them as hard and far as possible. Whether you win or not, you make friends for life and you learn new skills immediately.

It is absolutely fascinating to see how they all talk about food - it's so romantic and so pure. You can't help but be moved and you're left wanting to give them an opportunity, you want them to succeed.

How powerful is it in getting jobs?

Chefs look at Springboard as a real achievement, whether you've won it or just competed in it. When CVs come through the door, Springboard stands out. It highlights a willingness to learn and improve.

Do you have any tips for competitors?

1. When you're working with your mentor, you should be constantly asking the question "why?" - I hate anyone who says don't ask me why, just do what I tell you. That's the most dangerous answer in the world.

If you know the foundations of certain things, it's translatable into thousands of more dishes.

3. Find a chef who you aspire to be and ask to work in their kitchen for a day or week. You will be surprised how many chefs will help you. It will give you a great insight into how a professional kitchen works.

4. Don't test your dishes on your friends and family. They will be too nice to you. You need critical feedback to improve.

Country Range is proud to be a headline sponsor of the 2025/2026 Springboard FutureChef competition, supporting the next generation of culinary talent.

With the final on 23rd March, we'll be featuring the winner and their journey in an upcoming issue, celebrating the creativity and skill of these aspiring chefs.

HANDLING

CHEF, RESTAURANTEUR AND OWNER

2. The second part of that is always write the answers down. Get a little notepad in your back pocket and jot everything down - why does it need to be cooked to that specific temperature? Why does the skin need to be crispy? Why does the oven need to be pre-heated? Food is translatable.



Beef Wellington



SERVES 6

PREP TIME: 25 MINUTES

INGREDIENTS

For The Chicken Mousse

Prep time: 20 minutes

- 250g chicken breast, diced
- 1 egg white (keep the egg yolk for the pastry)
- 200g haggis
- 80g double cream
- 3g table salt
- 1g black pepper

- 2g table salt
- 2 eggs
- 50ml semi-skimmed milk
- 1tbsp sunflower oil

For The Beef

- 1 beef fillet
- 2tbsp Dijon mustard
- 2 sheets of puff pastry sheets (1 sheet for latticing)
- 1 egg yolk

For The Crêpe Mix

Prep time: 10 minutes

- 100g plain flour

METHOD

For the chicken mousse

1. Place the chicken breast into a cold blender, add the remaining ingredients and blend until smooth. Mix with haggis and refrigerate, until needed.

For the crêpe mix

1. Put the plain flour and salt into a large mixing bowl. Make a well in the centre and crack 2 eggs into the middle. Pour in the milk and oil. Start whisking from the centre, gradually drawing the flour into the eggs, milk and oil. Ladle into a pan and spread the liquid, so that it creates a thin layer. Cook on each side for 1 minute, at 170°C.

For the beef

1. Seal off the beef in a frying pan (reserve the beef fat). When golden, take the pan off the heat and rub the mustard into the meat. Leave it to cool down.

2. Lay the crêpe out on a surface. Spread the chicken and haggis mousse on top of the crêpe. Place the beef on top and roll it into a cylinder. Lay out the pastry and egg wash. Place the rolled beef cylinder on top of the pastry and roll again to form a neat cylinder.

3. When the wellington is set, add your lattice pastry on top. Pre-heat your oven to 200°C and place a large tray into the oven until it gets really hot. Remove the tray from the oven, place the Wellington on the tray and put it back into the oven (be as quick as possible with this step). Cook for approximately 15 minutes, or until you see the pastry turning golden brown.

4. Reduce the heat to 180°C and cook for a further 15 minutes. Remove from the oven and probe the centre of the Wellington. When the core temperature is 35°C, remove the Wellington from the oven and leave to rest on the side for 5 minutes. Carefully remove the two ends of the pastry to release the steam. This needs to rest for 20 minutes. The pastry will act as a very hot blanket and continue to cook the Wellington.

A NEW RECYCLING RHYTHM FOR HOSPITALITY

Recycling legislation tightened for UK hospitality in 2025, and the first results are now starting to show. For chefs, school caterers and care homes, the message is simple. Food waste and recyclables can no longer sit in one bin, and regulators now expect clear systems, training and evidence of effort.



WHAT HAS CHANGED?

In England, the big shift is Simpler Recycling for workplaces, in force from 31st March 2025. Every workplace must now separate three main streams before collection: dry recyclables (plastic, metal, glass, paper and card), food waste, and residual waste. This covers the workplace, visitor and customer bins. Micro-firms with fewer than 10 full-time equivalent staff still have until 31st March 2027, but everyone else is already expected to comply. Food waste must be collected separately, even if volumes are small, and staff cannot be asked to take it home.

Wales is already a step ahead. Workplace Recycling Regulations started on 6th April 2024 and apply to all workplaces, including hospitality and tourism. Businesses producing more than 5kg of food waste a week must separate it, alongside paper and card, glass, metals and plastics, plus unsold textiles and small electricals.

In Scotland and Northern Ireland, mandatory separate food waste collections for many food businesses have been in place for years. Those producing more than 5kg of food waste a week must present



SCAN TO DISCOVER DELICIOUS RECIPES & MORE!

YAMAS!

YAMAS! Labneh, the luxuriously creamy soft cheese with a subtle tang! Spread, Dollop, Dip, to level up your dish!

NEW BIGGER SIZE

900g



Sweet & Savoury Application



Artisanal & Authentic

200g



Labneh is a wonderful flavour carrier for both sweet & savoury applications! We've all seen the layered dip trend, but have you tried Labneh as a dessert ingredient? Here's some inspiration, brought to you by @AmySheppardFood

To find out more, pick up with your Account Manager today or email: hello@yamasdairy.uk



Do you have a success story of how you're dealing with improving your recycling processes or another sustainability initiative? Let us know at editor@stiritupmagazine.co.uk

it separately, and disposing of food waste to sewers is tightly restricted.

WHY WAS IT INTRODUCED?

WRAP's latest figures put total UK food waste at about 10.2 million tonnes a year. Hospitality and food service are responsible for around 1.1 million tonnes, about 11% of the total. Of that, roughly 0.8 million tonnes is edible food, with an estimated value of £3.21 billion a year.

For restaurants alone, Business Waste data shared by Wrapmaster suggests wasted food could be worth around £682 million a year, and an estimated 10% of food bought by restaurants never reaches the customer. Those numbers sit behind the tougher rules that now apply from prep kitchen to hospital ward trolley.

HOW THE SECTOR IS COPING

Early signs point to strong, if uneven, progress to date. Westminster City Council have already reported that 579 businesses signed up to new food waste and mixed recycling services in just the first two months after Simpler Recycling went live. The Chelsea Barracks estate is highlighted as an early adopter, reporting a smooth transition to full food waste collections, while local bar Romeo San describes food-waste separation as "simpler than expected" and now part of its routine.

WRAP's Food Waste Reduction Roadmap now includes more than 400 committed organisations, a 10% rise in the past year, although only about 25% of large food and drink businesses have set a formal food waste reduction target and 30% are measuring and reporting their results.

For chefs and catering managers, the pattern is clear. Those that treat the new rules as a chance to redesign bin layouts, train staff, measure waste and work closely with waste contractors are not only staying legal, but they are also cutting costs, freeing up margin and strengthening their sustainability story with guests, pupils, residents and patients.

Labneh & Lemon Cheesecake Pots



Ingredients

200g YAMAS! Labneh
8 digestive biscuits
25g melted butter
6 tsp lemon curd (plus extra for the topping)
30g icing sugar
120g double cream
Juice and zest of ½ lemon

SERVES
6

Method

Crush the biscuits in a bowl with the end of a rolling pin. Pour in the melted butter and stir until coated. Divide between 6 ramekins.

Press down gently with the back of a spoon until you have a level layer.

Add a teaspoon of lemon curd to each pot and carefully spread it out over the crumb.

Add the YAMAS! Labneh, double cream and the lemon juice and zest to

a mixing bowl. Sieve the icing sugar into the bowl and blend with an electric whisk for 30 seconds to 1 minute until combined and thick.

Divide the mixture between the 6 pots and smooth the top until level.

Water down a couple of tsp of lemon curd with a few drop of boiling water. Drizzle a little over the top of each pot.

Refrigerate for a couple of hours before serving.

Light, bold and full of flavour is what this dessert is all about!

Caramel Cappuccino & Labneh Tiramisu Pots



Ingredients

2x 200g YAMAS! Labneh
8-12 sponge fingers
100ml coffee
50g icing sugar
Caramel sauce to drizzle
4 squares of dark chocolate

SERVES
4

Method

Break 1 (or 1½) sponge fingers and place into the bottom of each pot.

Pour over some coffee and leave it to soak.

Then place both pots of YAMAS! Labneh in a bowl and add the icing sugar. Mix with a wooden spoon until smooth.

Drizzle each of the pots with a little caramel sauce.

Divide half of the cream between the 4 pots and smooth it down so its evenly spread for the first layer.

Finely grate some dark chocolate on top.

Repeat the process to make another layer of sponge fingers, cream and sauce, then finish with grated dark chocolate.

Cover and keep in the fridge until you're ready to serve!

A super simple make ahead dessert perfect for the festive season!

**THE GREAT
BRITISH
EGG CO**



greatbritisheggco.uk



Great, British egg solutions
for great, British kitchens

OMELETTES

Plain 100g

Plain Round 50g

Cheese 100g

Cheese & Tomato 100g

Ham & Cheese 100g



Plain Frozen 100g

Rising Star

JEFFREY BOADI

COOK, INFLUENCER AND AUTHOR

When former semi-professional footballer Jeffrey Boadi adopted a plant-based diet in 2017, little did he know that it would send him down a cookery rabbit hole that would forever change his life. Sharing his journey to a growing audience online, Jeffrey has become a passionate plant-based advocate and recently featured on Jamie Oliver's One Pound Wonders & Money Saving Meals. We caught up with him to discuss his first book *Plant Fuel*, a restaurant dream and all that is plant-based.

Where did your passion to cook come from?

The big moment was when I shifted to a plant-based diet back in 2017. That was when the passion was ignited to push my boundaries and explore cookery. I like to train and keep myself fit so before 2017, I was on your typical gym bunny diet – chicken and broccoli, sweet potato etc. I was eating solely for function as opposed to flavour.

Describe your cooking style

My cooking style is very simple and accessible but I focus on two things. Flavour and function. First things first, it has to taste terrific. There is nothing better than the 'that recipe was delicious' comment on Instagram. That's a primary goal of mine. From a function standpoint, I want people to understand what nutritional benefits they're getting from the dish. It could be a protein rich bowl, loaded with fibre, a rainbow of colours, maybe some fermented foods for gut health. Nourishment and enjoyment in equal measure.

If you're 100% plant-based, is it even more important that you have some cookery skill?

It's a lifestyle that does require you to know your way around the kitchen. You need to know where you're getting your nutrients and protein from. Quinoa, beans, pulses, nuts and seeds – I really didn't eat many of them previously so I had to learn how to utilise and cook with them. The aim was to create

recipes that were nutritious, provided energy and tasted terrific.

Tell us about *Plant Fuel*

I'm so proud of the book. It's filled with delicious plant-based, high-protein, high-fibre recipes that are not only nutritious but genuinely satisfying. The dishes have an emphasis on whole foods and everyday accessibility. I've really enjoyed the process of putting the book together and I'm passionate about inspiring others to discover the benefits of plant-based cookery.

What is your favourite dish to eat?

I love to eat a big power bowl loaded with different components. I may have some spicy tempeh, roasted sweet potato, kimchi, avocado and some seasonal greens. Then I will bring it all together with a zingy dressing – I'm loving lime and harissa dressings at the moment.

Three kitchen secrets for plant-based success

1. One is universal – don't always strive for perfection immediately. Just get started and build from there.
2. Herbs and spices are your best friend. I came across sumac in the last year and am now obsessed.
3. Finally – explore, be adventurous and enjoy it.

Spinach and pistachio spaghetti



This colourful and vivid restaurant-style spaghetti dish wins points for style, but more importantly, it is packed with plant protein to nourish you and keep you feeling full. The pistachios add a lovely nutty flavour and a nice crunch, too.

PER SERVING: PROTEIN 36G, FIBRE 11G

**SERVES 2, PREPARATION: 10 MINUTES
COOKING: 15 MINUTES**

INGREDIENTS

- 230g wholewheat spaghetti
- 120g fresh spinach
- 80g pistachios, plus extra, chopped, to garnish
- 1 pack (300g) silken tofu
- 20g nutritional yeast
- 4 garlic cloves, peeled
- 1 lemon, juiced
- 1tsp sea salt
- ½tsp black pepper
- 1tbsp extra-virgin olive oil

METHOD

1. Bring a large saucepan of salted water to a boil. Add the spaghetti and cook until al dente.
2. Before draining, reserve 150ml of pasta water for the sauce.
3. Combine the spinach, pistachios, silken tofu, nutritional yeast, garlic, lemon juice, salt and pepper in a jug blender.
4. Slowly add the olive oil and then 120ml of the reserved pasta water while blending, until the sauce becomes creamy and smooth.
5. In a large mixing bowl, combine the cooked spaghetti with the spinach-pistachio sauce.
6. Stir well to coat evenly, adding more pasta water if needed to thin the sauce.
7. Garnish with extra chopped pistachios.

Extract taken from *Plant Fuel* by Jeffrey Boadi (Bloomsbury, £22 Hardback) Photography © Clare Winfield. **For your chance to win a copy see page 45.**

Snacking menus are better with fries



Unlock new snacking occasions this Summer with trending flavours and fries that boost your bottom line.

Lamb Weston[®]
POSSIBILITIES IN POTATOES 

TECHNOLOGY AND THE CUSTOMER EXPERIENCE

With over 25 years of experience in hospitality operations and technology, Chris Fletcher is the Founder & CEO of Tech On Toast, a company that simplifies the way hospitality technology is bought and managed. We caught up with him to learn more about the solutions available to hospitality businesses that enhance the customer dining experience.



IF YOU WERE OPENING A NEW SITE TOMORROW, WHICH TECHNOLOGIES WOULD YOU TREAT AS ESSENTIAL AND WHICH WOULD YOU PHASE IN LATER?

Essential: a reliable POS, integrated payments, workforce management, stock control, and a solid connectivity setup. These protect margin, keep service moving, and give you real data from day one.

Phase in later: loyalty, advanced CRM, kiosks or table ordering, AI-driven forecasting, and guest experience tools once the operation has settled and you understand the flow of the site.

HOW CAN MOBILE ORDERING AND PRE-ORDERING PLATFORMS REDUCE QUEUE PRESSURE IN BUSY ENVIRONMENTS?

They spread demand before guests arrive, shift transactions away from peak bottlenecks, and allow kitchens and bars to pace production more efficiently. Guests feel the benefit instantly through shorter waits and clearer expectations.

WHICH INNOVATIONS MATTER MOST FOR ALLERGEN AND NUTRITIONAL TRANSPARENCY?

Live menu data synced directly from the kitchen or recipe management system, clear digital allergen filters, and automated prompts for cross-contact risks. Anything that removes manual updates reduces risk and builds trust with guests who rely on absolute clarity.

WHAT DATA SIGNALS SHOULD OPERATORS MONITOR TO UNDERSTAND GUEST SATISFACTION IN REAL TIME?

Speed of service, order accuracy, sentiment from quick post-visit surveys, return frequency, dwell time, and basket uplift. When these move together, you get an early warning of issues long before reviews appear online.

HOW CAN TECH IMPROVE THE ACCESSIBILITY OF MENUS AND ORDERING FOR GUESTS WITH VISUAL OR COGNITIVE CHALLENGES?

Large-format text options, audio-readout menus, high-contrast designs, simplified workflows, and the ability to order through a personal device. Personalisation features such

as remembering preferred layouts also make a significant difference.

WHICH GUEST-FACING TOOLS BUILD LOYALTY IN SETTINGS WHERE DINERS DON'T ALWAYS CHOOSE THE VENUE, SUCH AS WORKPLACES OR SCHOOLS?

Pre-ordering, transparent nutrition, clear allergen visibility, frictionless payments, and feedback loops that show guests their comments actually lead to changes. Convenience and communication drive loyalty even when choice is limited.

WHAT PAYMENT TRENDS SHOULD OPERATORS PREPARE FOR OVER THE NEXT TWO YEARS?

Growth in digital wallets, biometric authentication, instant bank-to-bank payments, and more invisible payments embedded into ordering journeys. Operators should also expect higher guest expectations around speed and reliability at the point of payment.

HOW CAN IMMERSIVE OR INTERACTIVE ELEMENTS ELEVATE THEMED EVENTS OR LIVE CATERING EXPERIENCES?

Projection, lighting, scent, interactive screens, table triggers, and personalised menus all heighten engagement. When guests can influence the environment or see the story unfold around them, the experience becomes memorable, shareable, and commercially more valuable.



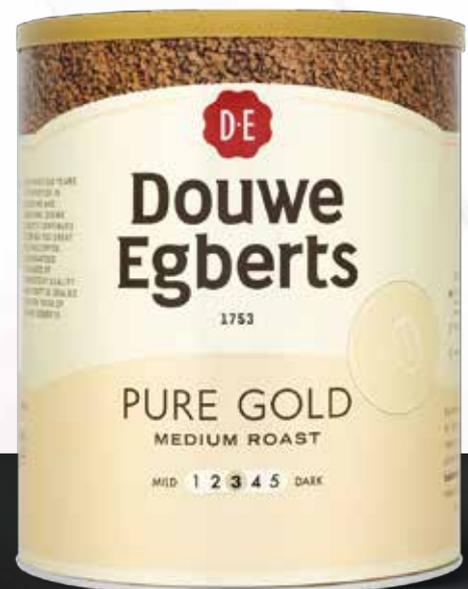


GROUND ED IN QUALITY

Over 100 years of coffee expertise



*The smart way
to enjoy your coffee.*



**Bringing people together
over quality coffee since 1753**

The Country Club

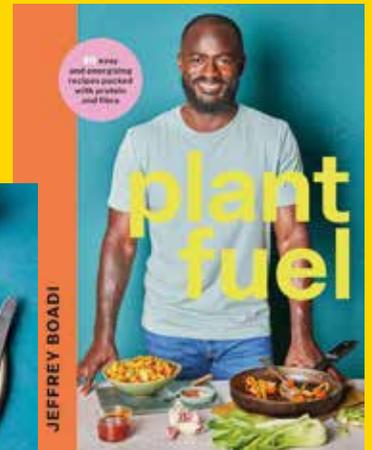
Exclusively for customers of the Country Range Group

POWER YOUR PLATE – WIN JEFFREY BOADI'S PLANT FUEL!

Fuel your year with vibrant, protein-rich, plant-powered recipes that keep you energised, strong and satisfied! Packed with simple, nourishing dishes – from berry cheesecake overnight oats to jerk BBQ tofu kebabs, super-green soups, lentil bowls and chocolate protein brownies – this book makes healthy eating delicious and achievable. Ideal for anyone seeking fresh ideas and inspiration to make delicious plant-based dishes that supports vegan, vegetarian and flexitarian lifestyles!

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

WIN
Jeffrey Boadi's
New Book!



From our Kitchen TO YOURS

JOIN OUR COMMUNITY OF HOSPITALITY, EDUCATION, HEALTH AND WELFARE PROFESSIONALS BY FOLLOWING US ON SOCIAL MEDIA.

For your daily dose of recipe inspiration, industry insights, top tips and so much more, stay connected with Stir it up.

FOLLOW US:



Stunning food photography and innovative recipes

Behind-the-scenes glimpses from top kitchens

Expert advice and industry news

Latest trends and tips from leading chefs and caterers

FOLLOW US TODAY AND TAKE YOUR CULINARY EXPERTISE TO NEW HEIGHTS!



COOKING SAUCES

Perfect for busy kitchens!

Homepride®



Create Your Signature Cheeseboard

To celebrate the recent success of Signature by Country Range Extra Mature Cheddar winning two prestigious industry awards, we are giving away 10 Signature cheeseboard sets.

Specially developed for foodservice, Signature by Country Range Extra Mature Cheddar is a naturally crumbly cheese, with a smooth taste followed by a lingering rich and creamy after taste. Its versatility makes it ideal for use across many applications, including in cooked dishes.

If you haven't already tried this award-winning cheese, now is your chance, as it is included along with a beautiful cheeseboard and knife set, ready for you to create your very own Signature cheeseboard alongside your favourite cheeses.

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

WIN
a Signature
Cheeseboard!



Signature
by Country Range

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



Closing date for the competition is 31st March 2026. All winners will be notified by 30th April 2026. Postal entries can be sent to: Country Range Group, 4 & 5 Jupiter House, Mercury Rise, Altham Business Park, Altham, Lancashire, BB5 5BY. Full terms and conditions can be found at: www.stiritupmagazine.co.uk/about



THEY'VE GOT ME
HEAD OVER HEELS

try something
"Tyrrellbly Tyrrellbly
Tasty"



stock up on the nation's No. 1
hand-cooked crisp brand*

Tyrrell's
hand-cooked English crisps

*NielsenIQ, Total Coverage, Value Sales 52 w/e to 09.08.2025

NEVER SETTLE

The UK's no.1 bouillon brand*



Scan here to buy it now

*UK Bouillon Paste Market Sales Value YTD (8th June 2025) - Circana.