

Key conditions...

DESIGNING MENUS
FOR CARE HOME
RESIDENTS



*Dining
with dignity...*

THE BENEFITS OF
PRESENTATION



Chef Danny...

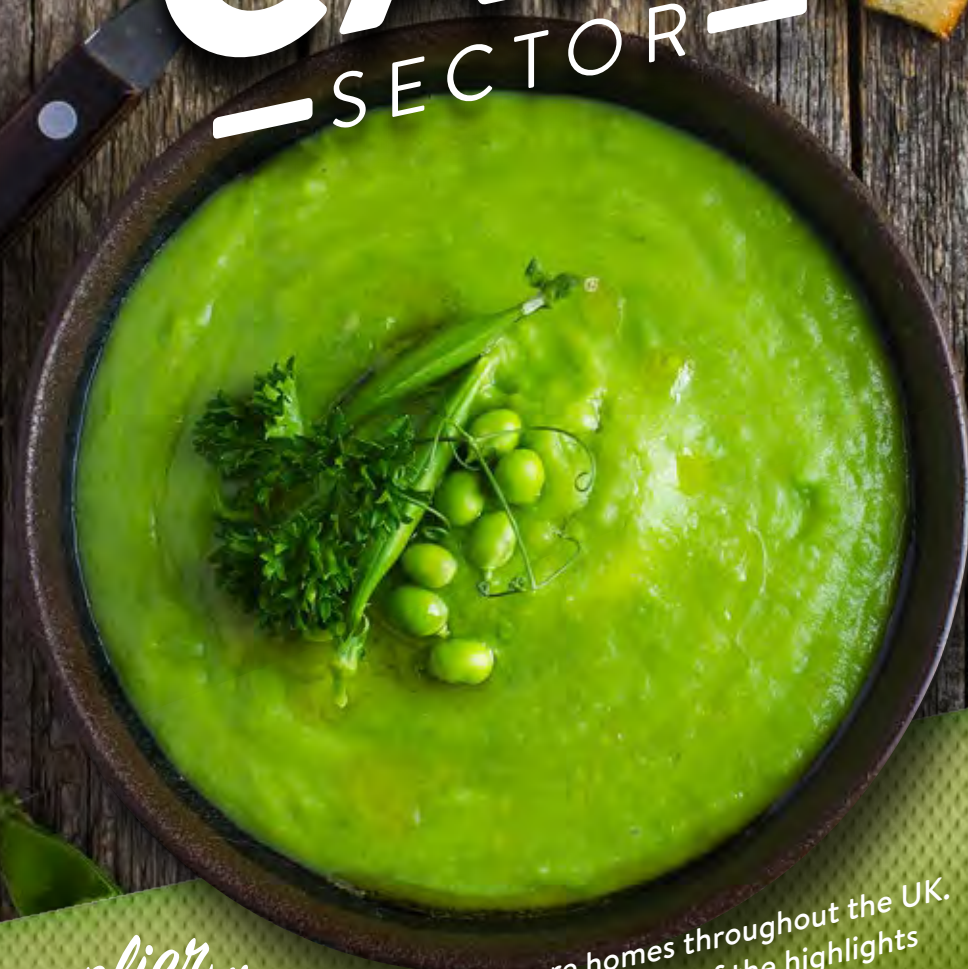
OUR HEALTHCARE
DEVELOPMENT CHEF
OFFERS HINTS & TIPS



 brakes

A guide to the

CARE —SECTOR—



A leading supplier...

Brakes is one of the leading foodservice distributors supplying care homes throughout the UK. We understand that the meals and snacks served to residents are often one of the highlights of their day. We're perfectly placed to support the care caterer with what are often quite challenging needs and tight budgets. What's more we have an established and dedicated team of professionals who are extremely passionate and specialise in this vital sector. Take a look inside to see how we can support you.

**DON'T
MISS...**

**Nutritious
recipes...**
Simple to follow
pages 18-19

**Tools and
training...**
To support and
help your business
pages 14-15

**Tailored
equipment...**
Perfect for every
resident's needs
pages 12-13



THERE ARE FOUR KEY
CONDITIONS
AFFECTING THE CARE
HOME POPULATION

Dysphagia

RESIDENTS REQUIRE FOOD AND
DRINK TO BE OF APPROPRIATE
TEXTURE TO AID SWALLOWING
Pages 4-5

Malnutrition

ONE THIRD OF RESIDENTS
SUFFER FROM MALNUTRITION
AND REQUIRE FORTIFIED FOODS
Page 6

Dementia

AFFECTS A MASSIVE 80% OF
RESIDENTS AND IS SPECIFIC
TO INDIVIDUAL NEEDS
Pages 8-9

Diabetes

AFFECTS OVER A QUARTER OF
RESIDENTS AND REQUIRES A
CAREFULLY BALANCED DIET
Pages 10-11

FOR HELP &
ADVICE VISIT
**BRAKE.CO.UK/
CAREHOMES**

Providing complete food solutions for care homes is not just about the right dishes and menus for residents...

Catering in care homes means providing the best options for residents, staff and, increasingly, visitors. Consider the following...

STAFF

A focus on variety, price and healthier choices.

RESIDENTS

The requirement for specialist diets, food uptake and nutrition.

VISITORS

Focus on quality and high street trends.



Challenges & considerations

RESIDENT,
VISITOR &
STAFF
FEEDING

CATERING
FOR CARE
DIETARY
NEEDS

UPTAKE OF
FOOD, OUT
OF HOURS,
PROTECTED
MEAL TIMES

STAFF
MORALE,
TURNOVER
& TRAINING

- Understanding dietary requirements and being able to deliver different versions of the same dish to ensure residents are treated the same
- The age demographic has changed, people are living longer, residents are often well travelled and have developed varied taste palates
- Social activity is key to a healthy mind and wellness
- Residents should be at the top of everything you do, ask them what their favourite foods are and encourage them to join in
- Residents may not want to eat, understanding why can create solutions for your teams to support the resident – training is key to success
- Taste buds diminish with age so stronger flavours are required
- Kitchen and care staff need to understand each other and work together as one team. The Home Manager needs to bring everyone together to make a warm & friendly environment



Introducing Chef DANNY

ON HAND TO HELP

Residents moving to a care home who have previously lived by themselves may have stopped preparing some of their favourite dishes and will have developed different eating patterns.

It is essential to understand their wishes, likes and dislikes along with any specialist dietary needs to build menus to support. Each person must be treated as an individual, a person in their own right, making them feel special, loved and wanted.

From this a chef will be able to accommodate any requirements as part of the planned menu cycle, as often in care homes a chef will be preparing the same dish in various formats.

It's not just about the food, think about the points below too.



TOP TIP

Regardless of dietary needs we all take that first bite with our eyes, take the time to make all of your dishes look special

Danny suggests these simple ideas...

- Encourage sociability
- All the comforts of home – place mats, flowers, tablecloths and favourite cups
- Attractive eating areas, inviting and well lit
- Laid tables and drinks for every resident to encourage fluid intake and digestion
- Provide the right utensils for each resident
- Menu cards with colourful images to encourage appetite and help communication
- Cooking aromas coming through from the kitchen to whet the appetite



The four key conditions...

DYSPHAGIA

DYSPHAGIA IS THE MEDICAL TERM FOR SWALLOWING DIFFICULTIES

Some people with dysphagia have problems swallowing certain foods or drinks, whereas others aren't able to swallow at all.

Dysphagia usually occurs as a result of having a stroke, Parkinson's disease, head and neck cancers or motor neurone disease. Changing the consistency of food and drinks makes them safer for people with dysphagia to swallow.



Danny Silcock
Care Home Development Chef

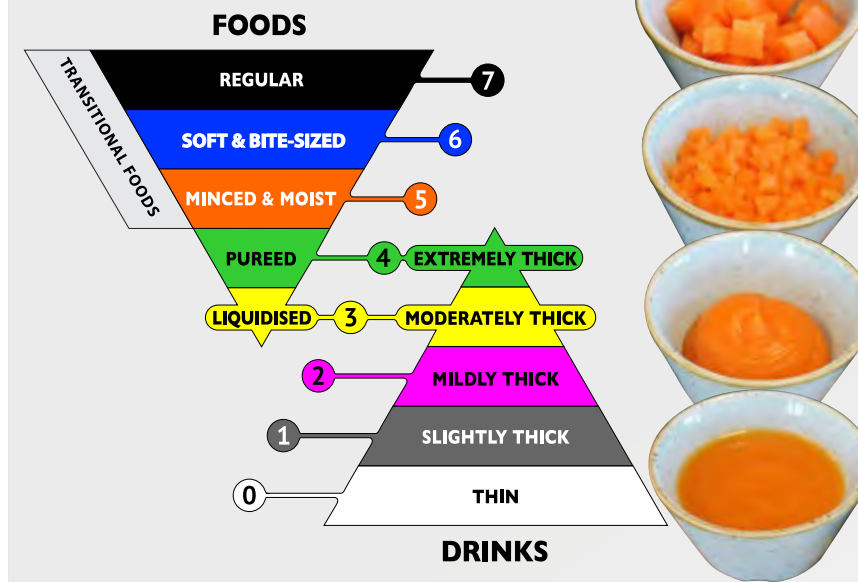


DID YOU KNOW?

We run training days aimed at helping you to understand dysphagia and what it's like to live with the condition. We'll share our simple menu ideas to help you cut down on the number of different dishes you need to cook every day. The day concludes with a hands-on session so that chefs can explore and create without the time pressures of their busy work environment.

International Dysphagia Diet Standardisation Initiative – IDDSI

This sets out internationally recognised descriptors which detail the types and textures of foods that are needed by individuals who have dysphagia. It has been reviewed to include drinks, be culturally sensitive and easily measurable.



NEW INSTANT FOOD THICKENER

Ideal for modifying the texture of food

Brakes are delighted to bring to market this modified maize starch instant food thickener, suitable for hot and cold foods.

Code: A 125336
Pack size: 1 x 360g

- Great application in the healthcare and fine dining sector for texture modified foods
- Disperses quickly & evenly in hot & cold food
- Screw top lid for easy use



The right tools for the job

To help you to create great dishes we recommend:

A 86406 Migi Blue 18" Piping Bags 1 x 100
and from Brakes Catering Equipment
566858 Steel Mousse Rings 7cm x 3cm



The four key conditions... MALNUTRITION

MALNUTRITION LITERALLY TRANSLATES AS 'POOR NUTRITION'

Malnutrition in the healthcare sector, generally refers to residents not getting enough of the nutrients they need.

Small, high energy, protein-based meals and snacks will deliver good results and will help residents to enjoy their food.

Signs of malnutrition

Some of the common signs of malnutrition include unintentional weight loss, general lack of interest in food with a loss of appetite, low body weight (body mass index of less than 18.5) weakness, tiredness and regularly being ill but taking longer to recover than usual.

Why does it happen?

There are a number of reasons that people become malnourished:

- ➔ Poor appetite
- ➔ As a result of an illness
- ➔ Poor sense of taste and smell
- ➔ Food poorly presented
- ➔ Meals served at unsuitable times
- ➔ There is no choice of portion size
- ➔ Food is served at an inappropriate temperature

Food comes first

Although nutritional supplements can play a useful role for some people, using the 'food first' approach is advised.

Use every day ingredients to fortify meals and snacks with extra calories and protein. Increasing the energy content of meals without increasing the portion size is particularly beneficial to people with smaller appetites.

Food fortification can be more practical and cheaper than using nutritional supplements. Offering fortified small snacks, meals and drinks regularly throughout the day should help to stimulate appetite. Find out your residents' favourite foods and aim to fortify them with extra nutrients, there are plenty of easy ways to achieve higher-calorie dishes; we've shown a selection here:



Add skimmed milk powder to whole milk to use in drinks, on cereals etc



Add cheese to savoury dishes, into soup and to mashed potato



Add butter to vegetables, potatoes and scrambled eggs



Add cream to custard, soup and mashed potato



Add jam, honey or peanut butter to porridge and rice pudding



Add ground almonds when making biscuit and cakes

Improving HYDRATION

IN CARE HOME RESIDENTS



Improving hydration reduces anxiety and improves quality of life for both residents and staff.

Brakes and Tetley have teamed up to create the Hydration Kit - designed to spark conversation and encourage care home residents to reminisce about the past.

The kit includes recipe inspiration, activity sheets, nostalgic games and POS all designed to help you plan your activity calendars – and most importantly, keep residents healthy and well hydrated!

Visit tetleyteaacademy.co.uk to find out more and register if you haven't already.



TOP TIPS



- ➔ Offer drinks to residents at all meal occasions
- ➔ Use a clear glass so the contents are visible to residents, or a brightly coloured cup to draw attention to the drink
- ➔ Offer a variety of drinks (both hot and cold) throughout the day such as tea, coffee, water, squash, fruit juice, milk, etc. – all fluids count!
- ➔ Offer the cup or glass directly to your resident or place it in their eye line. Tell them where the drink is and what it is
- ➔ Make sure the cup or glass is suitable for the resident – not too heavy with the appropriate size handles
- ➔ Foods provide fluid too. Fruits, vegetables, soups, stews, jelly etc. all have high water contents and all contribute towards fluid intake

Ruth O'Sullivan, Nutritionist

Nutritional expertise

Our Associate Registered Nutritionist, Ruth O'Sullivan is also an Affiliate member of the British Dietetic Association.

She's on hand to provide support and advice to help you produce meals and snacks to meet the dietary needs of your residents.

ORDER AT BRAKE.CO.UK / 0345 606 9090
WOODWARD-FOODSERVICE.COM / 0344 499 4991

Contact Ruth at nutrition@brake.co.uk for...
General menu and recipe advice, help with special dietary needs
and to access our online nutrition tool



The four key conditions... DEMENTIA

DEMENTIA IS A GROUP OF SYMPTOMS ASSOCIATED WITH A DECLINE IN BRAIN FUNCTION

Due to an aging population dementia is one of the fastest growing conditions in care.

It can bring about a number of symptoms including memory loss and a decline in mental agility, thinking speed and language and can also affect mood, movement and the ability to carry out daily activities.

People with dementia have very individual habits, some may...

- Have unusual food choices
- Hold food in the mouth but not swallow it
- Be unable to recognise food
- Forget to eat
- Have dysphagia



The general advice is to provide...

- Regular small meals & snacks
- Energy dense or fortified meals & snacks
- Help for residents when eating
- Hand held/finger foods for those unable to use cutlery



80% OF PEOPLE IN A CARE HOME SETTING HAVE A FORM OF DEMENTIA

LESS THAN HALF OF PEOPLE IN THE UK WITH DEMENTIA RECEIVE A DIAGNOSIS

ONE THIRD OF PEOPLE OVER 95 HAVE DEMENTIA

TWO THIRDS OF PEOPLE WITH DEMENTIA ARE WOMEN

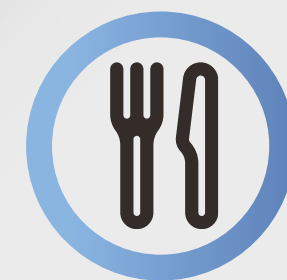


Hand-held food – for residents with dementia

Many people with dementia have problems with eating and drinking and can find social situations challenging.

Hand-held foods play a really useful role for those who have difficulty with co-ordination and for those can't hold or don't recognise cutlery any longer.

There's a variety of ways to create some appetising hand-held food from sweet and savoury pastries to filled pasta, flavoured pittas, potato skins and stuffed Yorkshire puddings. Have a look at our breakfast quiches recipe and the carrier ideas below to get you started.



FIND SIMPLE RECIPES ON PAGES 18-19

Pastry

Sweet, Savoury, Filo, Spring Roll, Vol au Vents and Choux. An ideal carrier for hand-held food as they can be moulded into a range of shapes and will hold fillings very well. Using an all butter pastry will ensure a good mixture of textures. Pastry fillings can comprise almost anything you have in the store cupboard or fridge. Choux buns can also be filled with savoury fillings such as smoked salmon pâté, cream cheese and sun-blushed tomatoes.



Breads

Available in many shapes, sizes and flavours. Bread can be baked as croûtes (a small round of toasted bread on which a savoury mixture is served); hollowed out and filled, rolled and wrapped. For an Eastern feel why not try flavoured Pitta Breads, Naan Bread or Khobez Breads or go for a European twist with Croissants, Focaccia or Petit Pans.



Pasta

Our favourite is filled pasta (such as ravioli or tortellini) coated in a crumb and deep fried or baked! These can be filled with both sweet and savoury fillings. A light crispy coating gives strong texture on the outer layer and silky soft pasta underneath. Good fillings to use include cream cheese, spinach and pine nuts, smoked chicken and tarragon or three cheese and onion. Try chocolate and orange as your sweet filling!



Potato

Boiled, roasted, baked or new – we love them all! Simply scoop out the middle, fill with your favourite fillings, top with cheese and bake in the oven for those crispy style potato skins. Ideal for snacks or as a side dish. Mix your flavours up with ingredients such as cheese and chive, bacon, olives and feta.



Batter

Yorkshire Puddings, pancakes, beer batter, tempura batter and bhajis – all of these can be adapted with new flavours to stimulate taste buds. Add herbs and spices to them or fold in meats or vegetables. A few ideas to get you started: Toad in the Hole, Stuffed Yorkshire Puddings with Pulled Ham, Rolled Pancake with Chicken Strips, Spinach and Cream Cheese.



Sweets

Brandy Snaps, Tuile Baskets, Sponge and Meringues – all have a varied texture so they can be enjoyed by everyone. Ideal fillings for these are freshly whipped cream, crème patisserie, chocolate ganache and fresh fruits.



The four key conditions... DIABETES

A SERIOUS, LIFELONG CONDITION CONCERNING INSULIN PRODUCTION

Diabetes is a serious, lifelong condition where the body either doesn't make enough insulin or the insulin it does make doesn't work properly. If left untreated, high levels of sugar in the blood can cause serious health complications.

The dietary advice for people with diabetes is to reach and maintain a healthy weight and to follow a healthy balanced diet which is the same advice given to the rest of the population. Having diabetes doesn't mean sugar has to be completely avoided, it can be included as part of a balanced diet.

Choose healthier cooking methods such as steaming rather than boiling and grilling instead of deep frying. Microwaving can be a healthier option too as food is cooked much quicker therefore vitamin retention is maximised.



Avoid 'diabetic foods', they offer no benefit to people with diabetes. Since July 2016, it is no longer possible to label foods as 'diabetic'. This is because:

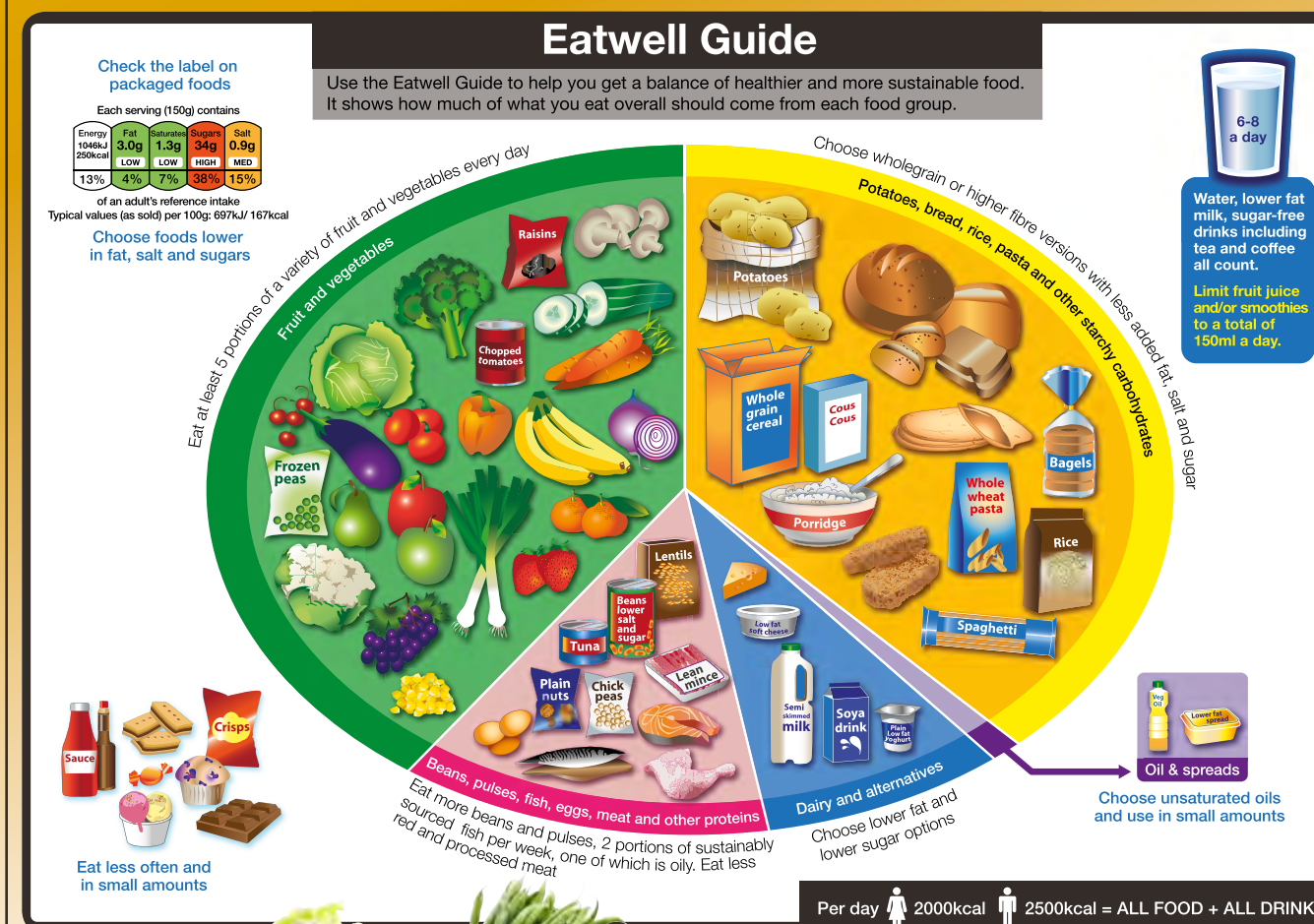
- ➔ These foods can be expensive
- ➔ They can also be as high in fat and calories as standard products
- ➔ Some diabetic foods can have a laxative effect if eaten in excess
- ➔ They can still raise blood sugar levels
- ➔ They contradict general healthy eating advice, which is to eat foods high in sugar and/or fat less often and in small amounts

Catering tips for residents with diabetes

- ➔ Offer regular and evenly spaced meals and snacks throughout the day
- ➔ Provide starchy carbohydrates such as bread, rice, potatoes and pasta with every meal. Include a variety of wholegrain options to increase fibre intake
- ➔ Although some fat is needed in the diet, limit the amount of saturated fat from foods like butter, cheese, processed meats, cakes and biscuits. Too much saturated fat can increase the risk of heart disease
- ➔ Offer at least 5 portions of fruit and vegetables each day. Serve as accompaniments at each meal time and offer as snacks too
- ➔ Offer at least 2 portions of oily fish each week such as salmon, mackerel and sardines. Oily fish contains omega 3 fats which can help reduce the risk of heart disease
- ➔ Beans, pulses and lentils are good sources of protein so add kidney beans, chickpeas and lentils to your dishes. They are also high in fibre, low in fat and can help control blood fat levels
- ➔ Sugary foods don't need to be totally excluded, small and occasional portions of cakes, desserts and biscuits are acceptable. Look out for reduced sugar or sugar-free products and try using artificial sweeteners instead of sugar in foods and drinks
- ➔ Keep your residents hydrated, offer them at least 6-8 drinks each day. They should be available with every meal and regularly in between meals too. Water, milk, squash, fruit juice (no more than 150ml) tea and coffee all count towards fluid intake
- ➔ Limit the amount of salt. Don't add salt during cooking, your residents can add it to their meals if they choose to

Always try to EATWELL THE QUICK REFERENCE GUIDE

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.



It's not just about
THE FOOD
CROCKERY & CUTLERY

Of course, what you put on the plate is vital, but it also needs to be accessible and attractively served to encourage appetites and enjoyment of mealtimes.

Many people with dementia experience difficulties with their sight, which may cause them to misinterpret their surroundings. It's been proven that the colour blue is one of the last colours to remain in the memory and is a popular choice for care home tableware.

Many Trusts now choose to use crockery that is either entirely blue or has a blue rim. Further reasoning behind this change is there are no blue coloured foods, so there will always be a contrast between the food and the plate or dish.

Crockery

Brakes Catering Equipment can supply ranges of crockery that have been designed for the health care market and are suitable for care homes, hospitals, retirement homes and care villages. These specialist ceramics have been manufactured to assist independence and support wellbeing and are an innovative solution to eating and drinking for those dealing with impaired mental and physical health.

To promote independent feeding, plates have a slight lip and a heavier base to stop movement. This design can be especially helpful for residents who may only have use of one arm.

Have a look at our wide range of products, including cups, saucers and plates from the Future Care and Simplicity Freedom ranges.

Cutlery

Specially designed cutlery is also available to help residents remain independent. This includes adapted knives, forks and spoons. The curved handle bends away from the hand enabling the holder to scoop the food towards themselves. Ideal for those with restricted wrist or finger movement.

Safer drinking

As well as problems with eating, residents can also experience issues with holding and using glasses and cups. Suitable for use lying down, moving around or at the table, the Safe Sip cover is a reusable drinks cover that fits virtually any glass, mug, cup or can. It's also 100% food grade silicone and can go in the dishwasher, microwave and freezer.

ORDER NOW - Telephone: 0845 931 9494 | Online: www.brakesce.co.uk



STEELITE SIMPLICITY FREEDOM CROCKERY - WHITE

- A. 569633 Plate 21.5cm (12)
- B. 569679 Plate 25.4cm (6)
- C. 569627 Double Handled Mug 284ml (12)

CHURCHILL FUTURE CARE CROCKERY - BLUE

- D. 532284 Mid Rim Plate 20cm (6)
- E. 532277 Double Handled Mug 284ml (6)

AMEFA ADAPTED CUTLERY

- F. 525548 Left/Right Handled Knife
- G. 530538 Right Handled Fork
- H. 526148 Left Handled Fork
- I. 530573 Right Handled Spoon
- J. 530544 Left Handled Spoon
- K. 525525 Straight Spoon
- L. 525380 Straight Fork
- M. 525344 Straight Knife



538090 Blue

538134 Pink

538140 Yellow

538111 Green

538105 Red

538127 Clear



Increasing TRAINING

FOR CHEFS, BY CHEFS

Working with your chefs, exchanging ideas for menu development and using new ingredients as part of our ongoing support and training.

Our healthcare development chef Danny has created courses to hone your chefs' skills and harness their enthusiasm to develop further.

Danny has looked at the key areas that will make a difference to your staff and to the quality of the food they produce. He runs a number of sessions across various food-types and dietary needs demonstrating labour-saving techniques, new recipes and best practice to your team.

Online nutrition training course

Designed for both you and your staff to gain a deeper understanding of how to cater for people with special dietary needs.

Developed in partnership with Nestlé Professional, our course 'Introduction to Eating Well in Healthcare' is exclusive to Brakes. The course comprises four modules: an introduction to the Eatwell Guide, the practical application of healthy eating in the care sector and two modules on special dietary needs looking at malnutrition, dehydration, diabetes, dysphagia, dementia and menu planning. It has been certified by the Association for Nutrition, which adds great credibility to our course.

Contact nutrition@brake.co.uk to access the online course



SIGN-UP TODAY!

We offer training in the following areas



Butchery

Understanding and using the best cuts of meat, ideas to give residents a treat, cost control, yield management



Catering for residents with special diets

Covering needs and requirements from vegan, vegetarian, coeliac, pescetarians or just simple likes and dislikes together with allergens



Fish

Understanding cuts and varieties available, dish ideas and garnishes



Hand held fortification

Often necessary for residents with dementia, but also can be a great way of serving high-tea. The session focuses on creating full flavour bite sized foods that are easy to eat, exploring various carriers to bring foods to life and show innovation



Innovation kitchen training days

Christine Hamilton, Group Chief Executive/Food Safety Manager from Four Seasons took part in a recent care home catering session and gave us her feedback on the experience.

"The day was a perfect mix of practical and theory sessions covering malnutrition, diabetes but mainly dysphagic diets, which was exactly what we had asked for.

Their development chef Danny and nutritionist Ruth kept everyone interested with their knowledge on all subjects.

We learned about the physical aspects of dysphagia and were shown foods that had been modified according to IDDSI levels 3, 4, 5 & 6. Through a series of tasting, we learned how dependent we are on a fully functioning tongue and the difficulties that arise when this function is impaired.

We discussed the importance of offering choice with modified textured meals and snacks and some simple, practical ideas on this, such as how to modify toast to level 4. This will allow so much more choice at breakfast and supper times. The fully equipped individual workstations are terrific and allowed us to put into practice straightaway the knowledge we had gained earlier. This was a very valuable part of the day and one that will stick in people's mind"

Christine Hamilton
Group Chief Executive/Food Safety Manager, Four Seasons

"We've also had positive feedback from our other attendees:"

THIS HAS CHANGED MY VISION OF MY KITCHEN AND THIS WILL CERTAINLY IMPACT IN MY FOOD DELIVERY

BEING ABLE TO MAKE A DIFFERENCE IN THE QUALITY OF FOOD PRODUCED WAS VISIBLE IN EVERYONE'S EYES

PRODUCING SOMETHING WITHIN THAT SHORT PERIOD OF TIME MADE ME REALISE THAT THE SKY IS THE LIMIT



OUR CHEFS ARE ON HAND TO HELP

Zoe Gill

Food Development Chef

CONTACT YOUR ACCOUNT MANAGER TO TALK ABOUT YOUR TRAINING NEEDS

Simply-take store

CUPBOARD

STAPLES

When catering for a wide range of tastes and special dietary needs it can be quite challenging to provide menu options for residents and staff, especially when it's a request on the day. With that in mind we have come up with some great ideas using store cupboard staples for some tasty solutions.



A 120586 MILLAC GOLD (1 x 1ltr)

Can be stored ambient until used, cheaper than dairy cream, same uses as cream – why not make a lemon posset, great as a small but well fortified dessert



A 4515 BRAKES CONDENSED MILK (1 x 397g)

Great to fortify sweet dishes, why not use to make a banana cake, homemade fudge or even banoffee pie



A 107536 AMBROSIA CUSTARD POT 12 x 120g

Great as a quick fix snack with chopped banana and toasted seeds or a fruit compote



A 28979 BRAKES MUSHY PEAS (1 x 850g)
F 3465 COOKED HAM (5 x 500g)

Fake Guacamole! Using mushy peas, add a little garlic, cumin and either yoghurt or mayonnaise with a dash of lemon juice, great with baked tortillas or pea & ham soup - nice and hearty this can be made with mushy peas and our cooked ham



A 7290 BRAKES CHICK PEAS IN WATER (1 x 3kg)

Beans and pulses are a great way of adding protein. Add to curries, casseroles and tagines or make your own humous and serve with vegetable sticks for a quick snack



A 29448 BIRD'S ICE CREAM MIX (2 x 3kg)

This product offers great yield and can be fortified using whole milk. You can also add different ingredients to create delightful, nostalgic flavours and create seasonal favourites like Christmas pudding or strawberries & cream – great for a Wimbledon themed tea time treat



A 15136 BRAKES BAKED BEANS (1 x 840g)

Brakes beans hold in a heated trolley really well and taste tested against other brands come out on top. Use to create a quick tea on toast or add to soups, stews and casseroles for extra texture and taste



A 115804 DE CECCO WHOLE WHEAT SPAGHETTI (12 x 500g)
A 110749 SARDINES IN TOMATO SAUCE (1 x 120g)
A 114976 PILCHARDS IN TOMATO SAUCE (12 x 425g)

Using wholemeal pasta will add fibre. It also holds better in hot trolleys. Take some whole wheat spaghetti, add either sardines or pilchards in tomato sauce and within minutes you will have a quick and tasty pasta dish for residents to enjoy. Great as a small snack alongside salad for tea



A 26642 BRAKES CORNED BEEF (1 x 340g)

Corned beef sandwich with brown sauce for a nostalgic touch or corned beef hash for lunch or fritters as a hand held buffet/snack

Let's not forget a little treat

ALCOHOL

EVERYDAY, CELEBRATIONS AND EVENTS

If it's appropriate to offer alcoholic drinks to your residents, then we have a number of products below for you to choose from...



WINE

We stock a great range of red, white, rose and sparkling wines in both regular and individual bottles



BEER & CIDER

Whether it's a craft beer, cider, real ales or alcohol free varieties we can offer you a range to suit all occasions



SHERRY & SPIRITS

From miniatures to full bottles, all the favourite brand



DID YOU KNOW?

HEALTHY DRINKING
Government guidance says that men and women shouldn't regularly drink more than 14 units a week. Alcoholic drinks come in different strengths and size, but 14 units is equal to:



6 PINTS OF BEER OR CIDER (4% strength)



6 MEDIUM (175ML) GLASSES OF WINE (13% strength)



12 GLASSES (25ML) SPIRITS such as gin or vodka (40% strength)



Quick and easy RECIPES

FOUR SIMPLE DISHES



Lemon Syllabub

SERVES 10

INGREDIENTS

500ml Millac Gold A 114945

250g Lemon Curd A 34027

2 ea Lemons C 114218

210g Premium Large Mint Bunch
C 113882

PREPARATION

- Zest and juice one lemon; slice a second lemon
- Pick mint into sprigs

METHOD

- Whisk cream, curd, zest and juice into soft peaks
- Empty into a piping bag and pipe into desired serving dish
- Garnish with sliced lemon and mint

A GUIDE TO THE CARE SECTOR

SOLUTIONS & RECIPES

All-Day-Breakfast Quiches



SERVES 10

INGREDIENTS

6 slices White Medium Loaf A 450385

1 ea Rindless Back Bacon C 70080

1 ea Cumberland Pork Sausage Sixes
C 15712

10g Button Mushrooms C 10226

1 ea Free Range Medium Eggs C 15322

30g Cathedral City Grated Cheddar
C 114407

100ml Double Cream C 70215

10g Sunblaze Tomatoes C 74705

5g Chives C 113880

PREPARATION

- Roll out your bread slices thinly & cut into discs to fit a muffin tray. Bake for 8 minutes
- Cook & slice the bacon & sausage
- Slice the mushrooms, chop the chives and tomatoes
- Mix together the cream with the eggs and chives

METHOD

- In your pre-cooked bread cases add the bacon, sausage & mushrooms
- Pour over the egg mix & top with grated cheese & tomatoes
- Bake at 180°C for approx. 10-12 minutes
- Allow to cool slightly before serving

Creamy Haddock Pie

SERVES 10

INGREDIENTS

950g Diced MSC Natural Smoked
Haddock Fillet F 125334

1.5 ea Large Onions C 10291

2 ea Bay Leaves A 33588

2g Whole Cloves A 84810

500ml Fresh Semi Skimmed Milk C 70324

50g Unsalted Butter C 74088

50g Brakes Plain Flour A 114951

180ml Single Cream C 70929

250g Leeks C 10288

12g Essential Cuisine Fish Stock A 119439

100g Choice Garden Peas F 3205

18g Flat Leaf Parsley C 450450

630g Rooster Potatoes C 10458

125g Grated Mild White Cheddar C 27544

PREPARATION

- Dice onion
- Wash and dice leeks
- Defrost peas
- Chop parsley
- Peel and mash potato

METHOD

- Poach haddock in milk using bay leaves, clove and half the onion
- Strain milk and keep to make sauce
- Make a roux using butter and flour and add milk to make a béchamel sauce then stir in fish stock base
- Fold in flaked haddock, leeks, peas and parsley and pour into an oven proof dish
- Top with mash and grated cheese and bake at 180°C until golden



Strawberry Flapjack



MAKES 50

INGREDIENTS

100g Unsalted Butter C 74088

100g Tate & Lyle Light Soft Brown
Sugar A 114962

80g Brakes Squeezy Clear Blossom
Honey A 350157

200g Brakes Oatflakes A 114868

70g Callebaut Dark Chocolate Callets
A 85910

400g Strawberries C 74155

15g Icing Sugar A 106066

PREPARATION

- Melt plain chocolate drops
- Wash, hull, slice strawberries

METHOD

- Pre-heat oven to 180°C. Place butter, sugar and honey in a small pot and heat until sugar has dissolved into melted butter. Line a baking sheet with parchment
- Stir the oats into the mixture and mix well until all coated. Spoon mixture onto baking sheet, bake for 12 - 15 minutes until golden and allow to cool slightly. Turn out, slice into 50 small squares while still warm
- Top each square of flapjack with a slice of strawberry and drizzle a little chocolate on each one, dust with icing sugar and serve



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