



FROM OUR KITCHEN TO YOURS

THE

Recipe Solutions

GUIDE



Homepride



Homepride

Ambrosia
Welcome Home To Devon

Birds

aaah!
BISTO

McDougalls
SINCE 1903

Angel
Delight

PAXO

Angel
Delight

HOVIS
BREAD

SINCE 1881
Sharwoods

Contents

Introduction	3
Breakfast Club Ideas	4
Cheese & Tomato Scone	5
Toasted Tea Cake	6
Egg & Bacon Wedge	7
Piffin	8
Granola Pots	9
Smoothies	10
Food for Life	11
Bacon Olives Paxo & Gravy	12
Turkey Farmers Pie with Cranberry Gravy	13
Pork & Pineapple Curry with Coconut Rice	14
Singapore Noodle Stir Fry with Chicken	15
Salmon & Mushroom Risotto	16
Roast Vegetable Ratatouille with Macaroni Cheese	17
Reducing Sugar in the Diet	18
Ginger Bears	19
Tangy Lemon Cake	20
Chocolate Brownie	21
Apple & Coconut Crumble	22
And Finally	23

Introduction

Premier Foods understand the important role that school caterers play in putting children on the right path to a healthy lifestyle and we are proud to continue our collaborative work with our education customers. With the day-to-day challenges of managing budgets, meeting school food requirements and minimising food waste, all whilst keeping school meals interesting for pupils, there is a real need for brands and menu solutions that you can rely on.

Here at Premier Foods, our range has been created with our customers' needs in mind. Our products allow you to produce dishes with the familiar taste that your pupils know and love, at the same time providing quality you can rely on.

This recipe guide focuses on three areas that School Caterers have asked us for recipe inspiration and advice. These are Breakfast Clubs, Food For Life and Reducing Sugar Content. This recipe guide has been developed in collaboration with school caterers, taking on board their feedback and requirements, to help you create everyday tasty dishes for your school menu.



Breakfast Club Ideas

Lots of children skip breakfast at home, or have very little, so it's important to offer a range of items to encourage them to refuel at school.

Here are some new snack ideas for breakfast or mid-morning break. We have tried to include fruit and vegetables as much as possible and give some new and exciting ideas and tips to encourage healthy choices.



GREAT
SNACK IDEAS

MCDougalls Cheese & Tomato Scone

Product:

McDougalls Savoury Scone Mix

Preparation time: 10 minutes

Cooking time: 15 minutes



Serves
10

Ingredients:

- 500g McDougalls Savoury Scone Mix
- 250ml Water
- 150g Grated cheese (plus 50g to finish)
- 225g Fresh tomatoes (diced)
- 5g Dried oregano
- 1 Egg (beaten)

Allergens: Milk, Egg, Wheat, Soya.

Method:

1. Pre-heat the oven to 200C/gas mark 6.
2. Mix the scone mix with the water and cheese to combine. Add diced tomato and oregano and bring together to form a dough.
3. On a floured surface, knead the dough until smooth. Flatten it out to about 3cm thick and cut it into even circles using a 7cm round cutter.
4. Place the scones on a tray lightly dusted with flour. Brush them with egg and sprinkle on a little cheddar. Bake for 12-15 minutes until golden. Serve warm.



Top Tip

Savoury scones can be made with onion, mushroom or olives.



Top Tip

This recipe contains no added sugar. The dough can be sweetened with the addition of sugar - up to 10% of the flour weight.

MCDUGALLS

Toasted Tea Cake

Product: McDougalls Soft Bap Mix

Preparation time: 15 minutes

Cooking time: 12 minutes

Ingredients:

900g	McDougalls Soft Bap Mix
550ml	Water (warm)
3g	Ground cinnamon
175g	Sultanas
175g	Chopped mixed peel
1	Egg (to glaze)

Allergens: Sulphites, Egg, Milk, Wheat, Soya

Method:

1. Place the McDougalls Soft Bap Mix & cinnamon in a bowl fitted with a dough hook.

2. Blend in the water on slow speed for 1 minute. Continue to mix on a medium speed for a further 6 minutes.

3. Add the dried fruit and mix on a slow speed until the fruit is fully incorporated.

4. Scale & mold into 120g rounds and gently press them down onto a non-stick baking tray.

5. Prove until the dough has doubled in size.

6. Brush with egg wash and bake at 200C for about 12 minutes, or until fully baked.

7. Cool and serve toasted with unsalted butter.

FOR FREEZING, BEST FROZEN ON THE DAY THEY ARE MADE.

6

PAXO

Egg & Bacon Wedge

Product: Paxo Stuffing Mix

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients:

20ml	Oil
300g	Onion (chopped)
300g	Drained canned baked beans
200g	Bacon (diced)
75g	Paxo Sage & Onion Stuffing
10	Eggs (beaten)
200g	Mature cheddar
	Season to taste

Allergens: Wheat, Barley, Eggs, Milk. Check label on Bacon.

Method:

1. Pre-heat the oven to 170C/gas mark 4.

2. Fry the onions and bacon in the oil until tender.

3. Mix the drained baked beans and stuffing together, add the eggs, and half the cheese, and combine. Place in a half gastronorm tray and top with the rest of the cheese. Bake for 25-30 minutes.

4. Cut into wedges to serve.

WHY NOT SWAP THE BAKED BEANS FOR TINNED TOMATOES?

7

Top Tip

This recipe can be made vegetarian by swapping the bacon for blanched broccoli or peppers.



Top Tip

Once you have mastered the piffin cup, why not try flavouring the bread dough or try alternative fillings.



Product:

Hovis Best of Both

Preparation time: 12 minutes (plus proving)

Cooking time: 30 minutes



Serves
12

Ingredients:

500g Hovis Best of Both

375ml Water (warm)

500g Tomatoes (roasted)

300g Bacon (cooked and chopped)

6 Eggs (scrambled)

Allergens: Wheat, Soya, Egg, Milk. Check label on Bacon.

Method:

1. Prepare the Hovis Best of both by following the on-pack instructions.
2. Roll the dough out thinly and cut 12 x 10cm rounds. Take a muffin tin and turn it upside down so the cups stick up. Now brush it with oil and place the rounds of bread dough over the tin so it covers the cups.
3. Prove for 20 minutes then bake for 12 minutes or until cooked through. Remove from the tin.
4. Fill the Piffin bread cup with the bacon, tomatoes, and egg, and serve warm.



Product:

McDougalls Flapjack Mix

Preparation time: 5 minutes

Cooking time: 25 minutes



Serves
10

Ingredients: Granola

200g McDougalls Flapjack Mix

30ml Water

40g Pumpkin seeds

40g Sesame seeds

40g Linseed

100g Sultanas

Allergens: Wheat, Egg, Soya and Milk.

Method:

1. Pre-heat the oven to 180C/gas mark 4.
2. Mix the flapjack mix, water and seeds together. Sprinkle on a tray and bake for 25 minutes until cooked.
3. Stir to break up and mix with the sultanas.
4. Serve on top of yogurt and fruit.

Top Tip

You can personalise your granola mix by adding other fruit or seeds. Why not try a pinch of cinnamon?



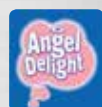
Smoothies

Product:

Angel Delight or
Bird's Ice-cream Mix

Preparation time: 2 minutes

Cooking time: 0 minutes



Serves

2

Ingredients: Banana and Strawberry

100g Banana
260ml Milk
60g Strawberry Angel Delight

Ingredients: Forest Fruits

100g Frozen forest fruits
260ml Milk
30g Bird's Ice-cream Mix

Ingredients: Tropical Fruit

100g Mixed frozen fruit
260ml Milk
40g Banana Angel Delight

Allergens: Milk.

Method: Banana and Strawberry

1. Peel the bananas and blend with the milk and the Angel Delight. Serve chilled.

Method: Tropical Fruit:

1. Blend the fruit with the milk and the Angel Delight. Serve chilled.

Method: Forest Fruits

1. Blend the fruit with the milk and the Ice-Cream Mix. Serve chilled.

Top Tip

Mix the flavours. Why not try Chocolate Angel Delight and banana?

For a yogurt smoothie, replace some of the milk with yogurt.

Food for Life

Food for Life - Served Here

'Food for Life Served Here', previously known as the Soil Association's Food for Life Catering Mark, is a widely respected scheme recognised by the Department of Health, Department for Education, and the Government's Plan for Public Procurement. The scheme is raising the standards of food quality, provenance, and environmental sustainability in public and private sector catering.

We're proud to have joined the prestigious Food for Life Supplier Scheme which means we have a range of products available that meet Bronze level standards. Education caterers can purchase some of the UK's biggest brand names, including McDougalls, Paxo and Ambrosia, with the reassurance that they meet the scheme's entry level criteria. We can also provide advice to help caterers gain additional points to achieve Silver and Gold awards.

The Food For Life website (www.foodforlife.org.uk) says,

"A Food for Life Schools Award is a great way to demonstrate that your school is doing fantastic work to provide healthy school meals, great lunchtimes and food education that has a positive impact on both pupils and the wider community."



Bacon Olives Paxo & Gravy

Product:

Paxo and Bisto Gravy

Preparation time: 10 minutes

Cooking time: 25 minutes

Serves
15

Ingredients:

200g	Paxo Stuffing Mix
200ml	Water (boiling)
300g	Sausage meat
100g	Parsnip (peeled and grated)
15	Rashers of back bacon

Allergens: Wheat, Barley, Milk, Celery. Please check label on Sausage meat and Bacon.

Method:

- 1 Pre-heat oven to 180C/gas mark 4.
- 2 Prepare the Paxo Stuffing Mix with the boiling water. Leave to cool.
- 3 Mix with the sausage meat and grated parsnip.
- 4 Divide and shape into balls and then sausage shapes.
- 5 Wrap each sausage shape in a piece of bacon and roast for 20-25 minutes or until cooked through.

SERVE WITH MASHED
POTATO, CARROTS, CABBAGE
AND BISTO GRAVY.

Turkey Farmers Pie with Cranberry Gravy

Product:

Paxo and Bisto Gravy

Preparation time: 10 minutes

Cooking time: 50 minutes

Serves
12
1/2 gastronorm

Ingredients: Farmers Pie

1.2kg	Minced turkey
200g	Onion (finely diced)
200g	Carrots (grated)
1.5l	Water
150g	Paxo Stuffing Mix
75g	Bisto Gravy
1.5kg	Potatoes
200ml	Milk

Ingredients: Cranberry Gravy

35g	Bisto Gravy
300ml	Water
300ml	Cranberry juice

Allergens: Wheat, Barley, Milk, Celery.

Method:

- 1 Fry the mince with the onion and carrots. Cover with water and simmer for 30 minutes until tender.
- 2 Meanwhile boil and mash the potatoes.
- 3 Add the Paxo and Bisto to the mince mixture to thicken and season.
- 4 Place into gastronorm and cover with the mashed potatoes. Bake for 20-30 minutes or until piping hot and golden.
- 5 Prepare the gravy with 1/2 boiling water and 1/2 cranberry juice.

This is a great modern and tasty alternative to a cottage pie. The Paxo adds great seasoning to the mince and bulks out the meat making it really easy to portion.

SERVE WITH PEAS
AND DICED SWEDE.

Top Tip

This is a great recipe that kids will love. You can swap the sausage meat for turkey mince for a healthier twist.

Top Tip

Try add cranberry sauce into the gravy instead of juice. Or you can use diced chicken instead of turkey mince.

Pork & Pineapple Curry with Coconut Rice

Product:

Sharwood's Curry Powder,
Bisto Vegetable Bouillon

Preparation time: 10 minutes

Cooking time: 45 minutes

Serves
10

Ingredients: Curry

25ml Oil
1kg Diced pork
150g Onion (diced)
30g Sharwood's Curry Powder
800g Tinned tomatoes
20g Bisto Vegetable Bouillon
375g Diced tinned pineapple

Ingredients: Rice

400g Rice
400ml Water
400ml Coconut milk
5g Bisto Vegetable Bouillon

Allergens: Celery, Mustard, Milk, Sesame seeds.

Method:

1. Mix the pork, onion, and curry powder in a gastronorm tray and cook in the oven on 170C for 30 minutes.
2. Cover with the stock and simmer in the oven gently until the pork is tender. Add the tinned tomatoes and pineapple.
3. Meanwhile place the rice in a deep tray with Bisto Bouillon. Cover with the water and coconut milk and steam until tender.

SERVE WITH
SEASONED
VEGETABLES.

Singapore Noodle Stir Fry with Chicken

Product:

Sharwood's Noodles,
Sharwood's Curry Powder

Preparation time: 10 minutes

Cooking time: 25 minutes

Serves
10

Ingredients:

500g	Chicken (cut into strips)	15g	Ginger (peeled and grated)
30g	Oil	300g	Mushrooms (sliced)
30g	Sharwood's Curry Powder	300g	Carrots (grated)
500g	Sharwood's Noodles	300g	Broccoli (into little florets)
20ml	Vegetable oil	2	Red peppers (sliced)
200g	Onion (sliced)	20g	Soy sauce
15g	Garlic (peeled and grated)	3	Spring onions (sliced) optional

Allergens: Milk, Egg, Celery, Mustard, Sesame seeds, Wheat.

Method:

1. Coat the chicken in oil and season with 20g of the Sharwood's Curry Powder. Bake in a moderate oven until cooked. Keep warm.
2. Prepare the noodles as per pack instructions.
3. Heat the oil in a large pan and flash fry the onion with the garlic and ginger for five minutes.
4. Add the remaining 10g of the Sharwood's Curry Powder and the vegetables and stir fry until cooked, but still crisp.
5. Add the soy sauce and the noodles. Stir these in and top with the cooked chicken and spring onions if using.

Top Tip

Why not try adding
diced mixed vegetable
to the rice.



BISTO

Salmon & Mushroom Risotto

Product:

Bisto Vegetable Bouillon

Preparation time: 10 minutes

Cooking time: 30 minutes



Ingredients:

15ml	Oil	400g	Salmon
200g	Onion (finely diced)	20ml	Oil
300g	Mushrooms (sliced)	10g	Bisto Bouillon
400g	Long grain rice	1	Lemon
1l	Bisto Vegetable Stock (prepared)		
200g	Frozen peas		
200g	Sweetcorn		

Allergens: Celery, Fish.

Method:

1. Add the oil, onion, rice, and stock to a oven tray and steam for 10 minutes.
2. Add the mushrooms, peas, and sweetcorn, and cook until the rice and vegetables are tender.
3. Season the salmon with a seasoning consisting of 10g of Bisto Bouillon mixed to a paste with the oil and lemon juice. Bake for 20-30 minutes until cooked through.

Flake and serve on top of the risotto.

BISTO

Roast Vegetable Ratatouille with Macaroni Cheese

Product:

Bisto Béchamel Sauce

Preparation time: 10 minutes

Cooking time: 50 minutes



Ingredients: Ratatouille

500g	Courgette (chunky diced)
200g	Peppers (chunky diced)
200g	Onion (chunky diced)
200g	Aubergine (chunky diced)
25ml	Oil
5g	Oregano
	Black pepper
800g	Tinned chopped tomatoes

Allergens: Milk, Soya, Celery, Wheat.

Method:

1. Place all the chunky vegetables on a roasting tray. Drizzle them with oil and toss them with the oregano and pepper.
2. Roast them in the oven for 20-25 minutes. Add the tinned chopped tomatoes and stir to combine.
3. Blanch the macaroni.

Ingredients: Macaroni Cheese

400g	Macaroni
240g	Bisto Béchamel Sauce
1l	Milk or water
300g	Grated cheese

4. Prepared the sauce by boiling the milk or water, and then removing it from the heat and adding the granules. Whisk and season with the cheese, (reserving some cheese for the top). Then mix through the pasta to coat.
5. Place the ratatouille in the bottom of the deep tray. Spread the macaroni cheese on top of this and then top with extra grated cheese and bake until piping hot and golden.



Reducing Sugar in the Diet

Sugar in baking provides a sweet taste. However, it also assists with texture, colour, and helps retain moisture in the cake.

We have worked with Hertfordshire Catering (HCL) to reduce the refined sugar in their top ten scratch recipes. Here are three to share with you: Ginger Bears, Tangy Lemon Drizzle, and Chocolate Brownie.

Tips for reducing sugar:

- Reduce the number of times high sugar puddings are served over the week.
- Look at the sugar you add to your custard mix or use Bird's Reduced Sugar Mix.
- When you offer a cake, use less icing, buttercream, and sugary fillings like jam etc.
- Offer more fruit, fruit platters, or fruit kebabs.
- Offer yogurts or frozen yogurts.



David Gower from HCL Catering comments:

"It is great to have a supplier on board that is both supportive and forward thinking allowing us to further develop our business with proven recipe development and products that work."

HCL provides around 80,000 meals a day in both our primary and secondary school contracts. Using fresh seasonal produce and reduced sugar recipes without compromising on the quality of the end product has really helped pupils have a well-balanced nutritional meal. There is so much sugar temptation on the high street these days, HCL have started our own battle against the excess use of sugar in supermarket products by looking at our own recipes, some of which have been childhood favourites for many years, and reducing the sugar levels, which not only improves the flavour, support the nutritional balance of a dish without compromising on the quality. HCL are also looking at portion sizes and traditional accompaniments, focussing on handcrafted alternatives, where we are in control of the ingredients. This helps the amount of sugar that we serve in our meals.

We can use this as an opportunity to educate our customers on the benefits of eating a well-balanced nutritional meal without compromising on taste and appearance but has a reduced sugar content. HCL direct our customers to our daily use of fresh seasonal produce, including fruit that is ripe and in abundance as it has a natural sweetness, full of vital vitamins and minerals for a healthy body."

Ginger Bears

Product:

McDougalls Plain Flour

Preparation time: 10 minutes

Cooking time: 10-15 minutes



Serves
12

Ingredients:

350g	McDougalls Plain Flour
100g	Margarine
145g	Granulated sugar (original was 175g)
1	Eggs (beaten)
3tbsp	Golden syrup (original was 4 tbsp)
1tsp	Bicarbonate of soda
1tsp	Ground ginger

Allergens: Wheat, Milk and Egg.

Method:

1. Pre-heat the oven to 180C/350F/ gas mark 4.
2. Place all the dry ingredients into the mixing bowl.
3. Mix together on speed 1 for 2 minutes.
4. Scrape down, add remaining ingredients then mix on speed 2 until the dough comes together.
5. Roll the mixture out and use cutters to cut out ginger bears.
6. Bake in the oven for 10-15 minutes until golden.
7. Allow to cool slightly then remove from the baking tray and place on a cooling rack.
8. Place on a serving tray, decorate and serve.

Top Tip

Wait until it's cooled before piping on the icing.

Why not have a competition to see who can do the best icing design.





MCDUGALLS

Tangy Lemon Cake

Product: McDougalls Self-raising Flour

Preparation time: 10 minutes

Cooking time: 20-30 minutes

Ingredients:

Serves 12

320g	Softened margarine	320g	McDougalls Self-raising Flour
255g	Granulated sugar (originally 320g)	1tsp	Ground cinnamon
4	Eggs	2tbsp	Milk (optional)
4	Lemons	60g	Granulated sugar
1tsp	Vanilla essence		(original 8 tbsp Icing Sugar)

Allergens: Wheat, Milk and Egg.

Method:

1. Pre-heat your oven to 180C/350F/ gas mark 4.
2. Line the boffin tin with baking parchment.
3. Cream together the butter and sugar until smooth.
4. Whisk the 4 eggs and vanilla in a separate bowl, then gradually beat into the butter mixture (don't worry if it curdles a little).
5. Add the zest of 3 lemons, plus the juice of 1 lemon, and mix thoroughly.
6. Sieve in the flour and cinnamon, and then fold these into the mixture with a metal spoon. The mixture should be quite sloppy; if it is quite stiff then add a splash of milk. Pour the entire mixture into the lined boffin tin.
7. Bake for 20 to 30 minutes, or until your cake has risen and is golden brown on the top.
8. To check the loaf is cooked, place a knife or skewer in the centre and it should come out clean.
9. Prepare the drizzle topping: combine the juice of your remaining lemon half with your sugar and if desired, a little extra lemon zest.
10. When you take your cake out of the oven, leave it in the tin to cool slightly for 10 minutes before pricking the top with a fork and then pouring over your drizzle mixture so that it soaks into the sponge.
11. Cut into portions and serve when cool.

MCDUGALLS

Chocolate Brownie

Product: McDougalls Self-raising Flour

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients:

Serves 20

200g	Margarine
280g	Sugar (original was 350g)
4	Eggs
200g	McDougalls Self-raising Flour
55g	Cocoa powder
50ml	Milk

Allergens: Wheat, Milk and Egg.

Method:

1. Pre-heat the oven to 160C/325F/ gas mark 3.
2. Melt the margarine. Allow it to cool slightly, and then mix in the sugar, eggs, and milk.
3. Combine the flour and cocoa and stir into the egg mixture using a beater on speed 1 until blended.
4. Spread the mixture into a flan tin.
5. Bake for 25 minutes. When cool, portion the brownie and place on a serving tray. Decorate and serve.



MCDUGALLS

Apple & Coconut Crumble

Product:

McDougalls Crumble Mix

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients:

- 1kg Bramley apples
- 50g Sugar
- 50g Butter or margarine
- 1 Lemon
- 350g McDougalls Crumble Mix
- 150g Desiccated coconut

Allergens: Wheat, Milk, Egg and Soya.

Method:

1. Wash, peel, core and slice the apples.
2. Lightly cook the apples with butter, sugar, lemon juice, and a little water.
3. Place the cooked apples into the tin.
4. Mix together the crumble mix and coconut, and cover the apples with the mixture.
5. Bake in the oven for approximately 30 minutes at 170C.

Serves
10



MCDUGALLS

And Finally



Meet Craig Gilson, the National Account Manager for Education at Premier Foods. Craig's favourite school recipe is this delicious Jaffy pot. For more information on how Premier Foods can support you and your Education catering please contact Craig on 07939 950787 or Craig.Gilson@premierfoods.co.uk

Product:

McDougalls Sponge Mix,
McDougalls Jelly and Angel Delight

Preparation time: 20 minutes (plus setting)

Cooking time: 30 minutes

Ingredients:

- 200g McDougalls Sponge Mix (cooked)
- 1l Water
- 175g McDougalls Orange Jelly Crystals
- 350ml Milk
- 125g Angel Delight Chocolate
- 300g Mandarins in juice

Allergens: Wheat, Milk, Egg and Soya.

Method:

1. Chop up the sponge and divide it between 10 pots.
2. Boil the water, add it to the jelly crystals, and stir until they are dissolved. Leave to set in a tray.
3. Whip the Angel Delight into the milk.
4. Divide the mandarin segments to the pots. Break up the jelly with a fork and divide between the pots on top on the sponge and mandarins, then top with Angel Delight.
5. Chill to serve.

Serves
10



CRAIG'S
FAVOURITE
DISH.



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Hertfordshire Catering Ltd
Images by James Kennedy Photography
Delicious by Design