

THIS  
IS  
HOME



# ELDERLY CARE ROAST DINNER

ACTIVITY PACK



CARTE D'OR

HELLMANN'S

Lifbuoy

THE VEGETARIAN  
DUTCHER

Knorr

FUTURE  
50  
FOODS

fair kitchens

Unilever

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Solutions

WALL'S®

Support. Inspire. Progress.

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## 03 ROAST DINNER ACTIVITY KIT

## 25 SIDE DISH RECIPE GUIDE

## 75 ROASTS IN CARE VIDEO SERIES







# ROAST KIT



Our refreshed activity kit is designed to help care homes celebrate everyone's favourite Sunday lunch in style.

From bunting and games to hosting your own pub-style quiz - we've done all the hard work for you - all ready to download and use straight away.



3



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Food  
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# INVITES & POSTER

Let the world know about your event, print out these posters and invites on the next few pages to remind residents and guests to save the date.

We have also included some blank menus so you can let residents and guests know what you have in store for them.

ENJOY A GREAT  
**ROAST DINNER**  
TOGETHER

DEAR

JOIN US ON

AT



Support. Inspire. Progress.

ENJOY A GREAT  
**ROAST DINNER**  
TOGETHER

DEAR

JOIN US ON

AT



Support. Inspire. Progress.

## TOP TIP:

Invite your Mayor or local newspaper to your event, it will be great exposure for your home and brilliant for the residents. You never know unless you try.





# ENJOY A GREAT ROAST DINNER TOGETHER

JOIN US ON

AT



# MENU



# SEASONAL VEGETABLES

There's nothing better than seasonal grown veg.

Print out this handy seasonal veg poster to remind your kitchen of the best tasting veg all year round and support our farmers.

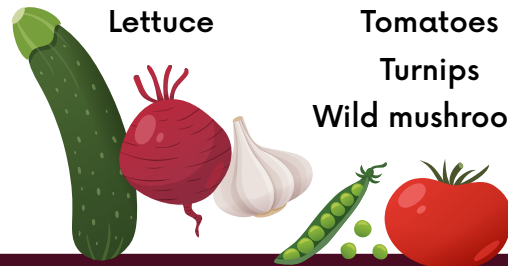
## Spring

Asparagus	Leeks	Radishes
Broccoli	Lettuce	Spinach
Cabbage	New Potatoes	Spring Onions
Carrots	Peas	Swede
Cauliflower		
Kale		



## Summer

Asparagus	New Potatoes
Broad beans	Onions
Broccoli	Peas
Cabbage	Radishes
Carrots	Runner beans
Courgettes	Spinach
Garlic	Spring onions
Lettuce	Tomatoes
	Turnips
	Wild mushrooms



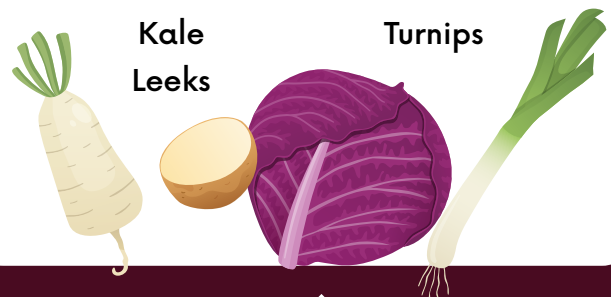
## Autumn

Broccoli	Leeks	Shallots
Cabbage	Lettuce	Swede
Carrots	Onions	Spring onions
Cauliflower	Parsnips	Squashes
Celeriac	Potatoes	Tomatoes
Courgettes	Pumpkin	Turnips
Garlic	Radishes	Wild mushrooms
Kale	Runner beans	



## Winter

Brussels sprouts	Parsnips
Cabbage	Potatoes
Cauliflower	Shallots
Celeriac	Swede
Kale	Turnips
Leeks	





## THE GREAT ROAST DINNER



Print out several copies of this colouring in template to give to each of your residents who would like to participate in this activity. Supply them with lots of colourful pens to decorate with.



# SPOT THE DIFFERENCE

There are 5 differences between these 2 pictures, can you spot them all?



# SPOT THE DIFFERENCE

## ANSWERS

Print out as many copies of this spot the difference activity as you need and ask residents to spot the five differences.



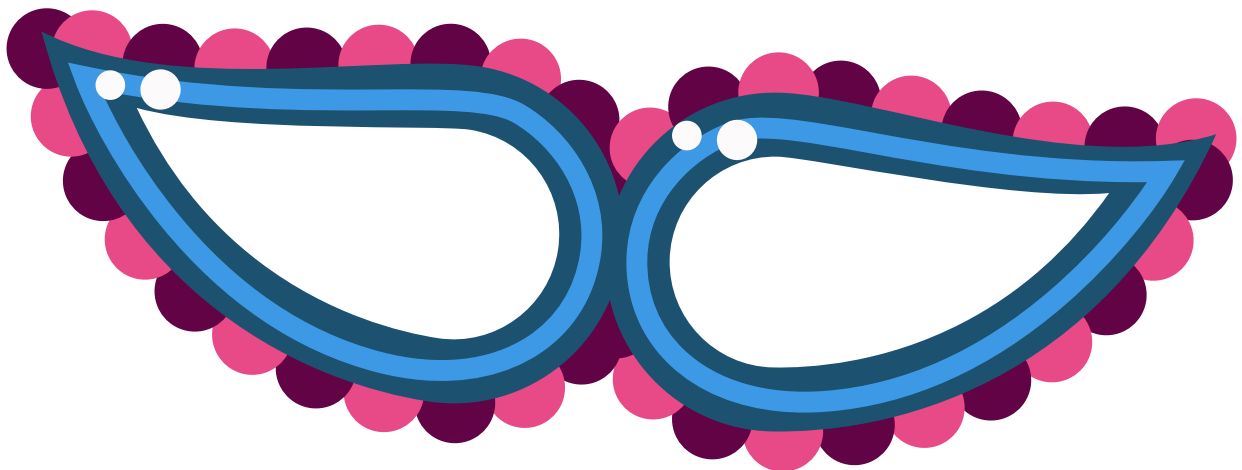


# PROPS

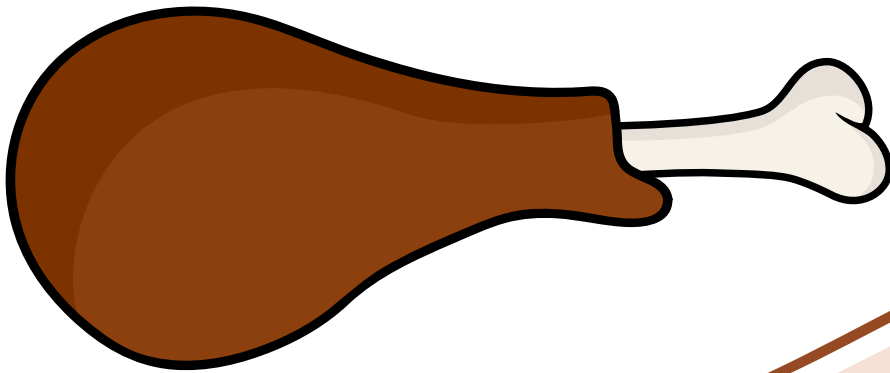
Cut out these props and stick them onto thin card and add some long sticks with tape, to create some roast dinner photo props for your residents and their families to pose with. An activity that is bound to get everyone involved laughing!



# PROPS



# PROPS



**YUMMY!**



# PUB QUIZ

## QUESTIONS

We have put together a pub quiz for you to put on in your home – a perfect game for after dinner as residents can sit comfortably and write down their answers to the quiz, in teams or individually. After the quiz is finished, you can count up the points for each team or resident and see who is crowned the winner!

1. How many pennies are there in an old style English pound?
2. How many people would normally make up a jury in England and Wales?
3. What is the RAF's famous aerobatic display team called?
4. What is the world's best selling perfume?
5. Which of Henry VIII's wives was mother of Queen Elizabeth 1?
6. Where in London did 'The Wombles' live?
7. If an egg floats in water is it fresh or stale?
8. What number do we associate with James Bond?
9. The Monument in London commemorates what?
10. How many men did the 'Grand Old Duke of York' have?
11. What is Uri Geller famous for?
12. What does three squared equal?
13. Who was known as 'the lady of the lamp'?
14. What do the initials 'F.B.I.' stand for?
15. Which one has a tail – chimpanzee, baboon or gorilla?
16. What colour is a Spanish post box?
17. In which country is the River Medway?
18. What ingredient is used with sugar to make meringue?
19. In which year did the pound note stop being legal tender?
20. From which city does Colman's mustard originate?
21. What type of creature is a 'hammerhead'?
22. Which is the only country that shares a border with Portugal?
23. What did Cinderella lose at the ball?
24. What is  $11 \times 12$ ?
25. In cockney rhyming slang, what does 'apples and pears' mean?
26. What two things do bees collect?



# PUB QUIZ

## ANSWERS

1. 240
2. 12
3. The Red Arrows
4. Chanel No.5
5. Anne Boleyn
6. Wimbledon
7. Stale
8. 007
9. The place where the Great Fire of London started
10. 10,000
11. Bending spoons
12. 9
13. Florence Nightingale
14. Federal Bureau of Investigation
15. Baboon
16. Yellow
17. Kent
18. Egg white
19. 1988
20. Norwich
21. Shark
22. Spain
23. Her glass slipper
24. 132
25. Stairs
26. Nectar and pollen



# CHARADES

Charades is a great activity for residents as it's a game that gets them active. Each card has a different symbol to show whether it's an action, movie, song, TV programme or book. Ask a resident to act out a card. The other residents can all guess and whoever guesses correctly goes next!

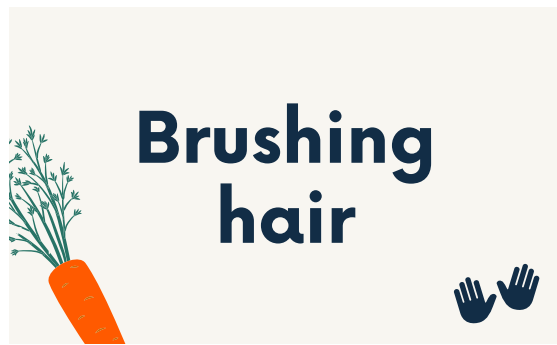


----- CUTTER GUIDE -----





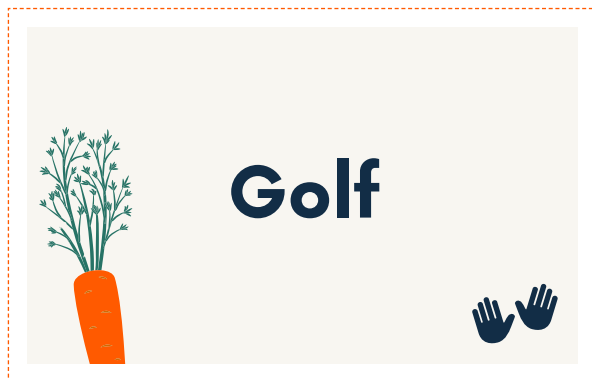
# CHARADES



----- CUTTER GUIDE -----



# CHARADES



----- CUTTER GUIDE -----



# CHARADES

**Warhorse**



**Dancing in  
the Street**



**Only Fools  
and Horses**



**Dancing**



**Singing**



**EastEnders**



**Taking a  
picture**



**Swimming**



----- CUTTER GUIDE -----



# BUNTING

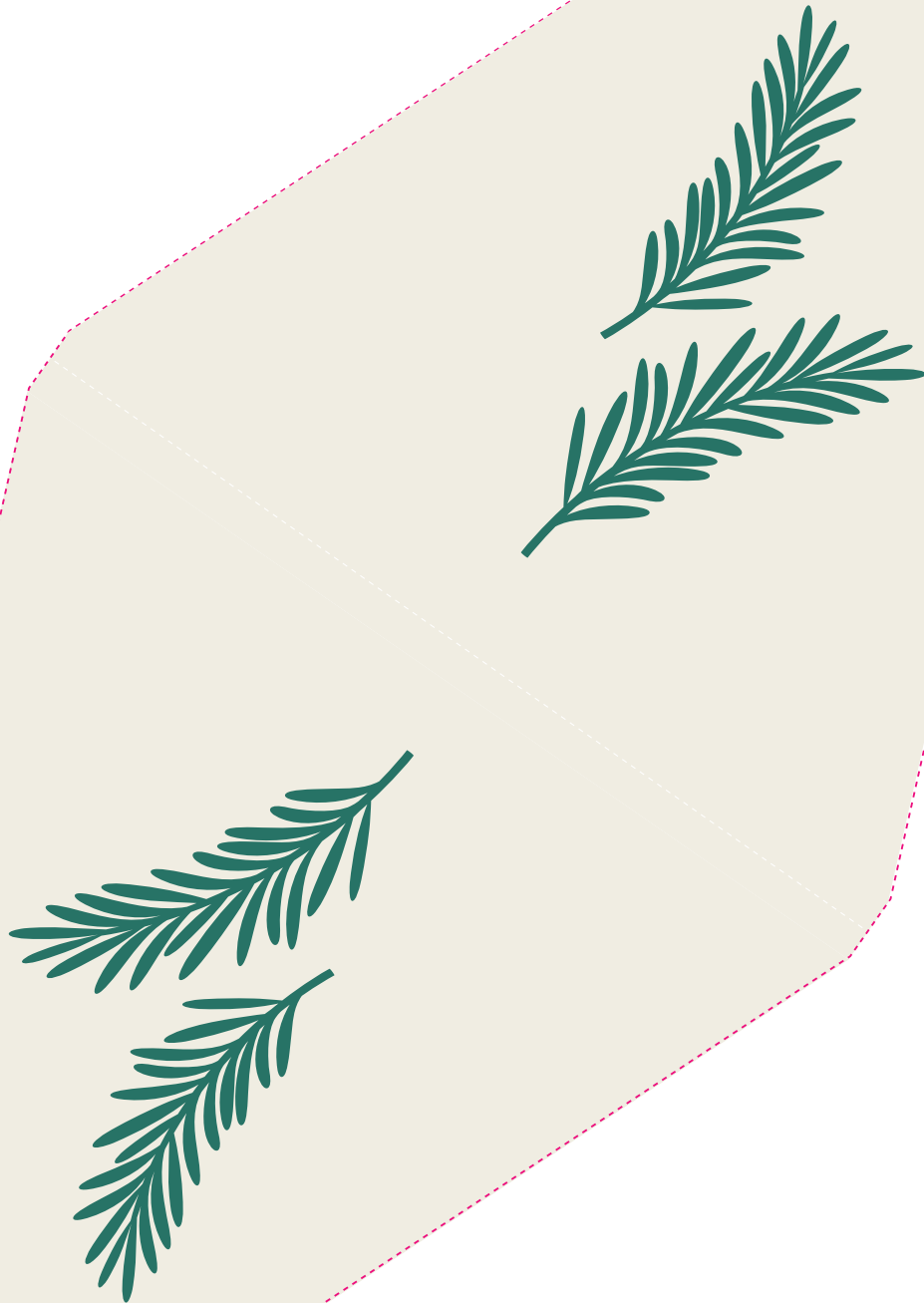
Decorate your Roast Dinner event with this printable and easy to assemble bunting. Print out the bunting pages as many times as you may need. Use scissors to cut around the bunting, then fold each flag along the dotted line.

Unroll your ribbon and grab a triangle. Leaving about a foot of ribbon to hang up the banner, open the triangle and place a one-inch piece of double-sided tape under the crease. Lay the ribbon on top of the tape and then place another strip of tape over the ribbon. Fold the triangle over the ribbon and put a small piece of tape at the boom to keep the triangle together. Keep moving down the line until you finish your bunting!

Creating bunting could be a great activity to get residents active and excited before the big event.



# BUNTING



----- CUTTER GUIDE -----



# BUNTING

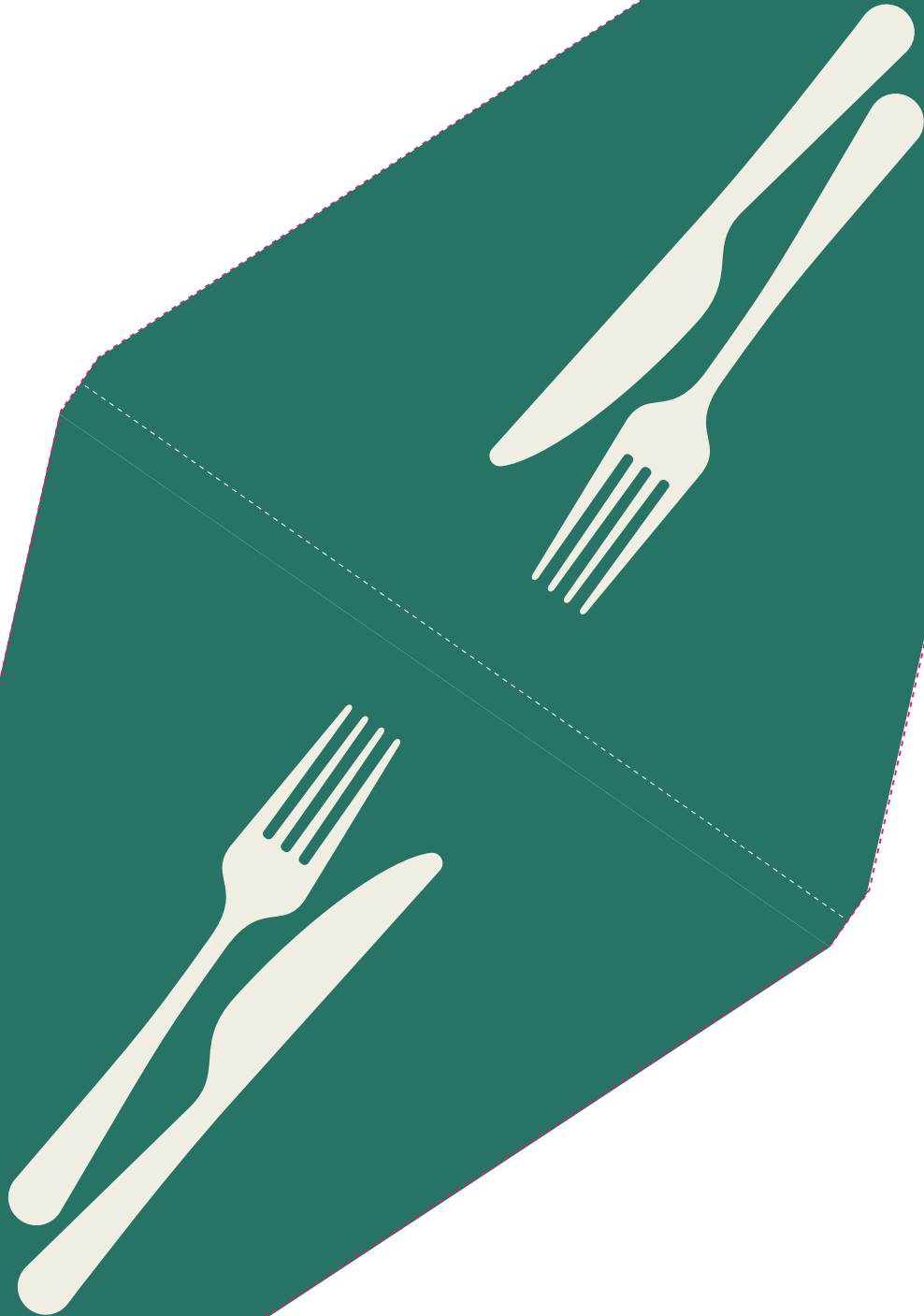


----- CUTTER GUIDE -----





# BUNTING



----- CUTTER GUIDE -----



# BUNTING



----- CUTTER GUIDE -----





# ROAST RECIPES

**With almost all homes including a roast on their menu at least once a week, it's a meal that carries nostalgic value for residents.**

So how can you keep this classic dish fresh and avoid fatigue? We think the key is in serving sensational side dishes. To help you get inspired with sides, we've brought together some of the best chefs in the business from groups including Care UK, Hallmark and Avery to create a guide that will help you re-imagine what side dishes can do for your roast dinner.

These recipes are brought to you by leading care sector chefs using the nation's favourite Colman's mustard<sup>1</sup>, a wide range of Knorr® Professional Bouillons and purees and no roast is complete without lashings of delicious Knorr® Professional gravy. We're confident your residents will love these recipes as much as we do!

<sup>1</sup>UK Nielsen Retail Grocery Value Sales MAT 02.11.19.



# MEET THE CHEFS



## Alex Hall, Unilever Food Solutions

With over 20 years' experience in a variety of different sectors and settings, Alex has spent the last five within Unilever Food Solutions as the Executive Chef. Having studied for his Professional Chefs' diploma at Westminster College going on to work in Fine Dining/ Michelin starred establishments, then onto an event catering company. Alex now has customers in both the UK and Ireland supporting them in their business by simplifying menus or supporting with concept development.



## Stuart Middleton, Meallmore

Stuart has over 10 years of care sector catering experience, and now works as Regional Development Chef at leading care provider Meallmore Ltd. Stuart is a firm believer that nutrition and hydration are crucial to physical and mental wellbeing, particularly in a care home setting.



## Andrew Dunne, Barta Healthcare

With over 20 years catering experience in the hospitality and care sector, Andrew is well versed when it comes to creating dishes to suit most care home resident needs. As the Executive Chef at Barta Healthcare and a Chef Consultant for a medical company, Andrew provides expert advice to care facilities on nutrition and dysphagia in aged care.



## Brian Lane, Hallmark Care Homes

Brian started his catering journey at just 14 years old, and successfully became Head Chef at the age of 17. Brian has had a varied career path spanning over 45 years, gaining a wealth of experience and knowledge along the way. The last 15 years Brian has been focused on improving the standard of food delivered into the care sector and is currently Executive Chef and head of the Chef's Academy at Hallmark Care Homes, Brian continues his hands-on training in the kitchen, helping to make sure that each and every resident has the best dining experience.





## Paul Wright, Sanctuary Care Group

With over 20 years' experience as the Business Development Chef at Unilever Food Solutions and now working as the Regional Hospitality Manager at Sanctuary Care Group. Paul brings a wealth of knowledge when it comes to encouraging and training chefs in the elderly care sector.



## James Clear, Care UK

As Hotel Service Manager at Care UK, James' experience and knowledge has allowed him to advise Care UK's homes across the south of England. James understands the importance of residents' nutritional and hydration needs and delivers free public seminars to help people caring for older loved ones to create nutritious meals.



## Gareth Cartledge, Avery

Gareth started his career with St Monica trust where he worked his way up from commis chef to exec chef opening new sites and providing training and support to the wider business. Gareth has now worked for Avery for the last 18 months and is supporting the culinary and hospitality department within 24 homes across the south of England.



## Alex Webber, Anchor Hanover Group

Alex Webber is the Chef Manager at Lapwing Court, part of the Anchor Hanover Group. Alex's passion is to ensure that his residents have delicious, attractive appetising food to eat. He's a dedicated team member and will always go out of his way for his residents, the staff and the organisation. He also takes great pride and responsibility to ensure that all his residents' dietary food requirements are catered for.





# POTATOES

With potatoes being such a staple it's important to get the right one for the job. Mainly they are broken into two types, starchy or waxy. Waxy potatoes are great in stews and casseroles. Where as starchy potatoes are great for mashing and roasting. In season from June to October with the main crop being lifted from August onwards.



**JUN–OCT** / 5 months







# Fennel & Potato, Onions Boulangere – Brian Lane

## INGREDIENTS FOR 10 PORTIONS

- 500g Fennel
- 500g Onions
- 100g Butter
- 1.5kg Desiree Potatoes
- 30g KNORR® Professional Rich Vegetable Paste Bouillon**
- 1L Water
- 5g Thyme



## METHOD

Peel and finely slice the onions. Finely slice the fennel then place both the fennel and onions in a pan along with the butter and thyme then cook on a low heat until they are golden brown.

Peel and slice the potatoes.

Place the water in a pan and bring to the boil. Whisk in the **KNORR® Professional Rich Vegetable Paste Bouillon** and remaining butter.

In a ½ gastro tray, place a layer of the sliced potatoes season with salt and pepper, then a layer of fennel and onions and season. Top with another layer of potatoes.

Gently pour over the bouillon to just cover the potatoes.

Place in the oven at 160°C for 1-2 hours or until the potatoes are cooked.





# Celeriac Dauphinoise – James Clear

## INGREDIENTS FOR 10 PORTIONS

- 900g Desiree Potatoes
- 900g Celeriac
- 1 L Double Cream
- 30g KNORR® Professional Garlic Puree**
- 5g Salt and Pepper
- 100g Gruyère or Cheddar Cheese



## METHOD

Peel the celeriac and potatoes then finely slice.

Bring the cream and **KNORR® Professional Garlic Puree** to the boil.

Place a layer of the potatoes in the base of a 1/2 gastro tray, top with sliced celeriac then season. Add some of the cream mix and lightly press. Repeat this twice more, then top with cheese.

Place in the oven at 160°C for 1-2 hours until the potatoes and celeriac are cooked.



# Marmite Roast Potatoes – Paul Wright

## INGREDIENTS FOR 10 PORTIONS

- 2kg Potatoes (King Edwards or Maris Piper)
- 50g Butter
- 100ml Vegetable Oil
- 50g Marmite**



## METHOD

Peel and cut the potatoes.

Par boil for 12 minutes then remove and drain well allowing to steam dry.

Pour the oil into an oven tray and place into a pre-heated oven at 180°C for 5 minutes.

Remove the tray from the oven and add in the butter and **Marmite** mix well before adding the potatoes and tossing.

Roast for 35-40 minutes turning halfway through.





# Haggis & Clapshot Cakes

– Stuart Middleton

## INGREDIENTS FOR 10 PORTIONS

- 750g Maris Pipers Potatoes
- 500g Swede
- 150g Onion
- 25g KNORR® Professional Rich Vegetable Paste Bouillon**
- 300g Haggis
- 50g Butter
- 3 Eggs
- 100g Flour
- 150g Panko Breadcrumbs



## METHOD

Peel and dice the potatoes and swede then place into a saucepan with the **KNORR® Professional Rich Vegetable Paste Bouillon** then cover with water.

Bring to the boil then reduce the heat and simmer for 25 minutes or until soft then remove from the heat and drain well and allow to cool.

Sweat the onions in a little oil for 10 minutes then remove and allow to cool.

Crumble in the haggis and add the onions then mix and shape into 20 small cakes.

Set up a pane, then pass the cakes through the flour, egg and breadcrumbs.

Fry the cakes on a medium heat in a little oil for 3-4 minutes on each side or until golden.





# Creamy Mash

– Andrew Dunne

## INGREDIENTS FOR 10 PORTIONS

2kg	Rooster Potatoes
5g	Salt
5g	White Pepper
100g	Butter
150ml	Double Cream
75ml	Whole Milk
40g	Spring Onion

## METHOD

Peel and dice the potatoes into 2" pieces then place into a saucepan and cover with water.

Bring to the boil and cook for 35 minutes then remove and drain then allow stand in a strainer and allow to steam dry.

Before adding anything to the potatoes, mash them first until fluffy or pass through a sieve, and then add your milk, cream, butter, salt, pepper and garnish with thinly sliced spring onion.



# Roast Gravy Spuds

– Alex Webber

## INGREDIENTS FOR 10 PORTIONS

2kg	Potatoes (King Edwards or Maris Piper)
50g	<b>KNORR® Professional Gravy Granules for Meat</b>
100ml	Vegetable Oil

## METHOD

Peel and cut the potatoes.

Par boil for 12 minutes then remove and drain well allowing to steam dry.

Pour the oil into an oven tray and place into a pre-heated oven for 5 minutes.

Toss the potatoes in the **KNORR® Professional Gravy Granules for Meat** then remove the tray from the oven and add the potatoes then coat in the oil.

Roast for 35-40 minutes turning halfway through.







# Duchess Potatoes with Chicken Glaze – Gareth Cartledge

## INGREDIENTS FOR 10 PORTIONS

- 750g Maris Piper Potatoes
- 100g Butter
- 2 Egg yolks
- 10g KNORR® Professional Roast Chicken Paste Bouillon**
- 3g Salt and White Pepper Seasoning



## METHOD

Wash and peel and cut potatoes into even sizes.

In large pan cover potatoes with water and boil till tender.

Drain well, return to pan on low heat to dry out the potatoes.

Pass potatoes through medium sieve or masher.

Mix through 50g butter and egg yolks then season.

Place in piping bag with star nozzle and pipe into neat spirals 2.5 cm wide and 5cm high onto lightly greased baking trays.

For the chicken glaze add 20ml of water to 10g **KNORR® Professional Roast Chicken Paste Bouillon**. Warm to paste and add 50g melted butter.

Bake pre heated oven at 200°C for 2-3 minutes to give a light browning and brush on the Chicken glaze.



# Lightly Spiced New Potato Fondants – Alex Hall

## INGREDIENTS FOR 10 PORTIONS

- 1.2kg New Potatoes
- 100g **KNORR® Patak's Madras Paste**
- 100g Butter
- 50ml Vegetable oil
- 1L Water
- 30g **KNORR® Professional Rich Vegetable Paste Bouillon**



## METHOD

Trim the top and bottom of the potatoes.

Add the oil and the butter to the pan on a medium heat and place in the potatoes flat side down.

Allow to colour lightly then turn and add in the **KNORR® Patak's Madras Paste** and cook out for a couple of minutes on a low heat.

In a separate pan bring the water to the boil and whisk in the **KNORR® Professional Rich Vegetable Paste Bouillon**.

Pour the bouillon into the pan with the potatoes and place in the oven and cook at 180°C for 20-30 minutes or until the potatoes are cooked.







# SWEDES

In season from mid October through to the end of February.  
Swede can be simply roasted to add a lower-calorie alternative to potatoes for residents living with diabetes.



**OCT–FEB** / 5 months







# Baked Swede Mash

– Alex Hall

## INGREDIENTS FOR 10 PORTIONS

- 2kg Swede
- 4 Eggs
- 400ml Double cream
- 40g KNORR® Professional Ginger Puree**
- 30g Soft Brown Sugar
- 80g Breadcrumbs
- 50g Butter



## METHOD

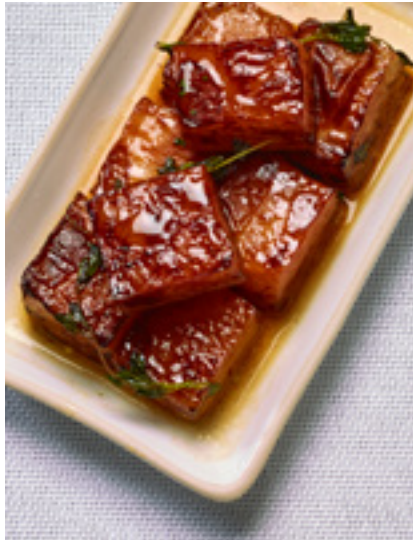
Peel and dice the swede then place into a saucepan and cover with water.

Bring to the boil and cook for 40 minutes or until soft then drain and lightly mash then allow to cool.

In a bowl, whisk together the cream, eggs, brown sugar, and **KNORR® Professional Ginger Puree** then mix in the cooked swede.

Butter a baking dish then pour in the swede and place into a pre-heated oven and bake for 45 minutes at 160°C until golden.

Toast the breadcrumbs and add to the top of the swede to serve.



# Neep Fondants

– Stuart Middleton

## INGREDIENTS FOR 10 PORTIONS

- 1.5kg Swede
- 10g Fresh Thyme
- 250g Butter
- 800ml Water
- 25g KNORR® Professional Rich Vegetable Paste Bouillon**



## METHOD

Peel and cut the swede into roughly 2" cubes.

Melt the butter in a saucepan then add the swede and cook for 6-8 minutes allow the swede to colour slightly.

Add the thyme then pour in the water and **KNORR® Professional Rich Vegetable Paste Bouillon**.

Bring to the boil and cook for 15-20 minutes or until the water has evaporated and the swede is golden and soft.



# Swede Dauphinoise

– Gareth Cartledge

## INGREDIENTS FOR 10 PORTIONS

- 1.3kg Swede
- 1L Double Cream
- 30g KNORR® Professional Garlic Puree**
- 5g Salt and Pepper
- 100g Gruyère or Cheddar Cheese

## METHOD

Peel the swede then finely slice. Bring the cream and **KNORR® Professional Garlic Puree** to the boil.

Place a layer of the swede in the base of a 1/2 gastro tray, top with some cream then continue to build until all the swede and cream is used.

Lightly press it down to ensure the cream covers the swede then top with the cheese.

Place in the oven at 160°C for 1-2 hours or until the swede is cooked.







# PARSNIPS

The Parsnip season starts in July but are available for 11 months of the year, cutting back on the need to import from abroad. See our Honey Roasted Parsnip recipe using Parsley root alongside the parsnips as they add an earthy flavour to the dish.



**JUL-JUN** / 11 months





# Rosemary & Parsnip Croquettes – Alex Webber

## INGREDIENTS FOR 10 PORTIONS

- 1kg Parsnips
- 650g Potatoes
- 15g Rosemary
- 25g KNORR® Professional Rich Vegetable Paste Bouillon**
- 4 Eggs
- 100g Flour
- 250g Panko Breadcrumbs
- 50ml Vegetable Oil



## METHOD

Peel and dice the parsnips and potatoes into roughly 1" cubes.

Place into a saucepan and cover with water and add the **KNORR® Professional Rich Vegetable Paste Bouillon** then bring to the boil and cook for 20-25 or until soft.

Remove the pan from the heat and drain the vegetable then allow to steam and cool.

Chop the rosemary then add to the vegetables and mash together then shape into croquettes and chill for 30 minutes.

Set up a pane, then pass the croquettes through the flour, egg and breadcrumbs.

Pan fry on a medium heat in a little oil for 3-4 minutes on each side or until golden.







# Honey Roasted Parsnip and Parsley Root – Alex Hall

## INGREDIENTS FOR 10 PORTIONS

600g Parsnip  
600g Parsley Root  
75g Honey  
50ml Vegetable oil  
100g Butter  
5g Cinnamon

## METHOD

Peel the parsley root and parsnips.

Cut the parsley root in half lengthways and cut the parsnips into ¼'s removing some of the core.

Place both in a pan of boiling salted water and cook for 4-5 minutes.

Remove and drain the roots and allow to steam dry.

Place a tray in a preheated oven at 180°C and add in the honey, butter and oil when hot.

Add in the Parsnip and parsley root and toss in.

Cook for 10 minutes then dust in the ground cinnamon and toss again.

Once glazed remove from the oven and serve.





## Curried Parsnip & Carrot Puree – Andrew Dunne

### INGREDIENTS FOR 10 PORTIONS

1kg	Carrots
1kg	Parsnips
150ml	Double Cream
20g	Honey
2g	Dried Dill
<b>50g</b>	<b>KNORR® Professional Curry Sauce</b>
150g	Butter
10g	Coriander



### METHOD

Peel and dice the carrots and parsnips into roughly 1" cubes.

Place into a saucepan and cover with water then bring to the boil and cook for 20 – 25 minutes or until soft.

Once cooked, remove from the heat and drain then allow to steam.

Pour the cream, butter, honey, dill and **KNORR® Professional Curry Sauce** into a saucepan and bring to the boil.

Blitz the vegetables and coriander with a stick blender then pour in the curry cream and blitz again until smooth.







# CARROTS

Although available for all year round the main season is from mid May to the end of September. The carrot is in the same family as a parsnip, celery and fennel bringing colour and sweetness to your roast dinners.



**MAY–SEPT** / 5 months





# Whisky, Honey & Wholegrain Mustard Glazed Carrot – Stuart Middleton

## INGREDIENTS FOR 10 PORTIONS

- 1kg Baby Carrots
- 400ml Water
- 10g KNORR® Professional Rich Vegetable Paste Bouillon**
- 50g Butter
- 100ml Whisky
- 40g Honey
- 30g Colman's Wholegrain Mustard**
- 10g Parsley

## METHOD

Peel the carrots leaving the tops on.

Place into a saucepan with the water, whisky and **KNORR® Professional Rich Vegetable Paste Bouillon** then bring to the boil and cook for 5 minutes allowing the liquid to evaporate.

Add in the butter and **Colman's Wholegrain Mustard** and toss and finish with parsley.







# Orange Glazed Carrots with Fennel Seed – Paul Wright

## INGREDIENTS FOR 10 PORTIONS

- 1kg Carrots
- 500ml Water
- 150ml Orange Juice
- 15g KNORR® Professional Rich Vegetable Paste Bouillon**
- 2g Fennel Seeds
- 100g Butter



## METHOD

Peel the carrot and cut into 2cm pieces and place into a sauce pan.

Pour in the water and orange juice then add the butter, fennel seeds and **KNORR® Professional Rich Vegetable Paste Bouillon**.

Slowly bring to the boil then cook until just tender.

Allowing the liquid to evaporate then toss in the buttery glaze.



# Ginger Roasted Carrots – Alex Hall

## INGREDIENTS FOR 10 PORTIONS

- 1kg Carrots
- 100g Butter
- 30g KNORR® Professional Ginger Puree**



## METHOD

Peel the carrots then cut lengthways.

Blanch the carrots for 3 minutes in boiling water then drain.

Melt the butter and add the **KNORR® Professional Ginger Puree** then mix and remove from the heat.

Toss the carrots in the ginger butter then place onto a tray and bake in a pre-heated oven at 180°C for 30 minutes or until tender.



# CABBAGES

The good news is there is a cabbage in season for most months of the year meaning that you can keep on changing your offer in with the season. Spring greens and savoy are at their best from February to March.



**ALL YEAR** / 12 months







# Rumbledthumps – Stuart Middleton

## INGREDIENTS FOR 10 PORTIONS

- 500g Maris Piper Potatoes
- 500g Swede
- 400g Savoy Cabbage
- 25g KNORR® Professional Rich Vegetable Paste Bouillon**
- 100g Butter
- 50g Grated Cheddar



## METHOD

Peel and dice the potato and swede roughly into cubes.

Place into a saucepan along with the **Knorr® Professional Rich Vegetable Paste Bouillon** then cover with water.

Bring to the boil and cook for 20-25 minutes or until soft then drain and allow to steam.

Finley shred the cabbage and cook in half the butter for 3-4 minutes then add in the potatoes and swede.

Mash together then place into a baking tray and dot with the remaining butter then cover with cheese.

Bake at 180°C for 20-25 minutes or until golden.





## Braised Red Cabbage – James Clear

### INGREDIENTS FOR 10 PORTIONS

600g	Red Cabbage
20g	Soft Brown Sugar
100ml	Orange Juice
80g	Cranberry Sauce
1	Star Anise
1	Bay Leaf
4g	Salt
4g	Pepper
30ml	Vegetable oil

### METHOD

Thinly slice red cabbage.

In a large pan heat soft brown sugar, orange juice, vegetable oil, star anise and bay leaf.

Add red cabbage and bring to a simmer. Place a lid on the pan and lower the heat cook until tender stirring occasionally.

Remove the lid and reduce any additional liquid then season to taste.



## Lemon & Soy Glazed Sprouts – Brian Lane

### INGREDIENTS FOR 10 PORTIONS

1kg	Sprouts
50ml	Oil
50g	Butter
300ml	<b>KNORR® Blue Dragon Teriyaki Marinade</b>
1no.	Lemon

### METHOD

Prep your sprouts and cut in half. Zest and juice the lemon.

Place the sprouts, lemon zest, juice, oil, butter and **KNORR® Blue Dragon Teriyaki Marinade** and toss together.

Add the tray to the oven at 180°C and roast for 10 minutes, toss again then return to the oven until the sprouts are glazed and cooked.







# PEAS

In season from May to November, but are just as good straight from the freezer. Peas are packed with vitamin C and fibre, perfect when considering the nutritional value of your menu. They can be changed for snow peas or mangetout which can simply be glazed and served.



**MAY-NOV** / 7 months





## Peas, Lettuce & Mint – Brian Lane

### INGREDIENTS FOR 10 PORTIONS

- 115g Shallots
- 40g Butter
- 900g Peas
- 75g Double Cream
- 75g Water
- 8g KNORR® Professional Rich Vegetable Paste Bouillon**
- 3g Mint
- 100g Baby Gem Lettuce

### METHOD

Peel and finely slice the shallots.

In a pan heat the butter and add in the shallots cook until soft.

Add in 450g of peas, cream, water, mint and the **KNORR® Professional Rich Vegetable Paste Bouillon**.

Bring to the boil and allow to reduce by half.

Blend the peas with all the liquid until smooth.

Pass the mix then fold in the remaining peas to lightly coat.

Finely slice the lettuce and add into the pea mix, season and serve.







# Broad Beans, Peas, Leeks & Courgettes

– Alex Hall

## INGREDIENTS FOR 10 PORTIONS

- 250g Frozen Broad Beans
- 250g Frozen Peas
- 250g Leek
- 300g Courgette
- 50g Butter
- 20g KNORR® Professional Garlic Puree**

## METHOD

Slice the courgettes on the angle 1cm thick.

Slice the leeks, 1cm thick.

Melt the butter and **KNORR® Professional Garlic Puree** in a saucepan and fry the courgettes for 1 on each side then remove and repeat with the leeks.

Add all the vegetables to the pan and sauté/cook for 3-4 minutes or until soft.



# Braised Peas & Bacon – Paul Wright

## INGREDIENTS FOR 10 PORTIONS

- 50g Butter
- 200g Smoked Bacon
- 800g Frozen Peas
- 300ml Water
- 10g KNORR® Professional Rich Vegetable Paste Bouillon**
- 30g KNORR® Professional White Roux**
- 10g Flat Parsley

## METHOD

Melt the butter in a sauté pan then cut the bacon into lardons and fry for 4-5 minutes until golden and crispy.

Add the peas, water and **KNORR® Professional Rich Vegetable Paste Bouillon** and bring to a rapid boil for 2-3 minutes then thicken with **KNORR® Professional White Roux**.

Chop the parsley and add to the pan then remove from the heat and serve.







# BROCCOLI & CAULIFLOWER

Broccoli is available most of the year, but its main season starts in May. Cauliflowers main seasons in the UK is between Spring and Autumn. If you can make the switch to stem broccoli please do, it grows in half the time of regular broccoli, just 7-8 weeks!



**ALL YEAR** / 12 months (Broccoli)  
**APR–NOV** / 8 months (Cauliflower)







# Cauliflower & Broccoli Cheese with Lemon Thyme – James Clear

## INGREDIENTS FOR 10 PORTIONS

- 700g Cauliflower
- 700g Broccoli
- 500ml Water
- 500ml Whole Milk
- 210g KNORR® Professional Béchamel Sauce**
- 5g Lemon Thyme
- 10g English Mustard
- 150g Grated Cheddar



## METHOD

Cut the cauliflower and broccoli into florets then blanch separately for 3-4 minutes.

Remove from the heat and drain well.

Pour the water and milk into a saucepan and bring to the boil along with the lemon thyme.

Whisk in the **KNORR® Professional Béchamel Sauce** and English mustard then add half the cheese and reduce the heat and simmer for 2 minutes.

Place the cauliflower and broccoli into a baking dish and pour over the sauce. Top with remaining cheese and bake in a pre-heated oven at 180°C for 30-35 minutes or until golden.







## Stem Broccoli Polonaise – Alex Webber

### INGREDIENTS FOR 10 PORTIONS

1kg	Stem Broccoli
<b>20g</b>	<b>KNORR® Professional Garlic Puree</b>
50g	Butter
60g	Fresh Breadcrumbs
2	Eggs
10g	Curly Parsley



### METHOD

Trim the base of the stem broccoli then blanch 3-4 minutes or until slightly soft.

Remove from the heat and drain well.

Melt half the butter in a saucepan and fry the breadcrumbs until golden then remove and drain any excess butter.

Hard boil the eggs, then peel and grate and chop the parsley then mix with the breadcrumbs.

Melt the remaining butter and add in the **KNORR® Professional Garlic Puree** then warm the broccoli in the butter then place into a serving dish and top with the breadcrumb mix.





# Cauliflower, Broccoli & Lentil Stuffing – Gareth Cartledge

## INGREDIENTS FOR 10 PORTIONS

- 250g Red Lentils
- 25g KNORR® Professional Rich Vegetable Paste Bouillon**
- 500g Cauliflower Stalks
- 500g Broccoli Stalks
- 150g Fresh Breadcrumbs
- 2 Eggs
- 15g Sage
- 30g Parmesan Cheese



## METHOD

Pour the lentils and water into a saucepan and add the **KNORR® Professional Rich Vegetable Paste Bouillon** and bring to a simmer. Cook for 20 minutes or until soft.

Remove and allow to cool.

Cook the cauliflower and broccoli stalks for 15 minutes or until soft then remove, drain and allow to cool.

Place the lentils, cauliflower, broccoli, sage and eggs into a blender and blitz together.

Remove and mix in the breadcrumbs then chill for 30 minutes.

Roll into walnut size balls and place on to a lined oven tray then bake for 20 minutes at 180°C.

Once cooked, remove from the oven and grate over the parmesan cheese before serving.





# SHALLOTS & LEEKS

Shallot's season runs from September to June and can bring a little sweetness to a dish when roasted. Leeks are in season over Christmas through to Easter (November to April) if you can get long thin leeks these will be sweeter and softer.



**SEPT–JUN** / 8 months (Shallots)  
**NOV–APR** / 6 months (Leeks)







## Cheesy Leeks – Alex Webber

### INGREDIENTS FOR 10 PORTIONS

- 1kg Leeks
- 500ml Water
- 500ml Whole Milk
- 210g KNORR® Professional Béchamel Sauce**
- 100g Grated Cheddar
- 100g Stilton
- 15g Butter
- 30g Fresh Breadcrumbs



### METHOD

Wash and trim the leeks then cut into 2" sections and blanch in boiling water for 2-3 minutes then drain well.

Pour the water and milk into a saucepan and bring to the boil then whisk in the **KNORR® Professional Béchamel Sauce** and simmer for 2 minutes.

Fry the breadcrumbs in butter until golden.

Sit the leeks upright in a baking dish then pour over the béchamel and sprinkle over both cheeses.

Bake in the oven for 20 minutes then remove and top with the golden breadcrumbs





## Braised Leeks – Alex Hall

### INGREDIENTS FOR 10 PORTIONS

- 1kg Leeks
- 50g Butter
- 20g KNORR® Professional Garlic Puree**
- 400ml Water
- 200ml White Wine
- 15g KNORR® Professional Rich Vegetable Paste Bouillon**
- 5g Sugar
- 10g Flat Parsley
- 10g Chervil

### METHOD

Trim and wash the leeks then cut into 2" pieces.

Melt the butter and **KNORR® Professional Garlic Puree** in a large pan then add the leeks and allow to colour slightly all over.

Add the wine and reduce by half then pour in the water, **KNORR® Professional Rich Vegetable Paste Bouillon** and sugar.

Cover the pan with parchment and bring to a simmer then cook for 20 minutes then remove the lid and bring to the boil allow the liquid to reduce by half.

Chop the herbs and sprinkle over the leeks before serving.







## Roasted Shallot – Brian Lane

### INGREDIENTS FOR 10 PORTIONS

500g Banana Shallots  
50g Soft Brown Sugar  
50g Butter  
10g Thyme

### METHOD

Cut shallots in half lengthways, peel keeping root on.  
In pan add sugar and butter till melted  
Add Shallots flat side down with thyme, spoon over butter sugar.  
Roast in oven at 170°C for 15 minutes or until soft and caramelised.

# AUTUMNAL PLATE



# Bacon & Parsley Croquettes

– Andrew Dunne

## INGREDIENTS FOR 10 PORTIONS

1kg Mash Potato  
250g Cooked Smoked Bacon  
10g Flat Parsley  
3 Eggs  
100g Panko Breadcrumbs  
100g Flour  
15g **KNORR® Professional Vegetable Bouillon Powder**

## METHOD

Place the mash into a bowl then chopped the bacon and parsley then add to the mash.

Add one egg then mix then roll out into sausage shapes and place the fridge and allow chill for 20 minutes.

Crack the eggs into a tray, place the flour into another tray and mix the **KNORR® Professional Bouillon Powder** and breadcrumbs together and place into another tray.

Take the potato sausage shaped moulds from the fridge and roll in the seasoned flour, then dip into egg then roll in seasoned breadcrumbs. Deep fry until golden.

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# Pan Fried Courgettes – Brian Lane

## INGREDIENTS FOR 10 PORTIONS

1.5kg Courgettes  
50g Butter  
20g **KNORR® Professional Garlic Puree**

## METHOD

Cut the courgettes in half lengthways the half again widthways. Lightly score the flesh

Pan fry the courgettes in the butter and the **KNORR® Professional Garlic Puree** until golden on the flesh side turn over and cook for another minute on the skin side.

**Brian's tip – add some toasted breadcrumbs and parmesan to finish.**

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# Ginger & Butternut Squash Puree

– Paul Wright

## INGREDIENTS FOR 10 PORTIONS

150g Shallot  
50g Butter  
1kg Butternut Squash  
150ml Double Cream  
200ml Water  
10g **KNORR® Professional Rich Vegetable Paste Bouillon**  
20g **KNORR® Professional Ginger Puree**

## METHOD

Peel and finely slice the shallots. Peel the butternut squash and dice into 2cm pieces. Place the butter in the pan along with the shallots then cook until soft.

Add the butternut squash, cream, water and **KNORR® Professional Rich Vegetable Paste Bouillon**.

Cook until the squash is soft. Place the squash into a blender along with the **KNORR® Professional Ginger Puree** and blend until smooth.





# CHRISTMAS PLATE



# Glazed Sprouts, Bacon & Chestnuts – Alex Hall

## INGREDIENTS FOR 10 PORTIONS

500g	Sprouts
50g	Butter
10g	<b>KNORR® Professional Rich Vegetable Paste Bouillon</b>
50ml	Water
100g	Smoked Bacon
90g	Cooked Chestnuts

## METHOD

Slice the sprouts as thin as possible. Cut the bacon into strips and slice the chestnuts. Melt the butter then add the bacon then fry for 3-4 minutes.

Add the sprouts and stir-fry for 2 minutes then add in the chestnuts, water and **KNORR® Professional Rich Vegetable Paste Bouillon**.

Cook for a further 5-6 minutes then remove and serve.

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# Potato Fondants – Paul Wright

## INGREDIENTS FOR 10 PORTIONS

1.5kg	Potato
10g	Fresh Thyme
250g	Butter
600ml	Water
15g	<b>KNORR® Professional Rich Vegetable Paste Bouillon</b>

## METHOD

Peel and turn the potatoes. Melt the butter in a saucepan then add the potatoes and cook for 6-8 minutes allowing them to colour slightly.

Add the thyme then pour in the water and **KNORR® Professional Rich Vegetable Paste Bouillon**.

Bring to the boil and cook for 15-20 minutes or until the water has evaporated and the potatoes are golden and soft.

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# Crushed Celeriac & Parsnip

– Andrew Dunne

## INGREDIENTS FOR 10 PORTIONS

600g	Parsnip
400g	Celeriac
150g	Butter
75g	Double Cream
15g	<b>Colman's Wholegrain Mustard</b>

## METHOD

Peel and dice the celeriac and parsnips then boil in salted water until soft. Drain and allow to steam dry.

Add the celeriac and parsnip back into the pan then coarsely mash them together.

Add in the cream, butter and **Colman's Wholegrain Mustard** and season to taste.



# GRAVIES FOR CHICKEN



## Lemon & Thyme Gravy – James Clear

### INGREDIENTS FOR 10 PORTIONS

- 4 Lemons
- 1ltr Water
- 200g Onions
- 10g Thyme
- 80g KNORR® Professional Gluten Free Gravy Granules for Poultry**



### METHOD

Peel and cut the onions in half then place on to a roasting tray.

Cut the lemons in half and place into the tray along with the thyme.

Sit the chickens on top of the onions and lemons then roast accordingly.

Once the chicken is cooked, remove from the tray and allow to rest.

Remove the lemons and squeeze any juice into try and remove the thyme stalks then pour in the water.

Place onto the heat and bring to the boil for 10 minutes scraping any sediment from the bottom of the tray.

Remove from the heat and blend until smooth then return to heat and whisk in the **KNORR® Professional Gluten Free Gravy Granules for Poultry** to thicken.

Pass the gravy before serving







# Sage & Onion Gravy

– Alex Webber

## INGREDIENTS FOR 10 PORTIONS

- 250g Onions
- 50g Butter
- 2 Bay Leaves
- 10g Fresh Sage
- 1L Water
- 80g KNORR® Professional Gluten Free Gravy Granules for Poultry**



## METHOD

Peel and slice the onions. Melt the butter in a saucepan and sweat the onions with the sage and bay leave for 10 minutes until slightly golden.

Pour in the water and bring to the boil then reduce the heat and simmer for 10 minutes

Remove from the heat and blend until smooth then return to the boil and whisk in the **KNORR® Professional Gluten Free Gravy Granules for Poultry** to thicken. Pass the gravy before serving.



# Whisky Gravy

– Stuart Middleton

## INGREDIENTS FOR 10 PORTIONS

- 200g Shallots
- 100g Mushrooms
- 50g Butter
- 150ml Whisky
- 1L Water
- 80g KNORR® Professional Gluten Free Gravy Granules for Poultry**



## METHOD

Peel and slice the onions and mushrooms. Melt the butter in a saucepan and sweat the onions and mushrooms 10 minutes until slightly golden.

Pour in the whisky and allow the alcohol to burn off then reduce by 2/3's. Pour in the water and bring to the boil.

Remove from the heat and blend until smooth then return to the boil and whisk in the **KNORR® Professional Gluten Free Gravy Granules for Poultry** to thicken. Pass the gravy before serving.

# GRAVIES FOR TURKEY



## Madeira, Shallots & Mushroom Gravy – Brain Lane

### INGREDIENTS FOR 10 PORTIONS

- 200g Shallots
- 200g Mushrooms
- 50g Butter
- 250ml Madeira
- 1L Water
- 80g KNORR® Professional Gluten Free Gravy Granules for Poultry**



### METHOD

Peel and slice the onions and mushrooms.

Melt the butter in a saucepan and sweat the onions and mushrooms 10 minutes until slightly golden.

Pour in the Madeira and allow the alcohol to burn off then reduce by 2/3's.

Pour in the water and bring to the boil then reduce the heat and simmer for 10 minutes.

Remove from the heat and blend until smooth then return to the boil and whisk in the **KNORR® Professional Gluten Free Gravy Granules for Poultry** to thicken.

Pass the gravy before serving.





## Cranberry & Orange Gravy – Alex Hall

### INGREDIENTS FOR 10 PORTIONS

- 150g Onions
- 1 Orange (Peel)
- 50g Butter
- 5g Fresh Sage
- 1L Water
- 100g Cranberry Sauce
- 80g KNORR® Professional  
Gluten Free Gravy  
Granules for Poultry**



### METHOD

Peel and slice the onions.

Melt the butter in a saucepan and sweat the onions with the sage and orange peel for 10 minutes until slightly golden.

Pour in the water and add the cranberry sauce then bring to the boil then reduce the heat and simmer for 10 minutes.

Remove from the heat and blend until smooth then return to the boil and whisk in the **KNORR® Professional Gluten Free Gravy Granules for Poultry** to thicken.

Pass the gravy before serving.



# GRAVIES FOR PORK



## Bay leaf & Apple Gravy – James Clear

### INGREDIENTS FOR 10 PORTIONS

- 300g Onions
- 4 Apples
- 6 Fresh Bay leaves
- 1L Water
- 80g **KNORR® Professional Gluten Free Gravy Granules for Poultry**



### METHOD

Peel and cut the onions and apples in half then place on to a roasting tray.

Sit the pork on top of the onions and apples and add the bay leaves then roast accordingly.

Once the pork is cooked, remove from the tray, and allow to rest.

Pour away any excess fat from the tray then pour in the water then place the tray on to the heat.

Bring to the boil then reduce the heat and simmer for 10 minutes scraping any sediment from the bottom of the tray.

Remove from the heat and blend until smooth then return to heat and whisk in the **KNORR® Professional Gluten Free Gravy Granules for Poultry** to thicken.

Pass the gravy before serving.





## English Mustard Gravy – Alex

### INGREDIENTS FOR 10 PORTIONS

- 200g Onions
- 50g Butter
- 2 Bay leaves
- 5g Fresh Sage
- 1L Water
- 25g English Mustard
- 80g KNORR® Professional Gluten Free Gravy Granules for Poultry**



### METHOD

Peel and slice the onions.

Melt the butter in a saucepan and sweat the onions with the sage and bay leave for 10 minutes until slightly golden.

Pour in the water and bring to the boil then reduce the heat and simmer for 10 minutes

Remove from the heat, add in the English Mustard then blend until smooth.

Return to the boil and whisk in the **KNORR® Professional Gluten Free Gravy Granules for Poultry** to thicken.

Pass the gravy before serving.



# SAUCES FOR GAMMON



## Parsley Sauce & Wholegrain Mustard – Paul Wright

### INGREDIENTS FOR 10 PORTIONS

500ml Whole Milk

500ml Water

**135g** **KNORR® Professional Parsley Sauce**

**50g** **Colman's Wholegrain Mustard**

### METHOD

Pour the milk and water into a saucepan and bring to the boil.

Whisk in the **KNORR® Professional Parsley Sauce** and simmer for 2 minutes.

Whisk in the **Colman's Wholegrain Mustard** before serving.







# Ham Hock & Parsley Sauce

– Andrew Dunne

## INGREDIENTS FOR 10 PORTIONS

500ml Ham hock cooking water

500ml Whole milk

**135g KNORR® Professional  
Parsley Sauce**

## METHOD

Pour the milk and cooking liquor from the ham into a saucepan and bring to the boil.

Whisk in the **KNORR® Professional Parsley Sauce** and simmer for 2 minutes.

Remove from the heat and serve.



# GRAVIES FOR BEEF



## Beef Dripping & Red Wine Gravy

– Stuart Middleton

### INGREDIENTS FOR 10 PORTIONS

- 200g Shallots
- 200g Mushrooms
- 50g Beef Dripping
- 250ml Red Wine
- 1L Water
- 75g KNORR® Professional  
Gluten Free Gravy  
Granules for Meat**



### METHOD

Peel and slice the onions and mushrooms.

Melt the beef dripping in a saucepan and sweat the onions and mushrooms 10 minutes until slightly golden.

Pour in the Red wine and allow the alcohol to burn off then reduce by 2/3's.

Pour in the water and bring to the boil then reduce the heat and simmer for 10 minutes.

Remove from the heat and blend until smooth then return to the boil and whisk in the **KNORR® Professional Gluten Free Gravy Granules for Meat** to thicken.

Pass the gravy before serving.





# Teriyaki Gravy – Paul Wright

## INGREDIENTS FOR 10 PORTIONS

- 1L Water
- 100g **KNORR® Professional Teriyaki Marinade**
- 75g **KNORR® Professional Gluten Free Gravy Granules for Meat**

## METHOD

Pour the water into a saucepan and bring to the boil. Whisk in the **KNORR® Professional Gluten Free Gravy Granules for Meat** and **KNORR® Professional Teriyaki Marinade** then simmer for 2 minutes and serve.







# Rich Red Wine & Garlic Gravy

– Andrew Dunne

## INGREDIENTS FOR 10 PORTIONS

- 500ml Red Wine
- 15g Fresh Thyme
- 15g KNORR® Professional Garlic Puree**
- 1L Water
- 75g KNORR® Professional Gluten Free Gravy Granules for Meat**
- 10g Tomato Puree

## METHOD

Pour the red wine, **KNORR® Professional Garlic Puree** and thyme into a saucepan and bring to the boil then allow to reduce by 2/3s.

Add in the tomato puree, water to the saucepan and bring back the boil then whisk in the **KNORR® Professional Gluten Free Gravy Granules for Meat**.

Simmer for 5 minutes then pass the gravy before serving.





# Tomato & Tarragon Gravy

– Gareth Cartledge

## INGREDIENTS FOR 10 PORTIONS

- 70g** **KNORR® Professional  
Gluten Free Gravy  
Granules for Meat**
- 900ml Water
- 15g** **KNORR® Professional  
Roast Beef Bouillon Paste**
- 200ml White wine
- 10g Tarragon
- 20g Tomato puree

## METHOD

Add tomato puree and white wine in pan. Reduce by half.

Add the water into the pan then bring to the boil and whisk in the **KNORR® Professional Roast Beef Bouillon**.

Then whisk in **KNORR® Professional Gluten Free Gravy Granules for Meat** and simmer for 30 seconds.

Finish with finely chopped tarragon.





# ROASTS IN CARE VIDEO SERIES



Unilever Food Solutions Executive Chef Alex Hall has teamed up with a host of experts to showcase why the roast dinner is a great meal for your care home residents.

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## Why Roasts Are Great For Your Residents

Professor Charles Spence, Sensory Expert, explains what emotional and nostalgic benefits the roast can bring to your residents.



EPISODE 02

## Which Meat Cuts Are Best For Roasts?

Discover which meat cut to choose for your roast dinner with Russell Allen, Managing Director of Aubrey Allen.



EPISODE 03

## Fresh Thinking: Vegetables

Explore some fresh thinking for your roast dinner vegetables from Head of Food Development at Fresh Direct, Ian Nottage.



EPISODE 04

## How To Create The Perfect Gravy

Unilever Food Solutions Executive Chef, Alex Hall shows us to create the perfect gravy using Knorr® Professional gravy granules







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