FOOD JOURNEY AROUND THE COMMONWEALTH

Unilever Food Solutions

WORKING WITH

NAPA
National Activity Providers Association

Dear chefs & activity coordinators,

This year, Care Home Open Day falls on the Queen's Birthday, so what better way to celebrate than to put on a Commonwealth themed party!

Together with NAPA, we've created an around-the-world tasting activity. The idea is to set up food stations around the home, to get residents up and walking around. Each station can be set up as a different Commonwealth country, with colourful decorations and delicious dishes for residents to try.

This guide has been developed and tested with residents of Anchor's West Hall care home. Anchor also had a local guest singer along, to get residents up and dancing after eating, making for a wonderful afternoon event. As you'll see from the photos and video on our website, the residents seemed to have a great time.

The recipes in this guide are recognisable, easy to prepare and have plenty of flavour. And they don't have to be just for Open Day - feel free to use them as inspiration for other events, or simply serve them as snacks or desserts in your home.

We hope this guide inspires you to put on your own event - however big or small! Enjoy and celebrate in style.

Kind regards,

Unilever Food Solutions Chef Team

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AUSTRALIAN STEAK AND CHEESE PIES

Classic Aussie pies with rich slow cooked braised beef filling, topped with cheese and glazed shortcrust pastry. Ideal hot or cold. The meat, and cheese and pastry elements can be blended separately, set with thickener of choice and piped into a ring to be suitable for those with swallowing difficulties.

INGREDIENTS FOR 10 PORTIONS

1kg	Beef chuck steak 2cm cubes
200g	Onions Finely Sliced
20g	KNORR Professional Garlic Puree 750g
5g	Thyme
500ml	Guinness
500ml	Water
20g	KNORR Gluten Free Roast Beef Paste Bouillon 1kg
50ml	Rapeseed oil
100g	KNORR Gluten Free Gravy Granules for Meat Dishes 25L
100g	Cheddar cheese cut into slices
500g	Shortcrust pastry
120g	Egg yolk
20ml	COLMAN'S English Mustard 2.25L

EACH SERVING CONTAINS:

Energy	Fat	Saturates	Sugars	Salt
2504kJ/ 596kcal	36.3g	14.3g	4.1g	2.4g
30%*	52%*	72%*	5%*	40%*

*% OF REFERENCE INTAKE OF AN AVERAGE ADULT (8400KJ/2000KCAL)

Advanced preparation

- 1kg Beef chuck steak
- 20g KNORR Professional Garlic Puree 750g
- 200g Onions Finely Sliced
- 500ml Guinness
- 5g Thyme

In a large bowl place the beef, onion, KNORR Professional Garlic Herb Puree, thyme and Guinness, mix well, cover and refrigerate for 24 hours.

For the Filling

- 500ml Water
- 20g KNORR Gluten Free Roast Beef Paste Bouillon 1kg
- 100g KNORR Gluten Free Gravy Granules for Meat Dishes 25L
- 40ml Rapeseed oil

Remove the beef from the marinade and drain well, reserving the liquor. Allow to dry for a few minutes.

In a large pan, heat the oil and brown the meat. Then add the marinade, water and KNORR Roast Beef Bouillon. Mix together then bring to the boil.

Once boiling reduce the heat to a simmer and cover. Cook the mix for 2.5 - 3 hours or until the meat is tender.

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AUSTRALIAN STEAK AND CHEESE PIES

Continued

Carefully strain the cooking liquor into a clean saucepan, reserving the beef. Whisk in the KNORR Gravy Granules and simmer until thickened. Add the beef to the sauce and stir well, allow to cool, then refrigerate until required.

To assemble and bake the pies

- 10ml Rapeseed oil
- 500g Shortcrust pastry
- 100g Cheddar cheese cut into slices
- 20ml COLMAN'S English Mustard 2.25L
- 120g Egg yolk

Lightly oil 10 holes of a 12 hole muffin tin. Roll out the shortcrust pastry and press in the moulds, reserving some of the pastry lids for later.

Fill the pastry cases 3/4 full with the meat filling and top with a disc of cheese.

Place a lid on each ensuring to egg wash the top edges. Mix the egg yolks with the COLMAN'S English Mustard, then brush over the tops of the pies.

Make a small cross cut in the top of each pie using a small knife. Bake in a preheated oven at 180c for 20-30 minutes until golden brown.

MINI LAMINGTON CAKES WITH MANGO MOUSSE

An Australian classic: sponge coated in chocolate then rolled in coconut, topped with a mango mousse. A perfect snack-sized treat.

INGREDIENTS FOR 36 PORTIONS

375ml	Semi skimmed milk
95g	CARTE D'OR Mango Mousse
150g	Egg
150g	Caster sugar
5ml	Vanilla extract
150g	Plain flour
5g	Baking powder
125g	MEADOWLAND Professional 250g
35g	Cocoa powder
215g	Icing sugar
150g	Dessicated Coconut
1pc	Lime

EACH SERVING CONTAINS:

Energy	Fat	Saturates	Sugars	Salt
554kJ/ 132kcal	6.7g	4.4g	12.9g	0.11g
7%*	10%*	22%*	14%*	2%*

*% OF REFERENCE INTAKE OF AN AVERAGE ADULT (8400KJ/2000KCAL)

For the Lamington Sponge

- 150g Egg
- 150g Caster sugar
- 5ml Vanilla extract
- 150g Plain flour
- 5g Baking powder
- 85g MEADOWLAND Professional 250g

Preheat the oven to 170c. Line a half gastronome tray with baking paper.

Halve the vanilla pod and scrape the seeds from the pod. Melt the MEADOWLAND Professional, allow to cool.

In a kitchen mixer, whisk the eggs, vanilla seeds and sugar together until pale and creamy.

Sift the baking powder and flour into the mixture and gently fold until fully combined. Gradually fold in the melted butter.

Pour into the lined tray and bake for around 20 - 25 minutes until a skewer inserted into the middle of the cake comes out clean. Allow to cool.

Divide the cake into 36 small square pieces.

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MINI LAMINGTON CAKES WITH MANGO MOUSSE

Continued

To finish the Lamington

- 40g MEADOWLAND Professional 250g
- 35g Cocoa powder
- 215g Icing sugar
- 150g Dessicated Coconut
- 125ml Semi skimmed milk

Sift the icing sugar and cocoa in separate bowls. In a pan melt the MEADOWLAND Professional and mix in the milk. Gradually whisk in the cocoa powder until it is fully dissolved. Gradually whisk in the icing sugar until combined.

Remove from the heat and keep warm. Place the dessicated coconut into a large bowl. Dip the lamington sponges in the chocolate glaze and then roll in the dessicated coconut. Place onto a wire rack to set. Repeat the process until all the sponges are coated.

For the Mango Mousse

- 95g CARTE D'OR Mango Mousse
- 250ml whole milk

Pour the cold milk into a bowl and add the CARTE D'OR Mango Mousse.

Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed. Place in a piping bag.

To assemble

- 1 Lime

Place the lamingtons on serving dishes. Pipe the mango mousse on top of the lamingtons and finish by zesting a lime over the piped mousse.

KEDGEREE SCOTCH EGG WITH CORONATION SAUCE

A twist on a classic scotch egg, with mild spicy haddock kedgeree and grated boiled egg filling. Ideal for a grazing snack or an excellent afternoon tea snack.

INGREDIENTS FOR 10 PORTIONS

30ml	Vegetable oil
50g	Onions
200g	Arborio rice
30g	Knorr Patak's Madras Paste 1.1kg
200g	Plain flour
300g	Panko Breadcrumbs
150ml	HELLMANN'S Real Mayonnaise 5L
25g	KNORR Gluten Free Rich Vegetable Paste Bouillon 1kg
1l	KNORR Gluten Free Rich Vegetable Paste Bouillon 1kg
600g	Egg
1l	Whole milk
300g	Smoked haddock
30ml	KNORR Patak's Korma Concentrated Sauce 1.1L
1l	Water

EACH SERVING CONTAINS:

Energy	Fat	Saturates	Sugars	Salt
2738kJ/ 652kcal	42.8g	7.7g	2.2g	1.77g
33%*	61%*	39%*	2%*	30%*

*% OF REFERENCE INTAKE OF AN AVERAGE ADULT (8400KJ/2000KCAL)

Advance Preperation

- 25g KNORR Gluten Free Rich Vegetable Paste Bouillon 1kg
- 1l Whole milk
- 300g Smoked haddock
- 400g Egg

Make up the stock by whisking KNORR Vegetable Bouillon paste into 1 litre of boiling water then place to one side.

Hard boil the eggs then refresh in cold water, peel and grate then refrigerate until required.

Poach the smoked haddock in the simmering whole milk for approximately 4 minutes. When cooked, remove from the milk and allow to cool. Carefully remove the skin and bones, then flake the fish into a bowl. Refrigerate until required.

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KEDGEREE SCOTCH EGG WITH CORONATION SAUCE

Continued

For the kedgeree base

- 30ml Vegetable oil
- 50g Onions
- 200g Arborio rice
- 30g KNORR Patak's Madras Paste 1.1kg

Finely chop the onions. Add the oil to a pan and cook the onions until pale.

Add in the KNORR Patak's Madras Paste and cook for 3-4 minutes, adding 100ml water to stop the spices from sticking.

Once the water has been evaporated add in the Arborio rice. Slowly add the KNORR Vegetable Bouillon a little at a time and stir continuously.

Keep adding the bouillon until the rice is cooked. Chill until required.

To assemble the scotch eggs

- 200g Plain flour
- 200g Egg
- 300g Panko Breadcrumbs

Mix through the egg and smoked haddock into the rice mix then ball into 15g pieces.

Take each ball and dust with flour, then dip into beaten egg and finally coat with panko breadcrumbs.

Place into the fridge until required.

To serve

- 150ml HELLMANN'S Real Mayonnaise
- KNORR Gluten Free Rich Vegetable Paste Bouillon

Whisk together the HELLMAN'S Real Mayonnaise and the KNORR Patak's Korma Sauce to make the coronation sauce.

Deep fry the scotch eggs at 180c for 4 - 5 minutes or until the core temperature has been reached.

Serve with coronation sauce.

INDIAN LEMON & CARDAMON SHRIKHAND

An Indian inspired creamy Cardamon and lemon mousse, spiced with saffron and topped with pistachio nuts.

INGREDIENTS FOR 10 PORTIONS

300ml	Plain yoghurt
135g	Light cream cheese
105g	Icing sugar
2g	Green Cardamon powder
330ml	Semi skimmed milk
1g	Saffron
100g	Pistachio nuts
125g	CARTE D'OR Lemon Mousse

EACH SERVING CONTAINS:

Energy	Fat	Saturates	Sugars	Salt
957kJ/ 228kcal	11.0g	4.8g	23.7g	0.61g
11%*	16%*	24%*	26%*	10%*

*% OF REFERENCE INTAKE OF AN AVERAGE ADULT (8400KJ/2000KCAL)

For the Cardamon Mousse

- 300ml Plain yoghurt
- 135g Light cream cheese
- 105g Icing sugar
- 2g Green Cardamon powder

Whisk the yoghurt, icing sugar and cream cheese together until smooth then fold in the Cardamon powder. Place into a piping bag.

For the Lemon and Saffron Mousse

- 330ml Whole milk
- 1g Saffron
- 125g CARTE D'OR Lemon Mousse

Mix the saffron with the milk, infuse for 5 minutes. Pour the infused milk into a bowl and add the CARTE D'OR Lemon Mousse.

Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed. Place into a piping bag.

To assemble

- 100g Pistachio nuts

Pipe a layer of the Cardamon mousse into the base of each dessert glass, followed by the lemon and saffron mousse.

Top with the chopped pistachio nuts.

JERK CHICKEN

This is a classic jerk chicken dish. Serve with some Jamaican coconut rice for extra flavour.

INGREDIENTS FOR 10 PORTIONS

200g	KNORR Jamaican Jerk Paste 1.1 kg
100ml	Orange juice
1kg	1kg Chicken Thighs, Skin on and Boneless
30g	KNORR Professional Garlic Puree 750g
10g	KNORR Professional Ginger Puree 750g
5g	Lime zest
200ml	Coconut Milk

EACH SERVING CONTAINS:

Energy	Fat	Saturates	Sugars	Salt
1045kJ/ 249kcal	18.4g	6.5g	2.3g	0.72g
12%*	26%*	32%*	3%*	12%*

*% OF REFERENCE INTAKE OF AN AVERAGE ADULT (8400KJ/2000KCAL)

For the Jerk Marinade

- 200g KNORR Jamaican Jerk Paste 1.1 kg
- 100ml Orange juice
- 1kg Chicken Thighs, Skin on and Boneless
- 30g KNORR Professional Garlic Puree 750g
- 10g KNORR Professional Ginger Puree 750g
- 5g Lime zest
- 200ml Coconut Milk

Blend together the KNORR Jamaican Jerk Paste, orange juice, coconut milk, KNORR Professional Garlic Puree, KNORR Professional Ginger Puree and lime zest. Pour the marinade over the chicken thighs and allow to marinate for at least 2 hours in the fridge.

To finish

Place the chicken thighs on a tray and cook at 180c for 30 - 35 minutes until golden brown and thoroughly cooked. Serve with spiced rice.

GINGER AND JAMAICAN JERK CAKE WITH RUM CREAM

Add an extra bit of heat by adding in our KNORR Jerk Paste to this traditional ginger cake. Serve with a rum flavoured cream.

INGREDIENTS FOR 14 PORTIONS

150g	MEADOWLAND Professional 250g
150g	Brown sugar
250g	Golden syrup
250g	Treacle, Black
10g	KNORR Professional Ginger Puree 750g
15g	KNORR Jamaican Jerk Paste 1.1 kg
100g	Egg (2)
250ml	Semi skimmed milk
10g	Bicarbonate of Soda
280g	Plain flour
300ml	MEADOWLAND Double 1L
60ml	Rum
50g	Icing sugar

EACH SERVING CONTAINS:

Energy	Fat	Saturates	Sugars	Salt
1642kJ/ 391kcal	15.8g	10.7g	42.3g	0.89g
20%*	23%*	54%*	47%*	15%*

*% OF REFERENCE INTAKE OF AN AVERAGE ADULT (8400KJ/2000KCAL)

Advance preparation

Pre heat an oven to 160c. Line 2 large loaf tins with greaseproof paper.

For the Spiced Jerk Cake

- 150g MEADOWLAND Professional 250g
- 150g Brown sugar
- 250g Golden syrup
- 250g Treacle, Black
- 10g KNORR Professional Ginger Puree 750g
- 15g KNORR Jamaican Jerk Paste 1.1 kg
- 100g Egg (2)
- 250ml Semi skimmed milk
- 10g Bicarbonate of Soda
- 280g Plain flour

In a pan, melt the MEADOWLAND Professional, brown sugar, syrup, KNORR Professional Ginger Puree, KNORR Jamaican Jerk Paste and treacle. Then with a stick blender, blitz all the ingredients together until smooth, then remove from the heat.

Whisk the bicarbonate of soda with the milk then add in the eggs.

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GINGER AND JAMAICAN JERK CAKE WITH RUM CREAM

Continued

Add the syrup mix from the pan and whisk into the eggs. Working quickly, add the sifted flour and whisk until a smooth batter is formed.

Pour the mix into the lined trays then bake for 40-45 minutes until the mixture springs back to the touch but still remains moist.

Cut into 14 portions and serve warm.

For the Rum Cream

- 300ml MEADOWLAND Double 1L
- 60ml Rum
- 50g Icing sugar

Add the MEADOWLAND Double, Rum and Icing Sugar into a bowl and whisk until soft peaks are formed.

Serve on the side of the warm cake.

MALAY LAKSA SOUP WITH CORIANDER AND LIME PESTO

A Malay style Laksa soup with the addition of a fragrant coriander pesto.

INGREDIENTS FOR 14 PORTIONS

2.5l	KNORR 100% Malaysian Soup 4 x 2.4L
30g	Coriander
60ml	Olive oil
2g	Salt
3g	Lime zest
10ml	Lime juice

EACH SERVING CONTAINS:

Energy	Fat	Saturates	Sugars	Salt
690kJ/ 164kcal	11.3g	5.4g	5.8g	1.80g
8%*	16%*	27%*	6%*	30%*

*% OF REFERENCE INTAKE OF AN AVERAGE ADULT (8400KJ/2000KCAL)

For the pesto

- 30g Coriander
- 60ml Olive oil
- 2g Salt
- 3g Lime zest
- 10ml Lime juice

Place the fresh coriander, lime zest, lime juice, salt and olive oil into a blender and blitz to a smooth paste. Place in a squeezy bottle.

To serve

- 2.5l KNORR 100% Malaysian Soup 4 x 2.4L

Reheat the KNORR 100% Malaysian Soup then pour into small bowls.

Garnish with the coriander & lime pesto.

BANANA FRITTERS WITH GINGER & CINNAMON SYRUP

This Malaysian inspired snack sized dish is sweet banana pieces coated in panko crumbs, deep fried and tossed in a cinnamon and ginger syrup.

INGREDIENTS FOR 10 PORTIONS

300g	Bananas -peeled
100g	Plain flour
100g	Panko Breadcrumbs
200g	Egg
300g	Caster sugar
150ml	Water
5g	Ground Cinnamon
60g	KNORR Professional Ginger Puree 750g

EACH SERVING CONTAINS:

Energy	Fat	Saturates	Sugars	Salt
1455kJ/ 346kcal	15.4g	2.5g	36.2g	0.62g
17%*	22%*	13%*	40%*	10%*

*% OF REFERENCE INTAKE OF AN AVERAGE ADULT (8400KJ/2000KCAL)

For the fritters

- 300g Bananas
- 100g Plain flour
- 200g Egg
- 100g Panko breadcrumbs

Cut the peeled bananas into 10g pieces. Beat the eggs. Coat the banana pieces in flour then dip in the beaten egg and finally coat all over in the panko breadcrumbs.

For the syrup

- 300g Caster sugar
- 150ml Water
- 5g Ground Cinnamon
- 60g KNORR Professional Ginger Puree

In a pan bring the caster sugar, water, ground cinnamon and KNORR Professional Ginger puree to the boil and reduce until a syrupy texture has been achieved.

Keep hot until required.

To serve

Deep fry the bananas in a preheat fryer at 180c for 3 - 4 minutes or until golden brown.

Remove the banana pieces from the fryer and drain the excess oil. Toss the banana in the cinnamon and ginger syrup to serve.

SAUSAGE & BRAMLEY APPLE LOLLIPOP WITH GRAVY AND BASIL MASH

Tasty and easy to eat lollipops of sausage meat and bramley apple, perfect for dipping in basil mash and gravy.

INGREDIENTS FOR 20 PORTIONS

1kg	Sausage meat
10kg	KNORR Professional Mixed Herbs Puree 750g
100g	Bramley Apples , grated
800g	Potatoes
50g	MEADOWLAND Professional 250gs
15g	KNORR Professional Basil Puree 750g
80g	KNORR Gluten Free Gravy Granules for Meat Dishes 25L
1l	Water

EACH SERVING CONTAINS:

Energy	Fat	Saturates	Sugars	Salt
1611kJ/ 384kcal	22.3g	9.8g	2.7g	2.35g
19%*	32%*	49%*	3%*	39%*

*% OF REFERENCE INTAKE OF AN AVERAGE ADULT (8400KJ/2000KCAL)

For the lollipop

- 1kg Sausage meat
- 10g KNORR Professional Mixed Herbs Puree
- 100g Bramley Apples , grated
- 800g Potatoes
- 50g MEADOWLAND Professional
- 15g KNORR Professional Basil Puree

Place the sausage meat, KNORR Professional Mixed Herb puree and grated apples into a bowl and mix well.

Make a ball the size of a walnut and place on a tray, repeat until all of the mixture is used up. Place the refrigerator and allow to set for 1 hour.

Peel and boil the potatoes until tender, remove and put through a drum sieve to achieve a fine mash. Stir in the MEADOWLAND Professional and the KNORR Professional Basil puree and keep hot until required.

Bake the meatballs at 180c for approximately 20 minutes or until golden brown.

To serve

- 80g KNORR Gluten Free Gravy Granules
- 1l Water

Make up the gravy by whisking 80g of KNORR Gluten free Gravy granules into the boiling water. Place a small amount of the basil puree on a dish then top with the pork meatball and finish with the gravy.

BREAD & BISCOFF PUDDING WITH SOUR CHERRIES

A twist on a classic bread and butter pudding. Replacing a layer with the Biscoff paste and replacing the raisins with sour cherries.

INGREDIENTS FOR 20 PORTIONS

175g	White medium sliced bread
25g	MEADOWLAND Professional 250
1l	MEADOWLAND Double 1L
200g	Eggs
100g	Caster sugar
5g	Cinnamon
50g	Dried Cherries , sour
40g	Biscoff Biscuit Sprea
50g	Demerara sugar

EACH SERVING CONTAINS:

Energy	Fat	Saturates	Sugars	Salt
1036kJ/ 247kcal	18.5g	15.5g	11.5g	0.18g
12%*	26%*	77%*	13%*	3%*

*% OF REFERENCE INTAKE OF AN AVERAGE ADULT (8400KJ/2000KCAL)

For the Bread and Biscoff pudding

- 175g White medium sliced bread
- 25g MEADOWLAND Professional
- 1l MEADOWLAND Double
- 200g Egg
- 100g Caster sugar
- 5g Cinnamon
- 50g Dried Cherries , sour
- 40g Biscoff Biscuit Spread
- 50g Demerara sugar

Whisk together the MEADOWLAND Double, caster sugar, cinnamon and eggs.

Brush the first layer of the bread with melted MEADOWLAND Professional, and place in an oven proof dish slightly overlapping.

On the next layer spread the Biscoff paste then place in the dish and pour half the egg mix on top.

Brush the final layer of bread with the MEADOWLAND Professional and place in the dish.

Add the remaining egg mix and press gently. Sprinkle over the sour cherries and demerara sugar.

Cover with foil then bake at 160c for 20 minutes, then remove the foil and finish in the oven for 10 minutes or until the egg custard is set.

To serve

Cut into small squares or rounds to serve.