



EXPLORING THE WORLD THROUGH FOOD



STARTER

Cauliflower and Wholegrain Mustard Frittata

MAIN

Swedish Dillkött Lamb and Dill Stew

DESSERT

Limoncello and Raspberry Mousse

DRINK

Earl Grey Tea Mocktail



Cauliflower and Wholegrain Mustard Frittata



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INGREDIENTS

10 Portions

400 g	Cauliflower
90 g	Red onions, Chopped
90g	Red onions, cut into rings
75 ml	Olive oil
3 g	Rosemary, finely chopped
350 g	Egg, beaten
8 g	Basil, chopped
30 ml	Colman's Wholegrain Mustard*
5 g	Knorr® Professional Basil Puree*
125 g	Plain flour
2.5 g	Baking powder
2.5 g	Turmeric
80 g	Parmesan, finely grated
50 g	Butter, melted
10 g	Sesame seeds, toasted
40 g	Nigella seeds
20g	Cracked black pepper

Product

*Colman's Wholegrain Mustard 2.25L

*Knorr® Professional Basil Puree 750g

PREPARATION

Method

- 1 Pre heat the oven to 200c. Line the base of a 24cm spring form cake pan with greaseproof paper, brush the sides with the melted butter, mix the toasted sesame seeds with the nigella seeds and toss them around the edge of the pan so they stick to the sides, place in the fridge for 30 minutes.
- 2 Take the cauliflower and remove the outer leaves and cut into 4cm florets, then cook in boiling water for about 5 minutes until fairly soft, drain, refresh and leave in a colander to dry.
- 3 Slice the red onions into 4 slices approximately 1cm thick, creating rings. Dice the remaining onions then cook in olive oil and rosemary until soft. Set aside to cool.
- 4 Place the cooled oil, onion and rosemary mix to a large bowl. Add the beaten eggs and Knorr® Professional Basil Puree and Colman's Wholegrain Mustard. Whisk well, then fold in the chopped fresh basil. Fold in the flour, baking powder, turmeric, parmesan, salt and freshly cracked black pepper, whisk until smooth, then gently add the cauliflower, try not to break up the florets.
- 5 Remove the chilled pan from the fridge and pour in the cauliflower mixture, spreading it evenly. Place in the centre of the oven and baked for 25 minutes, then add the reserved onions on top and return to the oven and bake for a further 20 minutes until golden brown.
- 6 Remove from the oven and leave to cool for at least 20 minutes. Serve warm with fresh Green Leaves.

Nutrition	Energy	Fat	Saturates	Sugars	Salt
Per 1 Portion	275kCal	20.1g	4.7g	2.4g	0.77g



Swedish Dillkött Lamb and Dill Stew



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INGREDIENTS

10 Portions

60 ml	Oil
1 kg	Shoulder of lamb, diced
300 g	Onion, diced
300 g	Carrots, diced
300 g	Leeks
1 g	Bay leaves
25 g	Knorr® Professional Gluten Free Lamb Paste Bouillon*
1 L	Water
5 g	Dill
250 ml	Water
50 ml	White wine vinegar
50 g	Caster sugar
100 g	Knorr® Professional Bechamel Sauce Mix*

Product

*Knorr® Professional Gluten Free Lamb Paste Bouillon 1kg

*Knorr® Professional Bechamel Sauce Mix 100g

PREPARATION

Method

- 1 Add the oil to a braising pan, add the diced shoulder and seal quickly, then add the onions, carrots and leeks and cook until softened.
- 2 Whisk the Knorr® Professional Lamb Bouillon onto 1 Litre of boiling water, and add to the pan. Add the bay leaves, bring to a simmer, cover with a lid and braise gently for approximately 60-90 minutes.
- 3 In a separate pan add the water, dill, white wine vinegar and caster sugar and reduce by half.
- 4 Add to the pan, stir well, and thicken with the Knorr® Bechamel powder.
- 5 Serve with buttered new potatoes and green vegetables.



Nutrition	Energy	Fat	Saturates	Sugars	Salt
Per 1 Portion	326kcal	21.1g	10.1g	9.8g	1.24g



Limoncello and Raspberry Mousse



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INGREDIENTS

10 Portions

450 ml	Semi-skimmed milk
50 ml	Limoncello
200 g	Carte D'Or Lemon Mousse*
120 g	Raspberries

Product

*Carte D'Or Lemon Mousse 600g

PREPARATION

Method

- ① Pour the cold milk and Limoncello into a bowl and add the Carte D'Or Lemon Mousse.
- ② Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed. Then add the fresh raspberries and stir in.
- ③ Pipe in to dessert bowls. Place the tray into the refrigerator for 1 hour.



Nutrition	Energy	Fat	Saturates	Sugars	Salt
Per 1 Portion	155kcal	4.4g	3.5g	19.2g	0.1g



Earl Grey Tea Mocktail



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INGREDIENTS

10 Portions

20	Earl Grey tea bags
500 ml	Water
500 ml	Orange juice
50 g	Cucumber
	Ice

PREPARATION

Method

- 1 Bring 500ml of water to the boil, add the Earl Grey tea bags and allow to infuse for 20 minutes. Remove the bags, but do not squeeze. Chill.
- 2 Place the brewed tea in a jug. Stir in the orange juice and the ice. Pour into glasses and place a ring of cucumber on the rim and serve.

Nutrition	Energy	Fat	Saturates	Sugars	Salt
Per 1 Portion	19kcal	0.1g	0g	4.5g	0.02g





Tune

CELEBRATE BEST FRIENDS DAY:
SERVE A PICNIC STYLE LUNCH FOR THE
RESIDENTS TO ENJOY TOGETHER.



STARTER

Smoked Ham Hock and Pea Soup
with Marmite Monkey Bread

MAIN

An indoor picnic with pickles
made by your residents

DESSERT

Strawberry Trifle

DRINK

Sparkling Ginger Beer



Smoked Ham Hock and Pea Soup with Marmite Monkey Bread



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INGREDIENTS

10 Portions

200 g	Button onions
20 g	Carrots, diced
200 g	Leeks
300 g	Gammon, cooked
2 L	Water
25 g	Knorr® Professional Paste Bouillon Vegetable*
100 g	Yellow lentils
100 g	Frozen peas
10 g	Flat leaf parsley, chopped
30 g	Knorr® Professional Mixed Herbs Puree*
For the Bread	
85 g	Butter
165 ml	Whole milk
50 ml	Water
30 g	Caster sugar
15 g	Yeast
25 g	Egg
170 g	Plain flour
100 g	Strong flour
5 g	Salt
60 g	Marmite Yeast Extract*

Product

*Knorr® Professional Paste Bouillon Vegetable 1kg

*Knorr® Professional Mixed Herbs Puree 750g

*Marmite Yeast Extract 600g Tub

PREPARATION

Method

- 1 Place the vegetables apart from the peas in to a suitable saucepan, then cover with the water and Knorr® Professional Vegetable Bouillon paste and cover with a lid. Place the saucepan on to a medium heat and simmer for 20 minutes then remove lid and the add yellow lentils. Continue to cook for a further 30 minutes.
- 2 Add the shredded gammon to the soup and add the Knorr® Professional Mixed Herb puree then stir through. Add the frozen peas, simmer for 2 minutes. Season if required and serve. Garnish with parsley.
- For the Marmite Monkey Bread**
 - 3 Warm the butter (25g), milk and water to 37c. Whisk in the fresh yeast, sugar and egg. In a mixing machine place the plain flour, strong flour and salt. Start to mix with the dough hook. Slowly add in all the liquid and mix for 5-10 minutes until a smooth dough is formed. Transfer into a floured bowl and cover with a damp tea towel.
 - 4 Leave to prove in warm place until the dough has doubled in size. Heat the butter (60g) and the Marmite then blend till smooth.
 - 5 Take the proved dough out and cut into balls of different weights and sizes, this will help create a random look to the loaf. Take each ball and coat in the marmite. Build up the loaf in the savarin mould. Wrap the savarin tin in a damp cloth and prove again until doubled in size. Once proved bake in the oven until cooked. Serve warm.

Nutrition	Energy	Fat	Saturates	Sugars	Salt
Per 1 Portion	329kcal	13.1g	6.7g	7.4g	3.10g



Pickling Liquor



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INGREDIENTS

10 Portions

20 g	Red chillies
750 ml	Water
250 g	Cider vinegar
125 ml	White wine vinegar
150 g	Caster sugar
10 g	Salt
5 g	Coriander seeds
5 g	Black peppercorns
30 g	Knorr® Professional Garlic Puree*
2 g	Bay leaves
30 g	Knorr® Professional Ginger Puree*

Product

*Knorr® Professional Garlic Puree 750g

*Knorr® Professional Ginger Puree 750g

PREPARATION

Method

- 1 Cut the chillies into strips. Add the water to a pan, add the chillies and bring to the boil, then strain and return the water to the pan.
- 2 Add the cider vinegar, white wine vinegar, caster sugar, salt, coriander seeds, black peppercorns, Knorr® Professional Garlic puree, bay leaves and Knorr® Professional Ginger puree. Bring to a gentle simmer and then remove from the heat and allow to infuse for 30 minutes.
- 3 Pass through a fine strainer and chill until required.

The liquor can be used to make delicious pickles and enjoyed at an indoor picnic style lunch.

Nutrition	Energy	Fat	Saturates	Sugars	Salt
Per 1 Portion	79kcal	0.6g	0.2g	16.6g	1.51g



Strawberry Trifle

INGREDIENTS

10 Portions

400 g	Strawberries
160 g	Trifle sponge
100 ml	Madeira
600 ml	Double cream
300 ml	Whole milk
75 g	Carte D'Or Crème Brûlée / Crème Caramel*
200 g	Icing sugar

Product

*Carte D'Or Crème Brûlée / Crème Caramel 1.25kg

PREPARATION

Method

- 1 Break up the sponge fingers and place them in the bottom of the glass, then soak them with the madeira. Wash and dice the strawberries, and place on top.
- 2 To make the brûlée filling, place the milk and 300ml of cream in a pan and bring to a simmer, remove from the heat and whisk in the Carte D'Or Crème Brûlée mix.
- 3 Allow to cool slightly, then pour over the strawberries and refrigerate to set. Whip 300ml cream and caster sugar to soft peaks and pipe using a star nozzle on top of the set brûlée.

Nutrition	Energy	Fat	Saturates	Sugars	Salt
Per 1 Portion	244kcal	18.3g	10.9g	17.3g	0.04g



Sparkling Ginger Beer



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INGREDIENTS

10 Portions

For the syrup	
250 g	Caster sugar
125 ml	Water
140 g	Ginger
To dilute	
45 ml	Lemon juice
1.755 L	Sparkling Water
100g	Ice cubes

PREPARATION

Method

- ① Finely chop the ginger. Add water and caster sugar to a pan and bring to the boil. Strain and set aside and allow to cool.
- ② Dilute as required with sparkling water and lemon juice.
- ③ Add ice and blitz.

Nutrition	Energy	Fat	Saturates	Sugars	Salt
Per 1 Portion	107kcal	0.1g	0g	26.8g	0.01g





July

MARK AMERICAN INDEPENDENCE DAY



STARTER

Corn Chowder

MAIN

BBQ Pulled Pork Burger

DESSERT

Key Lime Pie

DRINK

Coke Float



Corn Chowder



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INGREDIENTS

10 Portions

200 g	Potatoes
50 ml	Vegetable oil
200 g	Onions
200 g	Red peppers
100 g	Celery
5 g	Knorr® Professional Mixed Chilli Puree*
600 g	Sweetcorn
40 g	Knorr® Professional Vegetable Paste Bouillon*
1.5 L	Water
800 ml	Light coconut milk
5 g	Knorr® Professional Paprika Puree*

Product

*Knorr® Professional Mixed Chilli Puree 750g

*Knorr® Professional Vegetable Paste Bouillon 1kg

*Knorr® Professional Paprika Puree 750g

PREPARATION

Method

- 1 Peel and cut the potatoes into 1/4" dice. Cook the potatoes in boiling water for 8 minutes, drain and set aside. Place the vegetable oil into a pan and fry onions, red peppers, celery, and sweetcorn.
- 2 Add Knorr® Professional Vegetable bouillon paste to 1.5L of boiling water. Add to veg and potatoes to the stock and simmer for 10 minutes. Blend half of the mix and add back to the pan. Add coconut milk and stir well. Stir in the Knorr® Professional Paprika and Chilli purees.

Nutrition	Energy	Fat	Saturates	Sugars	Salt
Per 1 Portion	213kcal	13.5g	6.4g	5.3g	1.10g



BBQ Pulled Pork Burger



INGREDIENTS

10 Portions

1.5 kg	Shoulder of pork
20 g	Garlic
50 ml	Colman's English Mustard*
20 g	Paprika
100 g	Honey
200 g	Knorr® Professional Barbecue Paste*
100 ml	Cider
10	Hamburger buns

Product

Colman's English Mustard 2.25L

Knorr® Professional Barbecue Paste 1.1kg

PREPARATION

Method

- 1 Score the skin of the pork and place in to a suitable bowl. Mix together the Knorr® Professional Garlic Herb, Colman's English Mustard, paprika powder, honey, Knorr® Professional Barbecue Paste and the cider in a bowl. Pour the marinade over the pork and rub into the shoulder. Cover, label and leave to marinate overnight.
- 2 Place the pork and marinade in a suitable oven tray, cover with parchment paper and tin foil and place into the oven at 150c. Cook for 4 hours then remove the foil and parchment and continue to cook for a further 30-40mins or until very tender.
- 3 Remove the pork from the oven and allow to rest for 10-15mins. Then shred the pork. Serve in toasted burger baps.

Nutrition	Energy	Fat	Saturates	Sugars	Salt
Per 1 Portion	544kcal	28.6g	8.6g	15.1g	1.62g



Key Lime Pie

INGREDIENTS

20 Portions

400g	Digestive biscuits
100 g	Ground almonds
50 g	Porridge oats
350g	Butter
800 g	Condensed milk
240 g	Egg yolk
100 ml	Lime juice
15 g	Lime zest
35 ml	Lemon juice
400 ml	Double cream
80 g	Icing sugar
10 ml	Vanilla extract
200 g	Raspberries

PREPARATION

Method

- 1 Blend the digestive biscuits to a fine crumb, add to a bowl along with the rolled oats and ground almonds. Melt the butter in a pan and add the crumb mixture and stir well. Press the mix into a 20cm fluted flan ring with a removable bottom, in the base and up the sides, the place in the refrigerator for 1 hour.
- 2 Whisk together the condensed milk and double cream, whisk in the egg yolks, then add half of the lime zest and juice, then the lemon juice. Garnish with fresh raspberries. Pour onto biscuit base and bake in the oven for 15-20 minutes at 140c. Remove from the oven, allow to cool then place in a refrigerator for at least 3 hours to set.
- 3 Whip the remainder of the double cream to soft peaks add the icing sugar and vanilla essence, then place in a piping bag. Pipe rosettes on top of the pie and garnish with the remaining lime zest.

Nutrition	Energy	Fat	Saturates	Sugars	Salt
Per 1 Portion	537kcal	37.7g	20g	31.7g	0.63g



Coke Float



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INGREDIENTS

10 Portions

1.5 L	Coke cola
600 g	Carte D'Or Vanilla Ice Cream*

Product

*Carte D'Or Vanilla Ice Cream

PREPARATION

Method

- 1 Pour 150ml of ice cold coke into 10 glasses and top with scoop of Carte D'Or Vanilla Ice Cream and serve immediately.

Nutrition	Energy	Fat	Saturates	Sugars	Salt
Per 1 Portion	149kcal	5.4g	3.0g	28.5g	0.14g

