



SIDE DISHES

FOR YOUR RESIDENTS'
ROAST DINNERS

Inspiring sides from leading care sector chefs



Unilever
Food
Solutions

Support. Inspire. Progress.



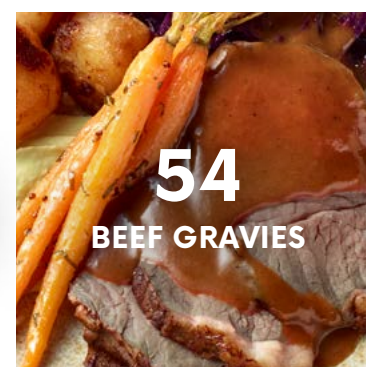
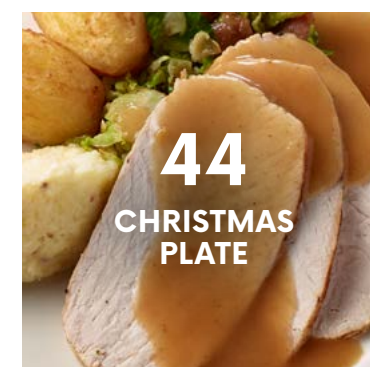
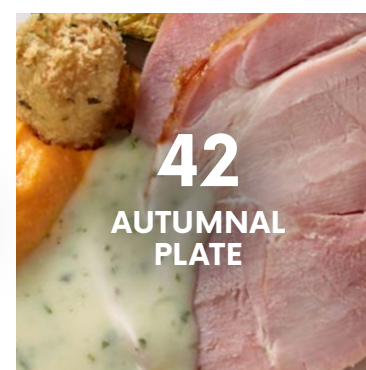
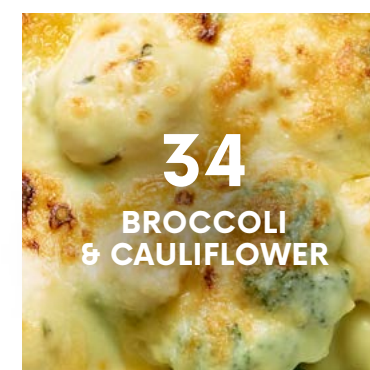
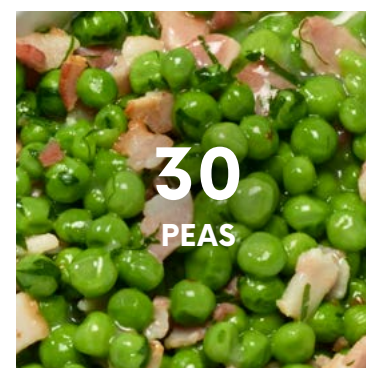
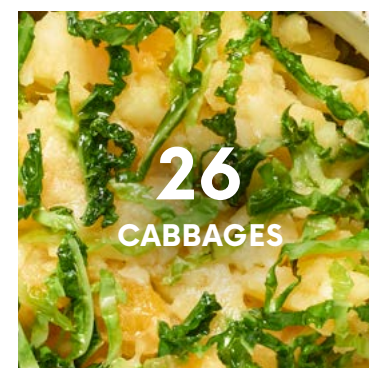
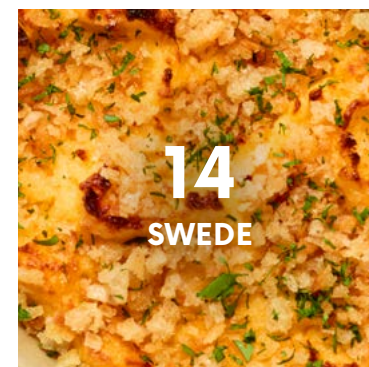
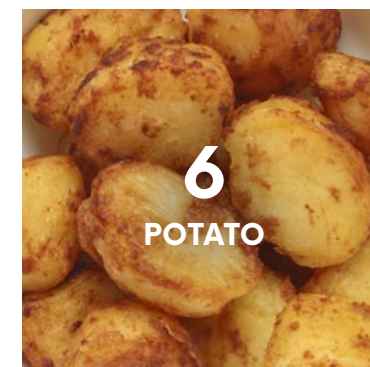
WELCOME

The roast dinner is a staple for any menu and well-loved in care homes across the country. 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 mustard¹, 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!

¹UK 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
- 22g **KNORR® Professional 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 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 160c 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 160c for 1-2hours until the potatoes and celeriac are cooked.



Haggis & Clapshot Cakes – Stuart Middleton

INGREDIENTS FOR 10 PORTIONS

- 750g Maris Piper Potatoes
- 500g Swede
- 150g Onion
- 22g **KNORR® Professional 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 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.



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 180c 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.



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 boiled 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 **KNORR® Professional Roast Gravy**
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 Roast Gravy** 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

INGREDIENTS FOR 10 PORTIONS

750g Maris Piper Potatoes
100g Butter
2 Egg yolks
10g **KNORR® Professional 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 Chicken Paste Bouillon**. Warm to paste and add 50g melted butter.

Bake pre heated oven at 200c 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 Korma Paste**
- 100g Butter
- 50ml Vegetable oil
- 1L Water
- 22g **KNORR® Professional 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 Korma 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 Vegetable Paste Bouillon**.

Pour the bouillon into the pan with the potatoes and place in the oven and cook at 180c 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 @ 160c 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
- 22g **KNORR® Professional 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 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 160c for 1-2hours 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
- 22g **KNORR® Professional 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 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 & 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 180c 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
30g **KNORR® Professional Medium Curry Sauce**
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 Medium 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

INGREDIENTS FOR 10 PORTIONS

- 1kg Baby Carrots
- 400ml Water
- 10g **KNORR® Professional 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 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
- 12g **KNORR® Professional 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 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 180c 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
- 22g **KNORR® Professional 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 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 180c 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

– Alex Hall

INGREDIENTS FOR 10 PORTIONS

- 1kg Sprouts
- 50ml Oil
- 50g Butter
- 300ml **KNORR® Blue Dragon Teriyaki Marinade**
- 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 180c 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
- 10g **KNORR® Professional 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 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 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 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 180c for 30-35 minutes or until golden.



Stem Broccoli Polonaise

– Alex Webber

INGREDIENTS FOR 10 PORTIONS

- 1kg Stem Broccoli
- 20g **KNORR® Professional Garlic Puree**
- 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
- 22g **KNORR® Professional 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 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 @ 180C.

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 the 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 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 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 170c for 15 minutes or until soft and caramelised.

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 Powder Bouillon**

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 Vegetable Powder Bouillon** 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.

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

Panfry 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.

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 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 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.



Glazed Sprouts, Bacon & Chestnuts – Alex Hall

INGREDIENTS FOR 10 PORTIONS

500g	Sprouts
50g	Butter
10g	KNORR® Professional Vegetable Paste Bouillon
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 Vegetable Paste Bouillon**.

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

Potato Fondants – Paul Write

INGREDIENTS FOR 10 PORTIONS

1.5kg	Potato
10g	Fresh Thyme
250g	Butter
600ml	Water
15g	KNORR® Professional Vegetable Paste Bouillon

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 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.

Crushed Celeriac & Parsnip – Andrew Dunne

INGREDIENTS FOR 10 PORTIONS

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

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
- 1.1ltr Water
- 200g Onions
- 10g Thyme
- 95g **KNORR® Professional Roast Gravy**



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 Roast Gravy** 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
- 1.1L Water
- 95g **KNORR® Professional Roast Gravy**

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 the return to the boil and whisk in the **KNORR® Professional Roast Gravy** to thicken. Pass the gravy before serving.

Whisky Gravy

– Stuart Middleton

INGREDIENTS FOR 10 PORTIONS

- 200g Shallots
- 100g Mushrooms
- 50g Butter
- 150ml Whisky
- 1.1L Water
- 95g **KNORR® Professional Roast Gravy**

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 the return to the boil and whisk in the **KNORR® Professional Roast Gravy** to thicken. Pass the gravy before serving.





Madeira, Shallots & Mushroom Gravy – Brain Lane

INGREDIENTS FOR 10 PORTIONS

- 200g Shallots
- 200g Mushrooms
- 50g Butter
- 250ml Madeira
- 1.1L Water
- 95g **KNORR® Professional Roast Gravy**

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 the return to the boil and whisk in the **KNORR® Professional Roast Gravy** 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
- 1.1L Water
- 100g Cranberry Sauce
- 95g **KNORR® Professional Roast Gravy**

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 the return to the boil and whisk in the **KNORR® Professional Roast Gravy** 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
1.1L Water
95g **KNORR® Professional Roast Gravy**



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 Roast Gravy** 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
1.1L Water
25g English Mustard
95g **KNORR® Professional Roast Gravy**



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 Roast Gravy** to thicken.

Pass the gravy before serving.



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.





Beef Dripping & Red Wine Gravy – Stuart Middleton

INGREDIENTS FOR 10 PORTIONS

200g Shallots
200g Mushrooms
50g Beef Dripping
250ml Red Wine
1.1L Water
95g **KNORR® Professional Roast Gravy**

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 Roast Gravy** to thicken.

Pass the gravy before serving.



Teriyaki Gravy – Paul Wright

INGREDIENTS FOR 10 PORTIONS

1L Water
80g **KNORR® Professional Teriyaki Marinade**
95g **KNORR® Professional Roast Gravy**

METHOD

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

Whisk in the **KNORR® Professional Roast Gravy** 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**
- 1.1L Water
- 95g **KNORR® Professional Roast Gravy**
- 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 Roast Gravy**.

Simmer for 5 minutes then pass the gravy before serving.



Tomato & Tarragon Gravy

– Gareth Cartledge

INGREDIENTS FOR 10 PORTIONS

- 70g **KNORR® Professional Roast Gravy**
- 900ml Water
- 15g **KNORR® Professional 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 Beef Bouillon**.

Then whisk in **KNORR® Professional Roast Gravy** and simmer for 30 seconds.

Finish with finely chopped tarragon.







If you're on the lookout for further support, we offer a range of activities and wellbeing tools for residents plus culinary support for chefs including our UFS Chef Rewards scheme and regular newsletter updates.

To find out more and to sign up visit ufs.com or call us 0800 783 3728 and choose option 1



Unilever
Food
Solutions

Support. Inspire. Progress.