





# Contents

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## **Introduction 03**

### **Insights**

Allergy sufferers	04
Foodservice operators	05

### **Recipes**

Braised Chicken and Jerusalem Artichoke Crumble	06
Keftedakia (Greek Baked Lamb Meatballs)	08
Steak, Chips and Peppercorn Sauce	09
Spring Vegetable Risotto with Mint Oil	10

### **Our range of products with no allergens to declare**

KNORR Jelly Bouillon	12
KNORR Tomatino	13
KNORR Gravy Granules	13

### **The 14 declarable allergens 14**

### **How the Allergy Aware Scheme works**

Join the Allergy Aware Scheme	16
How the Scheme works	18



Just the word 'allergy' can be enough to send some kitchens into panic mode. It's an anxiety keenly felt by sufferers too, with nearly a third not feeling catered for when eating out<sup>1</sup>. And with almost half of caterers unable to name all 14 declarable allergens<sup>2</sup>, it's an understandable concern.

As a result, more than a fifth of allergy sufferers eat out less often than they would like to<sup>1</sup>, which Allergy UK estimate could be costing the foodservice industry in excess of £300 million a year<sup>3</sup>. This is a massive missed opportunity. With the right support, any kitchen can feel confident about dealing with allergens safely.



That's why we've teamed up with Allergy UK to launch a brand new guide, complete with allergen-free\* ingredients plus advice on how to join Allergy UK's Allergy Aware Scheme. So you can feel confident about managing allergens and letting your customers know that your allergen-free\* dishes really are #GoodToGo.



## An opportunity missed



Operators could be missing out on more than

**£300M**

every year, according to an estimate from Allergy UK<sup>3</sup>

\*Allergen-free ingredients do not contain any of the 14 key allergens as set out in EU regulation 1169/2011 on Food Information to Consumers

<sup>1</sup>Food, Allergies, Intolerances, YouGov (2015)

<sup>2</sup>Allergy UK Accreditation Scheme (2016)

<sup>3</sup>Allergy UK (2016)

# Allergy sufferers



Around  
**2 MILLION**  
people in the UK  
have a food allergy<sup>6</sup>

**67%**

decide where to  
eat when dining  
out with friends  
and family<sup>4</sup>

**93%**

were more likely to  
eat out if they felt the  
food outlet was up  
to date with allergy/  
intolerance knowledge<sup>4</sup>

“

“I’ve sometimes been  
made to feel like I’m being  
difficult when I’m just trying  
to be safe”.<sup>3</sup>

“Blanket ‘may contain’ labels  
aren’t helpful. They just  
further limit choice”.<sup>3</sup>

”



# Foodservice operators

48%

can't name the 14  
declarable allergens,  
2 years after the  
legislation was  
introduced<sup>5</sup>

31%

have a general 'may  
contain' disclaimer<sup>5</sup>

30%

aren't confident the  
allergy information  
they supply is correct<sup>5</sup>

50%

believe they could  
do more to comply  
with legislation<sup>5</sup>

<sup>3</sup>Allergy UK, Eating out with food allergy or intolerance (March 2016)

<sup>4</sup>Allergy UK, Consumer Eating Habits (March 2016)

<sup>5</sup>Allergy UK Accreditation Scheme (2015)

<sup>6</sup>Food Standards Agency (Dec 2014)





# Try our allergen-free recipes\*



### Nutritional Information

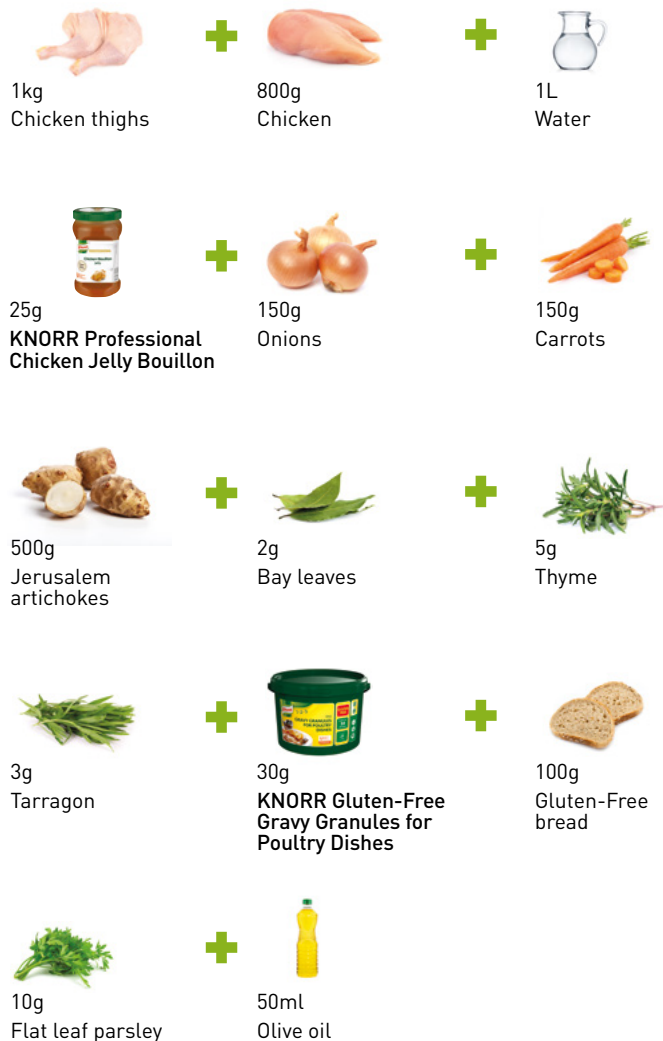
Each serving contains:

Energy	1520kJ/362kcal (18%)
Fat	19.6g (28%*)
Saturates	5.0g (25%*)
Sugars	3.3g (4%*)
Salt	1.16g (19%*)

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

# Braised Chicken and Jerusalem Artichoke Crumble

10 Portions



## Preparation

- Peel and dice the onions and carrots.
- Bring the water to the boil then whisk in the KNORR Professional Chicken Jelly Bouillon.
- Place the chicken thighs, onions, carrots and bay leaves into a deep oven dish then pour over the Chicken Bouillon. Cover with foil and place into the oven.
- Cook for 2 hours then remove and allow to cool slightly. Strain the sauce into a pan and reduce by half before whisking in the KNORR Gravy Granules.
- Peel and dice all the artichokes leaving 3 whole for later.
- Boil the diced artichokes for 5-6 minutes then drain and allow to cool.
- Flake the meat from the bone and mix with the vegetables, tarragon and sauce.
- Allow to cool then spoon into individual serving dishes.

## For the base

- Pre-heat the oven and fryer to 180c.
- Blend the bread with the parsley to create a crumb.
- Pour in the olive oil and mix with the breadcrumbs.
- Thinly slice the remaining artichokes then fry at 180c for 2-3 minutes or until golden.
- Cover the chicken with foil and place into the oven for 10 minutes.
- Remove from oven, sprinkle with the breadcrumb mix and place under a hot grill for 1 minute until slightly golden.
- Remove from the grill and sprinkle over the crispy artichokes and serve.

\*Containing none of the 14 key allergens as set out in EU Regulation 1169/2011 on Food Information to Consumers

Allergy UK does not endorse any individual food products or ingredients

It is the operator's responsibility to ensure that the recipe is followed accurately and that all ingredients are checked and good kitchen practices are adhered to for the final recipe allergen content.



# Keftedakia (Greek Baked Lamb Meatballs)

10 Portions



850g  
Minced lamb



480g  
Onions



50g  
KNORR Professional  
Garlic Puree



5g  
Dried oregano



4g  
Mint



150g  
Gluten-Free  
bread



500ml  
Water



12g  
KNORR Professional  
Chicken Jelly Bouillon



50ml  
Olive oil



1.6kg  
KNORR Tomatino  
Tomato Base



50ml  
Sunflower oil



4g  
Oregano

## Preparation

- Peel and dice the onions.
- Bring the water to the boil then whisk in the KNORR Professional Chicken Bouillon.
- Mix the lamb mince, onion, KNORR Professional Garlic Puree, oregano and mint.
- Remove crusts from the gluten free bread, then blend with the Chicken Bouillon until smooth.
- Add the bread mix into the meat and mix thoroughly, then place into the fridge and chill for 1 hour.
- Shape into walnut-sized balls (approx. 30g) then bake in the oven at 180c for 12 minutes.

## For the meatballs

- Add the diced onions and sauté in the sunflower oil.
- Add in the KNORR Tomatino and cook for 2-3 minutes.
- Add in the Chicken Bouillon and bring to the boil.
- Remove from the heat and mix through the oregano leaves ready for service.
- Mix through the meatballs with the tomato sauce then bake in the oven at 180c for 8 minutes.
- To serve drizzle over some olive oil and grilled gluten free croutons.



Nutritional Information	
Each serving contains:	
Energy	1784kJ/425kcal (21%)
Fat	27.6g (39%*)
Saturates	7.3g (37%*)
Sugars	12.9g (14%*)
Salt	2.07g (34%*)
*% of Reference Intake (RI) of an average adult (8400kJ/2000kcal)	

It is the operator's responsibility to ensure that the recipe is followed accurately and that all ingredients are checked and good kitchen practices are adhered to for the final recipe allergen content.



# Steak, Chips and Peppercorn Sauce 10 Portions



2kg  
Sirloin steak



400g  
Tenderstem  
broccoli



1kg  
Fresh chips  
(deep fried)



50ml  
Sunflower oil



20ml  
Rapeseed oil



250g  
Banana shallots



100ml  
Apple juice



2g  
Thyme



1L  
Water



75g  
KNORR Gluten-Free  
Gravy Granules for  
Meat Dishes



50g  
KNORR Professional  
Mixed Peppercorn Puree



1kg  
Tomato

## Preparation

- Trim the tenderstem broccoli then blanch and refresh.
- Cut the tomatoes in half and grill.
- Cut the chips, then blanch in boiling water for 2 minutes. Cook in the fryer for a further 5 minutes at 140c. Then turn up the fryer ready for the final cook at 180c.

## For the peppercorn sauce

- Peel and finely dice the shallots.
- Heat the oil then add in the shallots and cook for 3-4 minutes.
- Pour in the apple juice and allow to reduce by half.
- Add the thyme and water and bring to the boil.
- Whisk in the KNORR Gravy Granules then reduce to a simmer for 5 minutes.
- Remove from the heat and stir in the KNORR Peppercorn Puree.

## To serve

- Rub the oil onto the steaks.
- Cook on a high heat for 3 minutes on each side then allow to rest for 5 minutes.
- Finish cooking the chips until golden.
- Reheat the broccoli.



## Nutritional Information

Each serving contains:

Energy	2980kJ/710kcal (35%)
Fat	28g (40%*)
Saturates	6.5g (33%*)
Sugars	7.9g (9%*)
Salt	1.61g (27%*)

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





### Nutritional Information

Each serving contains:

Energy	2108kJ/502kcal (25%)
Fat	19.4g (28%*)
Saturates	5.2g (26%*)
Sugars	2.5g (3%*)
Salt	2.35g (39%*)

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



# Spring Vegetable Risotto with Mint Oil

10 Portions



50ml  
Sunflower oil



150g  
Banana shallots



4L  
Water



100g  
KNORR Professional  
Vegetable Jelly Bouillon



850g  
Arborio rice



120g  
Asparagus



120g  
Baby courgettes



120g  
Fresh peas



140g  
Vegan cheese



10g  
Flat leaf parsley



10g  
Mint



100ml  
Olive oil

## For the Mint Oil

- Place the mint and oil into a jug and blend with a stick blender.
- Place into a squeeze bottle ready for service.

## For the Risotto

- Peel and finely chop the shallots.
- Finely chop the parsley.
- Cut the asparagus into 2cm pieces on the angle.
- Cut the courgettes into rounds.
- Bring the water to the boil then whisk in the KNORR Professional Vegetable Jelly Bouillon and then leave to simmer.
- On a low heat, warm the sunflower oil and then add the shallots. Cook until they become clear and soft.
- Add in the Arborio rice and stir for 2 minutes.
- Add in the Vegetable Bouillon a ladle at a time continuously stirring and raise the heat.
- Keep on adding the bouillon until the rice is cooked.
- Add in the asparagus, courgettes and peas.
- Cook together for 2 minutes in the rice then add in the vegan cheese and flat leaf parsley.
- Finish with the mint oil.

Allergy UK does not endorse any individual food products or ingredients

It is the operator's responsibility to ensure that the recipe is followed accurately and that all ingredients are checked and good kitchen practices are adhered to for the final recipe allergen content.

# Our range of products with no allergens to declare\*

## KNORR Professional Jelly Bouillon



A great scratch bouillon alternative:

- Scratch like jelly format that dissolves easily
- Simmered for a richer taste, designed for creating the perfect base
- Tested and endorsed by the Craft Guild of Chefs
- Containing none of the 14 key allergens as set out in EU Regulation 1169/2011 on Food Information to Consumers\*\*

“

“Nothing beats the clean, natural taste of scratch made bouillon. Jelly Bouillon is the closest to scratch you can get.”

**Mark Sargeant, Restaurateur, Rocksalt, Folkestone**

”





# KNORR Tomatino

## KNORR Tomatino Pouch

- Smooth and fresh tasting tomato sauce base, ideal for multiple applications
- Less packaging waste
- Light in weight and easy to carry
- Safe handling: no sharp edges



# KNORR 25L Gravy Granules

- Great tasting gravy to complement your most popular dishes
- Quick and easy to prepare. Just add boiling water and simmer for 30 seconds
- Use for all your customers, gluten-free, no allergens\*, vegetarian and meets Department of Health UK 2017 salt targets



Allergy UK does not endorse any individual food products or ingredients.

\*These products do not contain allergenic ingredients which require declaration under EU regulation 1169/2011 (Annex II). \*\*According to EU Food Information for Consumers Regulations No. 1169/2011. †Source: Kadence International: Gravy U&A. June 2016 n+305 UK Chefs.



# The 14 declarable allergens

**Under the Food Information Regulations of December 2014, any establishment serving food must be able to inform customers about whether dishes contain any of the 14 declarable allergens.**



## 1. Celery

Includes celery stalks, leaves, seeds and celeriac. Often found in celery salt, salads, some meat products, soups and stock cubes.



## 2. Cereals containing gluten

Includes wheats, rye, barley and oats. Often found in foods containing flour, like baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and foods dusted with flour.



## 3. Crustaceans

Includes crabs, lobster, prawns and scampi. Often found in shrimp paste used in Thai curries or salads.



## 4. Eggs

Often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg.



## 5. Fish

Often found in fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce.



## 6. Lupin

Includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta.





#### 7. Milk

Found in butter, cheese, cream, milk powders and yoghurt. It's often used in foods glazed with milk, powdered soups and sauces.



#### 8. Molluscs

Includes mussels, land snails, squid and whelks. Often found in oyster sauce and fish stews.



#### 9. Mustard

Includes liquid mustard, mustard powder and mustard seeds. Often found in breads, curries, marinades, meat products, salad dressing, sauces and soups.



#### 10. Nuts

Includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. Can be found in breads, biscuits, crackers, desserts, ice cream, marzipan (almond paste), nut oils and sauces.



#### 11. Peanuts

Can be found in biscuits, cakes, curries, desserts and sauces e.g. satay. Also found in ground-nut oil and peanut flour.



#### 12. Sesame seeds

Can be found in bread, breadsticks, houmous, sesame oil and tahini (sesame paste).



#### 13. Soya

Can be found in beancurd, edamame beans, miso paste, textured soya protein, soya flour or tofu. Often used in some desserts, ice cream, meat products, sauces and vegetarian products.



#### 14. Sulphur dioxide

Often used as a preservative in dried fruit, meat products, soft drinks and vegetables as well as in wine and beer.







# Join Allergy UK's Allergy Aware Scheme

## How it helps you



- ✓ Window sticker and certificate
- ✓ Free support and advice from Allergy UK
- ✓ Directory listing on the Allergy UK website
- ✓ Access to educational video
- ✓ Repeat and increase in business from a loyal customer base
- ✓ Covers all 14 allergens listed in the Food Information Regulations and more

“Since joining Allergy UK’s Allergy Aware Scheme, we’ve seen an increase in the number of people visiting with food allergies and are delighted that our food sales have increased by around 10-12%.

I would strongly encourage all catering establishments that take food allergies seriously to join the scheme. If you aren’t already, it’s time to make the right changes to accommodate a very loyal customer base.”

**Simon Yandell,**  
**Rainforest Café, London**

# 93%



of allergy sufferers would feel more confident eating out at an Allergy Aware Scheme restaurant<sup>7</sup>

<sup>7</sup>Allergy UK, Consumer Eating Habits (March 2016)

# How the scheme works

## 1. Self-assessment audit

Your audit will need to demonstrate a high standard of 'front of house to kitchen' allergen knowledge and show that your staff are fully trained regarding allergens.

## 2. Audit review

An Environmental Health Officer or Food Safety Expert will visit to review the audit, ensuring venues are up to the high standards required to join Allergy UK's Allergy Aware Scheme.

## 3. Becoming Allergy Aware

Provided your audit is successful, you will then join the Allergy Aware Scheme for a 12-month period, gaining recognition from national charity Allergy UK and being listed as an allergy aware outlet on the charity's official website. An annual audit will be required each year to remain part of the Scheme.



## YOU'RE NOT ALONE

Remember, Allergy UK will be on hand throughout the process to help advise and support you

Find out more about the Allergy Aware Scheme at [allergyuk.org/aas](https://allergyuk.org/aas)





## Unilever Food Solutions

Loved by chefs all over the world, UFS provides ingredients that save precious prep time in the kitchen plus fresh, exciting menu ideas that keep customers coming back for more. For delicious allergen-free recipes and ingredients, visit **[ufs.com/allergens](https://ufs.com/allergens)**.

**@UnileverFS\_UK**  
**#GoodToGo**

## Allergy UK

The leading national charity dedicated to supporting those living with allergic conditions in the UK. Allergy UK aims to make eating out safer and more enjoyable for people living with food allergies. Allergy UK has teamed up with Unilever Food Solutions for the #GoodToGo campaign, to offer caterers further education and support to make catering for people with food allergies simpler and safer.

Find out more by visiting **[allergyuk.org](https://allergyuk.org)**.

**@AllergyUK1**  
**#GoodToGo**

Published April 2017

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\*This product does not contain allergenic ingredients which require declaration under EU 1169/2011 [Annex II].