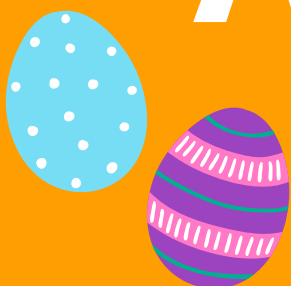




EASTER ACTIVITY KIT



CARTE D'OR



LYONS



FUTURE
50
FOODS

fair kitchens



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INTRODUCTION



With Easter just around the corner, our new activity kit is a perfect way to get everyone in your care home involved in some good old-fashioned crafting fun.

We've curated a selection of simple, engaging activities that can easily be done as a group or on a one-to-one basis; from making a colourful insect feeder to beautiful flower arrangements. The activities are also accompanied by mouth-watering recipes to complement your Easter roast dinner - including flavourful side dishes and delicious gravies, featuring some of our most well-loved products.



CONTENTS

Activities for your residents

Bring some creative fun to your residents with these Easter themed crafts, we've even included a couple of roast dinner themed activities, sure to get them in the mood for their Easter roast.

- 4 – Insect Feeder
- 5 – Marbled Eggs
- 6 – Easter Paper Plates
- 7 – Flower Arranging
- 8 – Colouring In
- 9 – Spot The Difference

Put on an Easter event

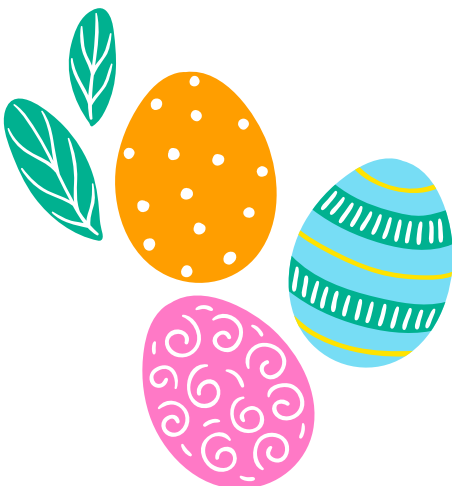
Everyone loves a celebration, so why not hang up our new Easter bunting and showcase the residents craft creations before enjoying some yummy Easter treats.

- 11 – Easter Bunting

Recipes for the Chefs

In need of some inspiration for your Easter roast dinner? Then look no further. We're sharing a selection of the sensational side dishes and delicious gravy recipes as featured in our guide to Side Dishes, brought to you in collaboration with some of the best chefs in the business and using a great range of seasonal ingredients, we're sure your residents will love.

- 16 – Side Recipes
- 19 – Gravy Recipes



INSECT FEEDER



YOU WILL NEED

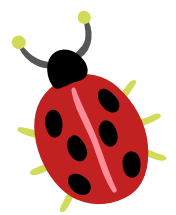
- Small glass jars with a lid
- Small white or pastel coloured bath sponge cut into pieces
- Small stickers to decorate the jar, such as butterflies
- Thin string
- Rubber band
- Sugar solution (1 part sugar with 9 parts water)

PREP BEFORE ACTIVITY

Drill or cut a hole in the centre of the lid 0.5-1cm across

HOW TO MAKE

1. Push the piece of sponge into the jar.
2. Pull the sponge towards the lip so that when you screw the lid on you can pull a piece of the sponge up through the hole.
3. Decorate the jar with suitable small stickers. Metallic edged ones will catch the light and make the jars easier to see.
4. Lay the rubber band out and tie two equal lengths of string onto it. They need to be at least 30cms long as you will use them to tie the jar to hang from a tree branch or shrub.
5. Twist the rubber band around the neck of the jar keeping the strings opposite each other.
6. Mix the sugar solution (1 part sugar with 9 parts of water). Pour this onto the sponges and into the jars to ensure the sponges soak up the solution.
7. Hang the jars in the garden, the sugar solution will attract insects who will land on them to feed.



MARBLED EGGS



YOU WILL NEED

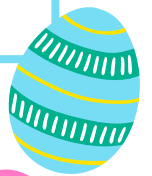
Eggs	Disposable bowl
Egg cups	Slotted spoon
Multiple nail varnishes	Metal cake rack

PREP BEFORE ACTIVITY

Hard boil the eggs

HOW TO MAKE

1. Half fill a small disposable plastic bowl with cold water. Old food trays are ideal but they need to be deep enough for the water to cover an egg.
2. Drip in several different coloured nail varnishes and swirl the bowl to mix them slightly. Don't try stirring with an implement as the varnish will stick to it.
3. Carefully drop the eggs into the water and turn gently with a slotted spoon to pick up the nail varnish, creating a marbled pattern – you won't be able to use the spoon again for cooking but you can use it for lots more marbled eggs.
4. Lift out the eggs and place on a metal cake rack to dry, which can take a few hours.
5. Use nail polish remover if you need to clean up the cake rack afterwards.
6. The eggs look good in plain egg cups but you can also pass them round as they are very tactile and stimulate lots of conversations.



EASTER PAPER PLATES



YOU WILL NEED

Paper plates
Paints
Paintbrushes
Stamps

HOW TO MAKE

Decorate the borders of the paper plates to suit your Easter theme. Use plates that don't have a gloss or plastic finish as they will resist paints or stamping ink. Keep the decoration close to the outer edge and use them to serve cakes prepared in paper cases.



FLOWER ARRANGING



YOU WILL NEED

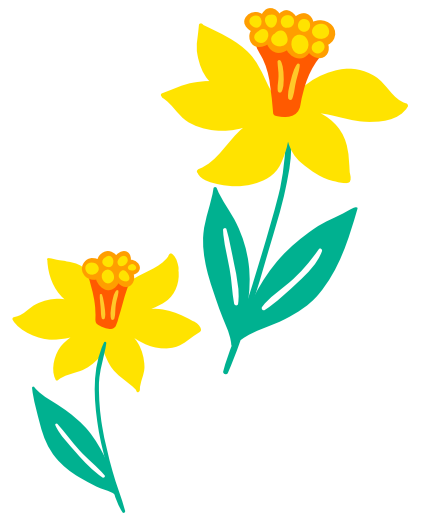
Flowers of any kind
Greenery
Scissors
Vase

PREP BEFORE ACTIVITY

Prepare any greenery stems beforehand, cutting roughly to the right length, with the lower leaves trimmed off.

HOW TO MAKE

Invite residents to put the greenery stems in first, then introduce the flowers. Allow residents that are able, to trim the flower stems with small scissors to add another element to the activity. When finished, find a well-lit spot to proudly display.

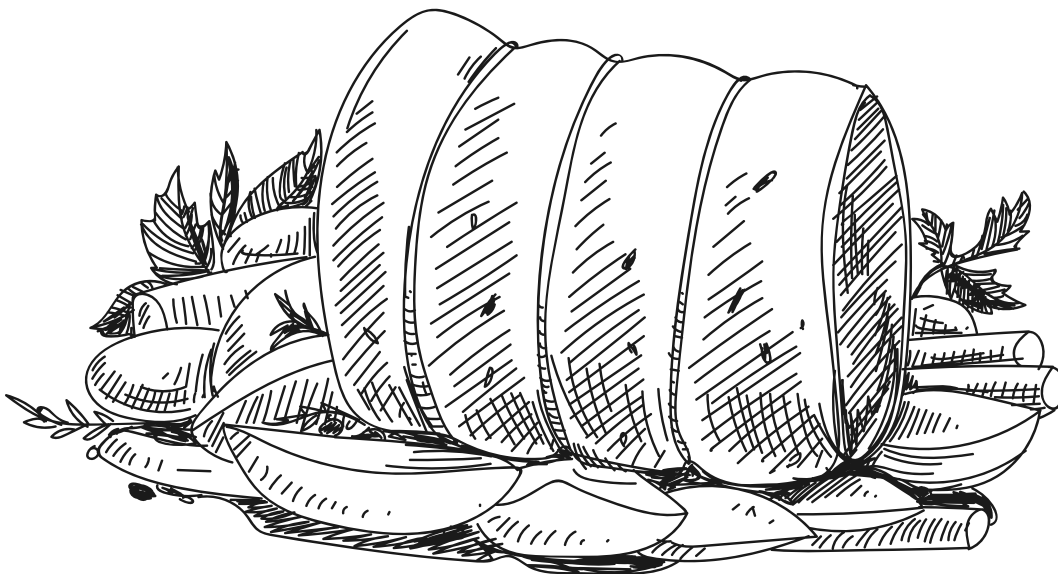


COLOURING IN

THE GREAT



ROAST DINNER



Print out several copies of this colouring in template to give to each of your residents who would like to participate in this activity. Supply them with lots of colourful pens to decorate with.

SPOT THE DIFFERENCE

There are 5 differences between these 2 pictures, can you spot them all?



SPOT THE DIFFERENCE

ANSWERS

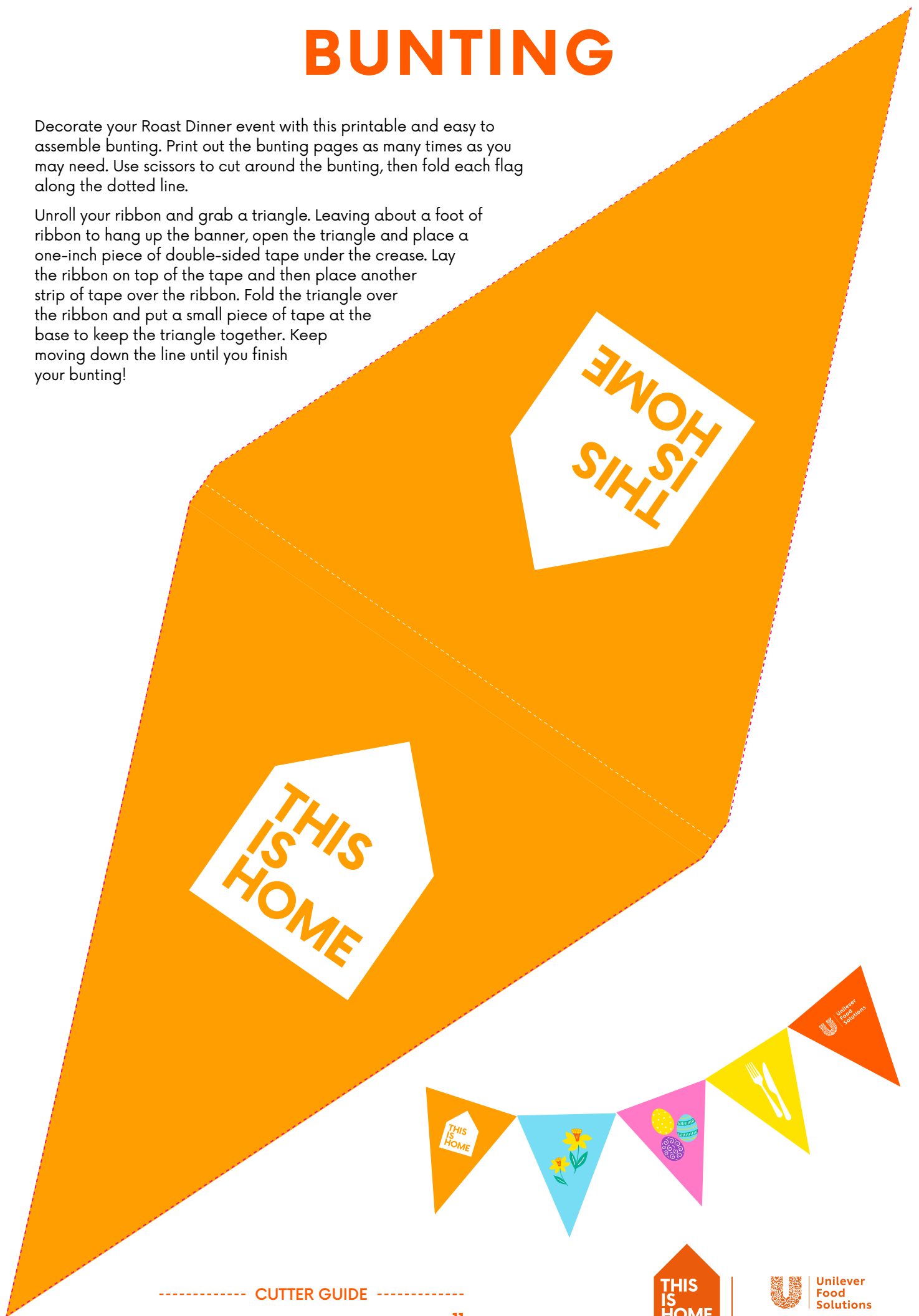
Print out as many copies of this spot the difference activity as you need and ask residents to spot the five differences.



BUNTING

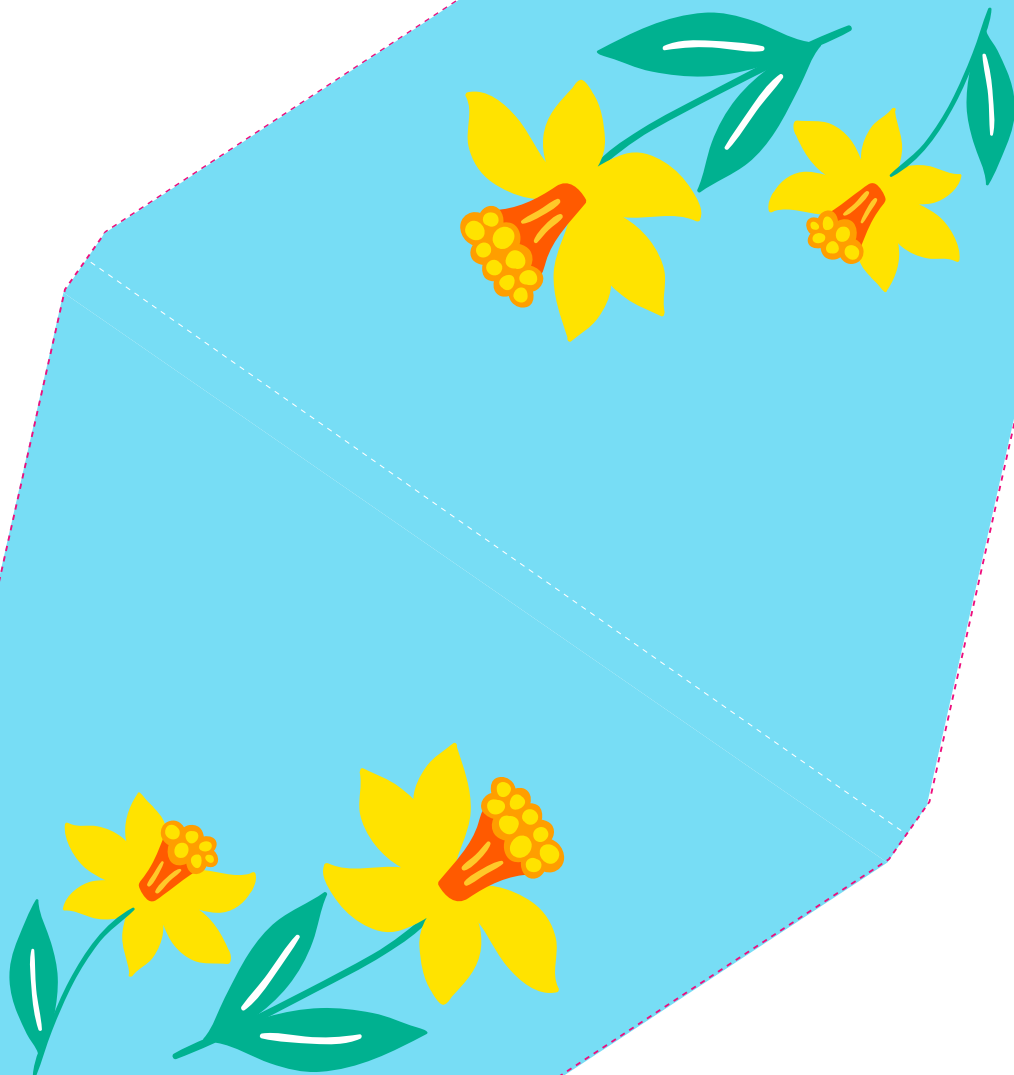
Decorate your Roast Dinner event with this printable and easy to assemble bunting. Print out the bunting pages as many times as you may need. Use scissors to cut around the bunting, then fold each flag along the dotted line.

Unroll your ribbon and grab a triangle. Leaving about a foot of ribbon to hang up the banner, open the triangle and place a one-inch piece of double-sided tape under the crease. Lay the ribbon on top of the tape and then place another strip of tape over the ribbon. Fold the triangle over the ribbon and put a small piece of tape at the base to keep the triangle together. Keep moving down the line until you finish your bunting!



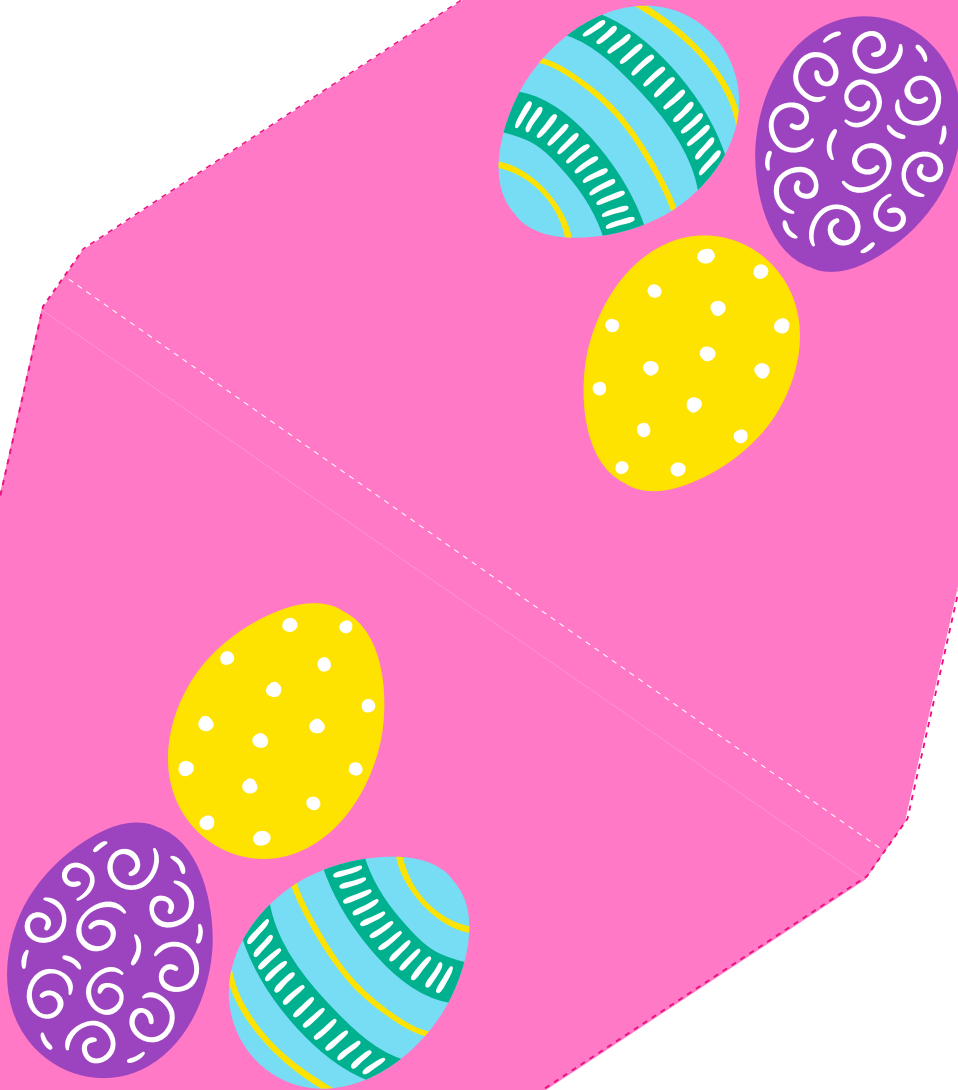
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BUNTING



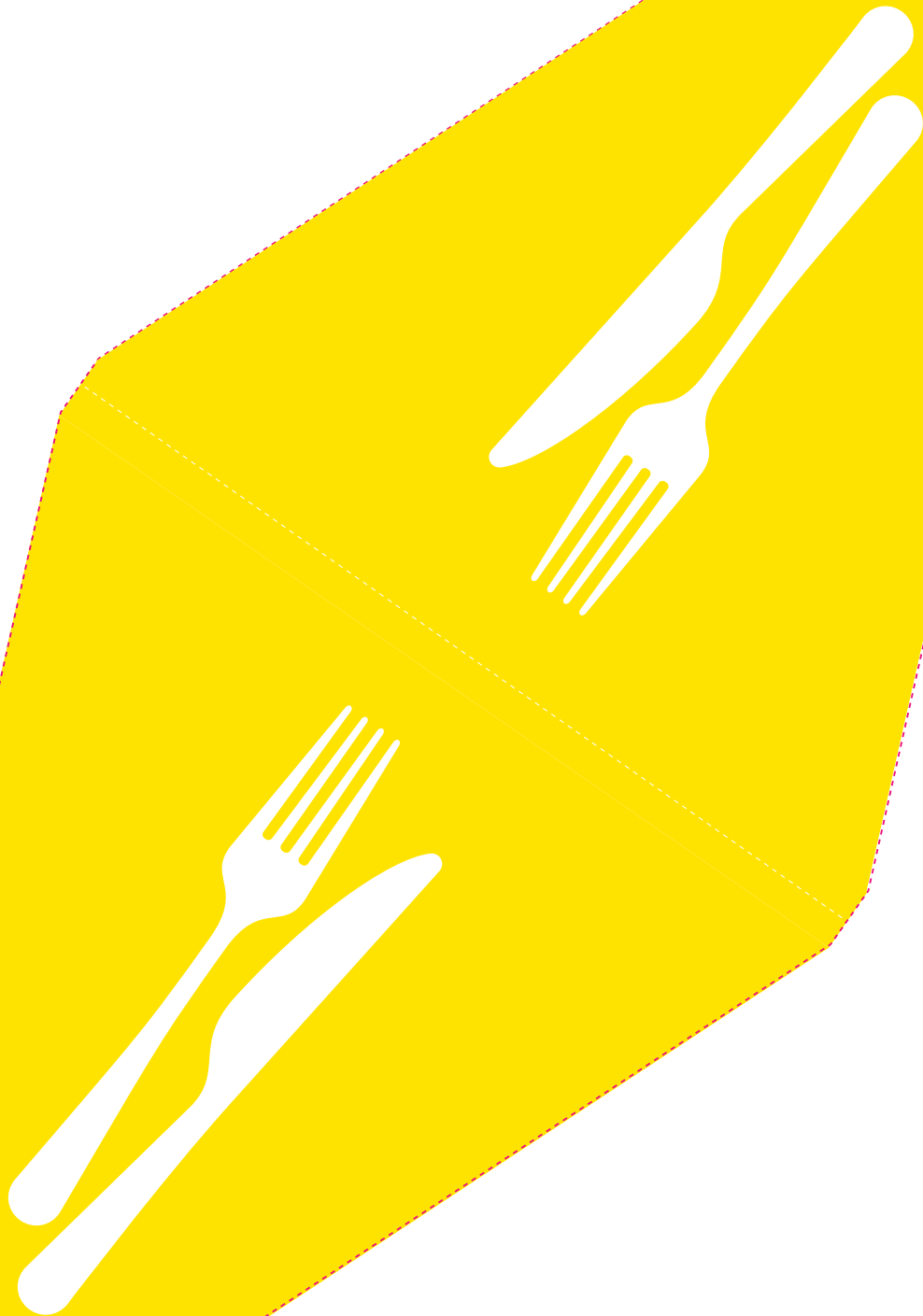
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BUNTING

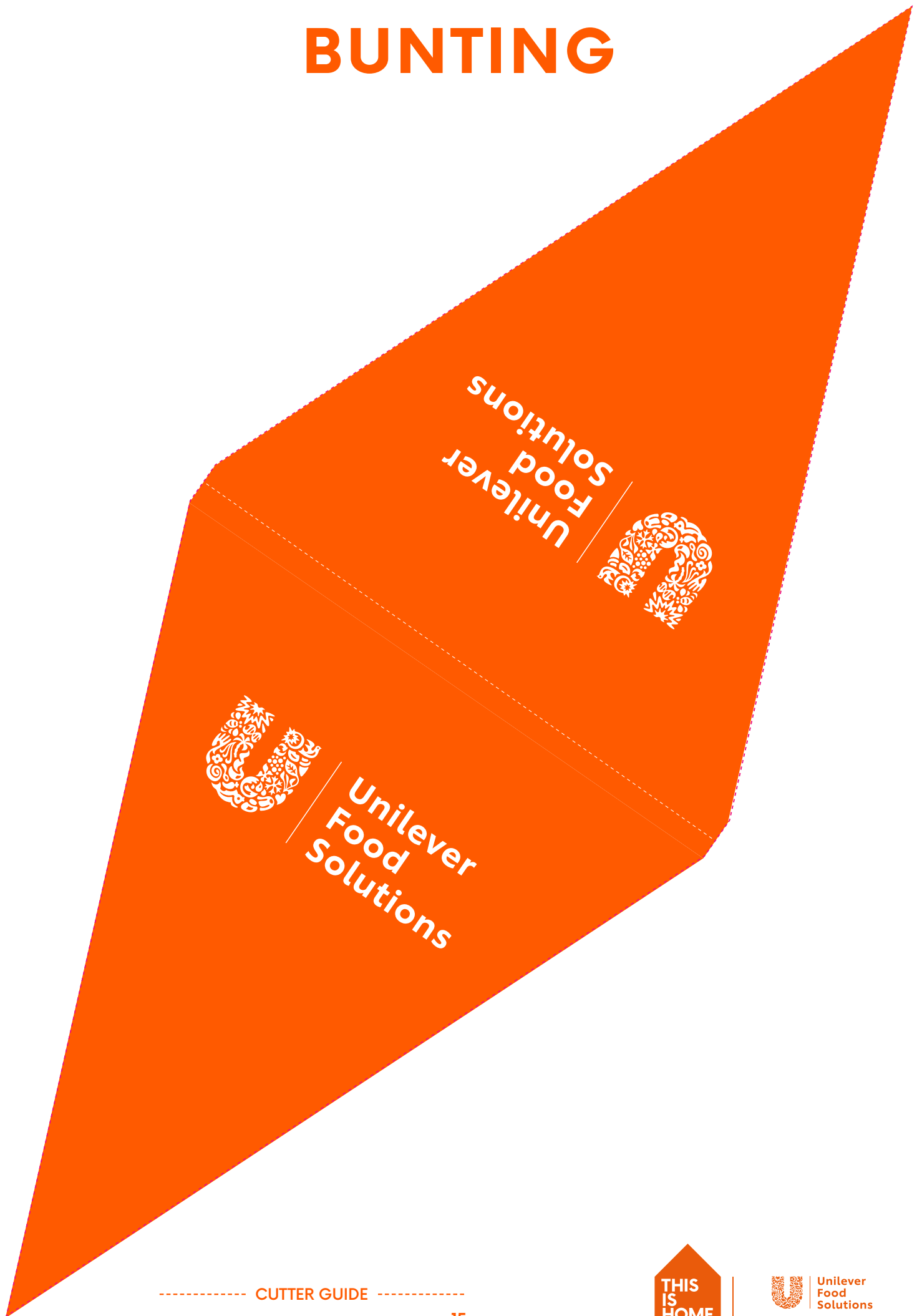


----- CUTTER GUIDE -----

BUNTING



BUNTING



----- CUTTER GUIDE -----



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SIDE RECIPES

Discover a range of recipes your residents will love and all made using the best seasonal ingredients.



LIGHTLY SPICED NEW POTATO FONDANTS

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.



SIDE RECIPES



RUMBLDTHUMPS

INGREDIENTS FOR 10 PORTIONS

500g 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.



SIDE RECIPES



CAULIFLOWER, BROCCOLI & LENTIL STUFFING

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 at 180°C.

Once cooked, remove from the oven and grate over the parmesan cheese before serving.



Visit ufs.com/knorrprofessional and find your best bouillon with our Knorr® Professional Bouillon matching tool.

GRAVY RECIPES



TOMATO & TARRAGON GRAVY

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** granules and simmer for 30 seconds.

Finish with finely chopped tarragon.

ENGLISH MUSTARD GRAVY

INGREDIENTS FOR 10 PORTIONS

200g Onions

50g Butter

2 Bay leaves

5g Fresh Sage

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** granules to thicken.

Pass the gravy before serving.



GRAVY RECIPES



LEMON & THYME GRAVY

INGREDIENTS FOR 10 PORTIONS

- 4 Lemons
- 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** granules to thicken.

Pass the gravy before serving.



For more great recipes
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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**

Visit **ufs.com/knorrprofessional** and find your best bouillon with our Knorr® Professional Bouillon matching tool.