



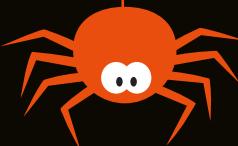
# SPOOKY HALLOWEEN RECIPES



# INTRODUCTION

Halloween is a key occasion when operators across the country will be adding spooky treats to their menus to bring some fun to meals. After listening to caterers and chefs, we have created our latest seasonal recipe booklet, giving operators all the tools they need to bring terrifyingly terrific treats to life.

This guide is jam-packed with exciting recipes with dishes for every meal occasion, from Banana Ghost Pots to Watermelon and Fruit Lime Spew, making it ideal for both schools and pub settings. Each delicious recipe has been crafted by Premier Foodservice's chefs to help caterers make the most of celebrations.



# PUMPKIN CARVING TIPS

## 1. HAVE A PLAN

Even before you choose your pumpkin, have a plan in your mind's eye of what you want to do with it. Look online for different ideas. There are also lots of free templates you can download.

## 2. CHOOSING YOUR PUMPKIN

Pumpkin is a fruit and when you choose one, make sure it looks as fresh as possible, with no blemishes or soft spots. They can be any shape or size, it all depends on what you want it to look like and where it's going to sit.

## 3. DON'T CARVE TOO FAR IN ADVANCE

Pumpkins are a perishable food and will soften and begin to go mouldy, sometimes within days, so carve your pumpkins no more than a day or two before you need them.

## 4. TOOLS FOR THE JOB

Make sure all the tools you use are sharp, so you get a clean cut. There are tool kits out there specific for carving but you can also use tools that you already have, like a small hacksaw, art knives, or even a drill for round holes.

## 5. DON'T CUT THE TOP OFF!

Removing the top cuts off the vine, which supplies the fruit with nutrients, so it stays fresher for longer. You can cut the base off but if your pumpkin is very moist it will leak all over the surface you put it on. Try cutting a hole in the back, which is the easiest option.

## 6. SCOOP EVERYTHING OUT

Don't leave any stringy bits of pumpkin inside as these will go mouldy and also take out as much flesh as possible. This will help the pumpkin dry out and last longer. It's also easier to carve through if there's less flesh. Remember you can then save and use the flesh for cooking.

## 7. USE ELECTRIC LIGHTS

It's a great novelty to see the flicker of a flame in your pumpkin but LED's will give off a brighter light and you also want your pumpkin to stay cool, so it will last longer.



# HALLOWEEN SPIDER PIZZA

This is a fun way to serve pizza in October. The black olives are sliced and arranged on the pizza to give the look of spiders crawling over the topping.



**Prep Time:** 20 minutes

**Cooking Time:** 25 minutes

**Portions:** 10

**Allergens:** Wheat, Soya, Egg, Milk

**Suitable for vegetarians:** No

**Suitable for Coeliac:** No

## Ingredients

- 🎃 300g Hovis Best of Both Mix
- 🎃 200ml Warm Water
- 🎃 350g Pizza Sauce
- 🎃 300g Cheese, Grated
- 🎃 100g Olives

## Method:

1. Place the Hovis Best of Both Mix in a bowl fitted with the dough hook and slowly blend in the water, mixing for a minute at slow speed. Then continue to mix for 6 minutes at medium speed.
2. Roll the dough out into a rectangle to fit a 25cm x 35cm (10 x 14") tin. Prick the base with a fork then leave to prove in a warm place for 10 minutes.
3. Spread the tomato sauce over the base, then sprinkle over the cheese.
4. To make the spiders, cut the olives in half. Use one half for the main body then cut the other half in two for the head. Once you have made the heads and bodies, thinly slice the remaining olives to make 8 legs per body, assemble on top of the cheese.
5. Bake in a pre-heated oven at 200°C, 400°F, gas mark 7 for 20-25 minutes or until golden.

## Tips:

Pizza is a great grab and go option, as well as a school dining hall favourite.





# LIME JELLY POTS WITH FRUITY EYE



Many Halloween ideas have extra sugar and sweets to decorate. So, for a healthier option, we have made eyes with tinned pears and blueberries and faces with fresh apple for that spooky feeling to our delicious jelly.

**Prep Time:** 5 minutes,  
plus setting time

**Portions:** 10

**Allergens:** N/A

**Suitable for vegetarians:** No

**Suitable for Coeliac:** Yes

## Ingredients

- 🎃 175g McDougall's Lime Jelly
- 🎃 400ml Boiling Water
- 🎃 500ml Cold Water
- 🎃 200g Tinned Pears
- 🎃 50g Blueberries
- 🎃 50g Pomegranate Seeds
- 🎃 2 Apples

## Method:

1. Dissolve the jelly crystals in the boiling water. Stir well until the crystals are completely dissolved. Add the cold water and stir well.
2. Pour into pots and leave to set in the fridge.
3. For the eyes, use a small round cutter to cut circles from the pears, then with a sharp knife cut a hole in the middle of the pear circle and place the blueberry in the hole.
4. For the apple faces, cut the apples in half, remove the core and carve with a pattern to look like a pumpkin or ghost face.

## Tips:

If you're slicing fresh apple, and it's not being served straight away, dip in lemon juice to stop it going brown.





# WATERMELON AND FRUIT LIME SPEW



Most Halloween ideas have extra sugar and sweets to decorate. For a healthier option, we have used a watermelon for display, filled with lime jelly, the diced watermelon and any extra fruit you fancy.

**Prep Time:** 5 minutes,  
plus setting time

**Portions:** 20

**Allergens:** N/A

**Suitable for vegetarians:** No

**Suitable for Coeliac:** Yes

## Ingredients

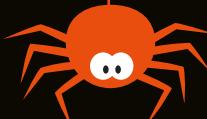
- 🎃 1 Watermelon
- 🎃 175g McDougall's Lime Jelly
- 🎃 400ml Boiling Water
- 🎃 500ml Cold Water
- 🎃 500g Fruit of your choice

## Method:

1. Cut the top off the watermelon, scoop out the flesh, and chop and reserve this.
2. Carve a scary face on the front of the watermelon; see our tips on carving a pumpkin as they also work for watermelon.
3. Dissolve the jelly crystals in the boiling water. Stir well until the crystals are completely dissolved. Add the cold water and stir well.
4. Pour into a large bowl and leave to set in the fridge.
5. Chop up any other fruit you wish to use in the jelly. Once the jelly is set remove it from the fridge and stir the fruit and chopped watermelon through the jelly.
6. Place the watermelon on a tray or large plate, and pour the jelly through the top so it comes out of the mouth. Extra jelly can be potted and served from the counter.

## Tips:

We have used a watermelon but you can use a different kind of melon.





# BANANA GHOST POTS



**A spooky low sugar dessert for any Halloween menu, with our delicious Angel Delight Mousse.**

**Prep Time:** 8 minutes  
**Portions:** 20

**Allergens:** Milk  
**Suitable for vegetarians:** Yes  
**Suitable for Coeliac:** Yes

## Ingredients

- 🎃 140g Angel Delight Mousse Mix
- 🎃 300ml Cold Water
- 🎃 2 Large Bananas
- 🎃 5g Raisins

## Method:

1. Pour the cold water into a large bowl.
2. Add the Angel Delight Mousse Mix and whisk for 30 seconds on slow.
3. Scrape down, then increase speed to high and whisk for 5 minutes.
4. Pipe into serving dishes, and refrigerate for 1 hour before serving.
5. Cut the bananas into 5 x 1" (2.5cm) pieces, (any extra banana can be diced and sprinkled on the top of each pot) place each piece of banana in a pot, and place two raisins into each piece for its eyes. Serve.

## Tips:

If you are not serving straight away, dip the banana pieces in lemon juice to stop them going brown.

If you don't have raisins, you can cut up sultanas for the eyes.





# HOST MERINGUES



These mini meringues can add a spooky theme to any dessert.



**Prep Time:** 10 minutes  
**Cooking Time:** 2 hours  
**Portions:** 100

**Allergens:** Eggs  
**Suitable for vegetarians:** Yes  
**Suitable for Coeliac:** Yes

## Ingredients

- 85g McDougalls Meringue Mix
- 570ml Water
- 1.14kg Granulated Sugar
- Black Food Colouring

## Method:

- Pre-heat the oven to 90°C, 190°F, gas mark ¼.
- In a grease-free mixing bowl, mix together the McDougall's Meringue Mix and cold water using a whisk.
- Make sure the McDougall's Meringue Mix has completely dissolved.
- Add the sugar in a steady stream whilst whisking on high speed. Continue whisking until a full peak is obtained.
- Remove a spoonful of the meringue into a small bowl and colour with black food colouring.
- Line your trays with baking parchment.
- Then fill a piping bag with meringue and, using a plain nozzle, pipe meringue blobs onto the trays. They can all be different shapes and sizes.
- Now take a cocktail stick. Dip one end into the black meringue and then dab onto the white meringue blobs to leave black marks for eyes and a mouth. You can freestyle these as you wish.
- For best results, slow dry the meringues in the pre-heated oven. Leave for a few hours, then turn off and leave overnight or until completely dried.

## Tips:

Meringues are great with fruit or to decorate a cake for Halloween.



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