



CONVENIENT RECIPES DESIGNED FOR YOUR RESIDENTS



Resident
wellbeing
in action





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D'OR

From KNORR® Professional's extensive range of soups to Carte D'Or's easy to prepare powdered dessert bases; all of the recipes in this guide are created using products aimed to make your life in the kitchen as convenient as possible whilst still producing great tasting dishes.





Tomato & roasted red pepper soup

Serves 10

Ingredients

1.5L	Water
150g	KNORR® Professional Classic Cream of Tomato Soup
250g	Red peppers
30g	KNORR® Professional Mixed Chilli Puree
150ml	Double cream

Method

1. Roast the peppers in an oven at 250c until they are blistered.
2. Place the peppers into a metal bowl and cover with cling film and leave for 20 minutes.
3. Peel the peppers and de-seed.
4. Place the water in a pan and bring to the boil.
5. Whisk in the KNORR® Professional Classic Cream of Tomato soup mix and simmer for 3 minutes.
6. Add the roasted peppers and KNORR® Professional mixed chilli puree and cook for 5 minutes on a low heat.
7. Add the double cream then blend until smooth and serve.

Lightly spiced leek & coconut soup

Serves 10



Ingredients

1.65L	Water
150g	KNORR® Professional Classic Cream of Leek Soup
100g	KNORR® Professional Patak's Korma Paste
300ml	Coconut milk
200g	Mash potato

Method

1. In a pan cook the KNORR® Professional Patak's Korma Paste with 150ml water allowing the spices to cook out.
2. Add the remaining water and bring to the boil.
3. Whisk in the KNORR® Professional Classic Cream of Leek soup mix then simmer for 3 minutes.
4. Add the mash and the coconut milk then bring back to the boil.
5. Blend, pass and serve.



Chicken, madeira & chestnut soup

Serves 10



Ingredients

1.5L	Water
150g	KNORR® Professional Classic Cream of Chicken Soup
180g	Chestnut puree
100ml	Madeira
200ml	Whole milk
30g	Milk powder

Method

1. Place the water in a pan and bring to the boil.
2. Whisk in the KNORR® Professional Classic Cream of Chicken soup mix and simmer for 3 minutes.
3. Add the chestnut puree, madeira, milk and milk powder then simmer for 2 minutes.
4. Blend until smooth and serve with freshly chopped parsley and whipped cream.





Chicken with spiced squash soup

Serves 10

Ingredients

1.5L	Water
150g	KNORR® Professional Classic Cream of Chicken Soup
300g	Butternut Squash
45g	KNORR® Professional Patak's Madras Paste
150ml	Coconut milk

Method

1. Put the butternut squash on a tray and spoon over the KNORR® Professional Patak's Madras paste and mix well, roast in an oven at 180c for 20 minutes or until soft.
2. Place the water in a pan and bring to the boil.
3. Whisk in the KNORR® Professional Classic Cream of Chicken soup mix and simmer for 3 minutes.
4. Add the roasted butternut squash and coconut milk then simmer for 2 minutes.
5. Blend until smooth and serve.



Mushroom, cheese & garlic soup

Serves 10

Ingredients

1.6L	Water
160g	KNORR® Professional Classic Cream of Mushroom Soup
40g	KNORR® Professional Garlic Puree
150g	Mash potato
140g	Mature cheddar cheese
100ml	Double Cream

Method

1. Place the water in a pan and bring to the boil.
2. Whisk in the KNORR® Professional Classic Cream of Mushroom Soup mix and simmer for 3 minutes.
3. Add the double cream, mash, KNORR® Professional Garlic Puree and grated cheese then simmer for 2 minutes.
4. Blend until smooth and serve.

Lime & coconut cheesecake

Serves 12



Ingredients

250g	Ginger biscuits
125g	Butter
400ml	Coconut milk
8g	Lime zest
120g	Carte D'Or Panna Cotta
625g	Cream cheese

Method

1. Blend the ginger biscuits to a coarse crumb, then add the melted butter, stir well and press into a spring form mould then place in the fridge to set.
2. Place the coconut milk in a pan and bring to a gentle simmer with the lime zest, simmer for 2 minutes, whisk in the Carte D'or Panna Cotta then pass through a sieve.
3. Whisk in the cream cheese until smooth then pour onto the prepared biscuit base and refrigerate to set.
4. To finish, garnish with toasted coconut and lime zest.



Lemon & stem ginger mousse

Serves 10



Ingredients

200g	Carte D'Or Lemon Mousse
500ml	Whole milk
50g	Stem ginger in syrup
5g	Lemon zest

Method

1. Finely dice the stem ginger.
2. Place the CARTE D'OR Lemon Mousse Mix and milk into a mixing bowl and whisk on a low speed for 2 minutes and then 5 minutes at high speed.
3. Add in the stem ginger and mix through.
4. Place the mousse into a piping bag then pipe into glasses and chill for 2 hours.
5. Great on some lemon zest to serve.





Chocolate coffee mousse with Irish whiskey cream

Serves 10

Ingredients

240g	Carte D'Or Chocolate Mousse
500ml	Semi skimmed milk
20g	Instant coffee
225ml	Whipping cream
75ml	Whisky
40g	Icing sugar
50g	Dark chocolate

Method

For the chocolate mousse

1. Place the CARTE D'OR Chocolate mousse powder, instant coffee and milk into a bowl.
2. Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.
3. Transfer the mix to a piping bag and pipe into glasses.
4. Place in the fridge to set.

For the Irish whiskey cream

1. Place the whipping cream, Irish Whiskey and Icing sugar in a bowl and whisk until soft peaks are formed.
2. Place the mix into a piping bag then pipe a layer on top of the chocolate mousse.
3. Decorate with grated dark chocolate.



Chocolate & mango mousse

Serves 10

Ingredients

120g	Carte D'Or Chocolate Mousse
500ml	Whole milk
95g	Carte D'Or Mango Mousse
50g	Mango, finely diced
50g	Dark chocolate, grated

Method

1. Pour 250ml of cold milk into a bowl and add the CARTE D'OR Chocolate Mousse mix.
2. Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.
3. Place in a piping bag with a plain nozzle.
4. Pour 250ml of cold milk into a bowl and add the CARTE D'OR Mango Mousse mix.
5. Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.
6. Place in piping bag with a plain nozzle.

To Assemble

1. Pipe a layer of Mango mousse into a glass, then repeat with the chocolate mousse.
2. Then pipe a further layer of mango followed by chocolate.
3. Decorate with fresh mango pieces and grated chocolate.

Banana Brûlée custard pot

Serves 10



Ingredients

125g	Carte D'Or Crème Brûlée / Crème Caramel 1250g
500ml	Semi skimmed milk
500ml	Double cream
250g	Bananas

Method

1. Bring the milk and cream to the boil.
2. Remove from the heat and whisk in the CARTE D'OR Crème Brûlée mix until fully dissolved.
3. Pour the mix into a blender and add the bananas.
4. Blend until smooth then strain the mixture into a jug and pour into ramekins.
5. Chill for 2 hours.
6. Garnish the pots with a slice of banana.



Nutritional Information

Tomato & roasted red pepper soup

Energy	Fat	Saturates	Sugars	Salt
142kcal	9.4g	5.5g	6g	1g
7%	13%	28%	7%	17%

% of Reference Intake of an average adult (8400kJ/2000kcal)

Lightly spiced leek & coconut soup

Energy	Fat	Saturates	Sugars	Salt
158kcal	10.2g	6.1g	3.2g	1.29g
8%	15%	31%	4%	22%

% of Reference Intake of an average adult (8400kJ/2000kcal)

Chicken, madeira & chestnut soup

Energy	Fat	Saturates	Sugars	Salt
115kcal	3.2g	0.8g	4.5g	1.12g
6%	5%	4%	5%	19%

% of Reference Intake of an average adult (8400kJ/2000kcal)

Chicken with spiced squash Soup

Energy	Fat	Saturates	Sugars	Salt
111kcal	6g	2.6g	2.5g	1.16g
6%	9%	13%	3%	19%

% of Reference Intake of an average adult (8400kJ/2000kcal)

Mushroom, cheese & garlic soup

Energy	Fat	Saturates	Sugars	Salt
199kcal	14.3g	8.1g	1.5g	1.54g
10%	20%	41%	2%	26%

% of Reference Intake of an average adult (8400kJ/2000kcal)

Lime & coconut cheesecake

Energy	Fat	Saturates	Sugars	Salt
486kcal	42.2g	27.3g	14.9g	0.78g
24%	60%	136%	17%	13%

% of Reference Intake of an average adult (8400kJ/2000kcal)

Lemon & stem ginger mousse

Energy	Fat	Saturates	Sugars	Salt
139kcal	5.2g	4.2g	17.4g	0.11g
7%	7%	21%	19%	2%

% of Reference Intake of an average adult (8400kJ/2000kcal)

Chocolate coffee mousse with Irish whiskey cream

Energy	Fat	Saturates	Sugars	Salt
266kcal	14.9g	10.1g	23.9g	0.11g
13%	21%	50%	27%	2%

% of Reference Intake of an average adult (8400kJ/2000kcal)

Chocolate & mango mousse

Energy	Fat	Saturates	Sugars	Salt
154kcal	6.7g	5g	18.3g	0.09g
8%	10%	25%	20%	1%

% of Reference Intake of an average adult (8400kJ/2000kcal)

Banana Brûlée custard pot

Energy	Fat	Saturates	Sugars	Salt
333kcal	27.8g	17.3g	16.6g	0.1g
17%	40%	87%	19%	2%

% of Reference Intake of an average adult (8400kJ/2000kcal)



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