



THE HEALTHCARE CHEFS' KNOWLEDGE

OVER 100 RECIPES EVERY
NATIONAL HEALTH SERVICE
CHEF NEEDS TO KNOW

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HEALTH SERVICE CHEF NEEDS TO KNOW



www.thechefsforum.co.uk

FOREWORD

Prue Leith DBE, OBE, CBE

**Chancellor of Queen Margaret University, Edinburgh,
Restaurateur, Television Presenter/Broadcaster, Cookery
Writer and Novelist.**

When you are ill, the food you eat can be of tremendous importance. Stuck in a hospital bed with little to look forward to, often feeling unwell, the daily menu can be beacon of hope.

The food that arrives can make the difference between a good day and a bad day. More than that, it can also help in aiding a quicker recovery because food heals and gives us energy, the energy we need to get better.

When I got involved in the NHS Hospital Food Review, I did so because I truly believe that hospital food can and should be some of the best food around. When I say 'best' I mean food that tastes good, looks good and does you good. Hospital food cannot, and shouldn't, aim at fancy fine dining. Which is not to say that elements of fine dining, like classic recipes, good ingredients, care with the cooking, are not important, they are. Hospital food needs to serve two purposes: to provide pleasure and to aid health. It needs to be recognisable, colourful, easy to eat, delicious, comforting, and warming to the soul.

There is no simple formula in hospital catering to suit everyone. It is so easy to imagine that hospital food is solely for the sick. Of course, that is one of its primary purposes, but there are also staff and visitors to feed. And no two patients have exactly the same tastes. Most are only on the ward for a few days and don't need specialised diets and they generally want simple, normal, familiar food.

But what is simple and familiar to a recently arrived Sikh from the Punjab in hospital with a spinal injury will not be the same as for a six-year-old with cancer, a young rugby player in for a new knee or a mum who has just given birth and hasn't eaten for 24 hours. A nurse on a twelve-hour night shift, or a burly hospital porter doing a strenuous physical job, will want very different food from a ninety-year-old with difficulty swallowing.

There are patients and staff with religious taboos, allergies, medical diets and personal dislikes and likes. Being an NHS chef isn't easy, but if you get it right, it can be the most truly rewarding of careers.



“When I say ‘best’ I mean food that tastes good, looks good and does you good. Hospital food cannot and shouldn’t, aim at fancy fine dining.”

This book - The Healthcare Chefs' Knowledge - is the first of its kind. It attempts to bring together every aspect of hospital catering and food production in a way that enables the reader to understand what it is to work within menu development, food production and its delivery within the NHS. I hope this book will be helpful and inspiring to chefs in the NHS, but I also hope it will encourage chefs working elsewhere in the restaurant trade with appalling hours and poor pay to think about joining the service.

Cooking in a hospital can be exciting: there is a real desire in the NHS to constantly improve the food, to learn from other chefs, to please the customer. And the job is increasingly recognised as vitally important. The pay isn't terrible, the hours are decent, and the pension is good.

This book gives us all a glimpse into the best of hospital food, and whether you are a chef or just interested in food, I think you will enjoy it.

INTRODUCTION

Philip Shelley

- Senior Operational Manager and National Lead for Net Zero Food - NHSE
- Chair of the Hospital Food Review
- Past Chair of the Hospital Catering Association
- Associate Board member for Malnutrition Task Force
- Love British Food Ambassador
- WRAP Ambassador

The standard and quality of food in the NHS has long been criticised, possibly an easy target for the media, but our role is to listen to comments, whether they are negative or positive and use them to drive meaningful change.

The working relationships between chefs, catering leaders, nursing and dietitians, is the core to success. Creating menus that matter, food that will enrich our patients appetite and placing food as part of the care plan. The many outstanding contributors to this book, are shaping positive change in the NHS - revolutionising the way that we care for our patients through food service, as well as creating an environment for staff that truly reflects the NHS.

The NHS Food Review is three years on since the launch. We are now starting to implement the changes that we discovered were necessary. I can honestly say that the future is bright and that

kitchens across NHS England are starting to make real progress. Little shoots are springing up that indicate that our message is getting through and patients can feel more confident that they will be fed the food that they deserve. Food that will help them to feel better and speed their recovery. That is our end goal - we must use the opportunity we have to help patients recover.

Take Stepping Hill Hospital in Stockport as an example. A Victorian kitchen building was pulled down and redesigned. Every dish on the hospital menu is now cooked from scratch on site. The latest technology has been installed and is operational. The kitchen can now process 800 meals in just over an hour and it does this twice a day, every day.



"I can honestly say that the future is bright and that kitchens across NHS England are starting to make real progress."

The menu has been thoroughly planned and executed to maximise nutrition, tradition, allergy awareness, protein and carbohydrate levels as well as completely changing the crockery and cutlery that is used. Data shows that these changes are having a dramatic effect. Through a switch to blue crockery and better cutlery, combined with smaller portions more densely packed with nutrition we have halved food waste in new trials.

We have begun using less well-known proteins, such as venison and lentils, to great effect as we work more and more with dietitians and nutritionists. Patient surveys and ward walks have given us new insight into what our patients want to eat to help them feel better and get out of hospital faster.

In short, we have taken our first steps in the right direction, but we are nowhere near the end. We need to encourage a new generation of chefs to play their part in healthcare, realising that it has just as skilful as the hotel and restaurant trade. Chefs deserve to be part of the recovery process, and NHS Chef of the Year Competition proves that the varying skills in meeting all of the dietary needs of our patients is truly outstanding. The last three years of competitions have shown that our chefs are reaching for the stars and raising food standards.

We are immensely proud of the work that is going on in this vital area and I am forever grateful to the people who have contributed to making this book a showcase for the future of food in NHS England.

FOOD REVIEW - NEXT STEPS

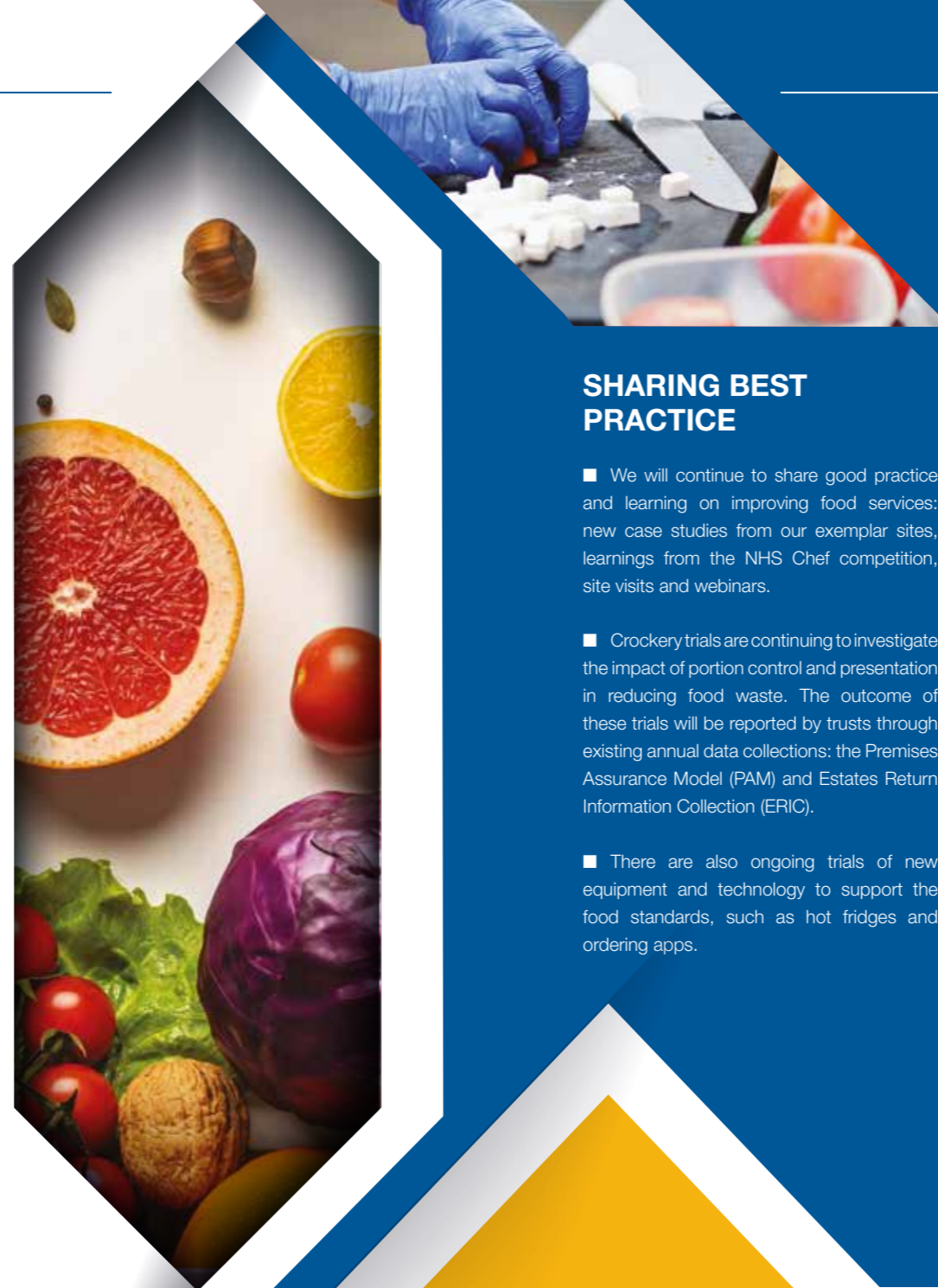
Hospital food and drink is an integral component of delivery of care to patients and to the health and wellbeing of NHS staff. From establishing our community of exemplar sites that provide leadership within their regions to developing the National Standards of Hospital Food, three years on from the Food Review, there has been great progress in improving the provision of hospital food.

We now need to build on this solid foundation. Our culinary teams have an important role to play in the next stages of this work: nurturing pro-active partnerships with dietitians and nursing teams to develop tasty and nutritious menus, being present at ward level and providing leadership to other teams to create a cohesive “front of house” when it comes to food services.

At NHS England, our aim is to maintain the momentum of the food review, which we will do through a number of initiatives working with our catering professionals and with the organisations that support NHS catering services: NHS Supply Chain, facilities management providers, suppliers, and partner organisations.

RAISING STANDARDS

- NHS staff require nutritious food to be available 24 hours a day, 7 days a week. NHS England will continue to work closely with providers and trusts to find suitable solutions.
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- We will be refreshing the criteria for exemplar status to reflect the higher standards we are now seeing within NHS catering teams.



SHARING BEST PRACTICE

- We will continue to share good practice and learning on improving food services: new case studies from our exemplar sites, learnings from the NHS Chef competition, site visits and webinars.
- Crockery trials are continuing to investigate the impact of portion control and presentation in reducing food waste. The outcome of these trials will be reported by trusts through existing annual data collections: the Premises Assurance Model (PAM) and Estates Return Information Collection (ERIC).
- There are also ongoing trials of new equipment and technology to support the food standards, such as hot fridges and ordering apps.

IMPLEMENTING DIGITAL SOLUTIONS

- Accurately measuring and reducing food waste in the NHS is a priority, both to help meet our Net Zero goals and to save money. There will be specific support for those hospitals that are taking strides to measure, monitor and reduce their waste, linking them with other appropriate sites that have already made strong progress.
- We will be launching a digital recipe menu bank in 2024. This digital food platform will provide nearly 200 recipes, developed for use in NHS settings, which have all been assessed for their nutritional and carbon content.



We must continually strengthen the resilience of our services to counteract industry pressures and regional challenges. Food service within the public sector has always been challenging, but I am confident that we have outstanding individuals and teams within healthcare to take the next step towards achieving our ambition.

Philip Shelley

Senior Operational Manager and National Lead for Net Zero Food - NHSE



LISA GOODWIN -ALLEN

Michelin-starred Executive Chef, Northcote

How the NHS Chef of the Year Competition is changing the perception of hospital food

You can't hide from the perception of hospital food. Most people think it's not so good. But, after judging the 2023 NHS Chef of the Year competition I could clearly see the talent there is in the kitchens. There are chefs who are really keen and enthusiastic about their jobs and there is an appetite for changing opinions.

For me I think the problem is all about being a different sector. Just because it's hospital food doesn't mean it can't be done properly. Not all great food has to come from restaurants and I can see that the NHS is really trying hard to communicate that idea. I have no doubt that over time the food will improve across the board. The skill and the ideas are there.

As I was judging the competition, I was struck by the phenomenal talent. Despite the challenges that were set, the chefs clearly cared about the dishes they were creating. In many ways NHS chefs face more challenges than we do in restaurants. But that didn't deter them. They were determined to do their best and that really shone through.

One other area that was evident, were the restrictions that the chefs faced. The different diets, allergies, calorie content, nutritional values and low salt are all areas that restaurant chefs face to a much lesser degree. The food I tasted in spite of this, was still delicious. So, I take my hat off to them in that respect. Then there's the volume.

There are smaller hospitals, obviously, but there are some huge hospitals covering a massive range of people with different needs and conditions.

From Phil Shelley down, it is clear how everyone is grouping together as a team to try and change the view of hospital food. The competition is a great place to start showing what is possible. I thought that was a really special thing.

I wasn't expecting to see such a high level of creativity, if I'm honest and I was so impressed. The chefs had to face so many different challenges. All of them reflected day-to-day issues and whether it was a dish with no allergens in it, or one that had a certain nutritional value the chefs were able to come up with new ideas.

Now I think it's just about helping to train people coming through and look at new ideas that can really help these chefs to make a difference. One way that I saw this demonstrated was in the partnership with Churchill, regarding the crockery that was used. We know how food appears visually is such a huge part of the whole experience. Changing plates made such a difference.

I'm looking forward to seeing how all the hard work pays off and I wish everyone involved every success in the future.

BRUCE TOON

Compass Group UK & Ireland - Healthcare

Patient dining should be based on nutrition, choice and taste, so we spend a lot of time perfecting our offers. In terms of retail it's about understanding the marketplace.

Hospital catering is complex on so many levels but it starts and ends with the patient.



I believe that the more we work with patients to understand what they want, the more we can deliver that and that's why we look at feedback and data as much as possible. As chefs working in healthcare we need to understand that our role is to support the care of a patient. If we can do that then we are doing our job well.

However, that doesn't mean we lose sight of our craft. We still need to look at food trends and work creatively, but we are in a unique position of catering for a huge range of demographics, including a range of ages, cultures and of course, very specific dietary requirements. So, it's a balancing act.

Our process starts with a collaboration with our dietitians and our Cuisine Centre team. We look at what patients need from a nutritional standpoint and

then work out how we can deliver food that appeals to our patients. That means we are delivering dishes that work on many different levels. They must be tasty but essentially 'underneath the hood' they must deliver the correct nutrition.

Once the dishes have been established, we can then look at ingredient costs and how our operation can produce them in numbers consistently.

See Bruce's recipes on page 121 & 123.



KEEPING UP HIGH STANDARDS

The NHS has eight standards that all organisations are required to meet, it's important to know what they are

BOARD LEVEL

There must be a designated board director responsible for food (nutrition and safety) and report on compliance with the healthcare food and drink standards as a standing agenda item.

Board-level reporting provides each trust with the assurance that its organisation is complying with these food and drink standards and highlighting associated risks and actions.

Lesley Carter said:

"Pre-Covid, 64% of all patients admitted to hospital were over 65. It's important to know who you are feeding in hospital and this must go all the way to board level. Never forget the most important part of the journey that food takes from kitchen to ward is the distance it must go from the plate to the mouth. Food preparation, delivery and eating must work together."

FOOD AND DRINK STRATEGY

Each trust must develop its own 'live' strategy for improving nutrition and hydration for patients, staff and visitors.

Duncan O'Neill said:

"Having a hospital nutrition and hydration group steering committee at Stepping Hill has really enabled us to drill down into patient issues when it comes to wellbeing and recovery. We are much more switched on to the needs of patients and how the food affects recovery."

Shivani Shah said:

"It's important to work with patients to listen to what they are saying and support them. This is most critical with patients from different socio-economic backgrounds. It's easy to forget that hospital food must be patient-centric. Food must support recovery. An obvious example of this is feeding a diabetes patient with sugary food!"

DIETETICS

Organisations must consider the level of input from a named food service dietitian to ensure choices are appropriate.

Each trust must assess how many posts, or what proportion of time spent on food and beverage services, are appropriate in its hospital. These posts should be responsible for overseeing patient, staff and visitor food and drink.

Katherine Crossfield said:

"Dietetics is crucial in hospitals. Different patients have different needs. Menus need to be multi-cultural but also inclusive of the nutritionally well and the nutritionally vulnerable. A patient with a sports injury needs protein, for example. But others may be vulnerable before they come to hospital. All these areas must be checked by dietitians at ward level."

Lauren Bowen said:

"In hospital sugar and carbohydrates are not the enemy. They have a real value for those that need them. Some patients are malnourished and at risk from weight loss. They need extra calories. Other patients need less or a different type of food. The dietician makes those judgement calls and is backed up by the kitchen. As dieticians we are constantly looking at menus and dishes to make sure that the nutritional and energy values are what our patients need. It's also about understanding that what you want to eat when you are well is not the same as what you want to eat when you are ill. Chefs must be trained to think a different way."

FOOD SAFETY

Organisations must nominate a food safety specialist. Trusts must recognise their legal obligations as food business operators and ensure effective compliance with robust food safety procedures at all levels. Trusts are responsible for assuring themselves their supply chain is safe.

Fiona Sinclair said:

"Food safety is super important in hospitals but doesn't stop at the kitchen. Chefs need to be aware that there are dangers and critical control points all the way along the food chain from suppliers right through to the ward and bedside."

"Temperature control all the way to the ward is a key part of keeping food safe but there are also issues with cross-contamination in kitchens and allergens to be aware of."

Tanya Laperouse said:

"Allergens are not slowing down. There are more and more people suffering with allergic reactions from different backgrounds from things once considered safe. Pea proteins and chick peas are beginning to be a problem for some, for example. It's important to keep right on top of this. When a patient says the safest option is not to eat all in hospital, then you know there is a problem."

THE BEST STAFF

Organisations must invest in a high calibre workforce, improved staffing and recognise the complex knowledge and skills required by chefs and food service teams in the provision of safe food and drink services.

Trusts must recognise the complexity of delivering healthcare food and drink services and ensure correct levels of staff (back of house, front of house, housekeeping and support staff) as well as remunerating staff accordingly.



This standard supports food safety, nutritional safety and overall patient safety, as well as a better working environment contributing to staff wellbeing, morale and retention.

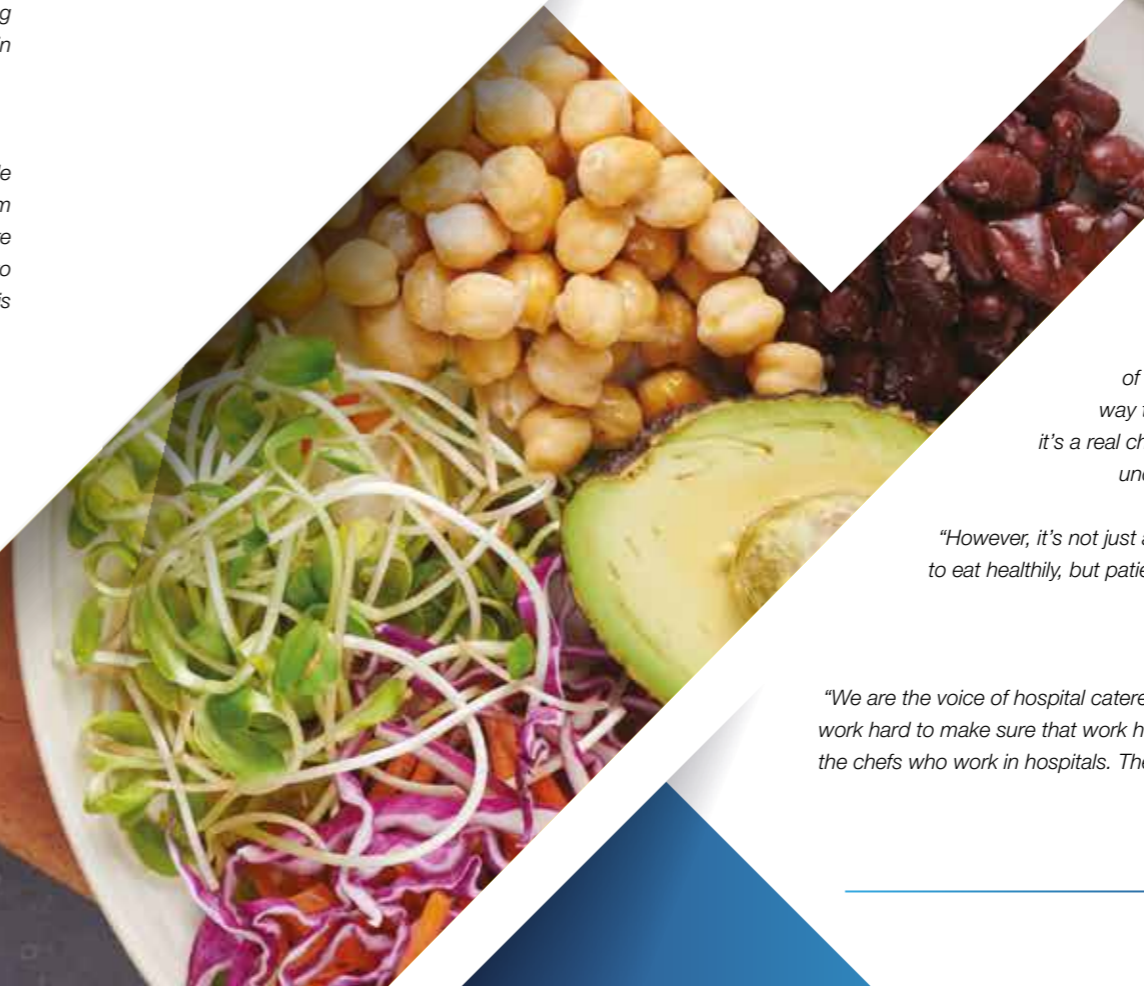
Philip Shelley said:

"It's really important that we work hard to raise the profile of NHS chefs. The work we do in hospitals is important in a way that is totally different to hospitality. Food is medicine and it's a real challenge to inspire the next generation of hospital chefs to understand that working in healthcare is crucial for patients."

"However, it's not just about patients. We also feed staff and visitors. Staff need to eat healthily, but patients need to eat for good health. There is a big difference and chefs need to understand this."

Iain Robertson said:

"We are the voice of hospital caterers and we want to attract the best chefs to the NHS. We work hard to make sure that work hours and pay are attractive and represent the skill level of the chefs who work in hospitals. There are a lot of opportunities within this sector and joining the NCA can be a great way of building your career."



TRAINING

Organisations must be able to demonstrate that they have an established training matrix and a learning and development programme for all staff involved in healthcare food and drink services.

This standard gives assurance that all staff are practising safely and trained appropriately for their role. This includes non-catering staff who handle food, such as nurses or porters, who require food safety training as well as everyone requiring a level of nutrition training.

Saliha Mahmood-Ahmed, said:

"Patients are highly motivated to want to get better. One of the ways they do this is by eating. It is crucial that we help patients to make changes in their dietary patterns. However, it's a different dynamic with staff. It's so easy for them to make poor choices because they are tired and busy. Both sets need help to make the right choices. Chefs must use their cookery skills to make people want to eat the food they are presented with. A cauliflower cheese can be exquisite. It can also be poorly executed and over-cooked. So many things can go wrong with hospital food that every effort must be made to minimise the mistakes and maximise the potential."

FOOD WASTE

Organisations must monitor, manage and actively reduce their food waste from production waste, plate waste and unserved meals. Trusts must recognise that reduction in food waste will support funding for better food services for patients, staff and visitors. They should ensure they understand where and why food waste is produced in their organisation to take steps to significantly reduce this.

Eleanor Morris said:

"In the past, food waste in hospitals was invisible. The food was delivered to the ward and that was the end of it. There needs to be responsibility for food and collective acknowledgement that waste exists. Portion sizes, for instance, are a key way of lessening food waste on the plate."

Tim Radcliffe said:

"We need to reduce our carbon footprint. One of the ways we are doing that is by changing the ingredients of some common dishes to contain less beef, for example. In a Bolognese sauce, say, we now routinely add lentils or quorn which helps us to cut our carbon footprint and save money."

"Recently, we've been introducing venison onto the menu to replace beef. Not only is it more sustainable but it's also more nutritious. We are serving less food now that is more densely packed with nutrients. This is the way forward."

24/7 FOOD

NHS organisations must be able to demonstrate that they have suitable 24/7 food service provision, which is appropriate for their demographic. NHS organisations must be able to show they have suitable 24/7 service provision appropriate for their demographic.

This may include, but not limited to, the following options:

**Retail solution | Auto cafés | Staff break areas
Hydration stations | Delivery solution | Smart fridges**

Haley-Mae Downer said:

"We expect staff to make us feel better. But, how are we helping them to feed themselves? Visitors often have nowhere else to go when they are in hospitals. They want what they can get on the High Street, providing food and drink and a sense of comfort and familiarity, a break away from clinical areas. Catering at a hospital, then, must satisfy all three main consumers: patients, staff and visitors."

"For example we are working on frictionless buying for staff at Telford NHS. You tap your card on the way in, pick up what you want to purchase and leave the store without having to queue for a cashier. This makes it much quicker and easier for all, especially staff with limited time."



THE KITCHEN

- Where The Journey Begins
- 24/7 Food
- Duncan O'Neill Interview
- Spotlight on RATIONAL iCombi Pro
- RATIONAL - Precision Cooking
- Menu Planning
- Dr Saliha Mahmood Ahmed Interview
- Listening to Reports from the Ward
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- Spotlight on Mitchell & Cooper
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- Spotlight on Koppert Cress and Bloomkubes

WHERE THE JOURNEY BEGINS

Hospital food is unlike any other food created in any other kitchen. You could say that its closest comparison is hotel room service or airline food. However, both those comparisons fall way short. Hospital food, at its root, is more than just sustenance. A guest in a hotel feels like eating and orders from a menu that's often extensive and created by a specialist department. The food travels from the kitchen but is transported to order. This doesn't happen in a hospital.

In turn, airline food does go on a journey, of sorts, but its end user has preconceived ideas about what it will be. In the air the food becomes functional. It's a cook/chill box-ticking exercise.

Hospital food must survive a long journey of indeterminate length and at the other end must both revive and cheer up its recipient, at the same time as containing the correct nutrition and not contain any harmful allergens. It must also be edible by those who struggle to eat and be recognisable to those who are groggy from surgery.

Shall we unpack that a little? There's a lot to take in here. The end user of hospital food, the patient, is either ill or in recovery. In other words they are stuck in a bed they don't

want to be in and are forced to choose food they are unsure of.

We've all been there. We all want to eat something that makes us feel better. We all have strong memories of childhood when our carers gave us just the thing we wanted. How do you do that in a hospital when all the odds are stacked against you from the start? Just the journey would put most chefs off.

Think about this for a minute. At the top of the restaurant tree are high-end fine dining establishments that have as many staff as customers. Orders are taken and executed as close to the moment of service as possible. Ingredients are cooked to order.

"Hospital food, at its root, is more than just sustenance."

A hospital chef is working blind. In a restaurant there is a pass where the waiters collect the food. This doesn't exist in a hospital. Instead porters collect trolleys that trundle their way to wards where they are unpacked and served, unceremoniously, to patients in their beds. Some of these patients are too ill to eat. Some are too young to recognise what's in front of them. Some are too old to even pick up a knife and fork. And yet they must be fed.

Being a hospital chef is not easy. Indeed, you could say it's a calling. It's a very necessary profession and can be hugely rewarding. But, and here's the thing, it only works when the chef understands the journey the food must take and why. If you understand that you can make a plan and before you know it, hospital food can shine as brightly as the eyes of the most dedicated nurses on the front line.

24/7 FOOD



Should a hospital kitchen be open all the time? It's an interesting question and in the research conducted for this book the subject was raised a number of times. Sometimes, this was more to do with visitors rather than patients, but there is certainly a requirement for food to be available round the clock whether it be for staff, patients or visitors.

So, how would that look and should chefs be looking at the night time to perform essential tasks that are generally done during the day?

It's easy to look at hospital food and think that everything stops in the early evening when the last of the patient dinners have been sent to the wards. However, that leaves 12 hours and with modern technology a lot can be done while the kitchen is closed. Ovens can be programmed to overnight braise, to prove and make bread and much more.

It is here that a hospital kitchen needs to think about what is not just possible but also what more it could do to help. Too often, outdated thinking can hamper radical change.



Hospitals are not empty overnight. Staff work late, A&E is often overloaded all night and visitors caring for the very sick, especially children, often have nowhere to get something to eat.

One story really brought this home. It was told by Charlotte Fairall, mother of Sophie, who died tragically aged 10 from a bowel tumour in 2021. Sophie was an incredibly brave girl and the story of her harrowing hospital stays highlight exactly why new thinking around 24/7 food in hospitals needs to be done.

The story revolves around Charlotte and the amount of time she spent at her Sophie's bedside - often with nothing to eat and nowhere to get anything. *"Sophie wouldn't eat sometimes because she wanted me to eat her food," Charlotte*

explained. "I didn't want to leave her alone and she didn't want me to be hungry."

We are talking about a 10 year old girl who was very sick being concerned that her mother had nothing to eat late at night. She was willing to give her food to her mother. She didn't like the food much and had difficulty eating at the best of times. She wanted to be able to enjoy her favourite things but they weren't always available and though the nursing staff were incredible, it was beyond their control. This begs the question: what could be done?

To Charlotte Fairall, who now runs the charity Sophie's Legacy, the answer is simple: "There needs to be something available that sick children can eat when they feel hungry, if that doesn't coincide

with meal times (which was so often the case with Sophie) and something available for parents who don't want to leave the bedside."

What that is depends on what the kitchen is prepared for and set up to do. By analysing other sectors in hospitality you don't have to look far to see that ready-prepared meals can be made in advance and stored close to wards along with a fridge and microwave.

All it takes to enable change is to consider it. Hospital trusts need to see the kitchen as a resource and not a financial drain. There is so much more a kitchen can do to make life easier for everyone who either works there, visits or is in care.

DUNCAN O'NEILL

Food Safety & Quality Assurance Manager
at Manchester University NHS Foundation Trust
Former Support Services Manager
at Stepping Hill Hospital, Stockport

Our investment in new technology has meant that we can adapt the cooking time of a lot of traditional dishes that once took far too long to cook. One example is the steak and kidney pie mix. This used to take three hours to prepare. Today we can get it ready in under an hour.



“We also changed the trolleys we use. We now have a system that can chill one half of a tray and keep the other part hot.”

This is all due to using cutting edge equipment and technology that we have in our kitchen. We have also changed the management of the food delivery to ward areas by bringing the task within the catering team using our own kitchen porters which gives us greater control over timing and service delivery this means that we have full control over the journey of the food.

We have updated the trolleys we use, investing in new stock on an annual basis to ensure the trolley's that can chill one half of a tray and keep the other part hot are always in premium condition. The system assists in the delivery of hot, nutritious food to the wards at the same time as keeping a dessert chilled or a salad cold.

The feedback we receive from our in-house team via the catering review meetings and picking up on the feedback we get from the wards helps shape our service. We are very concerned by the amount of waste there has been historically, and we have worked hard to find new ways to tackle the problem.

One of the topics we are discussing is having smaller portions that contain greater amounts of nutrition. We have a power of three team that has oversight of the catering process where colleagues from catering, clinical and dietetics work together to follow the journey from kitchen to bedside and offering feedback to improve the service.

We also have a nutrition and hydration group steering committee that we work closely with where we interact with colleagues from around the Trust to discuss our service and act upon feedback.

All these different ways of listening to and acting upon patient needs has made us acutely aware of the importance we play as part of the patient journey, this has resulted in a service which is constantly evolving which is really making an impression with our patients.

When a patient says to one of team on their regular ward walks: "That was delicious, I wasn't expecting it." Then we know we're doing something right and with small steps we are hearing that more and more.

It's a very exciting time to be working in healthcare catering.



www.rational-online.com

Revolutionising Hospital Catering

Introducing the iCombi Pro - The WOW effect

The iCombi Pro is an intelligent combi-steamer that combines multiple cooking modes all in a single unit. This versatility enables hospital chefs to prepare a wide range of dishes efficiently and consistently.

RATIONAL's iCombi Pro combi-steamer offers up to 50% higher productivity, 10% shorter cooking time and 10% lower energy usage compared to its predecessor – which was already the market-leading model.

The use of four intelligent 'assistants' enhance the chef's capabilities by offering maximum functionality, flexibility, productivity, and consistency, whilst at the same time caring for the environment by reducing consumption of power and water.

For example, iProductionManager informs chefs what products can be cooked together, increasing productivity, adding flexibility and reducing running costs. iDensityControl controls the cooking climate.

With the RATIONAL WOW effect, the iCareSystem AutoDose is the autonomous cleaning system for iCombi Pro tabletop units. This makes cleaning completely autonomous if desired: It starts according to a predetermined schedule and takes the exact required dose necessary for hygienic cleanliness from the integrated cartridge cleaners.

This increases work safety, saves a lot of time and contributes to HACCP hygiene safety.



Introducing the iVario Pro - The Game Changer

The iVario Pro is a multifunctional, advanced bratt pan that offers even greater flexibility to chefs and kitchen staff. Chefs can use this remarkable piece of technology to boil, deep fry, shallow fry and pressure cook, delivering an energy saving of up to 40% compared to conventional cooking devices.

The patented iVarioBoost heating system delivers up to 94% energy efficiency with

quick and precisely controlled heat from the ceramic heating plates. Preheating to 200°C in under 2½ minutes, the precise temperature control ensures that the system only uses as much energy as is required. Already up to four times as fast as conventional appliances, the iVario Pro's pressure-cooking option further reduces cooking times, by up to 35%, helping to save not only time but energy as well.

What RATIONAL can do for you

RATIONAL cooking systems significantly reduce cooking times and streamline kitchen operations. With their user-friendly interface and automated cooking processes, chefs can focus on meal planning and quality control, leading to increased efficiency in the kitchen. This, in turn, allows for better allocation of resources and staff, ultimately benefiting both patients and the institution as a whole.

Users of ConnectedCooking, RATIONAL's digital kitchen management system, now have access to an exclusive function: the dashboard for digital energy consumption display. This means that, for the first time, users can always keep an eye on the energy consumption of iCombi Pro and its predecessor model SelfCookingCenter and can immediately identify consumption peaks - as well as potential savings.



Cost-Effective Operation

By offering precise portion control and minimising food waste RATIONAL appliances help hospitals manage their food costs effectively. Additionally, energy-efficient design contributes to reduced utility expenses over time. By incorporating advanced cooking systems, hospitals can elevate their catering services, contributing to the holistic well-being of patients and promote a positive healing environment.

Improved Food Safety

RATIONAL cooking systems excel in minimising the risk of contamination and ensuring that food is cooked to the proper temperature and consistency. Integrated self-cleaning functions also make it easier for kitchen staff to maintain a hygienic environment, reducing the potential for food-borne illnesses.

Hygiene is a sensitive issue, which is why RATIONAL have set high standards for ConnectedCooking in in particular for this area. The HACCP documentation is now digitised, can be saved and downloaded as a table or PDF file.

Precision Cooking

RATIONAL cooking systems are renowned for their precision and consistency in cooking. This enables precise control over temperature, humidity and cooking times. They believe that this level of precision is particularly vital for patients with specific dietary needs or restrictions. By preparing food in a RATIONAL combi-steamer, all ingredients retain their nutritional values.



Space

The iVario Pro and the iCombi Pro appliances combine all the functions of conventional cooking equipment, whilst providing consistently high quality results, on a compact footprint.

Variety

RATIONAL cooking systems enable chefs to expand their culinary horizons by offering a wider range of dishes. Whether it's accommodating special diets, incorporating cultural preferences, or adapting to seasonal ingredients, these systems provide the flexibility to create an appealing and varied menu that caters to a diverse patient population.



Connection

RATIONAL ConnectedCooking

RATIONAL's cloud-based networking solution is called ConnectedCooking. The platform can be used to manage and transfer cooking programs for the iCombi Pro and the iVario Pro centrally, and to access and save HACCP data from both cooking systems.

In fact, they can even be controlled remotely. ConnectedCooking not only assists with managing the hospital kitchen, it also ensures consistent quality in food production, by monitoring and recording cooking processes.

ConnectedCooking plays a key role in kitchen procedures, conveniently logging data for storage and analysis. It's all digitalised with ConnectedCooking record key information, with the energy dashboard and collect, document, display and save HACCP data automatically.

Software, programs and recipes can be updated on a single RATIONAL cooking system, or on multiple appliances, simultaneously, across an estate – and it can all be done remotely, all from a single device. Similarly, service providers can monitor operational status and respond instantly if there are any technical issues, minimising downtime.

Training

RATIONAL professional chefs can provide on-site training and support kitchen teams to adapt their menus - particularly if there is a lack of specified food products required to fulfil their existing menu offering. RATIONAL Academies offer application training to support staff to use the cooking systems even more efficiently.

In addition to face-to-face support, catering staff are welcome to contact **ChefLine: 07743 389863** and speak with a RATIONAL professional chef who can advise on their cooking systems, including preparation methods, settings and cooking paths.

RATIONAL TV & Training App

RATIONAL TV a new free to register video on-demand platform, offers a comprehensive choice of videos bringing knowledge and inspiration. Viewers have access to an exciting array of content with new videos added on a frequent basis. From application training to customer stories that showcase the benefits of the RATIONAL iVario and iCombi Pro appliances. Caterers are invited to register at: **rational-online.tv**

The RATIONAL training app combines a vast array of training resources, such as videos showing how to cook specific recipes, how to carry out various day-to-day maintenance tasks plus a searchable database so that operators can find their nearest dealer or service provider. The free app is available from App store and Google Play.



MENU PLANNING

Planning a hospital menu has a different purpose than a restaurant menu. In a restaurant the guests are not captive or unwell. They sit at a table unlike a patient in a bed. Also, a restaurant menu is based on the chef creating dishes that both show off skill but also act as tempters for guests.

In a hospital the chef is invisible - never seen and never heard. Indeed, in some cases the chef never knows how the patients even feel about the food they have cooked. So, how do you create a hospital menu? It's here that the airline model starts to look familiar. There are a number of choices and the patient, like the passenger, ticks a box.

Imagine a 24-hour flight to the other side of the world. You must choose your breakfast, lunch and evening meal before you fly. You know roughly how you might be feeling, which is bored, tired and uncomfortable. The food is a welcome distraction between movies, music, magazines, books, sleep and staring out of the window.

Now, take that model and apply it to a hospital setting. A patient must also choose food from a tick-box menu but far from being a distraction the meal can also be an ordeal and something to be avoided. It is often approached with a sense of dread akin to memories of being forced to eat school food.

Hospital food needs to be familiar - In other words the patients must recognise it - if they don't they won't order it. Fancy chef terms don't cut it here and there's no room on the menu for elaborate descriptions.

Lamb hotpot or gently braised lamb neck with carrots, onions and a browned potato crust? Both are the same and both sound tempting. However, different patients from different backgrounds will end up choosing differently. The words you choose will influence how patients order.

Hospital food must also be nutritious and filled with energy. A body in recovery needs energy to get better. A low calorie diet after surgery, for example, can be ineffective as the body needs energy to speed up the recovery process. The body needs protein but it also needs carbohydrates and sugar.

Other aspects of menu planning include considering the growing number of allergies, specialist diets, the age of the patients and whether there are any who struggle to eat. Some patients need to have soft food that's easy to swallow.

Chefs should not be discouraged by these restrictions. The job is not to impress. The job is to care. There is as much skill in making a really delicious soup as there is in creating a hotpot.

But, and here's the problem, whatever you create must be able to survive the journey from the kitchen to the ward and from the bedside to the mouth. Understanding that will make menu planning much easier. You can only plan when you fully understand the exact requirements of the people who are eating.

DR SALIHA MAHMOOD-AHMED

Gastroenterologist and former winner of MasterChef

I want to see kitchens alive and breathing in the NHS. I feel that microwave based facilities have led to the erosion of cookery skill within NHS facilities and this is a real shame. Here we have an opportunity to preserve local traditions and recipes and heal through home-cooked food.



“The optimum goal for every hospital must be food prepared from scratch every day using fresh ingredients and cooked by skilful chefs who are mindful of tradition and taste.”

In my experience we have an over-reliance on microwaves and a tendency to work with big companies. I understand that some hospitals simply do not have the space and there are no facilities. However, this is an excuse that is hard to justify in the long term.

I'm always being asked what should I eat? In hospital it's very different to home. I think it's all about dietary patterns and achieving maximum longevity through diet. There is no question that patient food needs to reflect that.

One of my concerns is what I would describe as identification. Cauliflower cheese is identifiable. The menu description makes sense. Patients understand it immediately. It's popular. However, it can be either delicious or disgusting even when made with the identical ingredients.

What we are talking about here is technical skill. The only way we are going to help patients to eat better and eat well is if the food is both attractive and nice to eat - this means that it should appear as it should and taste the way it should. This does not mean plate presentation. We are not talking fine dining.

With cauliflower cheese simple techniques like chopping the cauliflower into uniform pieces and combining it with the correct amount of sauce can make a big difference. When you apply these techniques to British food the results can be amazing.

However, on the staff side it's a different issue. Hospital staff, especially on the clinical and nursing side, are so busy that they don't eat properly across the NHS. Nurses don't have enough to eat and sometimes biscuits are the only food they have access to. This is terrible and needs to be addressed.

Patients do not pay for their food. Staff do. Therefore, staff food not only needs to be appropriate it also needs to be affordable and cost-effective.

There is another point to consider as well. Staff are hugely diverse. Often the staff in a hospital come from the same background as the patients. These staff are an untapped resource. Their knowledge of their own food culture is rich and can be used both in the canteens and in the kitchen. It's just a question of understanding who knows what and allowing them to have a voice. If you do that the food culture in hospitals will change radically.

SOUPS

- Italian Bean and Vegetable Soup
- French Onion Soup
- Broccoli Soup
- Roasted Red Pepper and Tomato Soup
- Spiced Butternut Squash Soup
- Mushroom Soup
- Country Vegetable Soup
- Carrot and Coriander Soup
- Cream of Leek and Potato Soup
- Cream of Tomato Soup

01

ITALIAN BEAN & VEGETABLE SOUP

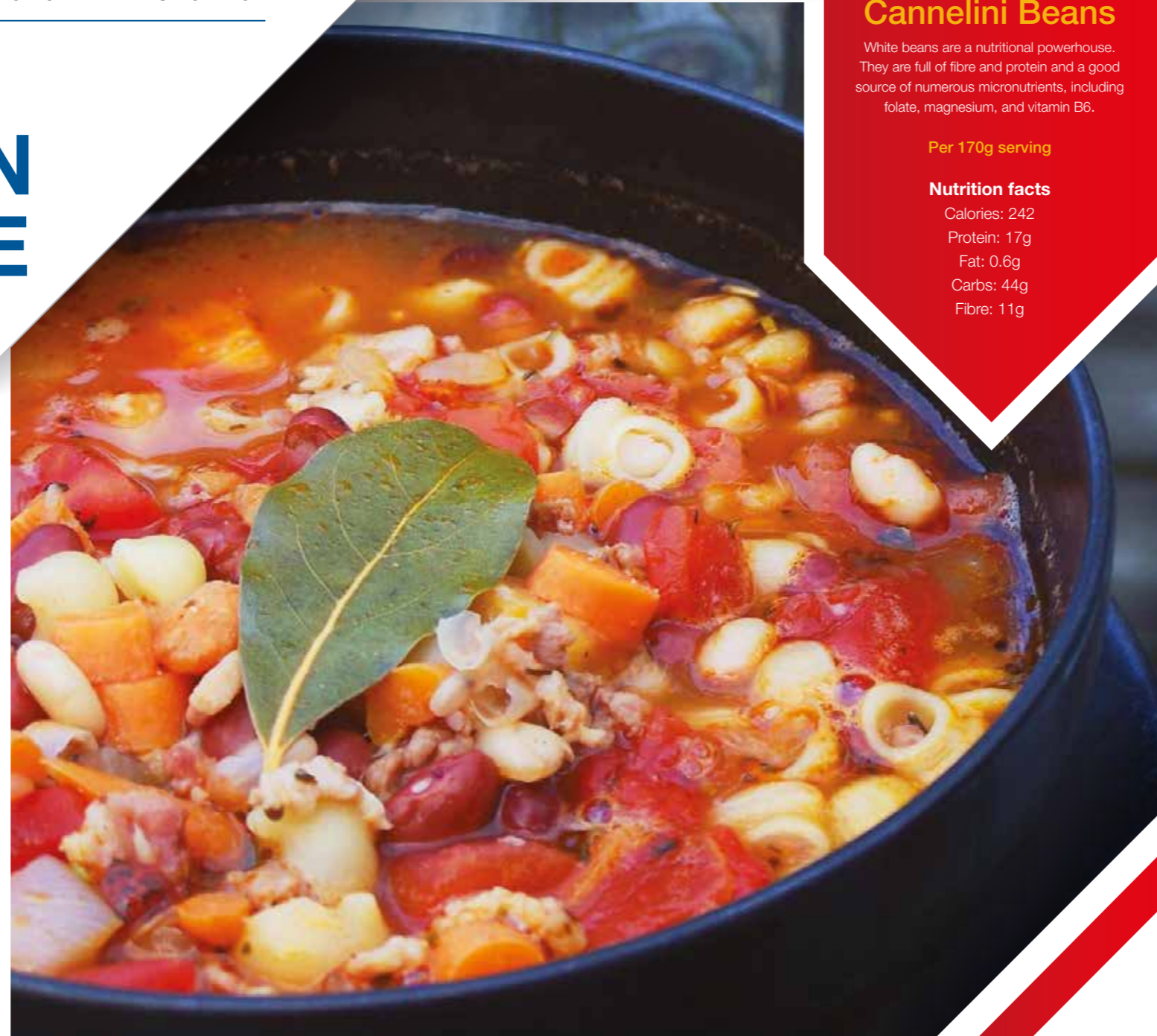
Beans are a valuable store cupboard ingredient for hospital chefs. They are full of protein which is important for meat-eaters and vegetarians. This soup is soothing and has a non-spicy flavour which is important for menu balance.



All soups are good for one-hand eating which helps those who struggle to eat with both hands. Packed with flavour why not serve with warm crusty bread?

	PER 100g	%RI	PER 199ml SERVING	%RI
Energy (kJ)	174 kJ	2%	347 kJ	4%
Energy (kcal)	41 kcal	2%	82 kcal	4%
Fat	0.5 g	1%	0.8 g	1%
of which saturates	0 g	0%	0.1 g	1%
Carbohydrate	6.2 g	2%	12 g	5%
of which sugars	2.4 g	3%	4.7 g	5%
Fibre	2.4 g	10%	4.8 g	19%
Protein	2.1 g	4%	4.2 g	8%
Salt	0.2 g	3%	0.4 g	7%

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Cannellini Beans

White beans are a nutritional powerhouse. They are full of fibre and protein and a good source of numerous micronutrients, including folate, magnesium, and vitamin B6.

Per 170g serving

Nutrition facts

Calories: 242
 Protein: 17g
 Fat: 0.6g
 Carbs: 44g
 Fibre: 11g

Ingredients - Serves 10

- 130g Carrots
- 10g Garlic Purée
- 550ml Water (approx)
- 90g Sweetcorn
- 400g Cannellini Beans in Water
- 550g Canned Chopped Tomatoes in Juice
- 3ml Pure Olive Oil
- 150g Brown Skin Onion
- 80g Fine Green Beans
- 15g Basil Green
- 12g Vegetable Bouillon



VEGETARIAN

Cooking Instructions

1. Peel and finely chop the onions.
2. Dice the carrots.
3. Drain the beans.
4. Prepare and chop the herbs.
5. Heat the oil in a pan. Add the onions, garlic and carrots. Cook with the lid on but without colouring for 15 minutes.
6. Add the tomatoes, bouillon and water. Bring to boil and simmer for 10 minutes.
7. Add the drained beans, peas, green beans and sweetcorn. Simmer until vegetables are soft. Ensure core temperature has been reached 75°C (82°C in Scotland).
8. Stir through the chopped herbs and serve.

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CONTAINS:



SULPHITES

MAY CONTAIN:



GLUTEN



CELERY

02

FRENCH ONION SOUP

French onion soup is a familiar name with a certain age of patient. Never underestimate this. It's flavoursome and comforting and a good example of using an ingredient to build flavour rather than relying on salt. The slow caramelisation of the onions builds flavour. The result is pure comfort.

Luxurious and comforting when served with a classic toasted cheese crôte.



CONTAINS:



WHEAT



BARLEY

	PER 100g	%RI	PER 200ml SERVING	%RI
Energy (kJ)	118 kJ	1%	502 kJ	6%
Energy (kcal)	28 kcal	1%	119 kcal	6%
Fat	0.8 g	1%	3.5 g	5%
of which saturates	0.2 g	1%	0.7 g	4%
Carbohydrate	3.9 g	2%	17 g	7%
of which sugars	2.3 g	3%	9.9 g	11%
Fibre	0.6 g	2%	2.7 g	11%
Protein	0.9 g	2%	3.8 g	8%
Salt	0.16 g	3%	0.7 g	12%

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VEGETARIAN



Ingredients - Serves 10

- 1.6kg Onions
- 2g Caster Sugar
- 10g Garlic
- 28g Plain Flour
- 2.5ltr Hot Water
- 55g Margarine
- 28g Tomato Purée
- 2g Gravy Mix
- 20g Vegetable Bouillon Powder
- 2g Cracked Black Pepper
- 5 Slices of Bread for Croutons
- 100g Grated Cheddar for Topping

Preparation

1. Prepare the onions and thinly slice.
2. Peel, crush and chop the garlic.
3. Dissolve the bouillon in the hot water to make a stock.

Cooking Instructions

1. Melt the margarine in a pan. Gently fry the onions and garlic for approx 15 minutes until softened and golden.
2. Stir in the flour and mix well until no lumps. Cook for 1 minute.
3. Add the tomato purée. Slowly add the stock. Bring to the boil.
4. Add the pepper sugar and gravy mix.
5. Cover and simmer for approx 30 minutes. Ensure core temperature has been reached 75°C (82°C in Scotland).
6. Place a croute of cheese toasted bread on top of the soup and serve.

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MAY CONTAIN:



MILK



EGGS



CELERY



MUSTARD



SOYA

Onions

Onions are nutrient-dense, meaning they're low in calories but high in vitamins such as vitamin C, folate and B6 as well as being a good source of potassium.

One medium onion (110g)

Nutrition facts

Calories: 44
 Protein: 1.2g
 Carbs: 10.3g
 Sugar: 4.7g
 Fibre: 1.9g
 Fat: 0.1g

03

BROCCOLI SOUP

This is a very popular soup that can be enhanced with big flavours such as stilton cheese. However, on its own broccoli soup has a distinct flavour on its own that is extremely popular on any retail menu.



A great addition to any menu to take it to a next level serve with crumbled blue cheese.



VEGETARIAN



VEGAN

	PER 100g	%RI	PER 196ml SERVING	%RI
Energy (kJ)	113 kJ	1%	222 kJ	3%
Energy (kcal)	27 kcal	1%	53 kcal	3%
Fat	1.1 g	2%	2.2 g	3%
of which saturates	0.1 g	1%	0.2 g	1%
Carbohydrate	3.3 g	1%	6.5 g	3%
of which sugars	1 g	1%	1.9 g	2%
Fibre	0.6 g	2%	1.2 g	5%
Protein	0.7 g	1%	1.3 g	3%
Salt	0.16 g	3%	0.31 g	5%

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Broccoli

Broccoli is a green vegetable and belongs to the plant species known as Brassica oleracea. It's closely related to cabbage, Brussels sprouts, kale and cauliflower — all edible plants collectively referred to as cruciferous vegetables.

There are three main varieties of broccoli: Calabrese broccoli, sprouting broccoli, purple cauliflower.

91g of raw broccoli

Nutrition facts

Carbs: 6g
Protein: 2.6g
Fat: 0.3g
Fibre: 2.4g

Ingredients - Serves 10

- ½ Lemon
- 150g Potato Whole Premium
- 150g Onion Cooking Premium
- 10g Vegetable Bouillon
- 1.35ltr Hot Water (approx)
- 1g Spice Nutmeg Ground
- 1g Black Ground Pepper
- 20ml Rapeseed Oil Extended Life
- 250g Broccoli

Preperation

1. Chop the onions into fine dice.
2. Dice the potato.
3. Grate the rind from the lemon.
4. Chop the broccoli using the stalk as well.
5. Make the bouillon up to 1.35 litres (approx) stock with boiling water.

Cooking Instructions

1. In a large saucepan heat the oil and fry the onions for 5-8 minutes until slightly softened.
2. Add the broccoli, potato, stock and lemon rind. Cover and simmer for about 45 minutes until the vegetables are soft.
3. Liquidise or purée until smooth.
4. Add nutmeg return to the saucepan and gently heat.
5. Ensure the core temperature is above 75°C (82°C in Scotland).
6. Season with black pepper and serve.

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MAY CONTAIN:



04

ROASTED RED PEPPER AND TOMATO SOUP

Colour in a bowl! The roasted of the peppers and tomatoes intensifies the flavours and at the end of the summer when there is a glut of tomatoes the flavours are exceptional. This vibrant bright soup can be enhanced with a touch of chilli to lift it even higher.



CONTAINS:



CELERY

	PER 100g	%RI	PER 196ml SERVING	%RI
Energy (kJ)	76 kJ	1%	145 kJ	2%
Energy (kcal)	18 kcal	1%	35 kcal	2%
Fat	0.7 g	1%	1.4 g	2%
<i>of which saturates</i>	0 g	0%	0 g	0%
Carbohydrate	2.2 g	1%	4.2 g	2%
<i>of which sugars</i>	1.7 g	2%	3.3 g	4%
Fibre	0.5 g	2%	0.7 g	3%
Protein	0.5 g	1%	1 g	2%
Salt	0.15 g	3%	0.29 g	5%

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Ingredients - Serves 10

- 160g Red Pepper Diced
- 90g Onion
- 4g Garlic
- 10g Vegetable Bouillon Mix
- 12ml Extended Life Rapeseed Oil
- 1.1ltr Hot Water (approx)
- 15g Tomato Purée
- 1g Cracked Black Pepper
- 500g Tinned Plum Tomatoes
- 30g Celery

Preparation

1. Pre-heat the oven to 180°C.
2. Prepare the onion and finely chop.
3. Core, de-seed and chop the peppers.
4. Peel and crush the garlic.
5. Dice the tomatoes and celery.
6. Make the bouillon up with boiling water.

Cooking Instructions

1. Coat the peppers in half the oil and roast in the pre-heated oven for 10 minutes.
2. Heat the remaining oil in a pan. Add the onion and sauté until soft.
3. Add the pepper and cook for 2 minutes.
4. Add the garlic celery tomatoes purée and stock. Season with the pepper.
5. Bring to the boil. Cover reduce to a simmer and cook for approx 30 minutes.
Ensure core temperature has been reached: 75°C (82°C in Scotland)
6. Allow to cool slightly. Pour into a blender and process to a fine purée.
7. Ensure it is hot for service.

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VEGETARIAN



VEGAN

Red Peppers

Red peppers (*Capsicum annum*) belong to the nightshade family. Low in calories and rich in vitamin C and other antioxidants, they are an excellent addition to a healthy diet. Fresh red peppers are mainly composed of water (92%). The rest is carbs and small amounts of protein and fat.

100g red pepper

Nutrition facts

Calories: 31
 Water: 92%
 Protein: 1g
 Carbs: 6g
 Sugar: 4.2g
 Fibre: 2.1g
 Fat: 0.3g

05

SPICED BUTTERNUT SQUASH SOUP

An autumn dish that's warming and comforting when it's cold outside. The earthy flavour of the squash can be intensified by roasting it and the addition of the spice lifts the flavour beautifully. This is a popular soup when blended for easy eating and is also a popular retail menu offer.

This soup really does the humble butternut squash justice, flavoursome and sweet. Try toasting the seeds to serve as a snack.



CONTAINS:



MUSTARD



VEGETARIAN

	PER 100g	%RI	PER 160ml SERVING	%RI
Energy (kJ)	444 kJ	5%	708 kJ	8%
Energy (kcal)	106 kcal	5%	170 kcal	9%
Fat	6.4 g	9%	10 g	14%
of which saturates	4.3 g	22%	6.9 g	35%
Carbohydrate	10 g	4%	16 g	6%
of which sugars	4.6 g	5%	7.4 g	8%
Fibre	1.1 g	4%	1.7 g	7%
Protein	1.7 g	3%	2.6 g	5%
Salt	0.4 g	7%	0.63 g	11%

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Butternut Squash

Butternut squash is a nutritional powerhouse of essential vitamins, minerals, and antioxidants. It adds flavour to meals while being low in calories and high in fibre. Butternut squash is an orange-fleshed winter squash and is celebrated for its versatility and sweet, nutty flavour. It is commonly considered a vegetable but in reality it is technically a fruit.

100g contains

Nutrition facts

Carbs: 12g
Protein: 1g
Fat: 0.1g
Fibre: 2g

Ingredients - Serves 10

- 30g Korma Paste
- 250g White Potato
- 500ml Hot Water (approx)
- 130g Onion
- 1g Pepper Black Ground
- 13g Vegetable Bouillon Mix
- 20ml Rapeseed Oil Extended Life
- 25g Coriander
- 325g Butternut Squash

Cooking Instructions

1. Roughly chop onions and the potatoes. Peel and scoop out the seeds from the butternut squash and cut into 2 inch pieces.
2. Sweat off the onions without colouring, add the potatoes korma paste and the butternut squash and cook for 2 minutes.
3. Add the vegetable stock (1lt made to the manufacturers instructions) and simmer until all vegetables are well cooked and tender.
4. Liquidise until Smooth. Season with the pepper and a little sugar bring back to a simmer. Ensure core temperature has been reached: 75°C (82°C in Scotland).
5. Remove from heat stir in coriander.

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MAY CONTAIN:



06

MUSHROOM SOUP

Good old mushroom soup, one of our supermarkets bestsellers. Those that love it swear by it. It's easy to make and full of good nutrients as well as its indescribable flavour. Soups are comforting and having this in the repertoire goes a long way to building a diversified menu.



The earthy flavours of different varieties of cultivated mushrooms give us the chance to mix things up.

	PER 100g	%RI	PER 200ml SERVING	%RI
Energy (kJ)	102 kJ	1%	189 kJ	2%
Energy (kcal)	24 kcal	1%	45 kcal	2%
Fat	0.8 g	1%	1.4 g	2%
of which saturates	0.2 g	1%	0.3 g	2%
Carbohydrate	2.8 g	1%	5.1 g	2%
of which sugars	1.2 g	1%	2.2 g	2%
Fibre	0.5 g	2%	0.8 g	3%
Protein	1.3 g	3%	2.5 g	5%
Salt	0.41 g	7%	0.75 g	13%



VEGETARIAN



VEGAN

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Ingredients - Serves 10

- 25g Vegetable Bouillon Mix
- 1.1ltr Cold Water (approx)
- 15ml Lemon Juice
- 170g Onions
- 5g Parsley
- 10g Cornflour
- 25g Margarine
- 500g Mushrooms
- 1g Cracked Black Pepper to Taste

Cooking Instructions

1. Heat the water and mix in the vegetable bouillon mix.
2. Peel and thinly shred the onions.
3. Melt the margarine in a suitably sized saucepan and add the onions cook until tender but without colouring.
4. Wipe and chop the mushrooms into quarters or halves dependent on size.
5. Add the mushrooms to the onions and sauté for 10 minutes stirring occasionally.
6. Add the vegetable stock, bring to the boil and simmer for 25-30 minutes until the mushroom and onions are soft and fully cooked.
7. Add the lemon juice and blend with a stick blender or in a processor - until smooth
8. Bring back to the boil, mix the cornflour with a little cold water and whisk into the soup and cook out for five minutes.
9. Add the chopped parsley and serve.

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White Mushrooms

White mushrooms are low in calories but pack plenty of nutrients. Due to their exposure to UV rays or sunlight, mushrooms are a natural, non-animal source of vitamin D2. The body turns vitamin D2 into the active form of vitamin D.

96g of whole white mushrooms

Nutrition facts

Calories: 21
Carbs: 3g
Fibre: 1g
Protein: 3g
Fat: 0g

07

COUNTRY VEGETABLE SOUP

There's something about the name 'country vegetable' that evokes happiness and comfort. This can be a comforting way to perk up a visitors day who may be seeing a patient, or even a staff member who is having a tough day. This soup presses every vegetable button and is a great way of using up leftover vegetables.

This is traditionally a hearty, warming autumnal classic. But why not switch things around and make use of seasonal vegetables all year round.



CONTAINS:



CELERY



WHEAT



Swede

Swede is an excellent source of potassium, calcium, magnesium, and vitamins E and C. It also contains a moderate amount of folate, phosphorus and small amounts of selenium.

One medium swede 386g

Nutrition facts

Calories: 143
Carbs: 33g
Protein: 4g
Fat: 0.5g
Fibre: 9g

Ingredients - Serves 10

- 140g Carrots
- 100g Swede
- 100g Leeks Shredded
- 1.4ltr Cold Water (approx)
- 30g Vegetable Bouillon Mix
- 80gm Onions
- 7g Flat Leaf Parsley
- 20g Plain Flour
- 110g Celery
- 35g Margarine
- 60g Frozen Peas



VEGETARIAN



VEGAN

Cooking Instructions

1. Remove the stem and outer leaves of the leeks and wash thoroughly.
2. Peel the onions and desting the celery.
3. Cut all the vegetables into small dice approx 1½ -2 cm.
4. Melt the margarine in a suitably sized saucepan saute the vegetables until slightly softened approx 10 minutes Add the flour to make a roux.
5. Heat the water and mix in the vegetable bouillon.
6. Gradually add the stock to the roux stirring continuously until all the stock has been incorporated.
7. Bring to the boil and simmer for 30 minutes or until the vegetables are tender and the soup has thickened to the correct consistency.
8. Chop the parsley and add to the soup along with the peas.
9. Season with pepper simmer for a further 5 minutes and serve.

NB this recipe contains a differing amount of stock powder to that shown on the manufacturer's instructions.

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	PER 100g	%RI	PER 202ml SERVING	%RI
Energy (kJ)	112 kJ	1%	226 kJ	3%
Energy (kcal)	27 kcal	1%	54 kcal	3%
Fat	1 g	1%	2.1 g	3%
of which saturates	0.2 g	1%	0.5 g	3%
Carbohydrate	3.2 g	1%	6.5 g	3%
of which sugars	1.6 g	2%	3.2 g	4%
Fibre	0.6 g	2%	1.3 g	5%
Protein	0.9 g	2%	1.7 g	3%
Salt	0.46 g	8%	0.93 g	16%

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08

CARROT AND CORIANDER SOUP

This soup is a great lesson in using an ingredient, coriander, to lift flavour without the need to add salt. The sweetness of the carrots is lifted and enhanced by the subtle flavour of the coriander which also adds colour to this appealingly golden hued dish. An extremely recognisable and popular soup.



	PER 100g	%RI	PER 202ml SERVING	%RI
Energy (kJ)	176 kJ	2%	356 kJ	4%
Energy (kcal)	42 kcal	2%	85 kcal	4%
Fat	1.8 g	3%	3.6 g	5%
of which saturates	0.4 g	2%	0.8 g	4%
Carbohydrate	4.6 g	2%	9.4 g	4%
of which sugars	2.8 g	3%	5.6 g	6%
Fibre	1.3 g	5%	2.5 g	10%
Protein	1.3 g	3%	2.6 g	5%
Salt	0.2 g	3%	0.41 g	7%

MAY CONTAIN:



CELERY



GLUTEN



Ingredients - Serves 10

- 250g Cooking Onion
- 550g Carrots
- 1ltr Hot Water (approx)
- 10g Vegetable Bouillon Mix
- 10g Chopped Garlic
- 1g Black Cracked Pepper
- 60g Margarine
- 125g Potatoes
- 15g Coriander

Preparation

1. Prepare the potatoes, carrots and onions in to 1cm dice.
2. Prepare and chop the coriander.
3. Dilute the bouillon in the hot water to make the stock.
4. Prepare the garlic and chop as required.

Cooking Instructions

1. Sweat the onions in the margarine until soft.
2. Add the carrots and cook for 10 minutes.
3. Add the stock potatoes and simmer until the vegetables are soft. Season with pepper.
4. Remove from heat and allow to cool slightly. Purée in a blender until smooth. Ensure core temperature has been reached: 75°C (82°C in Scotland).
5. Stir in the coriander.
6. Serve hot.

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Coriander

Coriander is a fragrant, antioxidant-rich herb that has many culinary uses and health benefits. It comes from the Coriandrum sativum plant and is related to parsley, carrots, and celery. Coriander is also a good source of Vitamin A, C & K, iron and calcium.

One teaspoon of dried coriander leaves

Nutrition facts

Calories: 2
 Protein: Less than 1g
 Fat: Less than 1g
 Carbohydrates: Less than 1g
 Fibre: 1g
 Sugar: Less than 1g



VEGETARIAN



VEGAN

09

CREAM OF LEEK AND POTATO SOUP

One of the great soup combinations of all time. Leeks have a sweet spot and when they are just cooked before they lose their colour the flavours are out of this world. Paired with the energy-giving potato and the addition of cream adds protein and calories. you have a perfect soup.



A classic soup full of goodness for those cooler months. Make some crispy croutons from stale bread to add a new dimension to the dish.

	PER 100g	%RI	PER 151ml SERVING	%RI
Energy (kJ)	402 kJ	5%	608 kJ	7%
Energy (kcal)	97 kcal	5%	146 kcal	7%
Fat	6.9 g	10%	10 g	14%
of which saturates	3.5 g	18%	5.3 g	27%
Carbohydrate	6.2 g	2%	9.4 g	4%
of which sugars	1.5 g	2%	2.2 g	2%
Fibre	0.8 g	3%	1.2 g	5%
Protein	1.9 g	4%	2.9 g	6%
Salt	0.35 g	6%	0.52 g	9%

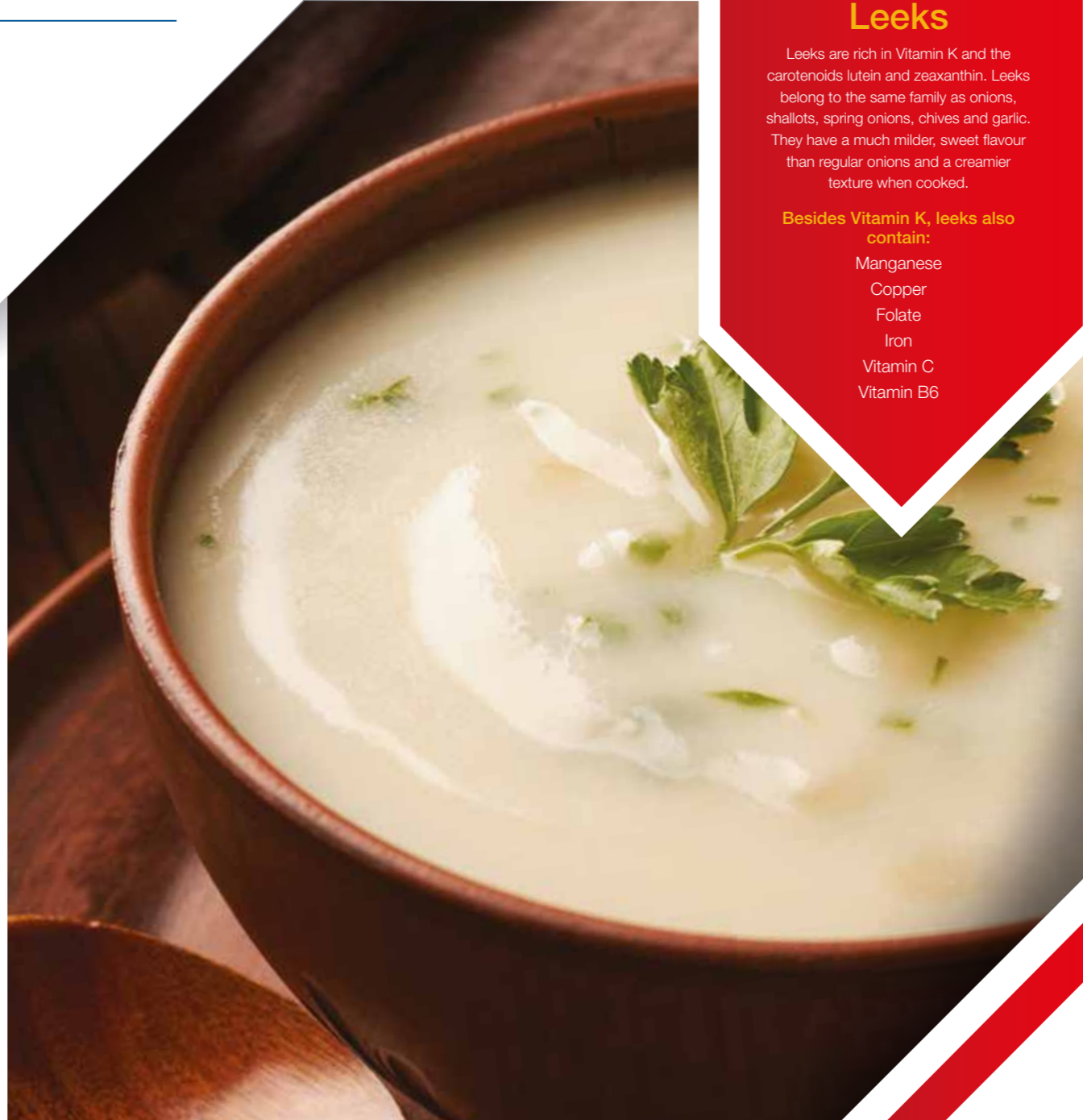
CONTAINS:



MILK



VEGETARIAN



Leeks

Leeks are rich in Vitamin K and the carotenoids lutein and zeaxanthin. Leeks belong to the same family as onions, shallots, spring onions, chives and garlic. They have a much milder, sweet flavour than regular onions and a creamier texture when cooked.

Besides Vitamin K, leeks also contain:

- Manganese
- Copper
- Folate
- Iron
- Vitamin C
- Vitamin B6

Ingredients - Serves 10

- 350g White Potatoes
- 1g Cracked Black Pepper
- 15g Vegetable Bouillon Mix
- 700ml Water (approx)
- 230g Leeks Shredded
- 2g Thyme
- 3g Flat Leaf Parsley
- 60g Margarine
- 150ml Double Cream

Cooking Instructions

1. Prepare 700ml of vegetable stock as per manufacturer's instructions.
2. Peel and thinly shred the leek and onion.
3. Sweat off the onions and leeks in the margarine until they are transparent.
4. Add the vegetable stock.
5. Cut the potatoes into small pieces 2-3cm, dice and add to the soup. Bring to the boil and simmer for approximately 30 minutes or until the potatoes are fully cooked and soft.
6. Remove from the heat and blend with a stick blender or process through a food processor.
7. Adjust consistency and season with pepper as necessary.
8. Add cream and garnish with chopped parsley.
9. Add thyme to infuse just prior to service.

NB this recipe contains a differing amount of stock powder to that shown on the manufactures instructions.

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10

CREAM OF TOMATO SOUP

No soup menu is complete without a cream of tomato. It can be made year round using fresh tomatoes in the summer and tinned in the winter. It's popular, comforting and traditional. The cream rounds out the flavour of the tomato and adds a richness.



	PER 100g	%RI	PER 151ml SERVING	%RI
Energy (kJ)	527 ^{kJ}	6%	797 ^{kJ}	9%
Energy (kcal)	127 ^{kcal}	6%	192 ^{kcal}	10%
Fat	8.7 ^g	12%	13 ^g	19%
of which saturates	2.4 ^g	12%	3.6 ^g	18%
Carbohydrate	9.5 ^g	4%	14 ^g	5%
of which sugars	6.2 ^g	7%	9.3 ^g	10%
Fibre	1.4 ^g	6%	2.1 ^g	8%
Protein	2 ^g	4%	3 ^g	6%
Salt	0.58 ^g	10%	0.87 ^g	15%

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CONTAINS:



MILK



WHEAT

MAY CONTAIN:



CELERY



VEGETARIAN



Tomatoes

The tomato (*Solanum lycopersicum*) is a fruit from the nightshade family native to South America and is the major dietary source of the antioxidant lycopene. Despite botanically being a fruit, it's generally eaten and prepared like a vegetable. Tomatoes are a great source of vitamin C, potassium, folate, and vitamin K.

100g tomato

Nutrition facts

Calories: 18
 Protein: 0.9g
 Carbs: 3.9g
 Sugar: 2.6g
 Fibre: 1.2g
 Fat: 0.2g

Ingredients - Serves 10

- 80g Onions
- 130g Carrots
- 5g Cracked Black Pepper
- 20g Caster Sugar
- 40g Plain Flour
- 30g Vegetable Bouillon Mix
- 80ml Rapeseed Oil
- 10g Parsley
- 5g Thyme
- 20g Celery
- 2 large Leeks Outer Leaves
- 200g Tomato Purée
- 800g Tinned Plum Tomatoes
- 4g Bay Leaves
- 100ml Double Cream

Preparation

1. Dilute the bouillon as per manufacturers instruction.
2. Chop the carrots and onions in to small dice.
3. Quarter the tomatoes.

MAKE THE BOUQUET GARNI

1. Pull the leek skins apart.
2. Chop the celery and herbs small enough to lay on to the leek skins.
3. Wrap into a parcel and tie with string. Leave enough string to tie to the pan handle so the parcel will be covered by the soup but not resting on the base of the pan.

Cooking Instructions

1. Heat the oil in a pan. Add the onions, carrot and tomatoes. Cook for 10 minutes.
2. Add the flour and cook for another 5 minutes.
3. Add the tomato purée. Gradually add the stock and sugar.
4. Add the bouquet garni and tie to the handle.
5. Simmer for one hour.
6. Remove the bouquet garni and adjust the consistency with stock or water.
7. Blend the soup and pass through a sieve, add cream and stir in carefully and serve.

NB this recipe contains a differing amount of stock powder to that shown on the manufactures instructions.

LISTENING TO REPORTS FROM THE WARD



This section could be entitled - get to know your patients. However, just knowing who they are is only half the battle. What they leave on the plate is where the real battle begins. In a restaurant the kitchen will see the returning plates and quickly understand how dishes are being consumed and what is going to waste. This is really important stuff.

Chefs must understand how their dishes are perceived by their guests and there is no better way of understanding the success or failure of a dish than by scrutinising its return. If guests are not finishing a dish then there is a reason. The exact same rule applies to hospital patients.

If a hospital dish is not being consumed in full then it has not done its job. This topic will be revisited in a later chapter but it's important to note it early as a consideration in the kitchen. Listening to reports from the ward is an essential part of the life of a hospital chef. It is not enough to cook food and then not consider what happens down the line. Every part of the journey the food takes must be looked at in detail, but the most important detail comes from the ward. It is here that chefs can learn if food is being wasted, whether it has gone down well or simply

tolerated. Did the patients enjoy the main course? Did it make them feel better? Was it easy to eat? Was it hot or cold or lukewarm? Did the soup need a bit of salt? Was the custard lumpy, or the apple pie too sweet?

If a chef could actually witness their food being presented and eaten the way it really is on a ward then there would be lots of lessons to learn. In a restaurant a guest sits at a table. In a hospital a patient lies in a bed. The way patients eat is different. It is much harder to eat lying down. Have you considered that in the way you put dishes together? Are their too many components in your dishes that require physical dexterity to eat? Do you make food easy to eat with just a fork or is a knife important, too? Are you meeting regularly with ward staff to find the answers to these questions? Do you care about what the ward has to say?

Don't forget that the nurses are your waiters. They are the ones that are doing the serving. They are the ones who are getting the feedback. Their primary purpose is the health and wellbeing of their patients. If your food is helping their patients to recover and feel better then they will move mountains for you.

However, if the opposite is true and patients are not getting what they want or need then they will tell the nurses. And you need that feedback. It will make your department stronger and make your trust see the food in a way that encourages further investment.

The ideal scenario is that kitchens get greater funding because they are working as an integral part of the care package. By listening to the ward feedback you are going a long way to delivering that promise.

“Listening to reports from the ward is an essential part of the life of a hospital chef.”



PORTION SIZES

Designing a menu and working to a plan is one thing, but all that hard work can be undone in an instant if the portion sizes are wrong. And, current research suggests that patients are confused about what they need to be eating to get better and how much of it to eat.

In the 1970's an average portion size was half of what it is today. Food media and the nature of High Street food offerings have changed the perception of what a portion size is and hospitals, like so many other areas of catering, have fallen, unwittingly, into a trap.

Within the NHS there is no standard portion size for a meal and a rough estimate

carried out indicates the average weight of a main course is something closer to 400g. However, and here's the surprising bit, many patients leave almost half on their plate. The expression being used to describe this phenomena is "over-faced."

At the same time many patients in hospital are in danger of being under-nourished. In other words they are not eating enough

to help themselves get better. As was mentioned in an earlier chapter - a body in recovery needs energy. If the patient is not eating properly then this can slow down recovery.

Research showed that when the portion size was reduced to 250g there was far less left behind. Indeed, plates were empty. What does this tell us? There are two key issues here. The first is waste. With up to 85g of food left on the average plate that is a huge amount of waste. But, secondly, with patients eating everything on their plate there is an opportunity to load up the portion with nutrition.

"This is probably the most exciting research on portion sizing we've done to date," explained Tim Radcliffe. "What we are looking at is reducing portion sizes and increasing nutritional value. We know that patients are malnourished in some cases and we need to get them eating. With smaller portions we can increase what we know as nutrient density."

A really good example is a lasagne we have tested made with venison and quorn. The venison is rich in protein and nutrition and the quorn adds body but cuts down on cost. We then add some cream into recipe to add fat.

At 250g we are able to get a lot of nutrition into a smaller portion which doesn't look like it's too much."

The methodology here is similar to boosting nutrition in army rations. A soldier on a hillside in the cold needs extra calories but needs it to be easy to prepare and easy to eat. Though hospital patients do not need the same levels of energy and nutrition as a soldier, they do need more of the good stuff in a portion that doesn't appear too big. This science is at the cutting edge of hospital catering.

5 WAYS WE SUPPORT THE NHS

Improved Hygiene, Raising Food Standards, Increasing Customer Satisfaction and Reducing Cost are all buzz words that sum up Mitchell & Cooper products and also align seamlessly with the NHS food program.

Our family-run business proudly supports hospitals across the spectrum of catering from patient portion control to cost-saving appliances that can revolutionise patient, visitor and staff catering. At M&C we're proud to be the home of Bonzer and support the NHS. We've got over a century of experience and our portfolio of products are built for professionals.

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Bonzer Can Openers are the cleanest in the business. The only bench top can openers to have a quick release blade and easy clean features that make it simple to keep the workhorse of the kitchen up to the hygiene standards required for hospitals.

QUICK & RELIABLE

The larger Bonzer models open large catering cans twice as fast as the standard thanks to their larger wheel and handle, freeing up time to get creative with the ingredients.

Did we mention they also come with a lifetime guarantee, a Bonzer Can Opener won't let you down!



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We've got a huge variety of stick blenders from multiple manufactures to suit your needs. From lightweight handheld blenders used for sauces, to large mounted stick blenders capable of blending up to 300 litres in one batch, we're sure we've got the right tool for the job.

Our range offer excellent performance to guarantee smooth and silky results for soups, gravies and sauces. They also offer excellent consistency when modifying food texture for patients with dysphasia.

Our range includes Dynamic, Kisag and Bamix models that have been selected for their power, performance and durability.



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Our hot gloves come from top industry brands including Burnguard, Matfer and RedCookware. They're fully certified so you know you can depend on them to protect your kitchen staff while they work.

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THE PORTIONER

CREATE A CONSISTENT MENU | REDUCE FOOD WASTE | MADE IN EAST SUSSEX, UK

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Bonzer Portioners can save impressive amounts of food from being wasted. With increasing food cost, it's never been more important to maintain menu consistency. Introducing a portioner program into a busy kitchen could easily save a trust hundreds of thousands of pounds.

The Bonzer portioner range of scoops are available in 17 different colour coded sizes; From small portions of sauce, to larger portions of rice or pasta. Available in different colours the portioners are quick and easy to use even by unskilled staff. Built in our East Sussex factory, we also have options to produce custom colours and sizes when required.



SMOOTH LITE GRIP DESIGN | NO FOOD TRAPS | COLOUR CODED SIZES

BONZER

WHAT HOSPITAL FOOD CAN LEARN FROM HOTEL ROOM SERVICE

You are not alone. Problems with getting good food from A to B are not restricted to hospitals. Indeed, even the greatest hotels in the world have exactly the same problem. As you learn to prepare food for hospital patients it is well worth looking to hotels to see what they do to counteract the perilous journeys food can take from kitchen to bedroom.

The first point is that you can put anything on a menu. The menu itself is not the problem. Pizza, chips, toasted sandwiches and cooked breakfasts are all indispensable room service items. Hotels have to have them on the menu. The guest doesn't consider the problems the chef faces to get the food delivered the way it should be.

The same applies in hospitals. You can put what you want on a patient menu but if you don't consider it carefully you will end up with the wrong feedback. A lot of hospitals and hospital caterers do a lot of research into patient likes and dislikes. That feedback influences menus.

Hotels have tried everything in the past to make room service dishes travels better. That

has meant using satellite kitchens on every hotel floor - complete with toasters. In most cases, though, the cost of implementing such a strategy outweighs the benefits to the guests. Hotels don't do enough room service business to justify the cost and effort - much as they would like to.

Hospitals have captive patients. They all eat in bed and every piece of food is delivered.

Airlines are similar to hospitals in that passengers are static and captive. Instead of a bed they are in their seats. Pre-cooked food is loaded into the aircraft and is then heated through in very unforgiving galley ovens. The same rules apply - some food works at 35,000 feet, some doesn't. Airline chefs have got pretty good at knowing what

goes down well and what is bound to fail. In the air eggs are a nightmare but in a hospital an egg dish can work well - so long as the delivery time is known in advance.

Hospitals, therefore, have two choices: write menus for dishes that can withstand the heat and uneven ground of hospital corridors - not to mention wonky wheels. Or, it's time for a rethink. What could hospitals do to get round this fundamental issue? Read on.



LAUREN BOWEN

Chair of The Food Services Specialist Group of the British Dietetic Association

Delivering food in a hospital is both complex and challenging. Providing patient, staff, and visitors with a 24/7 provision which is healthy and nutritious is no mean feat.

In patient care the challenges are even greater with two subgroups: 'nutritionally well' and 'nutritionally vulnerable'. In the well group you might find a patient with a broken leg or an acute injury of some kind. Because this patient is well, they need to maintain good general nutrition and meet dietary reference values (DRVs), they have a normal appetite and nutritional requirements requiring a diet that follows healthier eating principles. However, the other subgroup, vulnerable, is very different. Here a patient may well be malnourished, have a small or poor appetite, and includes patients with major traumas such as head injury, burns or cancer, they may have multiple complications.



Lauren with Dr Rupy



They could be at risk of weight loss. Therefore, they need energy which translates to extra calories and protein to meet their increased nutritional needs. These patients can make up to a third of hospital admissions.

As dietitians we are not only concerned with nutrition and hydration, but we also aim to promote good quality, safe and patient focused food services. We know it impacts recovery. The aim in hospitals is getting a patient out. The quicker that can be managed the more beds can be freed up and the costs of patient care can be reduced. This is not a cavalier approach, though. It needs to be done carefully and food is at the centre of care. Chefs need to understand the differences between patients, the types of complex diets they require and the allergies they might have. What a patient eats when they are well is very different to what they feel like when they are ill. We work very closely with our ISS chefs to help them to understand and appreciate the different factors that influence food choices of an unwell patient. When patients who need to eat don't eat enough, malnutrition begins and there is a very small window of opportunity for dietary intervention to stop this deterioration. Hospitals need support from dietitians to work on modular training for chefs so they can understand what is going on at ward level and how the food they so carefully prepare needs to fulfil such diverse nutritional needs.

At ISS, we have conducted research to understand how we can best support patients' recovery by improving food in hospital. Exploring what patients want to eat, and when gives us a holistic insight into what they care about and focuses our work to improve their experience. Access to nutritious food that is modern, sustainable, and fresh, is critical and food as medicine is a concept that reaffirms this connection recognising high quality nourishment is essential for well-being and recovery.



MAINS

- Peruvian Roast Half Chicken
- Traditional Beef Stew
- Butter Chicken
- Fish Pie
- Chilli Glazed Salmon
- Vegetarian Tikka Masala
- Spaghetti Carbonara
- Sicilian Tuna Pasta
- Chicken Tikka Masala
- Lancashire Hotpot
- Thai Green Chicken Curry
- Frittata Campania
- Cottage Pie
- Honey & Mustard Chicken Salad
- Chicken Thigh Tagine
- Chicken Tandoori
- Firecracker Chicken Curry
- Chicken Shawarma Flatbread
- Chicken Katsu Burger
- Beef Lasagne
- Spanish Chicken
- Lemon Chicken Chow Mein
- Beef Bourguignon
- Ragu Bolognese
- Harissa Chicken Skewer
- Jerk Chicken Flatbread
- Katsu Chicken Donbari Bowl
- Teriyaki Chicken Donbari Bowl

11

PERUVIAN ROAST QUARTER CHICKEN (POLLO A LA BRASA)

Chicken on its own has a mild neutral flavour that can easily be enhanced. In this dish, done Peruvian style, a half chicken is marinated in soy, sugar and spices before being blackened into a taste explosion. Hospital food doesn't need to be bland. It can be adventurous and thrilling too.

A Peruvian/South American dish very much in fashion, which can form a great lunchtime offer.



	PER 100g	%RI	PER 159g SERVING	%RI
Energy (kJ)	1097 ^{kJ}	13%	1748 ^{kJ}	21%
Energy (kcal)	260 ^{kcal}	13%	414 ^{kcal}	21%
Fat	6.2 ^g	9%	9.9 ^g	14%
of which saturates	1.6 ^g	8%	2.5 ^g	13%
Carbohydrate	1.8 ^g	1%	2.9 ^g	1%
of which sugars	1.2 ^g	1%	1.9 ^g	2%
Fibre	0 ^g	0%	0.5 ^g	2%
Protein	49 ^g	98%	78 ^g	156%
Salt	0.8 ^g	13%	1.3 ^g	22%

CONTAINS:



WHEAT



SOYA



SULPHITES



Ginger

Ginger comes from a flowering plant originating in Southeast Asia and belongs to the Zingiberaceae family. It's closely related to turmeric, cardamom, and galangal. The rhizome (underground part of the stem) is the part commonly used as a spice. It's often called ginger root or, simply, ginger.

Ingredients - Serves 10

- 1.5kg Whole Tied Chicken Excluding Giblets
- 12.5g Dark Soft Brown Sugar
- 2.5g Oregano
- 2.5g Ground Cumin
- 3g Smoked Spanish Paprika
- 25ml Premium Dark Soy Sauce
- 25g Pure Olive Oil P.E.T.
- 12.5g Garlic Purée
- 12.5g Ginger Purée
- 25ml Lime Juice
- 1.5g Ground Black Pepper

Cooking Instructions

1. Thoroughly dry the chicken using kitchen paper. Remove the feet and wings at the first joint. Stand the chicken up and by using a sharp cooks knife cut the chicken in half lengthways through the back and breast bone then set aside.
2. Add lime juice into a mixing bowl. Add oil, sugar, soy, black pepper, paprika, cumin, oregano, garlic and ginger puree to the bowl. Mix together well.
3. Coat chicken in the marinade. Allow to chill for at least 2-4 hours, ideally overnight.
4. Pre- heat oven to 220°C. Place chicken halves onto an oven tray and roast for 15 minutes on a high heat (this will ensure the chicken has crispy skin).
5. Turn the oven down to 180°C and roast for a further 10 minutes or until a core temperature of 75°C (82°C in Scotland) has been reached.

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12

TRADITIONAL BEEF STEW

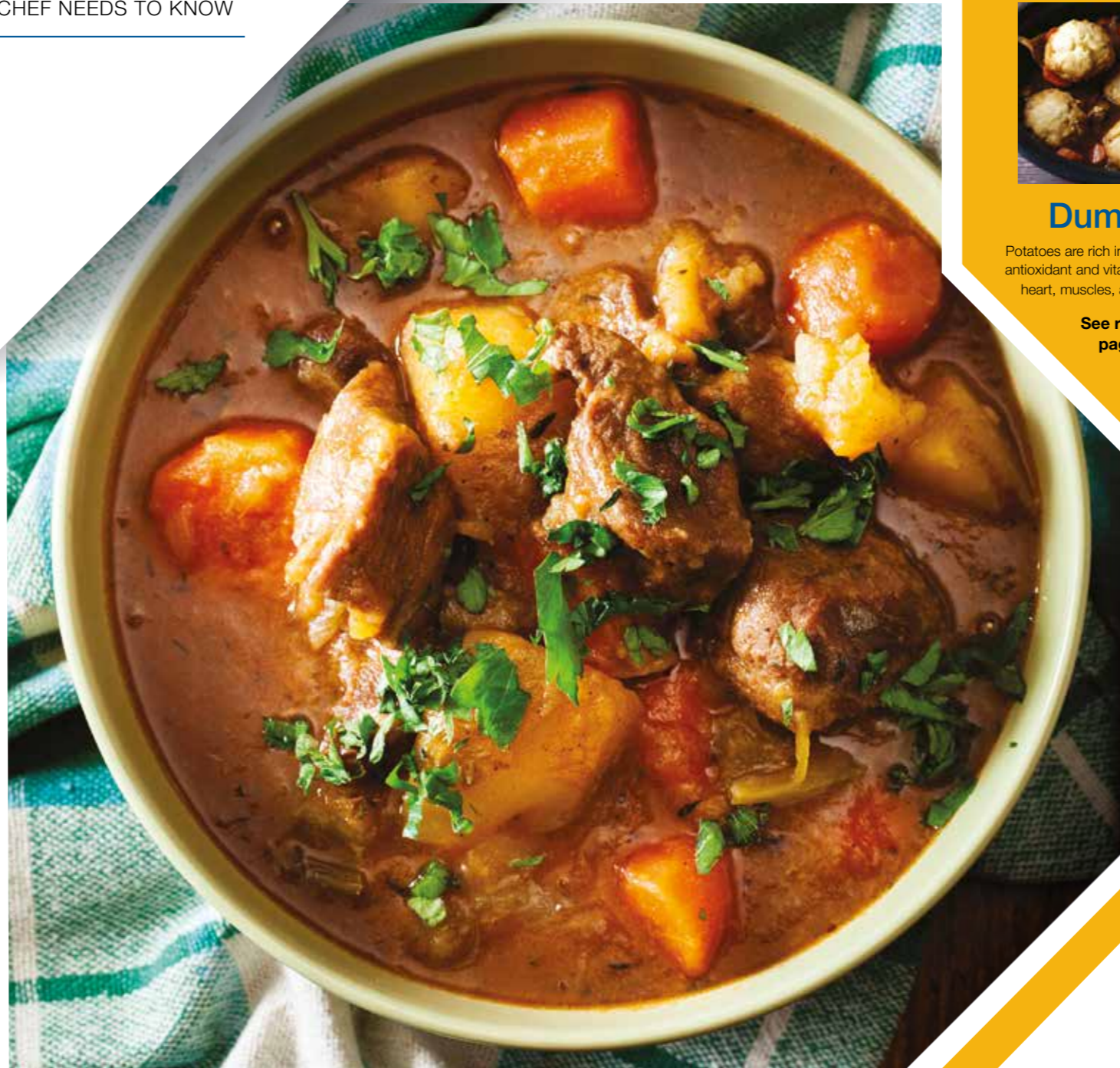
A hospital is very often a mixture of ages, faiths and ethnic backgrounds. Every menu needs a bedrock of traditional dishes to offset some of the more unfamiliar foods and there are few dishes more comforting than a beef stew. Filled with protein and goodness it's a popular choice and an excellent partner for some mashed potato.



Clever cooks use cheaper cuts. This is a great comforting dish that evokes childhood and home, which is really important when people are in hospital.

	PER 100g	%RI	PER 270g SERVING	%RI
Energy (kJ)	474 kJ	6%	1281 kJ	15%
Energy (kcal)	114 kcal	6%	307 kcal	15%
Fat	6.5 g	9%	18 g	26%
of which saturates	2.2 g	11%	6 g	30%
Carbohydrate	4.4 g	2%	12 g	5%
of which sugars	0.9 g	1%	2.5 g	3%
Fibre	0.5 g	2%	1.2 g	5%
Protein	9.1 g	18%	24 g	48%
Salt	0.3 g	5%	0.8 g	13%

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Dumplings

Potatoes are rich in vitamin C, which is an antioxidant and vitamin B6. Another major heart, muscles, and nervous system.

See recipe on page 156

Ingredients - Serves 10

- 1.1kg Chuck Steak, Hand Diced
- 1ltr Hot Water
- 180g Onion
- 1g Ground Black Pepper
- 100g Plain flour
- 20g Gluten Free Beef Bouillon Paste
- 5g Parsley (Curly)
- 5g Thyme
- 40ml Vegetable Oil
- 50g Cooking & Baking Spread
- 160g Carrots
- 40g Celery

Cooking Instructions

1. Prepare the onions, carrots and celery into 2cm dice.
2. Chop the herbs and make the stock using water and bouillon.
3. Coat the beef in the flour.
4. Heat the oil in a pan. Add the beef and seal until browned all over. Remove from the pan.
5. Add the margarine and then add all the vegetables.
6. Return the beef to the pan with the vegetables.
7. Add the stock and pepper. Stir and simmer for approx 2-3 hours - or until the meat is tender.
8. Ensure core temperature has been reached: 75°C (82°C in Scotland). Serve with dumplings, mash or boiled potatoes.

CONTAINS:



WHEAT



CELERY

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13

BUTTER CHICKEN

An old-fashioned mild, tomato-based chicken curry with a buttery, creamy finish. It's packed with calories and protein and is designed to deliver maximum nutrition in a smaller portion size. It is also familiar and recognisable. With smaller pieces of chicken it is also easy to eat with one hand. Great for any patients who struggle to eat with both hands.

A mild dish for those who don't like spicy food, but still enjoy the flavour profiles of Indian cuisine.



CONTAINS:



MUSTARD



MILK

MAY CONTAIN:



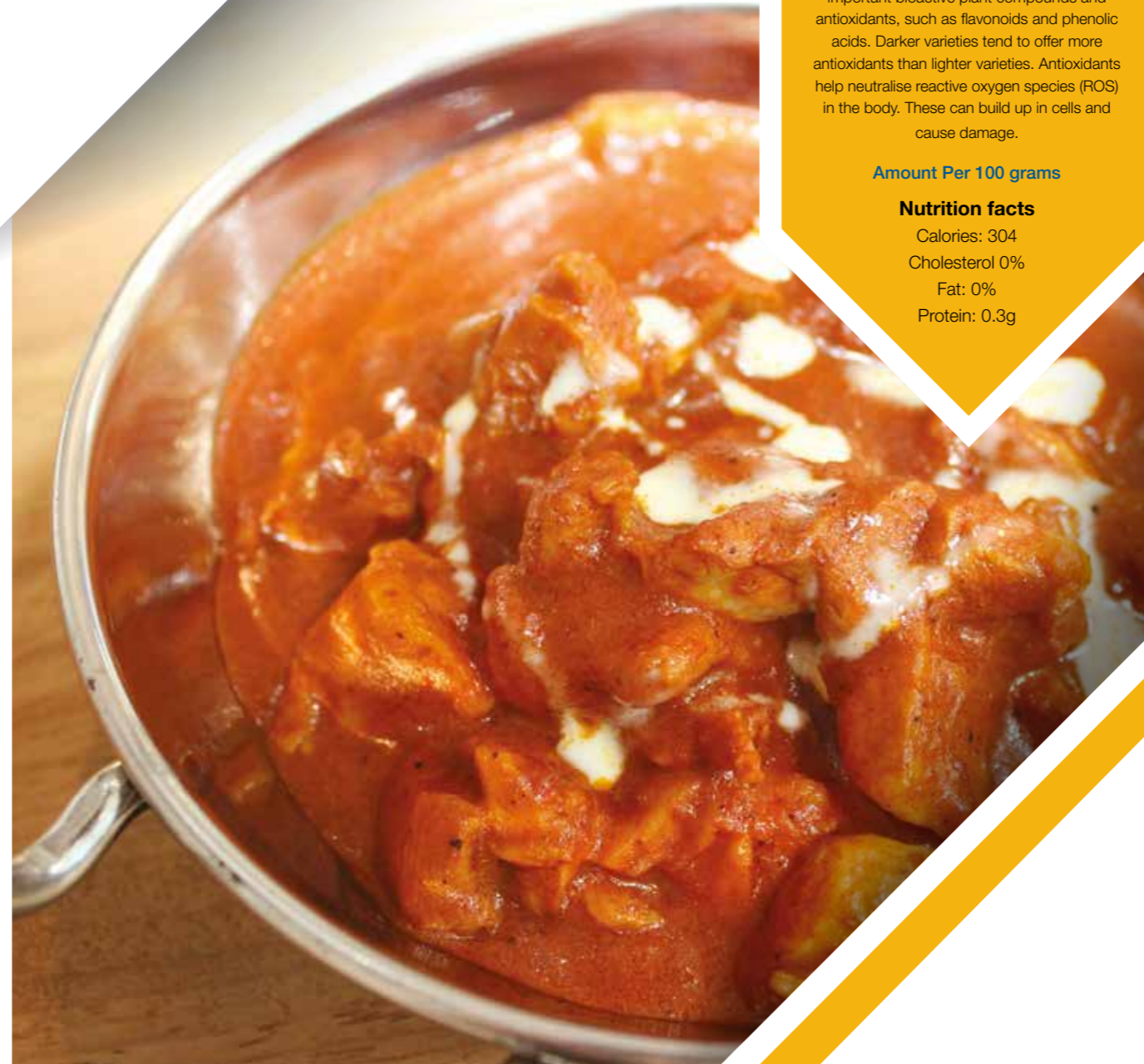
ALMONDS/
CASHEWS



PEANUTS

	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	578 kJ	7%	1736 kJ	21%
Energy (kcal)	139 kcal	7%	418 kcal	21%
Fat	9.9 g	14%	30 g	43%
of which saturates	3.9 g	20%	12 g	60%
Carbohydrate	3.9 g	2%	12 g	5%
of which sugars	1.9 g	2%	5.7 g	6%
Fibre	1.2 g	5%	3.7 g	15%
Protein	8 g	16%	24 g	48%
Salt	1 g	17%	3.1 g	52%

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Honey

Lightly processed honey contains many important bioactive plant compounds and antioxidants, such as flavonoids and phenolic acids. Darker varieties tend to offer more antioxidants than lighter varieties. Antioxidants help neutralise reactive oxygen species (ROS) in the body. These can build up in cells and cause damage.

Amount Per 100 grams

Nutrition facts

Calories: 304
Cholesterol 0%
Fat: 0%
Protein: 0.3g

Ingredients - Serves 10

- 1kg Chicken 50/50 (Breast/Thigh) Hand Diced
- 400g Canned Chopped Tomatoes in Juice
- 15g Gluten Free Chicken Flavour Bouillon Paste
- 10g Garlic Purée
- 300g Korma Hyderabad Paste
- 50ml Vegetable Oil
- 10g Ginger Purée
- 200g Cream
- 20g Clear Blossom Honey
- 500g Sliced Onions
- 400ml Water
- 100g Low Fat Spread

Cooking Instructions

1. Heat the oil in the pan, add the garlic, ginger and onions. Cook until the onions are soft and golden brown in colour.
2. Make chicken bouillon with 200ml of water. Add the korma paste and 200ml water. Cook on a medium heat until the water has evaporated and there is a little oil separation on the side of the pan.
3. Add the chopped tomatoes, cook for 3-4 minutes and blend until smooth.
4. Add 200ml water and chicken then simmer for 20 minutes ensuring the chicken reaches 75°C (82°C in Scotland) core temperature.
5. Stir in the cream and spread. Simmer gently for 2-3 minutes and serve. Finish with a drizzle of honey.

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14

FISH PIE

Traditional, soothing and familiar, a good fish pie uses up odds and ends of fish and can be eaten with just a fork. The mashed potato topping delivers energy and the creamy fish sauce underneath is filled with protein. A perfect dish that delivers the right amount of nutrition in a way that brings happiness and joy.



A great dish for utilising trimmings from cuts of fish - use a combination of fish species to create a hearty, winter warming dish.

CONTAINS:



WHEAT



MILK



EGGS



FISH

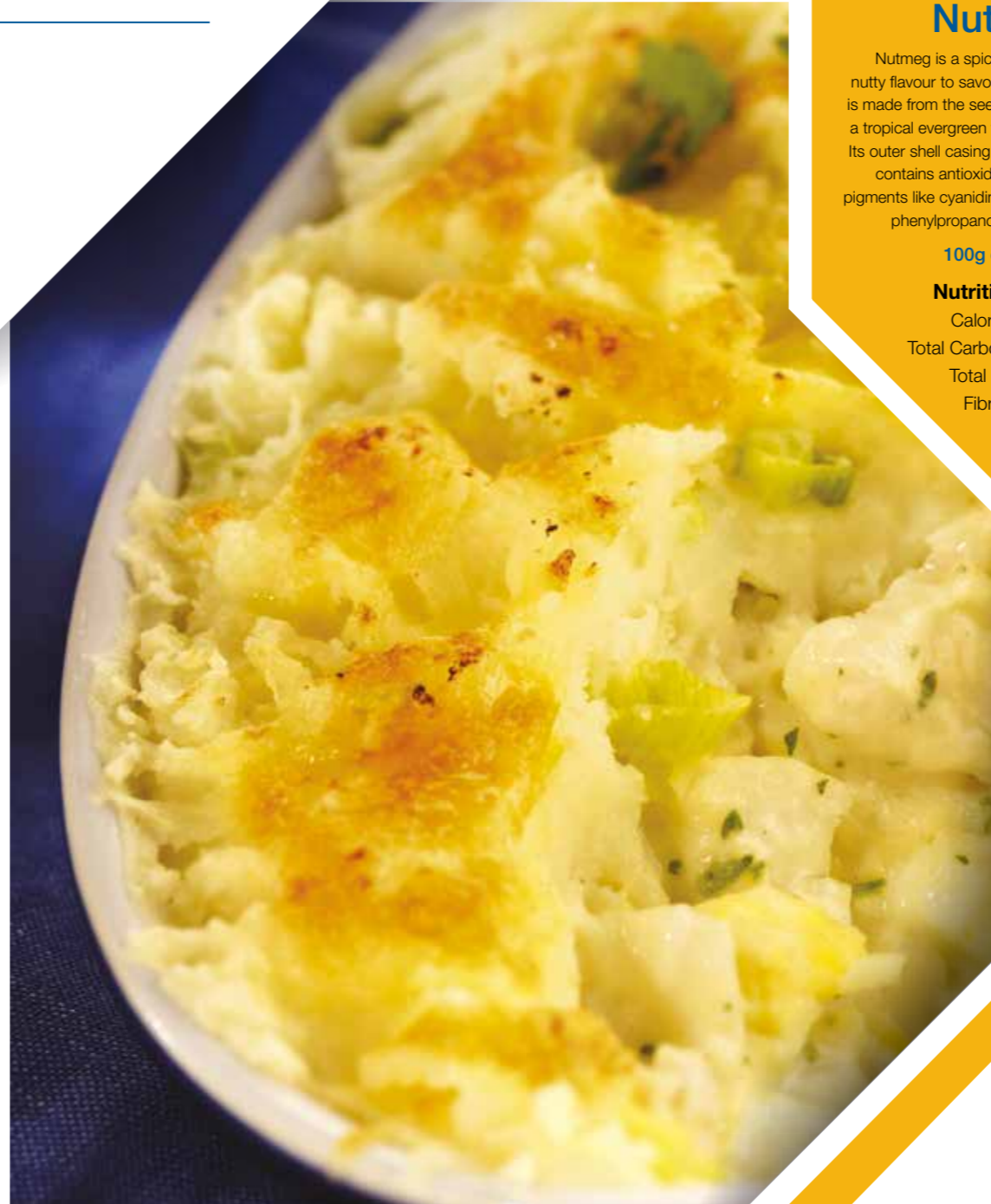
MAY CONTAIN:



CELERY

	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	519 kJ	6%	2514 kJ	30%
Energy (kcal)	124 kcal	6%	602 kcal	30%
Fat	7 g	10%	34 g	49%
of which saturates	2.5 g	13%	12 g	60%
Carbohydrate	7.5 g	3%	36 g	14%
of which sugars	1.4 g	2%	7 g	8%
Fibre	0.6 g	2%	2.9 g	12%
Protein	7.4 g	15%	36 g	72%
Salt	0.25 g	4%	1.2 g	20%

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Nutmeg

Nutmeg is a spice that adds a warm, nutty flavour to savoury and sweet dishes. It is made from the seeds of *Myristica fragrans*, a tropical evergreen tree native to Indonesia. Its outer shell casing is called mace. Nutmeg contains antioxidants, including plant pigments like cyanidins, essential oils, such as phenylpropanoids and terpenes.

100g contains

Nutrition facts

Calories: 525
 Total Carbohydrate: 49g
 Total Fat: 36g
 Fibre: 21g

Ingredients - Serves 10

- 1.13kg Fish Pie Mix Skinless and Boneless
- 1.5kg Potato Whole Peeled
- 250g Single Cream
- 90g Cooking and Baking Spread
- 1g Ground Nutmeg
- 1 Average Lemon 60g
- 10 Free Range Medium Eggs
- 140g Cooking and Baking Spread
- 25g Parsley (Curly)
- 50g Plain Flour
- 950ml Semi Skimmed Milk
- 50ml Single Cream

Cooking Instructions

1. Peel and cut the potatoes into even size dice. Cook the potatoes in boiling salted water until soft.
2. Drain well and mash. Add the cream and butter, then season with salt and pepper and nutmeg. Mix well until smooth and creamy. Taste, adding more seasoning if required, then set to one side.
3. For the parsley sauce, heat the butter in a heavy-based pan over a very low heat then stir in the parsley and cook through.
4. Add the flour and stir well. Cook, stirring regularly, for about three minutes. Do not let the mixture brown.
5. In another pan, bring the milk to the boil. Pour this into the "roux" (the butter and flour mixture) a little at a time, whisking or beating after each addition until completely smooth. Whisk in single cream, to taste. Bring the sauce to the boil, then reduce the heat and simmer over a low heat for 5-6 minutes.
6. While the sauce is cooking, pre-heat the oven to 200°C and generously butter a deep oven-proof dish.
7. Defrost the fish pie mix and drain, lay in the dish, season lightly and squeeze over a little lemon juice.
8. Pour the hot parsley sauce over the top, place the quartered eggs evenly over the sauce and spoon over the mashed potatoes.
9. Bake for 35-40 minutes, until the top is crisp and brown. Ensure a core temperature of 75°C (82C in Scotland) has been reached, serve at once.

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15

SWEET CHILLI GLAZED NOODLES

Sustainably sourced salmon is an excellent source of important Omega 3 and oily fish is packed with nutrition. The chilli brings spice and flavour to lift up the fish without the need for extra salt. Salmon has a healthy reputation and this dish is a nice way to enjoy its colour and vibrant flavours.

Salmon is a great source of Omega 3 and natural oils. It's an oily fish with fantastic health benefits.



CONTAINS:



FISH



EGGS



WHEAT

	PER 100g	%RI	PER 191g SERVING	%RI
Energy (kJ)	916 ^{kJ}	11%	1745 ^{kJ}	21%
Energy (kcal)	217 ^{kcal}	11%	412 ^{kcal}	21%
Fat	2.3 ^g	3%	4.4 ^g	6%
<i>of which saturates</i>	0.3 ^g	2%	0.5 ^g	3%
Carbohydrate	42 ^g	16%	80 ^g	31%
<i>of which sugars</i>	18 ^g	20%	34 ^g	38%
Fibre	3 ^g	12%	5.7 ^g	23%
Protein	5.3 ^g	11%	10 ^g	20%
Salt	1.7 ^g	28%	3.3 ^g	55%

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Ingredients - Serves 10

- 300g Mange Tout
- 200g Baby Sweetcorn
- 700ml Sweet Chilli Sauce
- 30ml Extended Life Vegetable Oil
- 600g Egg Noodle Nests
- 20g Red Chillies
- 10 Portions Raw Scottish Salmon Portions (Skinless)
- 15g Spring Onion Trimmed
- 30g Mixed Capsicum Peppers

Cooking Instructions

1. Defrost the salmon in the fridge overnight. De-seed and finely chop the red chillies. Wash and cut the spring onions into 1cm slices on an angle. Cut the baby corn into quarters.
2. Place the salmon into a mixing bowl and cover with half of the sweet chilli sauce and 10g the chopped chillies. Cover and then place in a fridge. Marinate for between 2 and 4 hours.
3. Preheat the oven to 170°C Remove the salmon from the mixing bowl and place onto a baking tray.
4. Bake the salmon in the oven for approx. 6 minutes until the core temperature has been reached 75°C (82C in Scotland).
5. Cook the noodles as per manufacturer's instructions.
6. Heat the oil in a Wok, fry all the vegetables and rest of the chilli then add the remaining sauce.
7. Bring the sauce and vegetables to a simmer and then stir through the cooked noodles.
8. Serve the salmon on a bed of the vegetables, chilli sauce and noodles.

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16

VEGETARIAN TIKKA MASALA

It's important to incorporate other diets and cultural dishes into any hospital menu and a vegetarian tikka masala is an excellent way of doing that.

Vegetarian fillet pieces and yoghurt bring the all-important protein element supplanted by vegetables for energy. The masala flavouring gives the dish its familiar taste. It is also popular served with basmati rice.



CONTAINS:



MILK



SOYA



VEGETARIAN

	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	704 kJ	8%	2361 kJ	28%
Energy (kcal)	168 kcal	8%	563 kcal	28%
Fat	6.2 g	9%	21 g	30%
of which saturates	1.3 g	7%	4.2 g	21%
Carbohydrate	18 g	7%	61 g	23%
of which sugars	3.3 g	4%	11 g	12%
Fibre	3.4 g	14%	11 g	44%
Protein	8 g	16%	27 g	54%
Salt	0.59 g	10%	2 g	33%

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Ingredients - Serves 10

- 400g Chopped Tomatoes
- 25g Garlic Purée
- 400g Tikka Masala Paste
- 800g Vegetarian Fillet Pieces
- 20g Clear Blossom Honey
- 500ml Water
- 25g Ginger Purée
- 10g Coriander
- 50ml Extended Life Vegetable Oil
- 375g Greek Style Natural Yoghurt
- 150g Brown Skin Onions
- 600g Basmati Rice

Coriander

Coriander is a great source of vitamin A, which helps feed your retinas, keep your eyes moist, and generally helps protect your vision. Coriander is also full of vitamin C, which is important to your immune system.

100g contains

Nutrition facts

Calories: 31
 Carbs: 2g
 Fibre: 4.7g
 Protein: 4g
 Vitamin C: 24mg
 Vitamin A: 635mg

Cooking Instructions

1. Make a paste from the ginger, garlic and half of oil.
2. Peel and finely slice the onion.
3. Heat a suitable saucepan and, using the remaining oil, fry the fillet pieces on all sides until coloured, then remove from the pan.
4. In the same pan on a low heat slowly cook the ginger, garlic and onion without colour.
5. Add the tikka masala paste, chopped tomatoes and allow to simmer for 20 minutes then blend until smooth, adding a little water if needed.
6. Add the cooked fillet pieces to the sauce and ensure the core temperature of 75°C (82°C in Scotland) is reached.
7. Add to the pan the chopped coriander, yoghurt and honey then reduce the heat.
8. Serve with basmati rice cooked as per manufacturer's instructions.

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MAY CONTAIN:

GLUTEN TREE NUTS PEANUTS EGGS CELERY MUSTARD SESAME

17

SPAGHETTI CARBONARA

An Italian classic that features eggs and pancetta. Pasta is popular on menus and this old favourite never fails to please. Pasta is full of energy whilst the egg yolks and cheese provide protein. This is a very cheffy dish, as it needs careful attention at the end.

This is a deservedly popular Italian dish, a one-bowl hearty meal that can be eaten with just a fork or spoon.



CONTAINS:



WHEAT



EGGS



MILK



	PER 100g	%RI	PER 179g SERVING	%RI
Energy (kJ)	1288 ^{kJ}	15%	2306 ^{kJ}	27%
Energy (kcal)	307 ^{kcal}	15%	550 ^{kcal}	28%
Fat	14 ^g	20%	25 ^g	36%
of which saturates	6.6 ^g	33%	12 ^g	60%
Carbohydrate	32 ^g	12%	56 ^g	22%
of which sugars	1.5 ^g	2%	2.7 ^g	3%
Fibre	1.3 ^g	5%	2.4 ^g	10%
Protein	14 ^g	28%	24 ^g	48%
Salt	1 ^g	17%	1.9 ^g	32%

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Pancetta

Pancetta is made from pork belly which is a good source of protein and contains essential vitamins and minerals, such as thiamin, niacin, and vitamin B12. It is also rich in monounsaturated fats. It should be used sparingly as it contains salt used in the curing process.

100g contains

Nutrition facts

Carbs: 30g

Fibre: 0.5g

Protein: 17g

Ingredients - Serves 10

- 750g Spaghetti
- 80g Garlic Purée
- 500ml Double Cream
- 10ml Extended Life Vegetable Oil
- 600g Diced Pancetta
- 100g Vegetarian Hard Cheese Shavings

Cooking Instructions

1. Cook chosen pasta as per recipe and refresh.
2. Place the pancetta and rapeseed oil into a suitable size cold pan and place over a medium heat. Slowly fry the pancetta releasing all the fat and cook until it's golden and crispy. Remove using a slotted spoon, retaining the fat in the pan.
3. Add the garlic to the rendered fat and gently fry until soft and translucent. Return the pancetta to the pan remove from the heat and set aside.
4. Place a portion of the rendered pancetta into a clean small saucepan along with some of the garlic and reserved fat. Reheat a portion of the pasta in rolling boiling water for 20 seconds add this to the pancetta portion along with 2-3 tbsp. of the pasta water.
5. Remove from the heat then add the double cream and cheese.
6. Working quickly, combine the ingredients together. Add a little additional pasta water if required to achieve the correct consistency.
7. Serve as soon as possible, with more grated cheese if desired.

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18

SICILIAN TUNA PASTA

Tuna is a chef's friend and this dish is simple. It's a great one to have up your sleeve if you've got a patient who missed a meal because of surgery or nil by mouth. The sauce can be prepared in the time it takes to cook the pasta, which suits out of hours cooking.

This is a simple dish to create in a hospital kitchen.



CONTAINS:



WHEAT



FISH

	PER 100g	%RI	PER 254g SERVING	%RI
Energy (kJ)	629 kJ	7%	1599 kJ	19%
Energy (kcal)	149 kcal	7%	379 kcal	19%
Fat	3.1 g	4%	7.8 g	11%
of which saturates	0.5 g	3%	1.2 g	6%
Carbohydrate	22 g	8%	56 g	22%
of which sugars	2.5 g	3%	6.4 g	7%
Fibre	1.5 g	6%	3.9 g	16%
Protein	7.7 g	15%	19 g	38%
Salt	0.55 g	9%	1.4 g	23%

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Tuna

Canned tuna tends to be higher in sodium than fresh. The number of calories and amounts of total fat and saturated fat depend on whether the tuna is packed in oil or water. Tuna is a good source of several essential vitamins and minerals, including vitamin D, selenium, and iodine. It is also rich in protein and low in saturated fat.

100g contains

Nutrition facts

Calories: 132
Carbs: 0g
Fibre: 0g
Protein: 28g

Ingredients - Serves 10

- 400g Tuna Chunks in Sunflower Oil
- 700g Pasta
- 150g Capers Fine
- 1.25kg Cherry Tomatoes
- 1g Oregano
- 40ml Pure Olive Oil

Cooking Instructions

1. Cook the pasta in a pan of boiling salted water according to the packet instructions.
2. Meanwhile, place a large non-stick frying pan on a medium-high heat with the olive oil. Add the capers, fry until super-crispy, then scoop out and put aside, leaving the fragrant oil behind.
3. Halve and add the tomatoes, then sprinkle in most of the oregano.
4. Drain and flake in the tuna, add 2 ladlefuls of pasta cooking water, and simmer until the pasta is done.
5. Drain the pasta, reserving a mugful of cooking water, then toss the pasta into the tuna pan, loosening with a splash of reserved cooking water, if needed.
6. Taste, season with sea salt and black pepper, then place into a bowl. Sprinkle over the crispy capers and the remaining oregano.

19

CHICKEN TIKKA MASALA

Chicken tikka masala has been voted the most popular dish in Britain. It's not difficult to see why. It's a comforting blend of chicken, yoghurt, tomato and masala flavours. Every time you put it on the menu it will be popular and you can surround it with less well-known dishes on the menu for balance.



The most widely eaten Indian/British (actually created by the British) dish in the UK and it's a dish all people can relate to, staff, visitors and patients.

	PER 100g	%RI	PER 286g SERVING	%RI
Energy (kJ)	573 kJ	7%	1636 kJ	19%
Energy (kcal)	137 kcal	7%	392 kcal	20%
Fat	7.5 g	11%	21 g	30%
of which saturates	1.6 g	8%	4.7 g	24%
Carbohydrate	4.8 g	2%	14 g	5%
of which sugars	3.3 g	4%	9.4 g	10%
Fibre	1.2 g	5%	3.3 g	13%
Protein	12 g	24%	34 g	68%
Salt	0.62 g	10%	1.8 g	30%

CONTAINS:



MILK



MAY CONTAIN:



TREE NUTS



PEANUTS



MUSTARD

Ingredients - Serves 10

- 1.4kg Chicken 50/50 Hand Diced (Breast/Thigh)
- 400g Canned Chopped Tomatoes in Juice
- 25g Garlic Purée
- 400g Tikka Masala Paste
- 20g Clear Blossom Honey
- 25g Ginger Purée
- 10g Coriander
- 50ml Extended Life Vegetable Oil
- 375ml Greek Style Natural Yoghurt
- 150g Brown Skin Onions

Cooking Instructions

1. **For the marinade:** Make a paste with the ginger, garlic and 25ml of oil then mix together with 75ml of the yoghurt then cover the chicken allowing to marinate for a least 2 hours.
2. **For the sauce:** Peel and dice the onion. Heat the remaining oil and sweat down the onion.
3. Add the tikka masala paste, chopped tomatoes and allow to simmer for 20 minutes then blend until smooth adding a little water if needed. Allow to cool until needed.
4. Preheat the grill.
5. **To finish the curry:** Spread the chicken out evenly on to a tray and grill the chicken for 3-4 minutes on each side, ensure the core temperature is reached 75°C (82°C in Scotland).
6. Put the sauce back in to a pan and bring to the boil then add the remaining yoghurt and honey then reduce the heat and add the grilled chicken and chopped coriander.

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20

LANCASHIRE HOTPOT

Another warming favourite that can be served in one pot for easy eating. Richly flavoured lamb pieces under a thinly-sliced buttery potato crust, Lancashire Hot Pot has always been a favourite dish for generations of patients. It's hearty and delivers on every level. Tradition meets nutrition meets fork food. It's a winner every time.

Nostalgia, comfort food and relatable for any age, a classic British dish.



CONTAINS:



WHEAT



CELERY



MILK

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Ingredients - Serves 10

- 1.4kg Lamb Shoulder, Diced
- 1.12kg White Onions
- 20g Lamb Bouillon Paste
- 2.5kg Potato, Whole Peeled
- 56g Plain Four
- 5g Ground Black Pepper
- 10g Thyme
- 11.2ml Extended Life Vegetable Oil
- 150g Margarine
- 2ltr Hot Water

Cooking Instructions

- 1 Pre-heat the oven to 220°C.
- 2 Prepare the onions in to thin slice.
- 3 Dilute the bouillon with two litres of hot water to make the stock.
- 4 Thinly slice the potatoes.
- 5 Season the diced lamb shoulder with 2.5g pepper and dust with the flour. Reserve the leftover flour.
- 6 Melt 50g margarine.
- 7 Heat 50ml oil in a heavy based pan. Fry the lamb on a high heat until browned all over.
- 8 Heat the remaining 34ml oil in another pan. Fry the onions on a high heat until they begin to colour.
- 9 Add 100g margarine. Cook for approximately 2-3 minutes until the onions soften.
- 10 Dust the onions with the reserved flour. Stir well.
- 11 Gradually add the lamb stock. Stir continuously to avoid lumps. Sprinkle in the thyme.
- 12 Bring to the boil. Season with the remaining 2.5g pepper. Simmer for approximately 10 minutes.
- 13 Using an oven-proof casserole dish (with a lid) cover the bottom with a layer of potatoes.
- 14 Follow with a layer of meat and a little sauce then another layer of potatoes. Repeat this process until all the meat and sauce has been used.
- 15 Finish the top with a layer of overlapping potato slices.
- 16 Brush the top with a little of the sauce. Place the lid on and cook in the pre-heated oven for approximately 30 minutes.
- 17 Reduce the heat to 130°C. Continue to cook for two hours.
- 18 Remove the lid from the dish and increase the heat back up to 220°C.
- 19 Brush the top of the hot pot with the melted margarine.
- 20 Return to the oven for 30 minutes or until potatoes are golden. Ensure core temperature has been reached: 75°C (82°C in Scotland).

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TRADITIONAL VERSUS NUTRITION

Like menus in restaurants hospital menus need to do a job. They must stimulate interest first and deliver nutrition second. In a restaurant nutrition is not a consideration and here lies the conundrum for hospital chefs.

Hospital patients need nutrition. However, they also need to be presented with food that is both appealing and recognisable. When patients are ill, as everyone has experienced themselves, the first thing that they want to eat is something comforting. This is an important consideration for any kitchen team.

What does traditional mean? The word can mean many things to many people. Once upon a time in the UK that would have meant traditional British dishes and these are still very important. But, even within a small radius, the ethnic origin of patients can change markedly and this needs to be considered. Getting to know your patients and where they come from is a key to what traditional might mean. A fish pie to one patient might be comforting whereas a fish curry to another might offer the same level of recognition.

One thing is for sure, though - patients need to eat and eat properly. That means getting the right nutrition. It would be very easy to advise chefs that nutrition should come first, but that could prove to be a step too far for some patients if they are faced with dishes that tick nutritional boxes but do not tick recognisable dishes.

So, the key here is choosing recognisable dishes and using them as a framework for delivering nutrition. It's the same process that many parents use to achieve the same thing with children. They need to eat their greens, but the challenge is how you achieve that.

What we are talking about here is standard hospital food. We are not talking about allergy sufferers or vegan/vegetarians. They are a separate consideration but they must also be considered in the same way.

It is really important that the standard hospital food be well-judged and does not feel under pressure to be more than it is. It is pointless to try and force traditional dishes to be something they are not - a quorn lasagna, for example, could be an excellent vegan dish. But, put that on the standard menu and someone may decide against it.

It is here that chefs need to really understand a bit of psychology. It is so easy to ignore the way patients think and feel. Sometimes it is better to put something on the menu that will make someone feel better rather than try and tick every box.

Remember, tradition will get patients eating again. Nutrition will help them get better faster. But, there is a sweet spot in the middle. Patients also need energy. This means that they need carbohydrates and sugars. Suddenly, that carrot cake starts to make a whole lot of sense!

“Once upon a time in the UK that would have meant traditional British dishes”



THE NHS CHEF'S ACADEMY

The challenge of being a chef in the NHS is dealing with the often complicated number of different diners. A restaurant chef understands the desires and whims of his or her diners. Similarly, in contract catering, chefs understand the workplace and how the food fits into day-to-day working conditions. However, in the NHS, the job for chefs is different every day for a very good reason: the majority of visitors and patients are transient.

What does that mean? It means that the largest number of visitors and patients do not stay long in and around hospital. Someone might be in for a day, or stay as long as a month. Within that time frame the NHS must provide food that both stimulates recovery or care and satisfies tastes and traditions. This is not an easy thing to achieve when you throw in staff catering and also some of the nutritional parameters they have to work in.

My role within the NHS, as a Chef Ambassador, has been to see where Compass Group, who I work for, can make a difference in the day-to-day running of kitchens and the creation of new menus. Each hospital trust that I work with, employs its own chefs but as a business we provide the food through the NHS Supply Chain.

One of the first things we did was to create the idea of an NHS Chef's Academy. The idea was that we could take NHS chefs out of their day-to-day environment and get them into a college or cookery school and get to work on any area that needed to be looked at in finer detail.

Most typically this has been to vary styles of cuisine that makes up hospital menus. For example, Asian or Indian dishes, plant based, traditional, cakes and bakes, healthy and comfort dishes. We have written seven books reflecting market trends and current cuisine styles, this has allowed NHS chefs who talk to other colleagues from other trusts to then integrate central ideas into their own workplace. It has been a great success and the appetite for change is growing.



Nick Vadis
FIH Chef Ambassador
NHS Supply Chain



CHEFS AND MENTAL HEALTH

By Chandos Elletson

What a chef feels emotionally is translated from their hands into the food they are cooking. I learnt this lesson from an old chef in India and it's crucially important in healthcare. There really is something called happy food. A happy chef creates it naturally. It really is translated from the hands.

Equally, an unhappy or uncaring chef creates something unhappy. Bad-tempered food can be overcooked, over seasoned, left alone to spoil, or generally ignored. In turn this is translated to a poor experience by a guest or a patient. Therefore, it goes without saying, that the mental wellbeing of a chef is vital in healthcare. Patients are relying on it.

What is mental health in the workplace all about? It can be related to working conditions and management. The burden of a job can be loaded onto junior chefs who are forced to cope alone. However, it can be something that is going on outside work that is exacerbated in work. Building happiness in the kitchen is a sure way to increase wellbeing, job satisfaction and staff retention. All these things go a long way to creating food that has an impact on those that need it.

In the end it all builds down to awareness. Managers, head chefs and even colleagues need to be aware of how the people they work with and alongside are feeling and what they are going through.

There's a reason that someone is often late. There's another reason why someone gets stressed under pressure. This doesn't mean they can't do the job. It just means they need help and there's nothing wrong with needing help or asking for it. And there's certainly nothing wrong with helping someone who is in need. All it takes is a quiet word to begin with.

We have a stigma about mental health that we don't need. Everyone, at some stage in their life will suffer from it. It can be caused by a break-up, a loss or a traumatic situation. Often its causes are so simple that years can go by before they are detected.

"A hospital kitchen needs to think about what is not just possible but also what more it could do to help."

One thing is for sure: calling whatever it is a mental health problem is the last thing it should be. Mental health is health and in hospital health is a key word and a key function of everyone in the team from doctors and nurses to the reception staff, porters and chefs.

The key to a happy team is care. Do you care about your colleagues? Do you listen to them? Do they matter to you? Management needs to create an environment where everyone can thrive no matter who they are or where they are from. Did you know that there is a correlation between staff and patients that goes largely untapped? Often, the staff at a hospital are from the same ethnic background and social status as the patients.

They all come from the same area. It makes sense to tap in to that. What the staff like to eat is probably what the patients like. And when you cook something you like the chances are that will be translated to the patient. And that, in turn, translates into mental wellbeing and happiness. Simple, right?

Architecture Aromatique



Plant power using nature to nurture. Serving international and global gastronomy. Enabling the best chefs to be the best.

At Koppert Cress we produce innovative and food-safe living micro-vegetables, specialities and cresses. The seedlings come from unique plants with each having their own specific effects on the senses: for nutritional punch, flavour, fragrance, feel or presentation!



As we look to the future of hospital food it is becoming clearer that what patients eat in hospital has a big effect not only on their mood but also to their health. Good, nutritious food helps patients recover faster.

At Koppert, we grow plants that are very beneficial to our health. It's no accident that we have been collaborating with the healthcare sector for many years. All our plants are specifically and naturally grown to maximise nutrient value.

Now, thanks to our partnership with Bloomkubes, chefs can grow their own Koppert cresses, using our certified seeds and harvest the cress straight to the plate. This means that every portion is packed with the highest levels of nutrition that nature intended.

The Kube is available on a monthly subscription. Each Kube appliance is built with IoT integrated smart probes, sensors and cameras enabling unparalleled control and transparency to farming.

With full remote services, Bloomkubes will help hospital chefs operate and manage the entire grow and process; from seeding and harvesting, to cleaning and maintenance.

This has real consequences for hospital patients. We have to change the way we are looking at food. In the very near future, it will be possible to serve meals with an added, living, edible plant packed with essential nutrients. Not only will this be a feast for the eyes but also a beneficial element for any medical recovery.



Here are just a few examples on health benefit of Koppert Cress natural and fresh ingredients.



Brocco Cress

contains Sulforaphane which is an anti-inflammatory. Each Koppert seedling has 90 times more antioxidants and nutrients than 1 head of Broccoli.



Sakura Cress

contains Anthocyanins which helps revert diabetes. It is an active anti-bacterial and anti-inflammatory and has 60 times more nutrients and minerals in each seedling than a blueberry.



Garden Cress

is packed full of folic acid, vitamins, minerals, nutrients and antioxidants to strengthen the immune system.



Rock Chives

contain allicin which improves bone health and is rich in vitamin K which detoxifies the body whilst boosting vision and immunity.



Adjı Cress

is a centuries old delicacy used widely within herbal medicine for its cooling properties and oxygenation of the blood.



Atsina Cress

is named after a North American Tribe, the Atsina Indians, who used the medicinal leaves for relieving pain, soothing coughs and sore throats.



KOPPERT CRESS
Architecture Aromatique

A 2010 study published in the Journal of American Society for Horticultural Science reported that young lettuce seedlings, harvested seven days after germination, had the highest antioxidant capacity as well as the highest concentrations of health-promoting phenolic compounds, compared with their more mature counterparts.



A few years later, a team of scientists from the University of Maryland and the U.S. Department of Agriculture analysed the nutrient composition of 25 commercially available microgreen varieties. They discovered that in general microgreen cotyledon leaves had considerably higher nutritional densities than their mature counterparts (cotyledon leaves refer to the embryonic first leaves of a seedling). This large-scale microgreen study was published in the August 2012 issue of the Journal of Agricultural and Food Chemistry.



21

THAI GREEN CHICKEN CURRY

Any type of curry is popular on hospital menus as spicy food can often revive a dulled palate caused by various drugs. However, it's important to create variety and Thai curries are much loved. Flavoured with coconut, fish sauce, basil and served with jasmine rice the Thai green curry is a winner.

A lighter alternative to other Asian food, Thai food is very fashionable, again as a lighter alternative to more calorie-rich Asian food.



CONTAINS:



FISH



SULPHITES

	PER 100g	%RI	PER 499g SERVING	%RI
Energy (kJ)	348 kJ	4%	1737 kJ	21%
Energy (kcal)	83 kcal	4%	414 kcal	21%
Fat	3.3 g	5%	17 g	24%
of which saturates	1.3 g	7%	6.7 g	34%
Carbohydrate	6.3 g	2%	31 g	12%
of which sugars	1.5 g	2%	7.2 g	8%
Fibre	0.5 g	2%	1.9 g	8%
Protein	6.8 g	14%	34 g	68%
Salt	0.26 g	4%	1.3 g	22%

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Ingredients - Serves 10

- 1.5kg Jasmine Rice, Cooked (see page 151)
- 1.4kg Chicken Thigh Diced
- 800g Light Coconut Milk
- 350g Aubergine Black
- 300ml Water
- 200g Thai Green Curry Paste
- 150g Green Beans
- 125g Baby Sweetcorn
- 50ml Extended Life Vegetable Oil
- 40g Lime Juice
- 30g Light Soft Brown Sugar
- 25g Basil Green
- 10ml Fish Sauce
- 8g Gluten Free Chicken Flavour Bouillon Paste



Jasmine Rice

Jasmine rice looks very similar to other long-grain white rices. Compared to short-grain white rice, it is about four times as long, and much thinner. Long-grain rices such as jasmine rice also tend to produce a fluffier rice when cooked. Short-grain rices are stickier and more likely to clump together.

See recipe on page 151

Cooking Instructions

1. Dilute the bouillon in the water as per manufacturers instructions.
2. Dice the aubergine and wash the baby corn.
3. Top and tail the green beans.
4. Take a table spoon of the curry paste and coat the chicken.
5. Place a suitable size saucepan over a medium heat and add the oil.
6. Add the chicken and brown the meat all over (increase the heat if required) followed by the aubergine and continue to cook over a medium heat until dark and golden on all sides.
7. Add the remaining paste and continue to fry for a further 5-10 minutes until aromatic and fragrant.
8. At this point add the stock and coconut milk.
9. Bring to the boil and simmer gently for 10 minutes or until slightly thickened (don't over reduce).
10. When the sauce has achieved the required consistency add the green beans and simmer for a further 3-4 minutes followed by the baby corn.
11. Return to the boil and cook until the core temperature has been reached 75°C (82°C in Scotland).
13. Remove from the heat.
14. Add the lime juice sugar fish sauce and basil. Serve with jasmine rice (see page 151).

22

FRITTATA CAMPANIA

An excellent dish filled with nutrients that can be eaten hot or cold. The frittata is an Italian egg dish similar to the Spanish tortilla. In this case it is filled with spaghetti and courgettes and flavoured with cheese. The pasta becomes soft so the frittata is served sliced making it easy to eat.

This is a tasty Italian dish from the Campania region that's easily adapted for different vegetables. It also uses leftover pasta, which cuts down on food waste.



CONTAINS:



WHEAT



EGGS



MILK



	PER 100g	%RI	PER 231g SERVING	%RI
Energy (kJ)	676 kJ	8%	1559 kJ	19%
Energy (kcal)	162 kcal	8%	373 kcal	19%
Fat	9.2 g	13%	21 g	30%
of which saturates	4.5 g	23%	10 g	50%
Carbohydrate	14 g	5%	32 g	12%
of which sugars	3.3 g	4%	7.6 g	8%
Fibre	1.4 g	6%	3.1 g	12%
Protein	5.2 g	10%	12 g	24%
Salt	0.13 g	2%	0.29 g	5%

Generated by Nutricits v5.92 on 2nd Oct 2023. Last Modified 2nd Oct 2023.

Ingredients - Serves 10

- 300g Broccoli Loose
- 500g Brown Skin Onions
- 1 Free Range Medium Egg
- 200g Whipping Cream
- 200g Galbani Ricotta
- 250g Salted Butter
- 5g Ground Black Pepper
- 300g Spaghetti
- 50ml Extended Life Vegetable Oil
- 500g Courgette
- 60g Lemons
- 50g Parsley Flat
- 100g Vegetarian Hard Cheese Shavings

Ricotta

Ricotta is an Italian cheese made from the whey of cow, goat, sheep or Italian water buffalo milk that is left over from making other cheeses. It is an excellent source of protein.

28g serving

Nutrition facts

Calories: 42
Protein: 2g
Fat: 2.9g
Carbs: 2g

Cooking Instructions

1. Cook the spaghetti as per recipe and refresh. Preheat a grill to high.
2. Peel and finely dice the shallot. Dice the courgette into 1cm. Pick through the broccoli discarding any woody bits and trimming off the stems.
3. Juice and zest the lemon. Pick the parsley and finely chop. Finely grate the cheese.
4. Bring a pan of water to the boil and blanch the broccoli for 1 minute or until just tender. Remove and allow to steam dry.
5. In a suitable size mixing bowl combine the eggs, cream, chopped parsley, lemon juice zest and flat leaf parsley. Season with the black pepper.
6. Place a large non-stick frying pan over a medium-high heat and add the oil. Add the onion and courgette then sauté until beginning to caramelise. Add the cooked spaghetti along with the butter. Combine all the ingredients ensuring the butter is melted.
7. Pour over the egg mixture and gently fork through so the egg mixture is evenly distributed. Spread the broccoli across the top of the Omelette. Dot on the ricotta and finish with the grated cheese.
8. Place under the preheated grill and cook until set and slightly caramelised.
9. Remove and allow to rest for a minimum 10 minutes. Serve either at room temperature or while still warm.

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VEGETARIAN

23

COTTAGE PIE

The cottage pie was on the very first NHS menu in 1948 and is not likely to come off the menu any time soon. It's a favourite of an older generation but its appeal is not lost on the younger, either. The combination of a rich beef mince topped with a creamy mashed potato can also be nutrient dense.

A traditional working class dish that has been elevated over the years to a household staple. It's a one-pot dish containing potatoes, vegetables and beef mince.



MAY CONTAIN:



CELERY

	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	415 kJ	5%	2154 kJ	26%
Energy (kcal)	99 kcal	5%	515 kcal	26%
Fat	4.7 g	7%	25 g	36%
of which saturates	1.8 g	9%	9.4 g	47%
Carbohydrate	8.2 g	3%	43 g	17%
of which sugars	1.4 g	2%	7.5 g	8%
Fibre	1.2 g	5%	6.3 g	25%
Protein	5.3 g	11%	28 g	56%
Salt	0.18 g	3%	0.94 g	16%

Generated by Nutrics v5.90 on 10th Aug 2023. Last Modified 10th Aug 2023.



Ingredients - Serves 10

- 1.12kg Minced Beef
- 20g Tomato Purée
- 450ml Water
- 18g Gluten Free Beef Flavour Bouillon Paste
- 9.8ml Vegetable Oil
- 280g Carrots
- 2kg Potato Whole Peeled
- 800g Canned Chopped Tomatoes in juice
- 2 Bay Leaves
- 1g Ground Black Pepper
- 5g Thyme
- 70g Cooking & Baking Spread
- 420g Brown Skin Onions

Cooking Instructions

1. Cut the onions into ½ cm dice. Cut the carrots into ½ cm dice. Remove the thyme from the stalk and chop.
2. Make the beef bouillon into stock with hot water.
3. Cut the potatoes into 2cm chunks. Preheat the oven to 180°C.
4. Heat the oil in a large saucepan. Add the onion and carrot and cook over a medium heat for 5 minutes or until soft.
5. Add the minced beef and cook for 3 minutes to brown.
6. Add the chopped tomatoes, tomato purée, beef stock, bay leaves and thyme.
7. Cover and simmer for 30 minutes. Season with half the pepper. Transfer into a suitable oven-proof serving dish.
8. Boil (or steam in steamer) the potatoes until soft and tender for mashing. Drain the potatoes and return to the pan. Place on the heat for approx 5 minutes to dry any excess liquid, Remove from the heat and mash with the remaining pepper and the margarine.
9. Pipe the potatoes on top of the beef mixture with a piping bag and piping tube.
10. Place in the preheated oven and cook for approx 20 minutes or until golden brown on top and the core temperature has been reached 75°C (82°C in Scotland).

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24

HONEY AND MUSTARD CHICKEN SALAD

Never underestimate the popularity and appeal of a salad. It's light and fresh and sometimes it's the sort of dish that can tempt someone to start eating. The honey and mustard give flavour and the strips or slices of chicken are simple to eat with a fork. This salad is brimming colour and zest.



A combination of chicken and honey makes a great light lunch dish. It's also healthy and nutritious.

Ingredients - Serves 10

- 2.13kg Chicken Breast Fillet Skinless
- 400g Bistro Mixed Salad (washed ready to eat)
- 300g Carrots
- 15ml Lemon Juice
- 150g Pitted Black Olives
- 200g Grated Lighter Mature White Cheddar
- 20g Clear Blossom Honey
- 2g Ground Black Pepper
- 60g Wholegrain Mustard

CONTAINS:



MILK



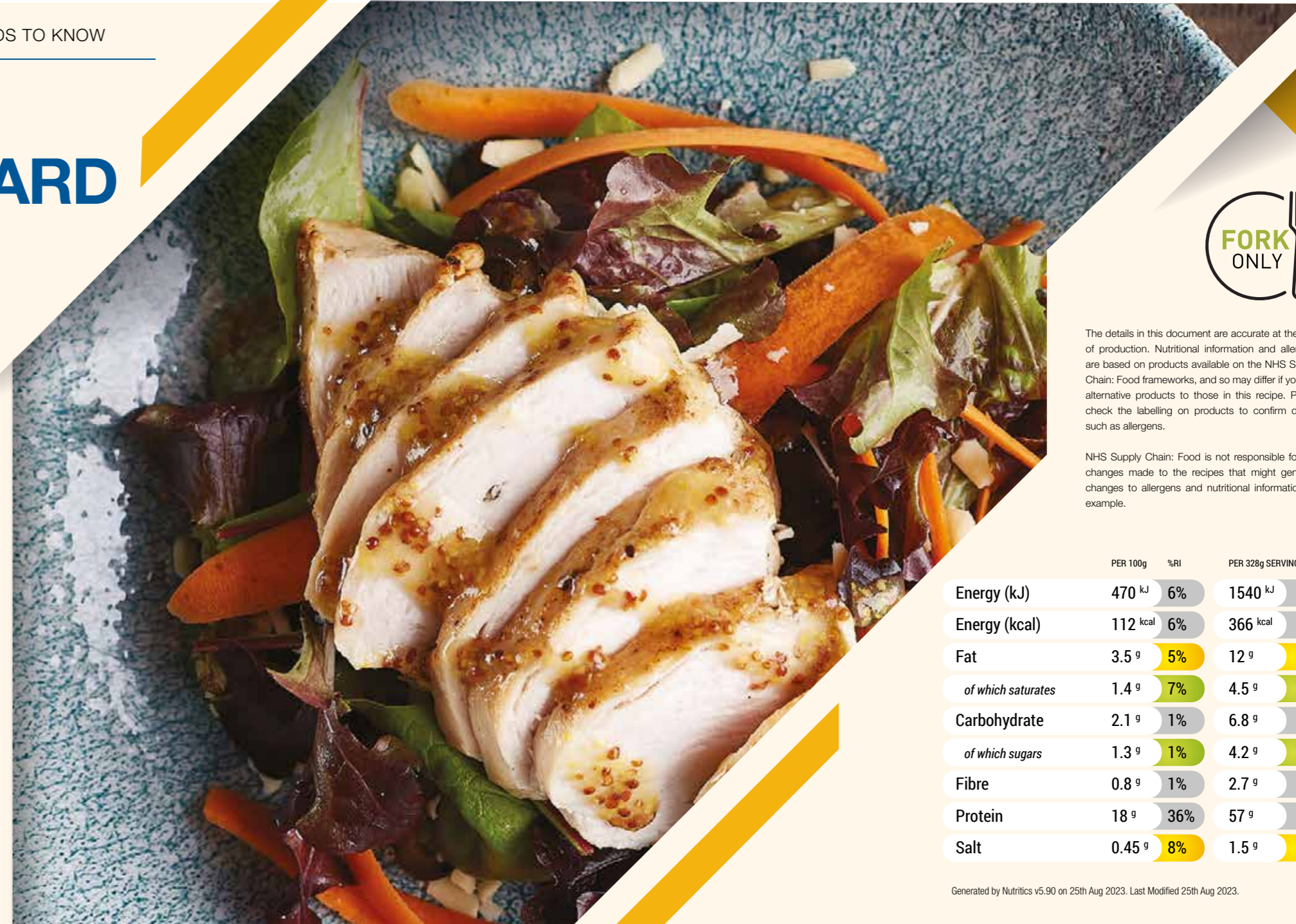
MUSTARD



SULPHITES

Cooking Instructions

1. Peel and cut the carrots into thin strips ¼cm x 3cm long. Slice the olives and set aside.
2. Heat a pan and seal the chicken breast and finish in a pre-heated oven set to 180°C until core temperature is reached, approx 10 minutes 75°C (82°C in Scotland). Then cut into strips.
3. For the dressing whisk the mustard, honey and lemon juice together then slowly pour in the oil. Season with a little pepper to taste.
4. Combine all the salad ingredients and mix with the dressing. Place the chicken on top then finish with the grated cheese.



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	PER 100g	%RI	PER 328g SERVING	%RI
Energy (kJ)	470 kJ	6%	1540 kJ	18%
Energy (kcal)	112 kcal	6%	366 kcal	18%
Fat	3.5 g	5%	12 g	17%
of which saturates	1.4 g	7%	4.5 g	23%
Carbohydrate	2.1 g	1%	6.8 g	3%
of which sugars	1.3 g	1%	4.2 g	5%
Fibre	0.8 g	1%	2.7 g	11%
Protein	18 g	36%	57 g	114%
Salt	0.45 g	8%	1.5 g	25%

Generated by Nutritics v5.90 on 25th Aug 2023. Last Modified 25th Aug 2023.

25

CHICKEN THIGH TAGINE

A Moroccan chicken stew that is heartily flavoured with cinnamon, ginger, garlic and lemon. This tagine is a popular dish with flavours that warm and soothe. Like many of the chicken dishes popular throughout the NHS, the tagine is easy to eat with just a fork which is very often a comfort for those who struggle.

This hearty and wholesome North African dish, named after the dish it is traditionally made in, goes down well with patients. Use chicken thighs for maximum flavour, or use all the meat from a whole chicken.



	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	286 kJ	3%	1215 kJ	14%
Energy (kcal)	68 kcal	3%	290 kcal	15%
Fat	2.7 g	4%	12 g	17%
of which saturates	0.2 g	1%	1 g	5%
Carbohydrate	3.8 g	1%	16 g	6%
of which sugars	2.5 g	3%	10 g	11%
Fibre	0.7 g	3%	3 g	12%
Protein	6.8 g	14%	29 g	58%
Salt	0.08 g	1%	0.32 g	5%

Generated by Nutricits v5.90 on 18th Aug 2023. Last Modified 18th Aug 2023.

Ingredients - Serves 10

- 1.4kg Boneless Chicken Thighs
- 5g Ground Cinnamon
- 1.5kg Brown Skin Onions
- 5g Gluten Free Chicken Flavour Bouillon Paste
- 1ltr Hot Water
- 5g Ground Ginger
- 5g Thyme
- 50g Pitted Green Olives
- 10g Coriander
- 80g Garlic Purée
- 20g Pure Olive Oil
- 50g Parsley Flat
- 2 Whole Lemons

Cooking Instructions

1. Preheat the oven to 160°C. Dilute the water with the chicken stock. Peel and finely slice the onions. Zest and juice the lemon. Quarter the olives. Finely slice the coriander stalks and roughly chop the leaves.
2. Place a suitable size frying pan over a medium heat and add the chicken thigh skin side down.
3. Brown in batches, getting good caramelisation all over and rendering the fat from the skin. Remove and set aside. Add the sliced onion garlic thyme coriander stalk and spices to the same pan reduce the heat and cover.
4. Cook slowly until the onions are sweet and caramelised. Uncover and return the chicken to the pan along with enough chicken stock to allow the skin of the chicken thigh to still be exposed.
5. Add the lemon zest and olives. Place uncovered into the preheated oven for 45 minutes and cook until the sauce has reduced and the core temperature has been reached 75°C (82°C in Scotland).
6. Serve a portion of the chicken finished with the chopped coriander parsley the juice of lemon.

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CHICKEN TANDOORI

Another menu favourite that brings with it memories of street food and curry nights. Chicken, marinated in yoghurt and flavoured with tandoori spices, are grilled to perfection. Zesty, juicy and full of flavour chicken tandoori can be served with rice or Indian-style flatbread, making it simple to eat and serve.

A great chicken dish from the Punjabi region of India. The modern version was introduced by the Moti Mahal restaurant in the 1940s and has gained worldwide popularity.



CONTAINS:



MILK

MAY CONTAIN:



ALMONDS/
CASHEWS



PEANUTS



MUSTARD

Ingredients - Serves 10

- 1.8kg Chicken Thigh Boneless Skinless
- 3 Whole Lemons
- 150g Greek Style Natural Yogurt
- 150g Tandoori Punjabi Paste

Cooking Instructions

1. Preheat the grill.
2. Juice the lemons. Mix the lemon juice, Tandoori paste and yoghurt together, then add the chicken. Cover and marinate for a minimum of 2 hours or overnight.
3. Lay the chicken on to a grill wire and cook under the grill.
4. Cook for 5-6 minutes on each side or until the chicken is thoroughly cooked and the core temperature has been reached 75°C (82°C in Scotland).

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	PER 100g	%RI	PER 133g SERVING	%RI
Energy (kJ)	896 ^{kJ}	11%	1196 ^{kJ}	14%
Energy (kcal)	214 ^{kcal}	11%	285 ^{kcal}	14%
Fat	10 ^g	14%	13 ^g	19%
of which saturates	1.4 ^g	7%	1.8 ^g	9%
Carbohydrate	4.1 ^g	2%	5.5 ^g	2%
of which sugars	3.5 ^g	4%	4.7 ^g	5%
Fibre	0.7 ^g	3%	0.9 ^g	4%
Protein	27 ^g	54%	35 ^g	70%
Salt	0.53 ^g	9%	0.7 ^g	12%

Generated by Nutritics v5.90 on 25th Aug 2023. Last Modified 25th Aug 2023.

FIRECRACKER CHICKEN CURRY

Just the name is enough to entice a jaded palate. This chicken curry is Asian-inspired with its tamarind and sriracha base heightened with red peppers and chilli. Chicken is so good for taking bolder flavours and being easy to eat makes it a popular choice. A curry like this is a good one for variety on the menu.



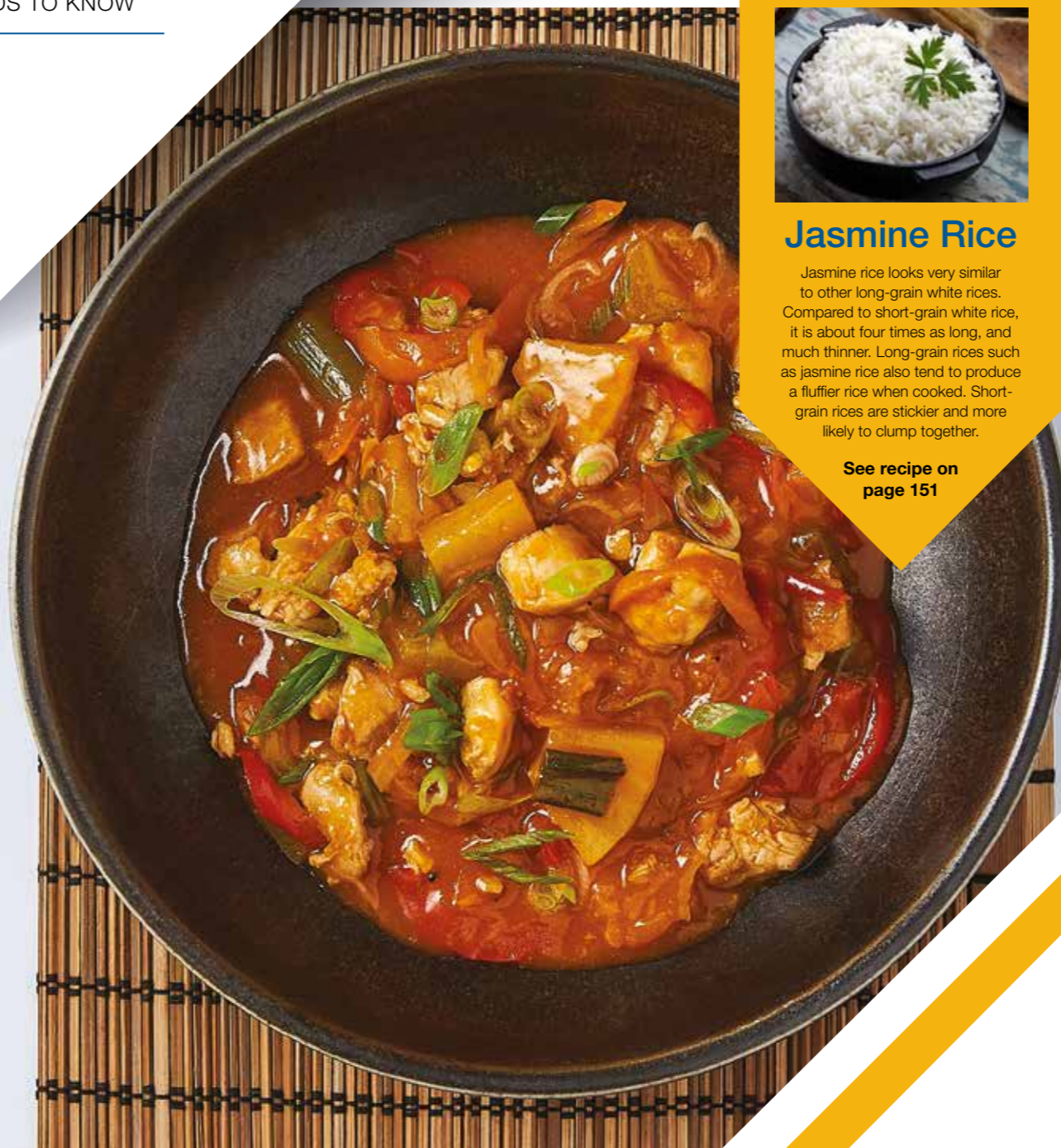
Medium spiced - A lighter alternative to more calorie-rich curries.

Ingredients - Serves 10

- 40g Garlic Purée
- 40g Ginger Purée
- 60ml Premium Light Soy Sauce
- 40ml Sweet Tamarind Sauce
- 5g Crushed Chillies
- 50ml Pure Olive Oil
- 200g Mangetout, Topped and Tailed
- 400g Red Capsicum Peppers
- 400g Red Onions
- 120ml Sriracha Hot Chilli Sauce
- 10g Caster Sugar
- 1.5kg Chicken Thigh Diced
- 1.5kg Cooked Jasmine Rice

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Jasmine Rice

Jasmine rice looks very similar to other long-grain white rices. Compared to short-grain white rice, it is about four times as long, and much thinner. Long-grain rices such as jasmine rice also tend to produce a fluffier rice when cooked. Short-grain rices are stickier and more likely to clump together.

See recipe on page 151

Cooking Instructions

1. To marinade the chicken thigh mix the garlic puree and ginger purée and half the soy sauce. Then add tamarind sauce and chilli flakes mixing together thoroughly. Then add the chicken and mix until chicken is well coated. Marinade the meat for a minimum of 2-4 hours or ideally overnight.
2. Prep the vegetables: Peel and dice the red onion in to 2cm dice, dice the red pepper into 2cm dice and slice the mange tout (cut each mange tout into 3-4 pieces).
3. Heat a large sauce pan add the oil and fry the marinated chicken over a high heat for a good 5 minutes.
4. Add in the onion and cook for another 2-3 minutes or until softened.
5. Then add the peppers and mange tout and cook through for 2-3 minutes. Then add the sriracha sauce the remaining soy sauce and sugar and cook for another 2-3 minutes. Ensure the core temperature has reached 75°C (82°C in Scotland).
6. Serve with cooked jasmine rice (see page 151).

	PER 100g	%RI	PER 437g SERVING	%RI
Energy (kJ)	474 kJ	6%	2070 kJ	25%
Energy (kcal)	113 kcal	6%	495 kcal	25%
Fat	5.7 g	8%	25 g	36%
of which saturates	1.4 g	7%	6.3 g	32%
Carbohydrate	8.2 g	3%	36 g	14%
of which sugars	2.4 g	3%	10 g	11%
Fibre	0.6 g	2%	2.6 g	10%
Protein	7 g	14%	31 g	62%
Salt	0.56 g	9%	2.4 g	40%

Generated by Nutritics v5.95 on 14th Feb 2024. Last Modified 14th Feb 2024.

CONTAINS:



MAY CONTAIN:



CHICKEN SHAWARMA FLATBREAD

Ingredients - Serves 10

- 750g Flatbread
- 240g Iceberg Lettuce
- 120g Fresh Tomatoes
- 200g Red Onion
- 60g Mint
- 10g Cumin Seeds
- 150g Carrots
- 10g Ras el hanout Spice Blend
- 1.25kg Chicken Thigh Boneless Skinless

Cooking Instructions

1. Make Lebanese Spice Mix (page 164), Pickled Red Cabbage (page 166) and Cacik (page 163). Marinate the chicken with spice mix, ideally overnight. Peel and grate the carrot.
2. Toast the cumin seeds and crush using the pestle and mortar. Combine the cumin with the Ras el hanout with the Cacik. Shred the iceberg peel and finely slice the onions. De-seed and julienne the tomatoes. Pick the leave of the mint.
3. Preheat the oven to 170°C. Place the chicken in the oven for 30 minutes or until core temperature has been reached 75°C (82°C in Scotland).
4. Serve with Cacik and pickled red cabbage.

CONTAINS:



WHEAT

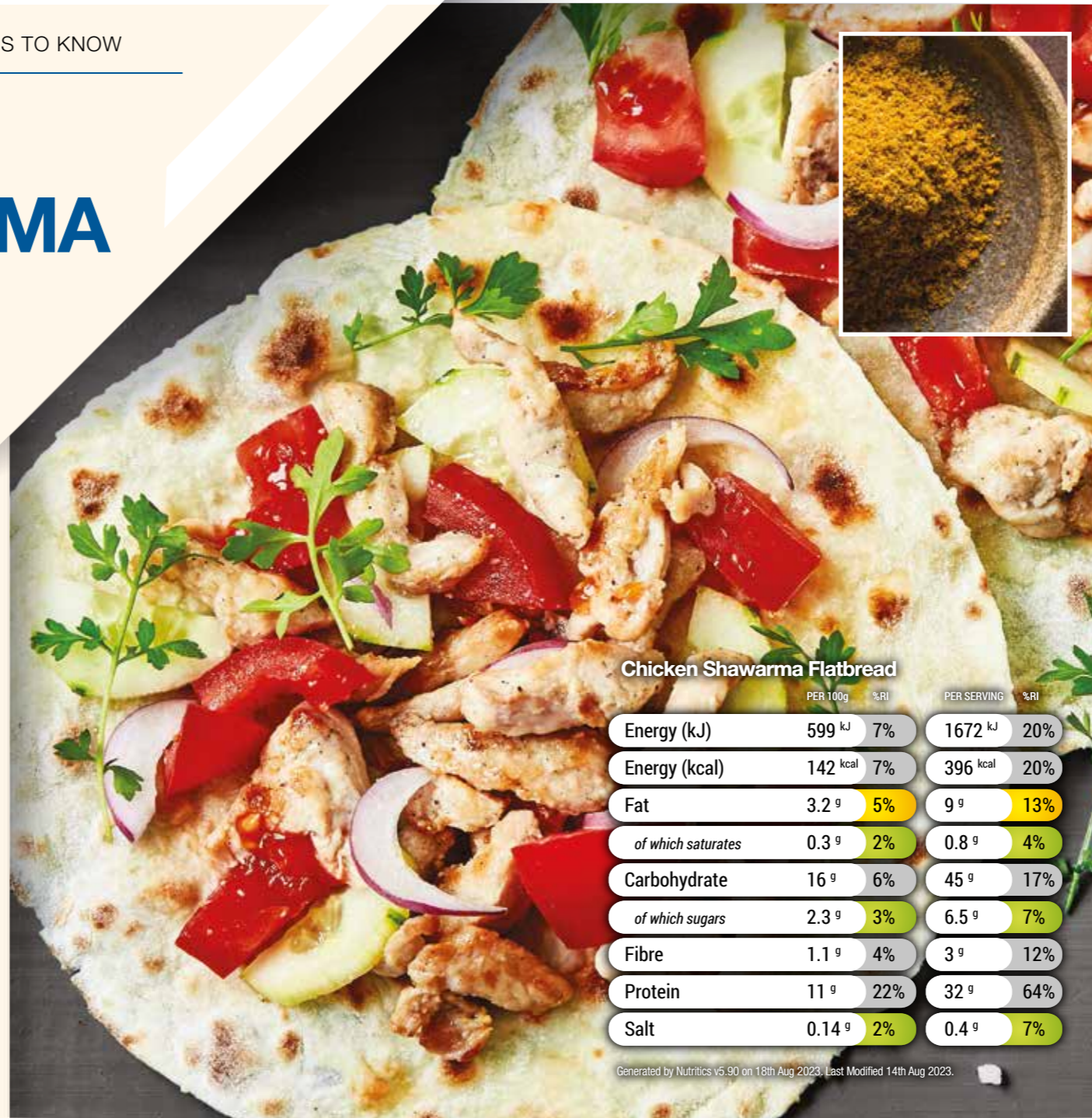
MAY CONTAIN:



OATS, BARLEY, RYE



LUPIN



Chicken Shawarma Flatbread

	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	599 kJ	7%	1672 kJ	20%
Energy (kcal)	142 kcal	7%	396 kcal	20%
Fat	3.2 g	5%	9 g	13%
of which saturates	0.3 g	2%	0.8 g	4%
Carbohydrate	16 g	6%	45 g	17%
of which sugars	2.3 g	3%	6.5 g	7%
Fibre	1.1 g	4%	3 g	12%
Protein	11 g	22%	32 g	64%
Salt	0.14 g	2%	0.4 g	7%

Generated by Nutritics v5.90 on 18th Aug 2023. Last Modified 14th Aug 2023.

Ras el hanout Spice Blend

Ingredients - Serves 10

- 15g Cumin Seeds
- 14g Ground Coriander
- 5g Whole Black Peppercorn
- 8g Ground Cinnamon
- 4g Ground Ginger
- 3g Ground Turmeric
- 5g Whole Green Cardamom

MAY CONTAIN:



OATS, BARLEY, RYE



LUPIN

Method

1. Combine all the ingredients and mix.



VEGETARIAN



VEGAN

Ras el hanout Spice Blend

	PER 100g	%RI	PER SERVING 5.4g	%RI
Energy (kJ)	1548 kJ	18%	84 kJ	1%
Energy (kcal)	371 kcal	19%	20 kcal	1%
Fat	13 g	19%	0.7 g	1%
of which saturates	1.2 g	6%	0 g	0%
Carbohydrate	38 g	15%	2 g	1%
of which sugars	1.5 g	2%	0 g	0%
Fibre	29 g	116%	1.6 g	6%
Protein	12 g	24%	0.6 g	1%
Salt	0.17 g	3%	0 g	0%

Herbs & Spices | Generated by Nutritics v5.90 on 10th Aug 2023. Last Modified 9th Aug 2023.

CHICKEN KATSU BURGER

A burger is a popular choice of meal with a younger generation and katsu, from Japan, is a style of fried chicken which is here served in a bun with a special sauce of the same name. Burgers are easy to eat and easy to understand, and when done properly can be equally nutritious with a feel good factor.

A Japanese inspired chicken katsu burger is ideal for those on the move. It is also a celebration of the UK's culinary diversity.



Ingredients - Serves 10

- 775g Chicken Breast Fillet Skinless
- 80g Plain Flour
- 4 Whole Free Range Medium Eggs
- 300g Breadcrumbs Uncoloured
- 890g Burger Bun
- 300ml Katsu Curry Sauce (page 160)
- 400g Little Gem Lettuce
- 80ml Rice Vinegar
- 200g Carrots
- 200g White Cabbage
- 2g Crushed Chillies
- 30g Caster Sugar

CONTAINS: WHEAT EGGS MUSTARD SULPHITES MAY CONTAIN: SESAME

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Katsu Sauce

A mild traditional Asian curry sauce to marry perfectly with everything katsu.

See recipe on page 160

Cooking Instructions

CHICKEN

1. Beat the egg and place in a bowl.
2. In another tray add the flour, in another tray place the breadcrumbs.
3. Place the chicken through the flour then the egg, and finally the breadcrumbs making sure they are fully coated.
4. Pre heat a fryer to 170°C, Cook the breaded chicken, ensure the core temperature has reached 75°C (82°C in Scotland).
5. Prepare the baby gem by cutting of the root then pull off the leaves finish by thoroughly washing in cold water.
6. Lightly toast the bun and reserve.

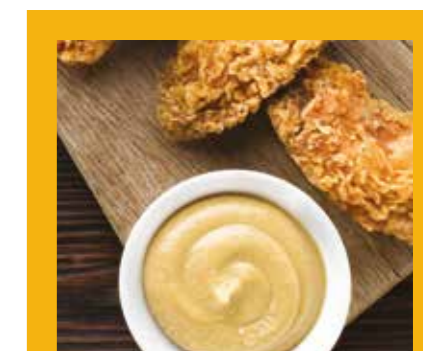
TO BUILD

1. Squeeze the katsu sauce on the top of the burger bun, then squeeze the katsu mayonnaise on the base of the burger bun.
2. Place the baby gem on the base of the burger bun. Top with the cooked chicken piece then, top with the pickle. Top the burger with the remaining half of the bun and serve.

	PER 100g	%RI	PER 346g SERVING	%RI
Energy (kJ)	626 kJ	7%	2168 kJ	26%
Energy (kcal)	148 kcal	7%	514 kcal	26%
Fat	2.5 g	4%	8.8 g	13%
of which saturates	0.7 g	4%	2.5 g	13%
Carbohydrate	21 g	8%	72 g	28%
of which sugars	3.1 g	3%	11 g	12%
Fibre	2.3 g	9%	8.1 g	32%
Protein	9.4 g	19%	33 g	66%
Salt	0.39 g	7%	1.4 g	23%

CHILLI PICKLE

1. Put the rice vinegar into a bowl with the sugar, whisk thoroughly and leave to stand and dissolve.
2. Finely slice the cabbage and julienne the carrot, both preferably on a mandolin.
3. Whisk the vinegar ensuring the sugar is dissolved then pour on to the vegetables.
4. Add the chilli flakes and leave to pickle for a minimum of 1 hour. Ensure that you stir the pickle occasionally allowing the liquor to coat evenly whilst it is pickling.



KATSU MAYO

Ingredients

Makes 200ml

- 3g Madras Curry Powder
- 5ml Sesame Oil
- 1g Chinese Five Spice

Method

1. Mix the sesame oil, curry powder, five spice and mayonnaise together until well combined. Pour in to a labelled squeeze bottle and refrigerate until ready to use.

BEEF LASAGNE

Lasagne is the ultimate comfort food. It's filling, tasty and reassuringly simple. It is always popular and can now be made with either part venison mince or even Quorn for a vegetarian version. Either way the combination of energy-giving pasta and protein rich mince is a winner when it comes to delivering complex nutrition in a single helping.

A great staple dish that has been eaten all around the world. Instead of traditional beef mince, try making this with minced chicken, turkey or Quorn. Serve with a crisp salad and garlic bread.



Ingredients - Serves 10

- 2.9kg Ragu Bolognese (see page 129)
- 1.1kg Semi Skimmed Milk
- 250g Grated Mild White Cheddar
- 250g Italian Lasagne Sheets
- 1g Ground White Pepper
- 100g Plain Flour
- 100g Margarine

Cooking Instructions

1. Prepare the béchamel by melting the margarine in a pan, add the flour and cook the roux for a couple of minutes - do not allow to colour. Slowly add the milk, whisking until all the milk is incorporated into the pan.
2. Make the bolognese as per sub recipe.
3. To construct the dish: alternate layers of mince mixture, lasagne and béchamel. Finishing with a layer of béchamel on top.
4. Sprinkle with grated cheese.
5. Bake in a pre heated oven 175°C for approx 20 minutes or until golden and the pasta is cooked.

CONTAINS:



MILK



SOYA



WHEAT

MAY CONTAIN:



EGGS

Ragu Bolognese

Bolognese sauce is a meat-based sauce in Italian cuisine, typical of the city of Bologna. It is customarily used to dress tagliatelle al ragu and to prepare lasagne alla bolognese.

See recipe on page 129



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	PER 100g	%RI	PER 471g SERVING	%RI
Energy (kJ)	562 ^{kJ}	7%	2643 ^{kJ}	31%
Energy (kcal)	134 ^{kcal}	7%	633 ^{kcal}	32%
Fat	7.4 ^g	11%	35 ^g	50%
<i>of which saturates</i>	3.2 ^g	16%	15 ^g	75%
Carbohydrate	8.7 ^g	3%	41 ^g	16%
<i>of which sugars</i>	2.6 ^g	3%	12 ^g	13%
Fibre	1 ^g	4%	4.7 ^g	19%
Protein	7.7 ^g	15%	36 ^g	72%
Salt	0.38 ^g	6%	1.8 ^g	30%

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PLATING

- We Eat with Our Eyes - Plate Research
- Fiskars Group - Blue Plate Thinking!
- Bruce Toon (Medirest) Spanish Chicken Recipe
- Bruce Toon (Medirest) Lemon Chicken Chow Mein Recipe
- Tim Radcliffe Interview
- Essential Cuisine - Our Gluten Free Range
- The Conveyor Belt at Stepping Hill
- Shelley Pearson-Smith Interview
- NHS Chef of the Year
- Ian Robertson Interview

WE EAT WITH OUR EYES - PLATE RESEARCH

This is strange but true. There is a direct link between the plate and the cutlery and food waste. It is something so left field that ordinarily it would go unnoticed. The thinking, according to Tim Radcliffe (National net zero programme manager) is that a plain, round, white plate and cheap, stamped, cutlery is institutional. Patients who are presented with a white round plate with some food on it are predisposed to not liking it. It's as if they are suspicious before they've even tasted a mouthful. What researchers have discovered is that these plates actually cause food waste because patients are not finishing what is on their plates.

To counter these preconceptions there have been tests and trials done across the NHS with different plates and even different colours. The results are dramatic and often impressive. And so simple!

"In a nutshell what we discovered is that when we change the plates to something more like a restaurant there is noticeably less plate waste. Patients respond differently to the food and so do the chefs who naturally pay more attention to plating the food."

"Furthermore, there is also evidence that shows that coloured plates, particularly blue, are even more effective in countering food waste than white. Research in Alzheimer's and dementia has shown that blue is the last colour to go in mental decline and that a blue plate is something that patients respond to. Replacing white with blue has made a real difference to the way patients interact with the food service."

"However, before we get carried away with the data, all this research is underpinned by the care we are taking with the way food is presented and offered. Often the wording on a menu can make a big difference. Pair that with a restaurant-quality plate and the patient has a sudden interest in the food. It's as if they really accept that the catering department really cares about the food and is not just an institutional kitchen churning out food. Clearly, there is a long way to go but the trials are exciting and show that we can get a handle on food waste by making simple adjustments to the way we plate and deliver food."

"Patients who are presented with a white round plate with some food on it are predisposed to not liking it."



Blue Plate Thinking!

Did you know that patients living with dementia can see food better on a blue plate? One of the reasons working in healthcare is so important for chefs is that you get to work at the forefront of research into patient care.

Following on from work done by the Dementia Centre at the University of Stirling, many NHS trusts are now using blue plates which enable dementia patients to get a better feel for what they are eating because pale-coloured foods like chicken, porridge and white bread - stand out against the blue background.



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As a result of this research and implementation, there has been a significant intake of food amongst dementia patients. Data shows it can rise by half a pound a day which is significant when malnutrition is a big problem in hospitals. All by changing the colour of a plate.

The way it works is that many people living with dementia experience difficulties with their sight and perception, which may cause them to misinterpret their surroundings. Switching from white plates to blue plates helps patients with dementia improve their eating, and as a result, their nutritional intake.

Across healthcare institutional white plates are being swapped out for different colours and styles that are making a real difference to the patient experience. In the case of blue plates and dementia they are changing the way patients eat for the better.

Chris Bend, Head of Hospitality at iittala said: *"We take the production of our plates very seriously and our Iittala brand features a Vintage Blue that was used to great effect at the launch of The Healthcare Chefs' Knowledge. We're proud to be making a difference."*

iittala Teema

Plate 26cm Vintage Blue



Pioneering design to make the everyday extraordinary

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BRUCE TOON'S

SPANISH CHICKEN, BUTTERBEAN AND ROASTED TOMATO

This tasty one-pot dish, infused with smoked paprika, will transport your tastebuds to the sunny Mediterranean. Serve with salad.



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	PER 100g	%RI	PER 341g SERVING	%RI
Energy (kJ)	709 kJ	8%	2419 kJ	29%
Energy (kcal)	169 kcal	8%	575 kcal	29%
Fat	5.2 g	7%	18 g	26%
of which saturates	1.1 g	6%	3.7 g	19%
Carbohydrate	3.7 g	1%	13 g	5%
of which sugars	2.1 g	2%	7.1 g	8%
Fibre	1.1 g	4%	3.7 g	15%
Protein	26 g	52%	89 g	178%
Salt	0.29 g	5%	1 g	17%

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Ingredients - Serves 10

- 3.7kg Whole Chicken
- 100ml Olive Oil
- 300g Chopped Tomatoes Tinned
- 5 Fresh Garlic Clove Peeled and Sliced
- 300ml Chicken Stock
- 120ml Tomato Purée
- 250g Butter Beans
- 500g Fresh Tomato
- 250g Onion Cooking Peeled and Diced
- 6 Saffron Strands
- 20g Capers
- 300g Red Pepper Diced

Cooking Instructions

1. Cut the chicken into four quarters. Take each quarter and cut in half. Heat the oil in a pan and brown the eight pieces of chicken, remove the chicken from the pan.
2. Use the pan the chicken was browned in keeping the chicken residue, add olive oil, garlic and onions and fry until golden. Add the saffron, capers, chopped tomatoes, chicken stock, red pepper and the tomato purée.
3. Add the browned chicken and the butter beans to the pan of tomato sauce, cover with foil and cook in the oven at 180°C for 60 minutes or until the chicken is cooked.
4. Cut the fresh tomatoes into four quarters and remove the seeds, dice into 2cm cubes toss in olive oil and roast in the oven at 180°C for two minutes.
5. Remove the foil from the chicken and toss through the roasted tomato and serve.

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BRUCE TOON'S

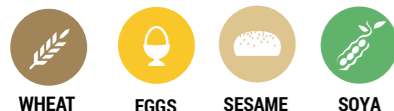
LEMON CHICKEN CHOW MEIN

The combination of lemon chicken and chow mein noodles is an alluring pairing that is popular with patients, staff and visitors. It is at once friendly and uncomplicated as well as being an excellent vehicle for nutrition.



This quick and easy stir fry dish is a favourite with staff and patients and provides a complete meal in one dish.

CONTAINS:



Ingredients - Serves 10

Chicken Marinade

- 1.2kg Chicken Thigh Skinless and Boneless
- 200ml Dark Soy Sauce
- 5 Fresh Garlic Clove Peeled
- 100g Fresh Root Ginger Peeled and Grated
- 50ml Rapeseed Oil

Vegetables

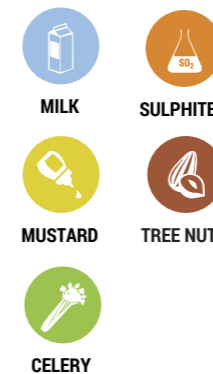
- 200g Carrots Peeled
 - 2 Bunches Spring Onion
 - 200g Red Pepper Sliced
- ### Sauce
- 2 Lemon Zest and Juice
 - 40g Dark Brown Sugar
 - 50ml Dark Soy Sauce

- 200ml Chicken Stock
 - 50g Cornflour
- ### Noodles
- 500g Egg Noodles Pre-Soaked
 - 5g Sesame Seeds
 - 50ml Sesame Oil
 - 50ml Rapeseed Oil
 - 5g Onion Seeds

Cooking Instructions

1. Dice the Chicken Thigh into 4cm cubes. Slice the garlic finely and mix with the root ginger, rapeseed oil and dark soy sauce allow to marinade for two hours. Place on a lined baking sheet and cook in the oven at 200°C for 30 mins or until cooked.
2. Slice the carrots thinly and on the angle. Slice the spring onions into batons.
3. Boil the chicken stock and mix in the dark brown sugar, lemon zest and dark soy sauce. Mix the cornflour with a little water. Add the cornflour to the boiling stock and thicken to a coating consistency.
4. Heat the rapeseed oil in a wok add the carrots and cook for two minutes add the red peppers and cook - remove from the wok.
5. Add a little more rapeseed oil to the wok and stir fry the noodles, add the cooked chicken and vegetables, add the spring onions, cook for two minutes and finish with the lemon sauce, fresh lemon juice, sesame seeds, onion seeds and drizzle with sesame oil.

MAY CONTAIN:



	PER 100g	%RI	PER 240g SERVING	%RI
Energy (kJ)	929 kJ	11%	2226 kJ	27%
Energy (kcal)	221 kcal	11%	530 kcal	27%
Fat	8.1 g	12%	19 g	27%
of which saturates	1.1 g	6%	2.7 g	14%
Carbohydrate	22 g	8%	53 g	20%
of which sugars	5.1 g	6%	12 g	13%
Fibre	1.1 g	4%	2.6 g	10%
Protein	14 g	28%	35 g	70%
Salt	0.85 g	14%	2 g	33%

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TIM RADCLIFFE

National Net Zero Programme Manager

The real frontline battle in NHS catering lies in tackling food waste. It's the one area where the most savings can be made and the most impact can be felt on the wards. Reducing our carbon footprint is essential to our future and can be achieved without making massive changes.



In fact, the small changes can be hugely effective. One of the best examples we have been working on recently is replacing our reliance on beef. I have seen, and not that long ago, up to 11 beef dishes on a menu. Our Sunday dinner of roast beef is entrenched in our national consciousness.

75 years ago hospital menus were beef, beef, beef. We don't want to take it away completely. That is not the point and would be a futile experiment. Meat protein is important to recovery. However, there is a carbon footprint involved and a cost implication. Is it possible to reduce beef on menus and still offer a meaty choice to those that want it? Yes, and that's where we have been focusing.

Take Cottage Pie, for example. It will never be taken off the menu. It is a traditional favourite and it is a very good way of getting nutrition into patients when they need it as well as being a comforting classic that brings warmth and familiarity with it.

What we can do is replace some of the beef content with venison and fill out an other part of it with lentils. This may sound unusual but it really works. Beef, venison and lentil cottage pie is every bit as delicious as one made with 100% beef and has a much lower carbon footprint and a lower cost implication. Everyone wins.

Also, lentils are great thickeners. There's no need to add flour and fat to make a traditional thickener as was the way in the past. Venison is a healthy and wild meat, naturally lower in fat than beef and more of it needs to be eaten. It has a much lower carbon footprint too as it is not commercially farmed. Lasagne is another dish that can be treated the same way.

So, we are looking at menu dishes across the board and reconfiguring them to make them more efficient and less costly. But this is not the whole picture. We are also looking at plate waste and this is, perhaps, even more revolutionary.

It turns out that a lot of patients are put off by portion sizes and are leaving a lot of food on their plates. This is a worry beyond just waste. Some patients are not eating enough and malnourishment in hospitals is a real concern.

The latest thinking, and this is backed up by data, is that by reducing portion sizes and increasing the nutrition dishes contain, patients are finishing everything on their plate. This means we are saving money by using less food and paying less to dispose of waste. At the same time we are increasing nutrition.

But, it doesn't stop there. We are also working with different coloured plates, such as blue and moving towards restaurant-quality crockery and cutlery. This is having a big effect on patient satisfaction and emptier plates. It is only a matter of time before these changes become nationwide. It may be happening slowly but it is happening and the signs are very encouraging.

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BEEF BOURGUIGNON

Beef is extremely popular on hospital menus and always has been. One of the challenges is reducing it to lower carbon footprint. This great French stew made with beef, baby onions, bacon and cooked in red wine is a way of enjoying less beef with more added ingredients, or even replacing it with venison.

A warming one-pot classic, slow cooked to perfection. Serve with creamy mashed potatoes.

Ingredients - Serves 10

- 1.4kg Diced Beef Chuck
- 480g Onion
- 5g Garlic Purée
- 1.4ltr Hot Water
- 10g Parsley
- 250g Mushroom
- 200g Carrots
- 150g Plain Flour
- 20g Beef Bouillon Powder
- 60ml Rapeseed Oil
- 100g Silver Skin Onions
- 100g Margarine Premium
- 40g Tomato Purée
- 5 Bay Leaves
- 2g Black Ground Pepper
- 5g Thyme
- 200g Rindless Unsmoked Back Bacon

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CONTAINS:



SULPHITES

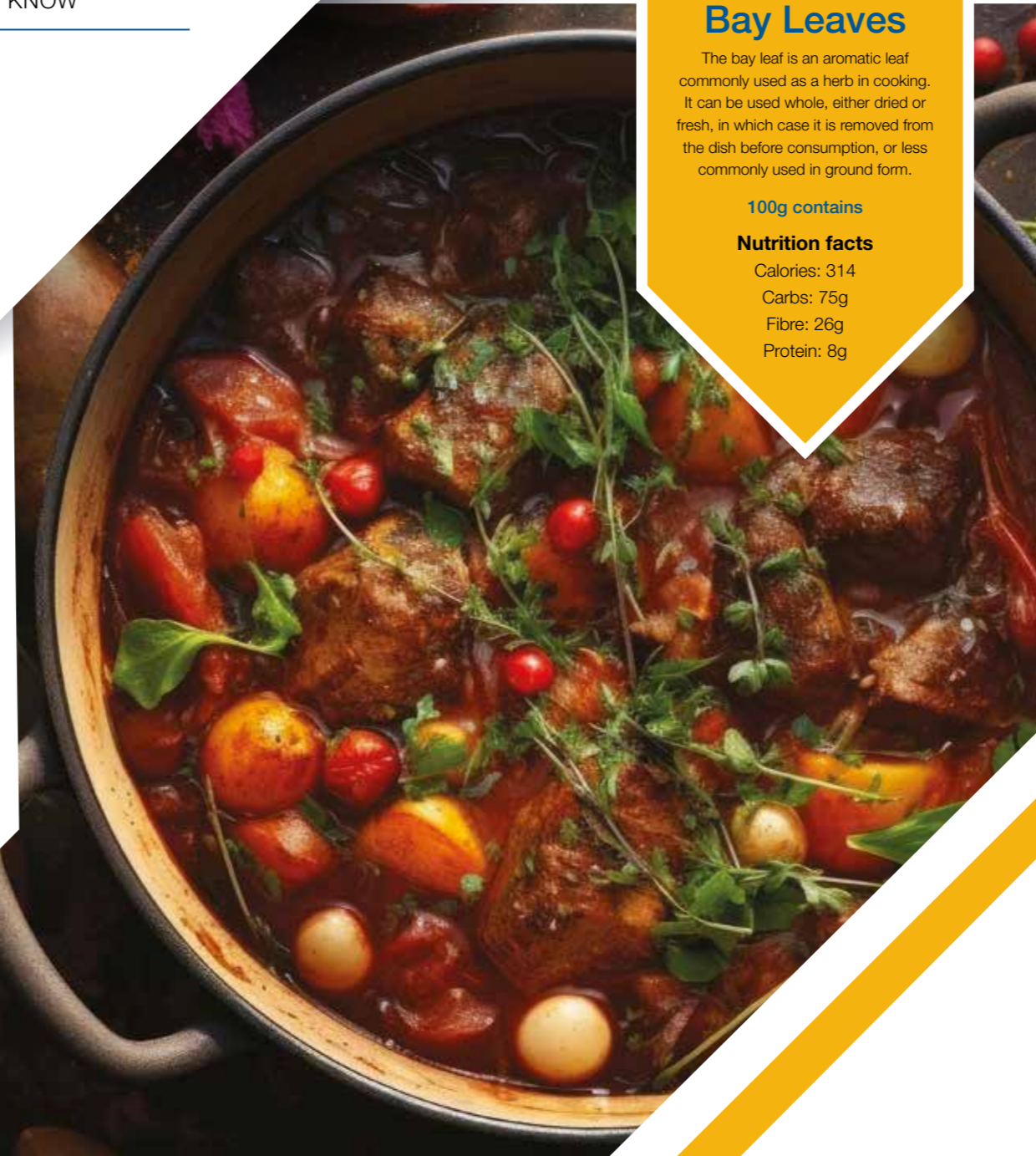


WHEAT

MAY CONTAIN:



CELERY



Bay Leaves

The bay leaf is an aromatic leaf commonly used as a herb in cooking. It can be used whole, either dried or fresh, in which case it is removed from the dish before consumption, or less commonly used in ground form.

100g contains

Nutrition facts

Calories: 314
Carbs: 75g
Fibre: 26g
Protein: 8g

Cooking Instructions

1. Defrost the silver skin onions overnight in the fridge. Preheat the oven to 170°C.
2. Cut the bacon into 1cm lardons. Peel and cut the onions into ½cm dice. Peel crush and chop the garlic. Wipe clean and slice the mushrooms. Cut the beef shin into 2cm dice.
3. Make the bouillon up with hot water. Chop the parsley. Remove the thyme from the stalk and chop. Peel and cut the carrots into ½cm dice.
4. Melt half the margarine and half the oil on a high heat, add the bacon lardons and cook until brown and slightly crispy remove from the pan and set aside. Add the beef to the pan and seal on all sides then stir in the flour and pepper. Cook this roux for 5 minutes.
5. Return the bacon to the pan and add the diced onions, carrots, tomato purée, thyme, garlic, bay leaf and stock. Cover and cook until beef is tender.
6. Sauté the defrosted silver skin onions in the remaining margarine and oil until glazed and golden brown remove from the pan and set aside on kitchen paper. Sauté the sliced mushrooms in the same pan.
7. When the meat is nearly cooked add the sautéed onions and mushrooms to the beef and continue to cook for a further 30 minutes. Remove the bay leaf before serving and stir in the chopped parsley. Ensure the core temperature is reached 75°C (82°C in Scotland).
8. Season with the pepper.

	PER 100g	%RI	PER 472.3g SERVING	%RI
Energy (kJ)	400 kJ	5%	1887 kJ	22%
Energy (kcal)	95 kcal	5%	451 kcal	23%
Fat	4.8 g	7%	23 g	38%
of which saturates	1.3 g	7%	6.3 g	32%
Carbohydrate	4.5 g	2%	21 g	8%
of which sugars	1.3 g	1%	6 g	7%
Fibre	0.5 g	2%	2.5 g	10%
Protein	8.4 g	17%	40 g	80%
Salt	0.37 g	6%	1.8 g	30%

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RAGU BOLOGNESE

SUB RECIPE OF BEEF LASAGNE

Ingredients - Serves 10

- 1.2kg Minced Beef
- 250g Brown Skin Onion
- 50g Garlic Purée
- 25g Thyme
- 5g Bay Leaves
- 100g Tomato Purée
- 30g Gluten Free Beef Flavour Bouillon Paste
- 20g Extended Life Vegetable Oil
- 1.6kg Canned Chopped Tomatoes in Juice
- 50g Vegetarian Hard Cheese Shavings
- 250g Carrots
- 10g Celery Green/White
- 40ml Water

CONTAINS:



MILK



CELERY



Cooking Instructions

1. Preheat the oven to 150°C.
2. Peel and finely dice the onion carrot and celery. Dissolve the beef bouillon in the water.
3. Place a suitable size frying pan over a medium-high heat and add the rapeseed oil. Brown the beef mince (in batches if required) in the hot pan ensuring good caramelisation remove and place into a suitable size gastro.
4. Add the onion, carrot and celery to the same pan and continue to cook over a medium heat for 5-8 minutes. Add this mixture to the beef mince.
5. Finally add the tomato purée, chopped tomatoes and beef stock to the same pan and bring to a gentle simmer. Pour this mixture over the meat and vegetable mix. Add the thyme and the bay leaf.
6. Cover the gastro tightly with foil and place into the preheated oven for 1½ hours.
7. Remove the ragu from the oven, uncover and return to the oven for a further 30-40 minutes to reduce. Remove and discard the bay and thyme as desired.

	PER 100g	%RI	PER 363g SERVING	%RI
Energy (kJ)	426 ^{kJ}	5%	1548 ^{kJ}	18%
Energy (kcal)	102 ^{kcal}	5%	371 ^{kcal}	19%
Fat	6.3 ^g	9%	23 ^g	33%
<i>of which saturates</i>	2.6 ^g	13%	9.3 ^g	47%
Carbohydrate	3.1 ^g	1%	11 ^g	4%
<i>of which sugars</i>	2.1 ^g	2%	7.7 ^g	9%
Fibre	1.2 ^g	5%	4.4 ^g	18%
Protein	7.6 ^g	15%	28 ^g	56%
Salt	0.36 ^g	6%	1.3 ^g	22%

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HARISSA CHICKEN SKEWER

A street food dish which can evoke memories of travel and holidays. It's low in fat and high in protein.

Ingredients - Serves 10

- 1.4kg Chicken Thigh Boneless Skinless
- 60ml Red Wine Vinegar
- 10g Cracked Black Peppercorn
- 20g Paprika
- 140g Red Peppers
- 25g Garlic Purée
- 200g Canned Chopped Tomatoes in Juice
- 25g Red Chillies
- 40g Pure Olive Oil
- 5g Crushed Chillies
- 5g Ground Coriander
- 3g Fennel Seeds
- 3g Cumin Seeds



MAY CONTAIN:



OATS, WHEAT, BARLEY, RYE



LUPIN

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Cooking Instructions

1. Toast the crushed chillies, cumin seeds and fennel seeds over a medium heat in a pan until fragrant. Add the coriander, grind in a pestle and mortar until fine and set aside.
2. Char the red pepper under the grill and remove the charred skin cut in half and de-seed.
3. In a blender/food processor combine the red pepper, garlic, paprika, chillies, tinned tomatoes, olive oil, along with the toasted spices then blend well until you have a brick red, vibrant paste.
4. Soak the skewers in cold water for a minimum 2 hours.
5. Combine the Harissa Paste with the red wine vinegar and black pepper.
6. Cut the chicken thighs in half and coat the chicken in the marinade for a minimum 2 hours, ideally overnight in the fridge.
7. Preheat the Chargrill (if available or grill) to high.
8. Skewer 70g of meat per skewer (2 skewers a portion) and place onto the preheated chargrill and cook until good caramelisation on both sides and the required core temperature has been reached 75°C (82°C in Scotland).
9. Rest for 2-3 minutes and serve as required.

	PER 100g	%RI	PER 363g SERVING	%RI
Energy (kJ)	527 ^{kJ}	6%	1020 ^{kJ}	12%
Energy (kcal)	126 ^{kcal}	6%	244 ^{kcal}	12%
Fat	6.7 ^g	10%	13 ^g	19%
<i>of which saturates</i>	0.7 ^g	4%	1.3 ^g	7%
Carbohydrate	1.7 ^g	1%	3.2 ^g	1%
<i>of which sugars</i>	0.9 ^g	1%	1.8 ^g	2%
Fibre	1 ^g	4%	2 ^g	8%
Protein	14 ^g	28%	28 ^g	56%
Salt	0.03 ^g	1%	0.06 ^g	1%

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JERK CHICKEN FLATBREAD

Ingredients - Serves 10

- 1.25kg Chicken Thigh Boneless Skinless
- 200g Jamaican Jerk Paste
- 800g Khobez Flatbread
- 325g Medium Pineapple
- 200g White Cabbage Shredded
- 200g Cos Lettuce
- 125g Cherry Tomatoes
- 20g Coriander

CONTAINS:



WHEAT



SULPHITES

MAY CONTAIN:



CELERY

Cooking Instructions

1. Marinate the chicken thighs in 150gm of jerk paste then refrigerate for at least 2 hours ideally overnight.
2. Defrost the flatbreads, peel and dice the pineapple, wash and shred the lettuce, then halve the tomatoes.
3. Mix the pineapple with apricot chutney (see next page) and the remaining jerk paste.
4. Cook the chicken in a preheated oven set to 190°C until core temperature of 75°C (82°C in Scotland) had been achieved, shred, keep warm and set aside.
5. Place the shredded cabbage on the flatbread followed by the chicken, chutney, tomatoes and picked coriander.
6. Serve with apricot chutney.

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Apricot Chutney

Ingredients - Serves 10

- 400g Chopped Diced Apricot
- 17g Cooking Salt
- 1g Cayenne Pepper
- 160g Small Orange
- 225g Light Soft Brown Sugar
- 425g White Wine Vinegar
- 125g Onions
- 50g Sultanas
- 1g Ground Ginger
- 20g Red Chillies



Cooking Instructions

1. Place the coriander seeds in your smallest saucepan and heat the pan whilst tossing the seeds around it – as soon as they begin to splutter transfer them to a pestle and mortar and crush them lightly before sprinkling them over the apricots.
2. De-seed, finely slice the chilli and set aside.
3. Add all the remaining ingredients to the apricots, then heat gently, stirring all the time until the sugar crystals have dissolved. Next bring everything up to simmering point and simmer the chutney (covered) for 45 minutes-1 hour.
4. The apricots and onion need to be quite tender, but it's important not to overcook the chutney or it will be too thick – the right consistency is like chunky rather than liquid jam.
5. Remember, too, that it does thicken as it cools down. When it's ready, spoon into the warmed, sterilised jar and seal straightaway, then label when cold.

CONTAINS:



SULPHITES



VEGETARIAN

Jerk Chicken Flatbread

	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	567 kJ	7%	1849 kJ	22%
Energy (kcal)	134 kcal	7%	438 kcal	22%
Fat	2.7 g	4%	8.8 g	13%
of which saturates	0.2 g	1%	0.8 g	4%
Carbohydrate	17 g	7%	55 g	21%
of which sugars	4.3 g	5%	14 g	16%
Fibre	1.2 g	5%	4 g	16%
Protein	10 g	20%	33 g	66%
Salt	0.31 g	5%	1 g	17%

Apricot Chutney

	PER 100g	%RI	PER SERVING 143g	%RI
Energy (kJ)	647 kJ	8%	925 kJ	11%
Energy (kcal)	153 kcal	8%	218 kcal	11%
Fat	0 g	0%	0.5 g	1%
of which saturates	0 g	0%	0 g	0%
Carbohydrate	35 g	13%	50 g	19%
of which sugars	34 g	38%	49 g	54%
Fibre	2.5 g	10%	3.5 g	14%
Protein	1.3 g	3%	1.9 g	4%
Salt	1.2 g	20%	1.7 g	28%

Generated by Nutricics v5.90 on 18th Aug 2023. Last Modified 14th Aug 2023.

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KATSU CHICKEN DONBARI BOWL

Ingredients - Serves 10

- 1.5kg Chicken Thigh Boneless Skinless
- 5g Sesame Seeds
- 180g Cucumber
- 10g Red Chillies
- 115g Radish
- 10g Caster Sugar
- 200g White Cabbage
- 100g Edamame Soya Beans
- 100g Courgette
- 20ml Toasted Sesame Oil
- 200g Carrots
- 300g Panko Style Breadcrumbs
- 115g Plain Flour
- 2g Ground White Pepper
- 150g Free Range Medium Eggs
- 50ml White Rice Vinegar
- 70g Curry Sauce Mix
- 10g Gluten Free Vegetable Bouillon Paste
- 1ltr Water
- 20ml Light Soy Sauce
- 50ml Light Coconut Milk
- 10g Madras Curry Powder
- 1g Chinese Five Spice
- 30ml Pure Olive Oil
- 150ml Greek Style Natural Yogurt
- 1.5kg Cooked Jasmine Rice (see page 151)

CONTAINS:



MILK



SOYA



WHEAT



EGGS



SESAME

MAY CONTAIN:



CELERY



MUSTARD



Cooking Instructions

1. Defrost soya beans in the fridge overnight.
2. Finely shred the cabbage preferably on a mandolin.
3. Julienne the carrot preferably on a mandolin.
4. Cut the courgette in half and then into another half and then into 5mm small pieces.
5. Mix all the vegetables together and steam for 2 minutes until hot, dress with 20ml sesame oil then set aside for service.

DONBURI PICKLE

1. Pour the vinegar into a bowl with the sugar and Whisk. Allow the sugar to dissolve while preparing the other ingredients.
2. De-seed the cucumber and slice into thin slices on the angle.
3. De-seed the red chilli and finely dice.
4. Thinly slice the radish on a mandolin.
5. Mix the cucumber, chilli and radish together and then pour over the pickling liquor. Mix thoroughly, then allow to pickle for 1-2 hours. Make sure the pickle is stirred occasionally to allow the vinegar to coat the cucumber and radish evenly.

KATSU SAUCE

1. Mix 55g flour 10g madras powder and 70g of Knorr curry granules together along with the 1g of Chinese 5 spice.
2. Heat a pan and add the pomace oil.
3. Add the spices/flour mix to the pan and dry fry for 1 minute. The spice mix will be dry after absorbing oil but keep cooking out.
4. Slowly add a litre of water and bouillon whilst whisking ensuring no lumps bring to a simmer cooking out. Slowly add a litre of water and bouillon whilst whisking, ensuring no lumps. Bring to a simmer once all water has been added.
5. Mix the yoghurt and coconut milk together and stir them into the sauce and again bring to the boil and simmer for 1-2 minutes.
6. Add 20ml of sesame oil and 20ml of soy sauce to the pan.
7. Allow sauce to simmer for 4-5 minutes, letting the flour cook out and allowing the sauce to thicken.

DONBURI

1. Preheat the fryer to 170°C. Place flour and breadcrumbs in separate trays. Crack and whisk eggs into a tray.
2. Coat the chicken in the flour beaten egg and then breadcrumbs.
3. Wash the rice, drain and add 500ml of water per 600g of rice. Bring to a boil and reduce to a simmer until the water is absorbed and the rice is sticky (alternatively this can be cooked in a rice cooker).
4. Toast the sesame seeds in a pan or oven until golden brown. Set aside until ready.
5. Fry the coated chicken until golden brown and crispy and ensure the core temperature has reached 75°C (82°C in Scotland).
6. Cut the chicken into 3 to 4 slices.

TO SERVE

1. Spoon the rice into the bottom of the bowl, going clockwise add the Donburi garnish, the fried chicken pieces and the Donburi Pickle. Pour the Katsu Sauce over and sprinkle with sesame seeds then serve.

	PER 100g	%RI	PER SERVING 601g	%RI
Energy (kJ)	461 kJ	5%	2771 kJ	33%
Energy (kcal)	110 kcal	6%	659 kcal	33%
Fat	3.5 g	5%	21 g	30%
of which saturates	0.7 g	4%	4.1 g	21%
Carbohydrate	12 g	5%	74 g	28%
of which sugars	1.6 g	2%	9.4 g	10%
Fibre	0.9 g	4%	5.2 g	21%
Protein	6.9 g	14%	41 g	82%
Salt	0.23 g	4%	1.4 g	23%

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TERIYAKI CHICKEN DONBARI BOWL

As with katsu the word teriyaki has an Asian vibe. It's another one-pot bowl that's easy to eat, easy to create and filled with zesty, fresh, flavours that sing. Don't be afraid when it comes to menu creation of looking to street food and food trends for ideas.



Ingredients - Serves 10

- 1.5kg Chicken Thigh Boneless Skinless
- 200ml Teriyaki Sauce
- 5g Sesame Seeds
- 75ml Lime Juice
- 180g Cucumber
- 10g Red Chillies
- 115g Radish (25 radishes)
- 10g Caster Sugar
- 200g White Cabbage
- 100g Edamame Soya Beans
- 100g Courgette
- 20ml Toasted Sesame Oil
- 200g Carrots
- 50ml White Rice Vinegar
- 1.5kg Cooked Jasmine Rice (see page 151)

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Jasmine Rice

See recipe on page 151

Cooking Instructions

TERIYAKI CHICKEN

1. Mix the lime juice with the Teriyaki Sauce. Then mix 120g of the sauce with the chicken and reserve 120g for glazing and chill for at least 2 hours or preferably overnight. Keep the remainder of the sauce for finishing the dish.
2. Preheat the oven to 200°C and roast the marinated chicken for 10 minutes. Coat the chicken with the rest of the sauce and roast again for another 5-10 minutes until sticky and glazed and thoroughly cooked through.

DONBURI GARNISH

1. Defrost soya beans in the fridge overnight.
2. Finely shred the cabbage preferably on a mandolin.
3. Julienne the carrot preferably on a mandolin.
4. Cut the courgette in half and then into another half and then into 5mm small pieces.
5. Mix all the vegetables together and steam for 2 minutes until hot, dress with 20ml sesame oil then set aside for service.

DONBURI PICKLE

1. Pour the vinegar into a bowl with the sugar and whisk allow the sugar to dissolve whilst preparing the other ingredients.
2. De-seed the cucumber and slice into thin slices on the angle.
3. De-seed the red chilli and finely dice.
4. Thinly slice the radish on a mandolin.
5. Mix the cucumber chilli and radish together and then pour over the pickling liquor. Mix thoroughly then allow to pickle for 1-2 hours. Make sure the pickle is stirred occasionally to allow the vinegar to coat the cucumber and radish evenly.

CONTAINS:



SOYA



WHEAT



SESAME



SULPHITES

	PER 100g	%RI	PER 427g SERVING	%RI
Energy (kJ)	390 ^{kJ}	5%	1663 ^{kJ}	20%
Energy (kcal)	93 ^{kcal}	5%	395 ^{kcal}	20%
Fat	3 ^g	4%	13 ^g	19%
of which saturates	0.3 ^g	2%	1.3 ^g	7%
Carbohydrate	8.4 ^g	3%	36 ^g	14%
of which sugars	2.7 ^g	3%	11 ^g	12%
Fibre	0.5 ^g	2%	2.2 ^g	9%
Protein	7.8 ^g	16%	33 ^g	66%
Salt	0.25 ^g	4%	1.1 ^g	18%

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Our gluten free range your peace of mind

We understand the importance of offering nutritionally balanced options whilst catering to various needs and dietary requirements. We're proud that our range is 100% gluten free, with products that are suited to vegans, vegetarians as well as meeting 2024 salt targets*. We also have a selection of products that contain no declarable allergens^ to deliver full peace of mind.



^Many of our products do not contain declarable allergens under the EU regulation 1169/2011 (Annex II). Please visit our website for full allergen information

*Meets 2024 salt targets set by Public Health England.

Helping to support the healthcare sector

As the healthcare sector is so close to our hearts, we make it our priority to inspire your future menus, ensuring they are full of flavour and colour using our versatile, cost and time-efficient products.



Gluten Free

Our entire range is gluten free and many products contain no declarable allergens^, giving you that added peace of mind.



Salt Targets

The majority of our products meet 2024 salt targets*.



Blue Scoops

Did you know we provide blue scoops that help with dosage? The Essential Cuisine blue scoop is a simple yet highly effective tool when using our powdered ingredients, helping you maximise the yield of our products.



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THE CONVEYOR BELT AT STEPPING HILL



At Stepping Hill Hospital in Stockport the lunchtime and evening meal service is run like clockwork. 800 meal trays are prepared and sent in just over an hour. At the centre of the plating process is a conveyor, belt that is operated by 11 chefs.

Each tray corresponds to an order that has come from the ward iPad system that patients use to highlight what they would like. As a tray slowly moves down the conveyor belt each chef checks the order and adds what is needed as it goes by. At the end the tray is then inserted into a pre-heated trolley that, when full, is then topped up with heat and sent to the ward.

These trolleys are special. They have a divider that allows the tray to be cold on one side and hot on the other. Because the service is so refined the trolley reaches the ward quickly where the food is served straight away. This results in far less degradation than typical ward delivery and has a corresponding success.

However, it is the conveyor belt that enables the chefs to serve the food quickly and efficiently. Harnessed to this are a bank of new Rational ovens and bratt pans that are used to get food

ready to order. Vegetables, for example, can be batch cooked to order, meaning that they retain all their goodness and nutrient value all the way to the ward. Everything that goes out is prepared at exactly the right time so it is not sitting around waiting to be served.

What the Stepping Hill experiment has shown is that when hospital food is considered and the patient is put first then the kitchen can be redesigned to facilitate an easier service. Rather than a static pass, the conveyor belt allows chefs to add to trays as they pass. This enables large volumes to be plated and put into trolleys faster than normal. The winner is the patient who is served freshly cooked food that has not spend long periods of time stuck in a heated cupboard.

“Because the service is so refined the trolley reaches the ward quickly where it is served straight away.”

SHELLEY PEARSON- SMITH

Assistant Head Chef at Stepping Hill

Traditionally food was cooked and kept warm before service and then portioned before being sent on trays with in-built warmers. This meant that the food degraded and was, in most cases, unpalatable.



We now have a different system. We cook all our food in batches to order and these are ready to go from the oven at service, which means anything that cannot be held without degrading, like vegetables, are cooked right before they go out. We typically cater for 3 wards at once and have a conveyor belt staffed by 11 catering assistants who check each tray and put on exactly what is ordered. It's a system that works well and enables us to use the technology we have in the kitchen to its full capacity.

It also means that we can be consistent. A chef, for example, doesn't suddenly think he or she can go on a break and leave the vegetables in the oven. Everything is broken down to how it appears at service.

We are concentrating on getting our chefs to embrace technology. We want chefs to follow exact recipes the same way every time. Recipes that have been scaled up for hospital use and are accurate. If we can share these across multiple trusts then we are all going to be working with precise dishes that have been shown to work and are popular.

You have to know how to scale up. Often it's just simply using the right binding agent. Rather than use excess flour we now use red lentils which are brilliant at thickening and providing nutrition at the same time.

Cottage Pie will never come off the menu but the way the recipe and the dish is constructed is changing as we reduce the carbon footprint of the beef and replace it with venison and lentils.

This means we can reduce the portion size but maybe add some cream to the mince to increase the nutritional value. This is where hospital food is starting to become a science in its own right.

Patients need protein. They are four times more likely to be readmitted to hospital if they leave malnourished. We have to get away from empty calories - ingredients that do nothing to foster health and recovery. Every single ingredient in a dish needs to play a part. An ingredient shouldn't be in a dish if it adds neither flavour or nutrition.

However, food must be familiar. 68% of patients are over 65. That means that the majority of patients have had a traditional diet for the majority of their life. They understand food in a particular way. We have to make the food fit into that. We cannot just present patients with change. We must make concessions to them by wording dishes on the menu correctly. If we get the wording wrong the patient won't order.

We had a great example recently: we had chicken paella on. There was a low take up. Then we added "no shellfish" to the description and suddenly it was a best-seller. We achieved that by recognising that many patients associate paella with seafood. This is just basic psychology but we have to be aware of these things.



THE NHS CHEF OF THE YEAR



Nick Vadis FIH Chef Ambassador NHS Supply Chain

It's remarkable how the NHS Chef of the Year Competition has galvanised chef teams across NHS England. The idea was put forward as part of The Food Review and in partnership with our NHS Chef Academies we are supporting the competition with innovation and mentoring.

2023 was the fourth year of the competition and it's safe to say it has really taken hold in kitchens throughout the NHS and is something to look forward to.

As a competition it is far more than just a showcase of chef talent. The purpose is to give NHS chefs an outlet to both challenge and motivate. The last competition was held at the gorgeous Lainston House near Winchester and was a true celebration of the growing talent in NHS kitchens, but underneath was a set of serious challenges that reflected day to day issues in hospital kitchens. Real life issues like 24/7 catering and food waste were reflected in the challenges and the chefs really rose to the occasion.

The 2023 competition was the best yet with guest judge Lisa Goodwin Allen from Lancashire's Northcote getting involved for the first time. The winners in 2023 were Darby Hayhurst and Dylan Lucas from Royal Blackburn Hospital (East Lancashire Hospitals NHS Trust).

Keep your eyes and ears open for future launches of the competition , it could be YOU carrying the title away for your trust.

Out of the competition came new ideas that will help change the way hospital food is created, not only for patients but also for staff and visitors. Chefs can now see that there is a real direction in what they are doing and that there is a place where they can excel and be rewarded for their efforts. Combined with the NHS Chefs Academies the NHS Chef of the Year Competition is putting hospital food back on the industry map in a way that it has never been before.

Personally, I am excited to see so many NHS chefs throughout England thinking more and more about entering and competing. By giving them an opportunity to flex their culinary muscle in this arena, this can only benefit the NHS , by raising the profile of the chefs that work in the trusts. It is also good for kitchens and ultimately good for patients, staff and visitors.



Darby Hayhurst and Dylan Lucas from Royal Blackburn Hospital.

SIDES

- Braised Red Cabbage
- Jasmine Rice
- Lemon Pilau Rice
- Charred Corn on the Cob
- Mashed Potato
- Dumplings
- Tarka Dhal
- Custard
- Katsu Sauce
- Caesar Dressing
- Cacik
- Lebanese Spice Mix
- Houmous
- Pickled Red Cabbage

SIDES

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BRAISED RED CABBAGE

The definition of a side is an accompaniment, and braised red cabbage is a perfect partner to many dishes particularly the Lancashire Hot Pot. It's got sharpness that can help a jaded palate recover and a sweetness that gives a hit of energy and it helps to cut through the richness of whatever it's paired with.



Red cabbage is sweet and vibrant, it's a fantastic vegetable with any roast dinner, but is also great served cold the next day with meat or as a side.

	PER 100g	%RI	PER 113g SERVING	%RI
Energy (kJ)	212 kJ	3%	240 kJ	7%
Energy (kcal)	50 kcal	3%	57 kcal	7%
Fat	0 g	0%	0 g	0%
<i>of which saturates</i>	0 g	0%	0 g	0%
Carbohydrate	10 g	4%	11 g	4%
<i>of which sugars</i>	6.9 g	8%	7.8 g	9%
Fibre	1.9 g	8%	2.1 g	8%
Protein	1.3 g	3%	1.4 g	3%
Salt	0.06 g	1%	0.07 g	1%

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Red Cabbage

Red cabbage is sweet and vibrant a fantastic vegetable to support any roast, also great served cold the next day with meats.

Amount Per 100 grams

Nutrition facts

Calories 31
Carbohydrate 7g
Fibre 2.1g
Protein 1.4g

Ingredients - Serves 10

- 1kg Red Cabbage Shredded
- 40g Light Soft Brown Sugar
- 90ml Red Wine Vinegar
- 1g Ground Black Pepper

CONTAINS:



CELERY

Cooking Instructions

1. Quarter the cabbage. Remove the thick stalk shred finely and wash. Place a pan on the stove add the cabbage.
2. Add the red wine vinegar and sugar cook for 5 minutes. Cover with a well fitting lid lower the heat and cook until cabbage is cooked and just soft.
3. Season with pepper.
4. Place in a serving dish and keep hot.
5. Add a little water if required.

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VEGETARIAN



VEGAN



JASMINE RICE

40

Ingredients - Serves 10

- 720g Fragrant Jasmine Rice
- 600ml Water



VEGETARIAN



VEGAN



GLUTEN FREE

Cooking Instructions

1. Bring the water to the boil, then turn down to simmer.
2. Add in the jasmine rice and stir for a little while.
3. Leave to simmer until just cooked, drain refresh in cold water and reserve for service.

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	PER 100g	%RI	PER SERVING 383g	%RI
Energy (kJ)	279 kJ	3%	1068 kJ	13%
Energy (kcal)	66 kcal	3%	251 kcal	13%
Fat	0 g	0%	0.5 g	1%
of which saturates	0 g	0%	0.1 g	1%
Carbohydrate	15 g	6%	56 g	22%
of which sugars	0 g	0%	0.5 g	1%
Fibre	0 g	0%	0.6 g	2%
Protein	1.5 g	3%	5.7 g	11%
Salt	0 g	0%	0 g	0%

Generated by Nutritics v5.95 on 14th Feb 2024. Last Modified 14th Feb 2024.

LEMON PILAU RICE

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Ingredients - Serves 10

- 15g Yellow Split Peas
- 250g Brown Skin Onion
- 2g Ground Turmeric
- 40ml Extended Life Vegetable Oil
- 1 Whole Lemon
- 3g Cumin Seeds
- 400g Basmati Rice
- 3g Black Mustard Seeds



VEGETARIAN



VEGAN

CONTAINS:



MUSTARD

MAY CONTAIN:



OATS, WHEAT, BARLEY, RYE



CELERY



SESAME



SULPHITE

Cooking Instructions

1. Preheat Oven to 170°C, Zest the lemon and then finely dice the onion.
2. Heat a shallow medium sauce pan and add the oil.
3. Add the yellow split peas and cook in oil until toasted and slightly darkened.
4. Add the mustard seeds and cumin seeds and cook until mustard seeds start to pop, and cumin seeds have slightly darkened then add turmeric and cook for an extra 30 seconds. Add the onion and cook for 1-2 minutes.
5. Pour in the rice and mix thoroughly together.
6. Add water and bring to boil. Cover the pan with a lid or with tin foil ensuring it is on very tightly.
7. Place in oven for 20 minutes, take out of the oven and leave with the foil on for 5 minutes.
8. Take the lid/foil off and add the lemon zest, stirring the rice and the lemon zest together.
9. Replace tin foil/lid and leave for another 2 minutes.
10. Make sure the core temperature has been reached: 75°C (82°C in Scotland) and serve.

	PER 100g	%RI	PER SERVING 77g	%RI
Energy (kJ)	1083 kJ	13%	837 kJ	10%
Energy (kcal)	257 kcal	13%	198 kcal	10%
Fat	5.8 g	8%	4.5 g	6%
of which saturates	0.4 g	2%	0.3 g	2%
Carbohydrate	45 g	17%	35 g	13%
of which sugars	3.2 g	4%	2.5 g	3%
Fibre	0.9 g	4%	0.7 g	3%
Protein	5.45 g	11%	4.2 g	8%
Salt	0.02 g	0%	0.01 g	0%

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CHARRED CORN

This is a great retail favourite. It's not so suitable for the ward as it can be complicated to eat but is perfect for retail and for staff dining as it's colourful, fresh and has great taste. It's also healthy and light and a great way of getting much-needed energy without being overly sweet.



Enjoy this vegetable, eaten straight off the cob, imbued with a tasty charred flavour.

	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	473 kJ	6%	575 kJ	7%
Energy (kcal)	112 kcal	6%	136 kcal	7%
Fat	2.1 g	3%	2.6 g	4%
of which saturates	0.3 g	2%	0.3 g	2%
Carbohydrate	19 g	7%	23 g	9%
of which sugars	2.3 g	3%	2.8 g	3%
Fibre	1 g	4%	1.2 g	5%
Protein	4 g	8%	4.8 g	10%
Salt	0 g	0%	0 g	0%

Generated by Nutritics v5.90 on 29th Aug 2023. Last Modified 29th Aug 2023.

Ingredients - Serves 10

- 1.13kg Individually Quick Frozen Corn on the Cob
- 15g Spring Onion Trimmed
- 20g Red Chillies
- 1 Whole Lime

Cooking Instructions

1. Pre heat griddle pan.
2. Halve, de-seed and thinly slice chillies.
3. Thinly slice spring onions.
4. Juice and zest limes.
5. Mix the chilli and onions with lime juice. Hold in the fridge until required.

To Cook

1. Place the corn in a pan of boiling water and simmer for 4-5 minutes. Remove corn from water and allow to drain.
2. Char the corn on the griddle. Once lightly coloured place corn on a tray and top with onion mix.
3. Place in a serving dish and keep hot.

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VEGETARIAN

Corn on the Cob

A great side dish, eaten straight off the cob, rich in Vitamin C. A juicy, savoury treat.

Amount Per 100 grams

Nutrition facts

Calories 106
 Cholesterol 4mg
 Saturated Fat 1.1g
 Carbohydrate 22g
 Protein 3.1g

Vitamin C, Iron,
 Vitamin B6,
 Magnesium



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MASHED POTATO

Ingredients - Serves 10

- 1g Ground White Pepper
- 3g Cooking Salt
- 2kg Maris Piper Potatoes
- 100g Unsalted Butter



VEGETARIAN



GLUTEN FREE

CONTAINS:



MILK

Cooking Instructions

1. Peel the potatoes and cut into even pieces.
2. Boil or steam the potatoes for approximately 20 minutes.
3. Drain the potatoes, add the butter and mash.
4. Season with salt and pepper.

	PER 100g	%RI	PER 210.4g SERVING	%RI
Energy (kJ)	475 kJ	6%	999 kJ	12%
Energy (kcal)	113 kcal	6%	238 kcal	12%
Fat	4.1 ^g	6%	8.6 ^g	12%
of which saturates	2.7 ^g	14%	5.7 ^g	29%
Carbohydrate	16 ^g	6%	35 ^g	13%
of which sugars	0.6 ^g	1%	1.3 ^g	1%
Fibre	1.2 ^g	5%	2.6 ^g	10%
Protein	2 ^g	4%	4.3 ^g	9%
Salt	0.02 ^g	0%	0.04 ^g	1%

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DUMPLINGS

Ingredients - Serves 10

- Add water as per manufacturers instructions if using a packet mix, if not then add water slowly to get the correct consistency for the dumpling
- 140g Beef Suet
- 290g Self Raising Flour
- 1g Cooking Salt

Cooking Instructions

1. Pre-heat oven to 200°C, Pre-heat steamer to 100°C.
2. Mix together the flour, salt and suet. Then add enough cold water to bring the mix together (see manufacturer's instruction). Then roll into 60g balls.
3. Place the dumplings on to a baking tray and cook in the steamer for 10 minutes. If a steamer is not available, place in a deep tray with water, set in the oven and cover with foil.
4. Remove the dumplings from the steamer or oven (or from the water) on to a clean tray and finish in the oven for 10 minutes or until crispy. Ensure core temperature has been reached 75°C (82°C in Scotland).

	PER 100g	%RI	PER 43.2g SERVING	%RI
Energy (kJ)	2088 kJ	25%	902 kJ	11%
Energy (kcal)	500 kcal	25%	216 kcal	11%
Fat	29 ^g	41%	13 ^g	19%
of which saturates	14 ^g	70%	5.9 ^g	30%
Carbohydrate	51 ^g	20%	22 ^g	8%
of which sugars	1 ^g	1%	0.5 ^g	1%
Fibre	2.2 ^g	9%	0.9 ^g	4%
Protein	7.2 ^g	14%	3.1 ^g	6%
Salt	0.57 ^g	10%	0.25 ^g	4%



VEGETARIAN



VEGAN



GLUTEN FREE

CONTAINS:



WHEAT

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SIDES

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TARKA DHAL

Lentils are full of nutrition. They've got energy in the form of carbohydrates and protein as well. They marry well with spice and they're filling. They go well with a curry but can eaten on their own. When you start to unlock the potential of a good side you can sneak nutrition in without anyone noticing.



A warming dhal dish to add another dimension to a curry, or eaten on its own with naan bread. Can be used as a side dish or as a main meal.

	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	783 kJ	9%	1231 kJ	15%
Energy (kcal)	186 kcal	9%	292 kcal	15%
Fat	5.8 g	8%	9.1 g	13%
of which saturates	2 g	10%	3.1 g	16%
Carbohydrate	24 g	9%	37 g	14%
of which sugars	3.5 g	4%	5.4 g	6%
Fibre	1.1 g	4%	1.7 g	7%
Protein	9.4 g	19%	15 g	30%
Salt	0.56 g	9%	0.88 g	15%

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Ingredients - Serves 10

- 500g Red Split Lentils
- 40g Ginger Purée
- 40g Garlic Purée
- 28g Green Chillies
- 450g Brown Skin Onion
- 14g Gluten Free Vegetable Bouillon Paste
- 400ml Light Coconut Milk
- 50g Ground Cumin
- 10g Ground Turmeric
- 40ml Vegetable Oil

Cooking Instructions

1. Finely dice the onions.
2. De-seed and finely slice the green chillies.
3. Heat the oil in a pan. Fry the onions until soft and translucent.
4. Add the ginger, garlic and chilli. Fry for a further 5 minutes.
5. Add the red lentils, ground turmeric, cumin, coconut milk, bouillon and 1lt of water. Bring to the boil.
6. Simmer gently until the lentils are cooked and it has reached a thick soup-like consistency (add a little extra water if required).
7. Ensure core temperature of 75°C (82°C in Scotland) is attained.
6. Serve warm alongside a curry or with naan.

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NHS Supply Chain: Food is not responsible for any changes made to the recipes that might generate changes to allergens and nutritional information for example.

MAY CONTAIN:



WHEAT/
BARLEY



VEGETARIAN



VEGAN

Lentils

Lentils are often overlooked and yet contain a wide variety of nutrients such as B vitamins, magnesium, zinc, and potassium. Lentils are made up of more than 25% protein, which makes them an excellent meat alternative. They're also a great source of iron, a mineral that is sometimes lacking in vegetarian diets.

198g of cooked lentils

Nutrition facts

Calories: 230
Carbs: 39.9g
Protein: 17.9g
Fat: 0.8g
Fibre: 15.6g



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CUSTARD

Ingredients - Serves 10

- 60g Caster Sugar
- 1ltr Semi Skimmed Milk
- 60g Custard Powder

CONTAINS:



MILK



VEGETARIAN

Cooking Instructions

1. Mix custard powder and sugar together with 100ml of the cold milk.
2. Warm the rest of the milk in a bain-marie.
3. Whisk the custard mixture into the milk continue to whisk until thickened.
4. Serve as required.

	PER 100g	%RI	PER 112g SERVING	%RI
Energy (kJ)	344 kJ	4%	385 kJ	5%
Energy (kcal)	81 kcal	4%	91 kcal	5%
Fat	1.3 g	2%	1.5 g	2%
<i>of which saturates</i>	0.8 g	4%	0.9 g	5%
Carbohydrate	14 g	5%	16 g	6%
<i>of which sugars</i>	9.5 g	11%	11 g	12%
Fibre	0 g	0%	0 g	0%
Protein	3.1 g	6%	3.5 g	7%
Salt	0.1 g	2%	0.11 g	2%

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KATSU SAUCE

CONTAINS:



MILK



SOYA



WHEAT



SESAME



MUSTARD

MAY CONTAIN:



CELERY



EGGS



VEGETARIAN

Ingredients - Serves 10

- 55g Plain Flour
- 10g Madras Curry Powder
- 70g Curry Sauce Mix
- 1g Chinese Five Spice
- 30ml Pomace Oil
- 10g Gluten Free Vegetable Bouillon Paste
- 1ltr Water
- 150g Greek Style Natural Yogurt
- 50ml Light Coconut Milk
- 20ml Premium Light Soy Sauce
- 20ml Premium Toasted Sesame Oil

Cooking Instructions

1. Mix 55g flour 10g madras powder and 70g of curry granules together along with the 1g of Chinese 5 spice.
2. Heat a pan and add the pomace oil. Add the spices/flour mix to the pan and dry fry for 1 minute spice mix will be dry after absorbing oil but keep cooking out.
3. Slowly add a litre of water and bouillon whilst whisking ensuring no lumps bring to a simmer once all water has been added.
4. Mix the yoghurt and coconut milk together and stir them into the sauce and again bring to the boil and simmer for 1-2 minutes.
5. Add 20ml of sesame oil and 20ml of soy sauce to the pan.
6. Allow sauce to simmer for 4-5 minutes letting the flour cook out and allowing the sauce to thicken.

	PER 100g	%RI	PER 142g SERVING	%RI
Energy (kJ)	361 kJ	4%	511 kJ	6%
Energy (kcal)	87 kcal	4%	123 kcal	6%
Fat	5.5 g	8%	7.8 g	11%
<i>of which saturates</i>	1.8 g	9%	2.5 g	13%
Carbohydrate	7.6 g	3%	11 g	4%
<i>of which sugars</i>	2.3 g	3%	3.3 g	4%
Fibre	0.6 g	2%	0.9 g	4%
Protein	1.4 g	3%	2 g	4%
Salt	0.73 g	12%	1 g	17%

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SIDES

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CAESAR DRESSING

Caesar dressing has become a mainstay on menus the world over and for good reason: it really jazzes up cos lettuce or any other crunchy leaf, like little gem or iceberg lettuce. It's packed with nutrition to make even the simplest salad filling and tasty.



A classic Caesar dressing, which can be used in many kinds of salads. To make it vegetarian leave out the anchovies, or vegan, swap Worcestershire sauce for soya sauce and use vegan cheese.

MAY CONTAIN:



WHEAT/
BARLEY



GLUTEN



EGGS



MILK



FISH



MUSTARD



SULPHITES

Ingredients - Serves 10

- 20g Garlic
- 25ml Lemon Juice
- 25g Italian Hard Cheese Shaved
- 20ml Worcestershire Sauce
- 20ml Dijon Mustard
- 30g Anchovy Fillets
- 300ml Light Mayonnaise
- 10g Parsley

Cooking Instructions

1. Peel crush and chop the garlic. Chop the parsley. Combine the garlic, cheese, lemon juice, parsley, Worcestershire sauce, mustard and anchovies together in a blender.
2. Whilst the mix is blending slowly add the mayo until all is combined.

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Anchovy Fillets

Anchovies have many vitamins and minerals that provide major health benefits. They are best known as a source of omega-3 fatty acids, which promote brain and heart health. Anchovies also have selenium, which, if eaten regularly, may reduce the risk of some types of cancer.

Amount Per 100 grams

Nutrition facts

Calories 210
Cholesterol 85mg
Saturated Fat 2.2g
Carbohydrate 0g
Protein 29g



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CACIK

Ingredients - Serves 10

- 10g Dill
- 300g Greek Style Natural Yogurt
- 10g Garlic Purée
- 10g Mint
- 10g Pure Olive Oil
- 360g Cucumber
- 1 Whole Lemon

CONTAINS:



MILK



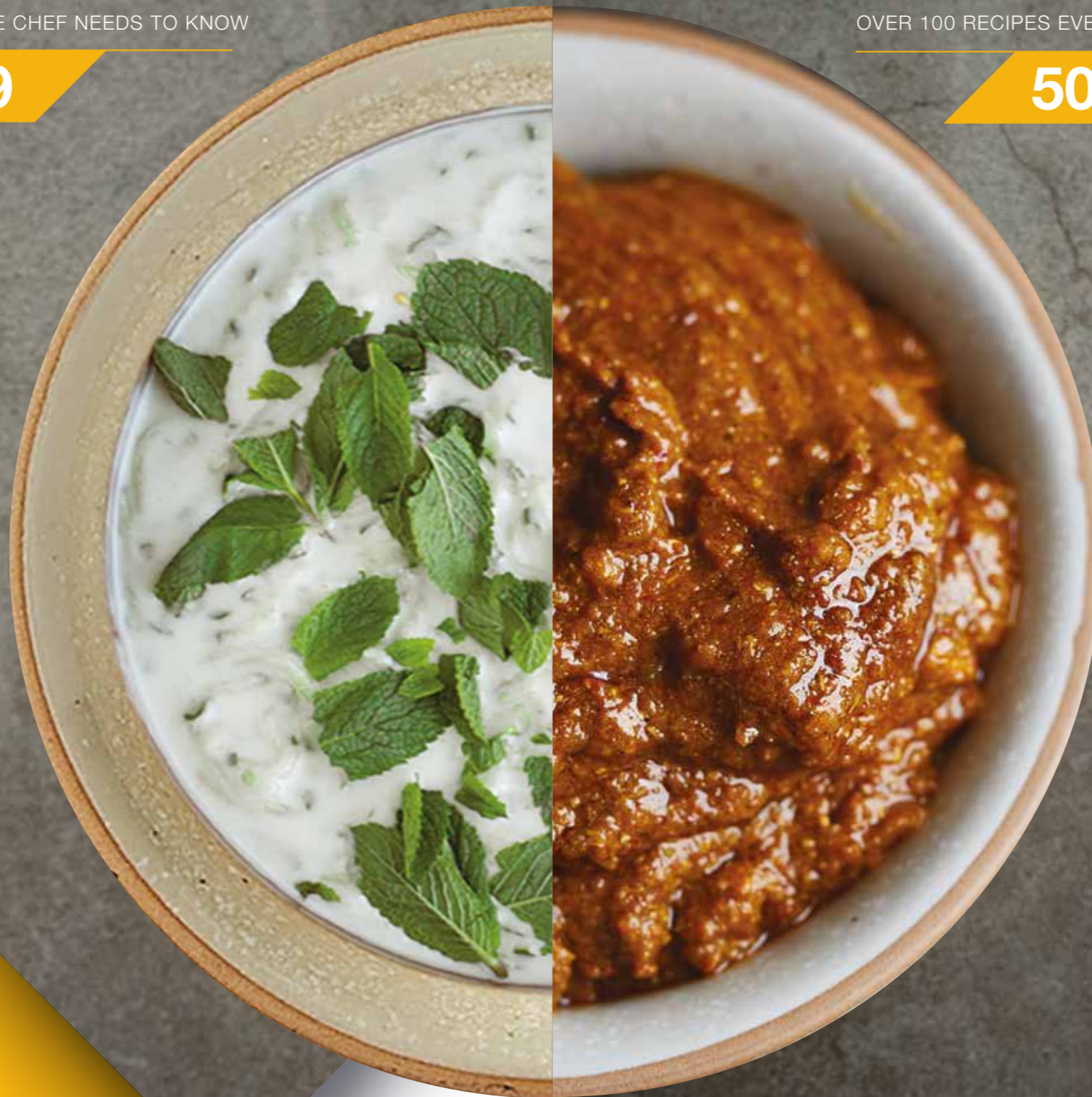
VEGETARIAN

Cooking Instructions

1. Pick the leaves from the dill and mint and roughly chop. Zest and juice the lemon. Grate the cucumber and squeeze any of the excess water from the cucumber using a tea towel or J cloth.
2. Combine all the ingredients. Use as required.

	PER 100g	%RI	PER 76g SERVING	%RI
Energy (kJ)	309 kJ	4%	235 kJ	3%
Energy (kcal)	74 kcal	4%	56 kcal	3%
Fat	5 g	7%	3.8 g	5%
of which saturates	2.5 g	13%	1.9 g	10%
Carbohydrate	4.8 g	2%	3.7 g	1%
of which sugars	4.4 g	5%	3.4 g	4%
Fibre	0.5 g	2%	0.5 g	2%
Protein	2.3 g	5%	1.7 g	3%
Salt	0.08 g	1%	0.06 g	1%

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LEBANESE SPICE MIX

Ingredients - Serves 10

MAY CONTAIN:



OATS, WHEAT
BARLEY, RYE



VEGETARIAN



VEGAN

- 3g Cooking Salt
- 40g Extended Life Vegetable Oil
- 12g Ground Cumin
- 10g Paprika
- 5g Ground Turmeric
- 40g Garlic Purée
- 40g Ginger Purée
- 2 Whole Lemons
- 5g Red Wine Vinegar
- 5g Ras el hanout Spice Blend (See page 110)

Method

1. Zest and juice the lemon. Place all ingredients into a food processor and blitz.

	PER 100g	%RI	PER 27.2g SERVING	%RI
Energy (kJ)	973 kJ	12%	265 kJ	3%
Energy (kcal)	234 kcal	12%	64 kcal	3%
Fat	18 g	26%	4.8 g	7%
of which saturates	1.7 g	9%	0.5 g	3%
Carbohydrate	15 g	6%	4.1 g	2%
of which sugars	8 g	9%	2.2 g	2%
Fibre	3.4 g	14%	0.9 g	4%
Protein	2.5 g	5%	0.7 g	1%
Salt	2.5 g	42%	0.67 g	11%

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HOUMOUS

Ingredients - Serves 10

- 1.5kg Chickpeas in Water
- 5g Paprika Spice
- 1 Lemon
- 24g Chopped Garlic
- 300ml Pomace Oil

Cooking Instructions

1. Juice the lemon.
2. Sweat garlic in a little of the olive oil.
3. Blend all the ingredients in a suitable machine until smooth and creamy.

CONTAINS:



CELERY



VEGETARIAN



VEGAN



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PICKLED RED CABBAGE

CONTAINS:



SULPHITES



VEGETARIAN



VEGAN

Ingredients - Serves 10

- 500g Red Cabbage
- 5g Coriander
- 30g Pickled Whole Gherkins
- 30g Red Wine Vinegar

Cooking Instructions

1. Finely shred the red cabbage. Finely chop the coriander. Finely chop the gherkins.
2. Mix all ingredients together and leave in the fridge for at least 6 hours mixing regularly.

	PER 100g	%RI	PER 188.9g SERVING	%RI
Energy (kJ)	943 kJ	11%	1782 kJ	21%
Energy (kcal)	227 kcal	11%	429 kcal	21%
Fat	16 g	23%	31 g	44%
of which saturates	2.3 g	12%	4.4 g	22%
Carbohydrate	13 g	5%	24 g	9%
of which sugars	0.9 g	1%	1.8 g	2%
Fibre	2.9 g	12%	5.5 g	22%
Protein	5.9 g	12%	11 g	22%
Salt	0.22 g	4%	0.41 g	7%

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	PER 100g	%RI	PER 57g SERVING	%RI
Energy (kJ)	152 kJ	2%	86 kJ	1%
Energy (kcal)	36 kcal	2%	20 kcal	1%
Fat	0 g	0%	0 g	0%
of which saturates	0 g	0%	0 g	0%
Carbohydrate	6.3 g	2%	3.5 g	1%
of which sugars	3.4 g	4%	1.9 g	2%
Fibre	2 g	8%	1.1 g	4%
Protein	1.3 g	3%	0.7 g	1%
Salt	0.17 g	3%	0.1 g	2%

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IAIN ROBERTSON

Incoming Chair of the HCA

The Hospital Caterers Association is a voluntary organisation and the voice of hospital caterers. Our members want to do a good job and we want to attract the next generation of chefs into the association to ensure a rich future.



"I believe it's the networking at the end of the day that is the most value to younger chefs starting out in the NHS."

If you are a chef in the NHS then we are an organisation that has your best interests at heart. We are always looking for new ways to make the careers of our members better and better paid. But, that's not everything we're all about. The HCA is a great networking association and younger members can get a lot of knowledge from older members at our functions and in the workplace.

Chefs in the NHS have significant benefits over the rest of the industry. Indeed, in many ways working in hospitals is unique. The hours are not antisocial. There are no split shifts.

There are good holiday allowances and pension schemes. Because chefs tend to work for larger organisations, the opportunity for career progression is greater. However, I believe it's the networking at the end of the day that is the most value to younger chefs starting out in the NHS. It's a very wide community with many areas of speciality and through the HCA it is possible to get out and meet new people in different roles and different viewpoints.

Learning to network to help development and day-to-day knowledge is key to any career and being involved with the HCA is a ticket to that.

DELIVERY

- Solving the Delivery Issue
- Execution - Planning for the Journey the Food Will Take
- Food Safety
- Fiona Sinclair Interview
- Surviving the Trolley

SOLVING THE DELIVERY ISSUE

A future hospital, or a revamp of an existing one, gives an opportunity to change the game. The main kitchen becomes a central hub where food is prepared. This is then delivered to wards where small finishing kitchens complete the work. Dedicated ward hosts then deliver the food to patients quickly and effectively. At key times chefs and kitchen staff transfer to ward level to oversee service.

There is a real need for this happen in the future. The current method of production and delivery is outdated, cumbersome and wracked with problems. In short, there are better ways of doing things that, if changed, would truly benefit patients.



Think of it this way. The current way of transporting food is not just a chef headache. Yes, toast made at ward level would be much more like home. But, that's not actually the point. As has been pointed out already, the real requirement of hospital food is nutrition. Without the correct nutrients patients don't recover as quickly.

However, there's more to it than this. To deliver food with the correct nutrient levels food must be delivered much quicker. That's because a long journey time at the wrong temperature can seriously degrade the food - basically overcooking it - to a point where its nutrient value is minimal. In other words the patient suffers even more than they already are.

It is well known that food alters our moods and nice food (not fine dining) that we recognise and crave is the key to recovery. There are obviously huge caveats here. Patient requirements differ hugely but we cover those in a later chapter.

For now it is enough to say that fresh toast, pizza, toasted sandwiches and even chips could be served at ward level. There's one key point to this. What would it say? If a hospital patient went home buzzing that the food they had eaten was delicious from breakfast to dinner and that it made them feel better and look forward to meal times, then not just the patient would benefit. The hospital staff would benefit from the feel-good nature of meal times. It is in the interest of hospitals to improve the quality of its food.

The Food Review has gone a long way towards isolating where food needs to change. By starting with the patient and working backwards it soon becomes clear where the problems lie and much easier to be able to work out the best choices for making it better.

EXECUTION - PLANNING FOR THE JOURNEY THE FOOD WILL TAKE

As you make your way through this book you will learn more and more about what your food will go through as it travels from kitchen to bedside. What you will come to realise is that what you do well is dependent on how everyone else in the chain does their job. What you finish is not served immediately - it is part of a process. So, with that in mind the level of execution that must happen in a kitchen is very different to that in a hotel or restaurant.

Here's a great example from The Chefs' Knowledge which has great relevance for hospital kitchens because it deals with the same continual problems. It's a classic from the hotel room service menu and the favourite dish of weary travellers throughout the world who don't know which time zone they are in and they just want to eat and go to sleep. We're talking about the Club Sandwich.

This dish is routinely a failure. It is composed of three slices of toasted bread that contains chicken and bacon on one layer and lettuce and tomato on another. Add in generous dollops of creamy mayonnaise and a portion of salty fries and the picture is complete. Why is it almost always disappointing? Steam.

The Club Sandwich is a headache in hotels. It leaves the kitchen perfect, but underneath its steel dome, or kept warm in the room service trolley science starts to work against it. Moisture levels in the toast and in the tomatoes and lettuce start to soften the crustiness of the toast and make the fries go soggy. And that's what the guest receives when the trolley is finally delivered to the room. It's not the fault of the chef or the waiter. It's just science.



Every dish you create in a hospital kitchen will go through the same process. What leaves the kitchen perfect can end up ruined by the time it reaches the ward. Perfectly cooked vegetables look grey and unappetising. It's not your fault or the fault of the nurses. It's just science.

So, what to do? The purpose of this book is not to provide answers to that question. The purpose is to make you aware. What you will learn is that that moisture can be your friend as well as your enemy and there are ways to make it work for you rather than against.

What you need to know is that the journey times and the ambience in the delivery process are the same. When you know that you can begin to plan for how the food will change. This will alter the way you execute the food at the collection point. If the vegetables need to be slightly less done so they finish in transit then you need to know that. If you need to use slightly older, and therefore drier, bread for toast then you can prepare for that. It's just a question of being smart and being open to the drawbacks of the system. And if you get chance to be part of working on a new solution then that will be an exciting job.





FOOD SAFETY

Food safety is paramount in hospitals and it doesn't begin in the kitchen. Ingredients come from somewhere and every part of their journey is called the food chain. Along that chain there are critical points at which contamination, degradation or exposure to other harmful sources can render food dangerous.

So, it is crucial that the food chain that delivers your ingredients is rigorously checked to ensure safety and that once those ingredients reach your kitchen they are handled, stored and prepared in a safe way before they get in their onward journey.

Here are a couple of points worth considering. It is assumed that the critical points of food origin have been checked

and recorded by management or by the team responsible for food safety.

A clean environment. At the very top end of restaurant cooking, at 3 star Michelin level you will find, if you stay late enough, that the level of cleaning performed by chefs is extraordinary. Kitchens are routinely washed after every service and none more so than at night. Kitchens are so clean that there is

little to no chance of harmful bacteria getting into the food chain. Chefs are taught to wash themselves before cooking and to always wear clean clothing. If you see a chef outside a kitchen wearing a chef uniform that is not a good thing. The same could be said for surgeons. Their cleanliness is scrupulous.

There is no kitchen in catering that needs to be as clean as a hospital kitchen, just as there is no food chain that is so important. Hospital patients are often weakened by illness and their immune systems and capacity to fight off infection are less effective. Therefore, it is essential that food does not contribute to the stress the body is under.

Add to that allergies, religions and strict diets and the hospital kitchen is under huge amounts of stress to get everything right all the time. That means that cleanliness is

essential, followed by a complete plan to avoid cross contamination. This can be as simple as making sure work surfaces and the correct use of chopping boards does not allow raw foods to be in contact with cooked but it goes much further. Specific areas need to be used for specific jobs. Chefs need to be trained in routine and thorough cleaning routines until they become second nature to them.

However, the problem can persist beyond the kitchen and contamination and exposure can happen post kitchen by using poorly cleaned porter trolleys, for example. A porter trolley that keeps food at an ambient level can be a perfect breeding ground for harmful bacteria and needs to be assessed to make sure that the food that goes into safe comes out in the same condition at the other end.

If you are a chef working in hospital or in patient care then being trained in food safety is as important, if not more so, than in actual cooking. It should be taken very seriously by everyone involved in the food chain before ingredients arrive in the kitchen and afterwards.



FIONA SINCLAIR

Food Safety Working Group

Most of my clients are NHS Trusts. I started out as an Environmental Health Practitioner in London and I've since built up a specialism in food safety audits, training, management systems and Listeriosis in hospitals. My work has not just been in healthcare, though. I've worked in the hospitality sector for national groups such as Nando's. I'm excited to be starting a Professional Doctorate all about food safety culture in hospitals!



“Everyone who works in kitchens or with hospital food on its journey to the patient must be aware of the risks and adopt a food safety mindset.”

In hospitals, food safety is super important. Patients often have severely weakened immune systems and minute slips in food safety can prove deadly. You only need to look at the severity of outbreaks of listeriosis to understand how all the care in the world can be undone so easily. We can never be too careful.

One of the most important lessons in food safety concerns looking backwards as well as forwards. We must also look carefully at where our food comes from. The integrity of incoming food products and ingredients is paramount. We must have due diligence to be sure that rigorous food safety standards are being upheld by our suppliers.

Food must then be stored and handled correctly at every stage within the hospital. To do this we put in place a HACCP (Hazard Analysis Critical Control Point) system whereby critical aspects of food safety are controlled and monitored thoroughly. Corrective actions must be taken to ensure any weak points in the chain are strengthened and managed.

This encompasses all aspects of food safety including personal hygiene, pest control, cross contamination and temperature management. In hospitals a cold chain of 5°C is particularly important to control multiplication *Listeria monocytogenes* which has a 30% fatality rate in vulnerable people.

Important also is to manage allergens – to provide suitable food for patients with food allergies and other hypersensitivities such as coeliac disease and intolerances. It is vital to maintain accurate information about the ingredients in our foods. Then there's cross-contact to consider which is all about making sure traces of ingredients do not get into the wrong foods.

Finally and importantly, high standards must be maintained all the way to the wards and patient bedside, so that there is no degradation or temperature fault that could enable pathogens to grow or allow food contamination to take place.

Patients need consistently safe food. Achieving this takes teamwork and good communication. Food safety is not difficult but it takes everyone involved with the food's journey to the patient to be well trained, aware of the risks, to have responsibility, dedication and a 'food safety mindset'.

With a positive food safety culture elements of potential harm can be managed effectively to ensure the safety of our patients whose welfare we are responsible for.

SURVIVING THE TROLLEY

Meet the porter - your new best friend. Male or female, young or old, fast or slow, the porter is the person who is going to make your day or spoil it. All your hard work in creating the best, most reassuring and edible food that is popular with patients can be undone by one bad journey. In a hospital this is a day by day reality.

Some hospital kitchens have their own porter staff whose sole responsibility is to make sure the food delivery happens the way it was planned. Other hospitals require the use of general porter staff to make the journeys. The trouble with this is that they can get called away and a trolley of lunch, for example, can get delayed and parked up en route.

The trolley, every chef's worst nightmare, is a piece of equipment that keeps the food warm on its journey. It is either a warming oven on wheels that can carry up to 40 pre-prepared trays or it can use a bain marie effect where food is kept warm in a heated container. Whichever way your food gets to the ward it must travel in one of these containers.

Getting to know the people that deliver your food is one of the best ways of learning what can go wrong with the food that you prepare.



Your job may end when the food leaves the kitchen but understanding exactly what happens to it on the journey will make it much easier to design food that can withstand the pressure the trolleys exert.

In simple terms, anything wet will benefit from this method of transport. Anything that needs to remain crunchy like toast or chips, as was discussed in the previous chapter, will suffer. So, you need to play to the strengths of the trolley and accept that delays are going to compromise your cooking.

This is not the end of the world. In fact, it can be liberating because it allows you to concentrate on what works. Roast potatoes are out but a creamy mash works dreamily and a steamed pudding will be

in its element. Curry and rice will be perfect no matter what and vegetables need to be treated with care so that they do not over-soften in transit. These are all things that can be done to mitigate the effect of the warming trolley.

Your porters will be able to explain to you the exact journeys your food will take and it is a good idea to go and see it for yourself - and try the food at the other end so you know how it will turn out.

Heat, however, is not the only enemy of hospital food. The dreaded trolleys also have to cope with uneven ground, ramps, humps, bumps and vibrations. It's no wonder that desserts like jellies work so well in hospitals - they can survive whatever you throw at them.

SNACKS

- Lemon Shortbread
- Cornish Plain Scones
- Double Chocolate Cookies
- Date Flapjack
- Shortbread Cookies
- Caramelised Onion Sausage Roll
- Scotch Eggs

53

LEMON SHORTBREAD

Snacks in hospital are important. They are something to look forward to and when they are freshly made can be a real pick-me-up for patients. Lemon shortbread is a luxury home-made treat which make patients feel loved and looked after. Nothing says home-made like a good biscuit with a cup of tea in the afternoon.

This fresh, citrus twist on a classic shortbread takes it to another level.



	PER 100g	%RI	PER 81g SERVING	%RI
Energy (kJ)	1923 ^{kJ}	23%	1563 ^{kJ}	19%
Energy (kcal)	460 ^{kcal}	23%	374 ^{kcal}	19%
Fat	25 ^g	36%	20 ^g	29%
<i>of which saturates</i>	16 ^g	80%	13 ^g	65%
Carbohydrate	54 ^g	21%	44 ^g	17%
<i>of which sugars</i>	18 ^g	20%	15 ^g	17%
Fibre	1.6 ^g	6%	1.3 ^g	5%
Protein	3.9 ^g	8%	3.2 ^g	6%
Salt	0.04 ^g	1%	0.03 ^g	1%

CONTAINS:



WHEAT



MILK



VEGETARIAN



Lemons

The humble lemon, so often ignored by trendier fruits, herbs and spices is famous for a reason: it has serious health benefits.

Chief among these is containing high quantities of vitamin C and citric acid. These are both essential for health and lemons contain lots of them.

Amount Per 100 grams

Nutrition facts

Calories: 29
 Protein: 1.1g
 Carbs: 9g
 Sodium: 2mg
 Sugar: 2.5g
 Fat: 0.3g

Ingredients - Serves 10

- 240g Unsalted Packet Butter
- 135g Caster Sugar
- 330g Plain Flour
- 30g Cornflour
- 1 Whole Lemon

Cooking Instructions

1. In a kitchen aid with the paddle attachment, cream the butter, sugar and lemon zest.
2. Sieve flour and cornflour together and add to the mix. Whip until it comes together.
3. Rest this dough in the fridge for 30 minutes and roll it to a 1cm thickness. Freeze it.
4. Cut into desired shapes and bake it from frozen at 160°C for 14 minutes. No fan.

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54

CORNISH PLAIN SCONES

A scone can be eaten with fingers only. It's so important to have dishes, or snacks, on a menu that are easy to eat. The scone may be a component of an afternoon tea but it can also deliver a hefty punch of nutrition to someone who doesn't fancy a whole meal. Topped with jam and cream they become luxurious.



CONTAINS:



WHEAT



EGGS



MILK

The big question here is jam or cream first, you decide.

Ingredients - Serves 10

- 500g Plain Flour
- 15g Gluten Free Baking Powder
- 1g Cooking Salt
- 100g Unsalted Packet Butter
- 250ml Whole Milk
- 1 Free Range Medium Egg

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Fruity Scones

The fruity alternative to the classic scone, add a little candied peel or fruit to add another dimension to the dish.

Just add 30g of dried fruits

Cooking Instructions

1. Sieve flour, baking powder, sugar and salt into a bowl.
2. Using just your fingertips, rub the butter into the flour until it is no longer visible.
3. Add the milk and mix well. Once it starts to come together, turn out on to a lightly floured surface and knead gently until it forms a smooth, soft dough.
4. Preheat the oven to 200°C
5. Roll the dough out on a lightly floured surface to 2.5 cm thick and cut into rounds with a 5cm cutter. Place on a baking tray lined with parchment paper.
6. For the egg wash, beat the egg in a small bowl and brush the tops of the scones twice.
7. Bake in the oven for approximately 15 minutes. Do not over-bake them or they will be dry.
8. Serve them warm with Cornish clotted cream and homemade strawberry jam.

	PER 100g	%RI	PER 92g SERVING	%RI
Energy (kJ)	1315 kJ	16%	1215 kJ	14%
Energy (kcal)	313 kcal	16%	289 kcal	14%
Fat	11 g	16%	10 g	14%
of which saturates	6.6 g	33%	6.1 g	31%
Carbohydrate	45 g	17%	42 g	16%
of which sugars	1.6 g	2%	1.5 g	2%
Fibre	2.2 g	9%	2 g	8%
Protein	6.7 g	13%	6.2 g	12%
Salt	0.92 g	15%	0.85 g	14%



VEGETARIAN

Generated by Nutritics v5.92 on 2nd Oct 2023. Last Modified 2nd Oct 2023.

55

DOUBLE CHOCOLATE COOKIES

Who doesn't like a home-made chocolate cookie? When these are made in the kitchen they are a proper treat and they bring a smile to everyone's face. A bit of feel good factor is important during the day and it shows the kitchen is capable of more than just mass catering. Patients respond well to this.

Mid-morning, late afternoon biscuits to go with your cup of tea, use white or milk chocolate for variety.

Ingredients - Serves 10

- 200g Self Raising Flour
- 100g Reduced Fat Cocoa Powder
- 4g Cooking Salt
- 8g Gluten Free Baking Powder
- 2 Free Range Medium Eggs
- 160g Unsalted Packet Butter
- 125g Caster Sugar
- 125g Demerara Sugar
- 250g Dark Chocolate Chips

Cooking Instructions

1. In a Kitchen Aid with paddle attachment mix butter caster sugar and light brown sugar until fluffy.
2. Add eggs one by one while still mixing it.
3. Add dry ingredients in 3 parts mix until it comes together.
4. Add dark chocolate chips mix.
5. Weigh 1kg of this mix and roll it to 25cm length. Freeze it.
6. Cut discs of 100g place in a baking tray and cook at 170°C for 10 minutes.



CONTAINS:



MILK



SOYA



WHEAT



EGGS



Chocolate

The basic rule of thumb is that the darker the chocolate the better it is for you.

Typically, chocolate contains sugar and fat but the darker variety is higher in cocoa butter and cocoa fat.

Chocolate is rich in polyphenols and antioxidants. It is also a mood enhancer and universally popular.

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	PER 100g	%RI	PER 97g SERVING	%RI
Energy (kJ)	1966 kJ	23%	1925 kJ	23%
Energy (kcal)	470 kcal	24%	457 kcal	23%
Fat	22 g	31%	21 g	30%
of which saturates	14 g	70%	13 g	65%
Carbohydrate	60 g	23%	59 g	23%
of which sugars	43 g	48%	42 g	47%
Fibre	4.2 g	17%	4.1 g	16%
Protein	5.6 g	11%	5.5 g	11%
Salt	1.1 g	18%	1.1 g	18%



VEGETARIAN

Generated by Nutritics v5.91 on 1st Sept 2023. Last Modified 1st Sept 2023.

56

DATE FLAPJACK

Sweet, traditional and rich, a good flapjack is a favourite and for good reason. Oats contain important nutrients and energy content from sugar and dates.

They are easy to make, easy to serve and easy to eat and getting patients eating is what the job is all about.

A great high energy bar that makes a superb mid morning snack for those on the go, or for those who may have lost their appetite and need encouraging to eat.



Dates

Dates are the fruit of the date palm tree and grown in tropical climates. Almost all dates sold in Western countries are dried. Despite their high calorie content, dates contain some important vitamins and minerals in addition to a significant amount of fibre.

100g of Medjool dates

Nutrition facts

Calories: 277
Carbs: 75g
Fibre: 7g
Protein: 2g

Ingredients - Serves 10

- 425g Unsalted Packet Butter
- 262g Demerara Sugar
- 225g Chopped Dates
- 1g Cooking Salt
- 600g Porridge Oats
- 345g Golden Syrup

Cooking Instructions

1. Melt the butter, sugar and golden syrup gently in a microwave for 1 minute.
2. Gently stir in the oats and salt. Add the chopped dates then combine well.
3. Spread the mixture into the lined baking tray and press down firmly.
4. Bake at 175°C in preheated oven for approximately 20-25 minutes until golden brown.
5. Take out the oven and leave to cool for about 30 minutes in the tin.
6. Cut into 16 portions.



VEGETARIAN

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CONTAINS:



OATS



MILK

MAY CONTAIN:



WHEAT/BARLEY

	PER 100g	%RI	PER 193g SERVING	%RI
Energy (kJ)	1889 ^{kJ}	22%	3652 ^{kJ}	43%
Energy (kcal)	452 ^{kcal}	23%	873 ^{kcal}	44%
Fat	23 ^g	33%	45 ^g	64%
of which saturates	12 ^g	60%	23 ^g	115%
Carbohydrate	54 ^g	21%	104 ^g	40%
of which sugars	36 ^g	40%	70 ^g	78%
Fibre	3.4 ^g	14%	6.6 ^g	26%
Protein	5 ^g	10%	9.6 ^g	19%
Salt	0.2 ^g	3%	0.39 ^g	7%

Generated by Nutritics v5.93 on 17th Nov 2023. Last Modified 17th Nov 2023.

57

SHORTBREAD COOKIES

The cookie is another sweet treat that patients recognise. When they are home-made and not from a packet they are a good advertisement for the kitchen.



Suddenly the menu becomes something to be trusted because the simple things have been made fresh and they taste good. These sort of things are fabulous for reducing patient anxiety about eating in hospital.



Vanilla Essence

Vanilla essence is a solution made by macerating and percolating vanilla pods in a solution of ethanol and water. It is considered an essential ingredient in many desserts, especially baked goods like cakes, cookies, brownies, and cupcakes, as well as custards, ice creams, and puddings.

Per 100g

Nutrition facts

Calories: 288
Carbs: 13g
Fibre: 0g
Sugars: 13g

Ingredients - Serves 10

- 125g Premium Margarine
- 62g Caster Sugar
- 2ml Vanilla Essence
- 5g Caster Sugar for Dusting
- 220g Plain Flour

Cooking Instructions

1. Cream together the margarine and nearly all of the sugar (reserve some for dusting).
2. Stir in the flour and vanilla and mix to a dough.
3. Roll out approx 1cm thick of dough and use a cutter to cut out biscuits.
4. Place well apart on a greased tray sprinkle with reserved sugar.
5. Bake in a pre-heated oven 180°C for approximately 10 minutes.
6. Transfer to a wire rack and allow to cool.

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CONTAINS:



WHEAT

CEREALS

GLUTEN

	PER 100g	%RI	PER 41.4g SERVING	%RI
Energy (kJ)	1813 ^{kJ}	22%	751 ^{kJ}	9%
Energy (kcal)	431 ^{kcal}	22%	179 ^{kcal}	9%
Fat	16 ^g	23%	6.6 ^g	9%
of which saturates	3.8 ^g	19%	1.6 ^g	8%
Carbohydrate	59 ^g	23%	25 ^g	10%
of which sugars	17 ^g	19%	6.8 ^g	8%
Fibre	2.1 ^g	8%	0.9 ^g	4%
Protein	12 ^g	24%	4.9 ^g	10%
Salt	0.43 ^g	7%	0.18 ^g	3%

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58

CARAMELISED ONION SAUSAGE ROLL



The sausage roll is a universal favourite. This version, made with caramelised onion, that crosses boundaries and is popular with patients and staff.

The ultimate grab and go snack, a firm favourite with many. Why not add different flavour profiles to the sausage meat by adding different herbs.

	PER 100g	%RI	PER 99.6g SERVING	%RI
Energy (kJ)	1090 ^{kJ}	13%	1086 ^{kJ}	13%
Energy (kcal)	261 ^{kcal}	13%	260 ^{kcal}	13%
Fat	14 ^g	20%	14 ^g	20%
of which saturates	6.2 ^g	31%	6.1 ^g	31%
Carbohydrate	22 ^g	8%	22 ^g	8%
of which sugars	2.9 ^g	3%	2.8 ^g	3%
Fibre	2.9 ^g	12%	2.9 ^g	12%
Protein	10 ^g	20%	10 ^g	20%
Salt	1 ^g	17%	1 ^g	17%

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Sausage Meat

A sausage is a type of meat product usually made from ground meat—often pork, beef, or poultry—along with salt, spices and other flavourings. Other ingredients, such as grains or breadcrumbs may be included as fillers or extenders.

Per 100g

Nutrition facts

Calories: 301
Carbs: 2g
Fibre: 7g
Sat Fat: 9g

Ingredients - Serves 10

- 454g Pork Sausage Meat
- 50g Breadcrumbs
- 2g Cracked Pepper Black
- 310g Puff Pastry Sheet
- 10g Thyme
- 2 Eggs
- 50g Caramelised Onion Chutney

Cooking Instructions

1. Defrost puff pastry.
2. Whisk the egg. Finely chop the thyme add the salt and pepper, onion chutney and mix into the sausage meat. Add half the egg and bread crumbs and mix well.
3. Cut the pastry in half.
4. Place the sausage meat mixture onto cling film and roll the same length as the pastry. Tie a knot either end and chill. Once chilled place the mixture onto the pastry (remove the cling film) leave an 2cm lip on one side. Brush with the egg wash. Fold the pastry over, crimp the edges with a fork.
5. Cut into 2inch sausage rolls, baste with the remaining egg wash. Cook in a preheated oven 180°C for 20 minutes or until the core temp has been reached 75°C (82°C in Scotland) and pasty is cooked and golden.

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CONTAINS:



59

SCOTCH EGGS

This traditional snack can often be found as part of a packed lunch, but it can also be enjoyed hot. Add variety by using different herbs in the sausage meat mix.



	PER 100g	%RI	PER 192.8g SERVING	%RI
Energy (kJ)	816 ^{kJ}	10%	1574 ^{kJ}	19%
Energy (kcal)	194 ^{kcal}	10%	375 ^{kcal}	19%
Fat	7.3 ^g	10%	14 ^g	20%
of which saturates	2.4 ^g	12%	4.6 ^g	23%
Carbohydrate	18 ^g	7%	35 ^g	13%
of which sugars	0.8 ^g	1%	1.5 ^g	2%
Fibre	1.8 ^g	7%	3.4 ^g	14%
Protein	13 ^g	26%	26 ^g	52%
Salt	0.76 ^g	13%	1.5 ^g	25%

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Breadcrumbs

Breadcrumbs sometimes with seasonings added, used for breading or crumbing foods, topping casseroles, stuffing poultry, thickening stews, adding inexpensive bulk to soups, meatloaves and similar foods, and making a crisp and crunchy covering for fried foods, especially breaded cutlets like tonkatsu and schnitzel. The Japanese variety of breadcrumbs is called panko.

Per 100g of White Bread

Nutrition facts

Calories: 395
Carbs: 72g
Sat Fat: 1.2g
Protein: 13g

Ingredients - Serves 10

- 500g Pork Sausage Meat
- 300g Pork Mince
- 12 Eggs
- 300g Natural Breadcrumbs
- 100g Plain Flour
- 3g Fresh Thyme
- 5g Parsley

Cooking Instructions

SCOTCH EGG

1. Place 10 eggs in a pan of boiling water and boil for 6 minutes. Remove from the pan and refresh under cold water. Once cool peel the eggs.
2. Mix the sausage meat pork mince thyme and parsley together, Divide the sausage meat mix into the number of portions required, flatten each portion of sausage meat and place a boiled egg in the centre. Wrap the sausage meat around the egg until the egg is completely encased.

PREPARE THE PANÉE

1. Put the flour into a tray, in a separate bowl, whisk the remaining eggs.
2. Then put the breadcrumbs on to a separate tray.
3. Pass the scotch eggs through the flour egg and breadcrumbs then refrigerate until required.
4. Pre-heat a deep fat fryer to 170°C and an oven to 180°C.
5. Deep fry the scotch eggs for 3-4 minutes until golden remove and shake off excess oil place in an oven proof dish and bake in the oven for 6-8 minutes probe the sausage meat to ensure the core temperature of 75°C (82°C in Scotland) has been achieved.
6. Either serve hot or allow to cool and serve as a grab and go snack.

CONTAINS:



THE WARD

- Challenges of Ward Catering and How They Are Being Met
- Eleanor Morris Interview
- Shivani Shah Interview
- Dieticians on the Ward
- Katherine Crossfield Interview
- Kay Shearing Interview
- Different Patients and What They Need
- Lesley Carter Interview

THE CHALLENGES OF WARD CATERING

AND HOW THEY ARE BEING MET

The primary challenge of designing and delivering hospital food is fundamental and obvious: the patient is in bed and not always fully upright. From that position it is sometimes difficult to get the food from the plate or bowl to the mouth.

That, however, is just the start of the problems. In a restaurant a guest comes to the table in expectation. It is their decision. They want what is on offer on the menu.



In hospital it is different. Oftentimes the patient doesn't want to be in bed and doesn't want what is on offer on the menu. Furthermore, some patients struggle to eat at all. Sometimes this is physical. An elderly patient, for example, who struggles to hold cutlery can't get the food to go where they want. Sometimes a patient is full of drugs after surgery and feels sick. But, in the next bed or next ward there's another patient who's younger and not at risk and is very hungry. He could eat a horse.

The problems start when the trolley reaches the ward. That, if you like, is point zero. That's the point at which you as a chef have lost all control. Beyond this point it's up to ward staff to get the trays to the beds. Beyond this point it's anyone's guess what might happen.

A simple ward walk will tell you everything you need to know about the challenges that ward staff face on a daily basis. When you watch how patients interact with the menu and later with the food you'll learn what their struggles are and what their whims are. You'll see how hard it

is for some patients to eat and even to finish a meal. In short, you'll see what their problems are. All you can do is try to find a solution to these problems.

When the food is delivered efficiently the process is smooth and patients are happy. It's when things go wrong that the problems mount. But, a good look at the design of the menu can really help here. Sometimes the food can be served in a different way. What if there's an option for finger food? What if the soup could come in a cup? When the obligation to feed patients is replaced a desire to feed patients something magical happens - the catering department starts to consider what the best ways of pleasing patients is.

And when that happens patients respond by being more interested in food and start to recover faster.



ELEANOR MORRIS

WRAP - Waste Resources Action Programme

Preventing waste requires data and collaboration. For example, what do patients on a surgery ward feel like eating after an operation and a heavy dose of anaesthetic? Without data on amounts of food waste at ward level, it may be an unseen problem. Has it been considered as an issue? Nutrition is critical for recovery, but reviewing menus to ensure they are efficiently using ingredients can reduce wastage. Choice and portion sizes are key considerations. But reviewing these alongside food waste data can really pinpoint what items patients are eating - and what they are leaving on their plate. After all, the nutritional value needs to be consumed for it to be effective.

Within the busy environment of a hospital trust it's easy to see the amount of wasted food. By understanding how much food served is getting eaten, trusts can really make a positive difference to increasing consumption of nutritional meals. When you talk to people you find out pretty quickly that they care about food. It's one of the great subjects everyone likes to discuss.

The key to reducing food waste in hospitals is supporting staff to track data and work together to find the solution that works most effectively for their ward. Someone shared their anecdotal example with me on an elderly ward; rather than staying in their bed for mealtime, patients were encouraged to eat together at a table set up on the ward. Mealtime became an occasion; patients socialised, increased the quantity of the meal they consumed and were well rested. What we need to be

looking at is getting the right balance for the settings.

Finally, I'll say this: our focus should be to feed people, not bins. A lot of chefs don't have visibility of what goes to waste; uneaten meals for example. There needs to be a common goal to analyse what is being discarded and how it can be reduced. Waste is eating into budgets in a huge way.

Work on waste needs to be evidence-based and research-based, which is where WRAP's work is focused, particularly the free Guardians of Grub campaign. Food waste needs to be measured in order to be managed. What is the actual measurement of food waste per day per patient? Can it be quantified as food waste in grammes per kilo?

Once we can see in real terms just what we are wasting we can start to get to grips with reducing it.



INTERVIEW

INTERVIEW

SHIVANI SHAH

Patients Association

We support organisations to work in partnership with patients. The significance of hospital food lies in its direct impact on the well-being of the patient. It is important to recognise the extensive range and diversity of patients within a hospital at any given time, with variations depending on the geographical location.

Hospitals in close proximity may serve different communities of the patient population, so each site must appreciate the needs of its local population.

To address these challenges, collaboration with local community organisations has proven valuable. By comprehending the diversity of the community, their needs in terms of language, culture and socio-economically we can better cater for the dietary needs of patients. Our approach is centred around engaging in conversations to better understand and meet the specific requirements of each patient.

The reality is that patients often find themselves confined to the choices presented to them, driven by barriers such as how options are communicated to them, time constraints of when they can eat and where. Sometimes booking meals can be an issue and we have also heard from patients that have struggled to feed themselves.

Our research, conducted through patient interactions and our helpline, has shown that 88% of patients express satisfaction with the available food choices. The Patients Association was commissioned by the Department of Health and Social Care to conduct a survey on patients' experience of hospital catering and their suggestions for improvements that could be made. This work was designed to complement, and feed into, the work of the NHS Hospital Food Review Panel.

While this is commendable, it does underscore the ongoing need for improvement. Especially as we consider which communities and demographics are likely to make up the other 12%.

Hospital caterers must work closely with hospitals to support patients meal needs as an individual where possible. Getting meals right can only lead to better patient experience. It is great to see the progress being made in this space by Phil Shelley and his team and we look forward to supporting it further.



DIETICIANS ON THE WARD

Patients may think they know what to eat. They are the ones, after all, who choose from the menu. But, in many cases the patient doesn't know what they really need. This is where the role of the dietician comes in. However, that's a simplification. In hospital a dietician looks at every dish and every ingredient to make sure it suits a purpose.

The primary purpose is nutrition but it also includes allergies, religious diets, regular diets and more. More often than not what a patient eats in hospital can have a dramatic effect on their health. It is just as easy to feed a patient the wrong thing as opposed to the right thing. A dietician, in other words, is crucial.

This same dietician can also advise patients what they need. A patient suffering from a heart attack, for example needs a different diet to a young patient with a sports injury who needs protein and calories.

The other area that dieticians specialise in is rooting-out empty calories. Hospital food needs to do a job and that is to aid recovery. Empty calories are excess carbohydrates. Think crisps, for example. They do not provide any obvious nutritional value and

any dietician would rightly strike them off any hospital menu for good reason. For starters they are full of salt and excess fat. The salt content alone would be enough to have them removed. Then there's the calorific content in the carbohydrates. There are more efficient ways of designing food for a patient that needs carbohydrates.

Salt, however, is a very big part of the work of a dietician. In restaurants the job of the chef is to provide tasty food. Salt is not regulated. In hospital salt is seen differently. Indeed, decreasing salt levels is a part of the daily battle. Chefs and catering teams are constantly coming up with new ways to make food taste better with lower levels of salt - by using spices and herbs, for example, and the role of the dietician is part of this process.

A dietician will also get involved with patients if they need a certain diet. This could be helping long-term patients to lose weight by restricting certain foods. Rather than a diet regime the dietician will help the kitchen design meals that replace rather than prevent. This partnership can have dramatic results.

The long and the short of it is that dieticians are a chef's best friend. They have a wealth of knowledge and put the patients first. As a patient feels better they naturally start to feel like eating and that is what being a dietician is all about: helping patients to feel better through food.



KATHERINE CROSSFIELD

Senior Specialist Catering Dietitian at Leeds Teaching Hospitals NHS Trust

My job is to support the catering team to ensure our menus not only meet the national nutritional guidelines and legislation, but also taste great.

This means ensuring we can provide appropriate nutrition for those needing therapeutic diets, eg, gluten free for patients with coeliac disease, or specific allergen free meals.



“When we deliver something they really like, that’s good for them and makes them feel better then they tell us. Which is really rewarding.”

We also make sure appropriate cultural and lifestyle meals are available. Most important of all is that patients trust us with their health and we have the opportunity to maximise their nutrition.

Menu planning is a key part of my job and the ward is where all the action is. I’m the only catering dietitian at Leeds Teaching Hospitals Trust, so my job is busy. We are lucky that I have dedicated hours to provide the service that catering and the patients need.

One point that needs to be raised before we get into the real nitty-gritty and that’s working out what our patients really need. Some patients may be admitted for a short time and have a normal appetite and therefore follow healthier eating guidelines. Others may be malnourished, have a reduced appetite or increased nutritional needs and therefore need to follow a diet with higher energy and protein content. Every patient is different.

By concentrating on the menu I can make sure that there is a balanced offering that gives the patients and the staff the opportunity to make the right food choices. I work a lot on nutritional content with a particular focus on calories, protein and salt.

We use an external food supplier at Leeds so I analyse all the dishes in advance to make sure our menu contains the appropriate nutritional content across breakfast, lunch and dinner.

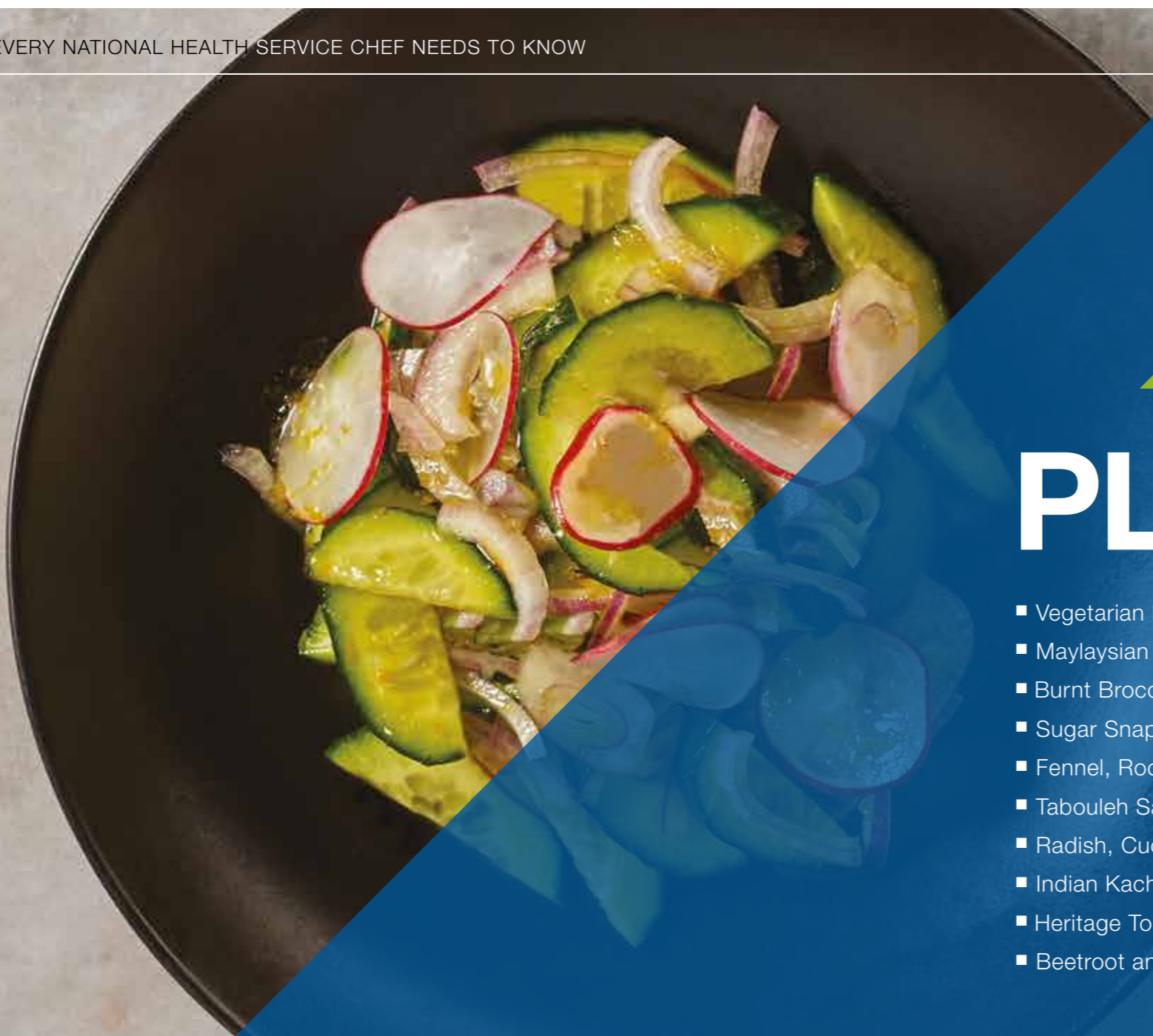
Another key area is hydration. That cup of tea is important for fluid intake. It’s incredible just how much can be achieved by concentrating on a drink. An Ovaltine or Hot Chocolate made with milk can contain energy and protein and combined with a snack and can be a fantastic way of getting important nutrition into a patient who is struggling to eat. The milkshake round in the middle of the afternoon combines fruit and milk powder and can be very emotive.

That’s what makes this job so rewarding. Food enables us to reach patients on a level they are not expecting. When we deliver something they really like, that’s good for them and makes them feel better then they tell us. which is really rewarding.

They want to feel better. Often its the food that makes them realise they are feeling better. When an appetite for eating and drinking returns that is often a signal that recovery is under way.



**The Leeds
Teaching Hospitals**
NHS Trust



PLANT-BASED

- Vegetarian Katsu Burger
- Malaysian Curry and Rice
- Burnt Broccoli Caesar
- Sugar Snap Pea and Potato Salad
- Fennel, Rocket and Lemon Salad
- Tabouleh Salad
- Radish, Cucumber and Red Onion Salad
- Indian Kachumba Salad
- Heritage Tomato Salad
- Beetroot and Squash Tagine

60

PLANT-BASED

VEGETARIAN KATSU BURGER



The cousin of the chicken katsu burger this vegetable-based burger is a great way of appealing to patients who are on plant-based diets. It is a hand-held meal, good for those who struggle with their hands but also contains popular modern flavours that appeal to a younger patient base. More and more patients now fit into this bracket.

A healthy plant-based version of an on trend grab and go Asian dish.

Ingredients - Serves 10

- 800g Vegan Crumbed Schnitzel
- 890g Burger Bun
- 300g Katsu Curry Sauce
- 400g Little Gem Lettuce
- 80ml White Rice Vinegar
- 200g Carrots
- 200g Red or White Cabbage
- 2g Crushed Chillies
- 30g Caster Sugar
- 200g Light Mayonnaise
- 5ml Premium Toasted Sesame Oil
- 3g Madras Curry Powder
- 1g Chinese Five Spice

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Katsu Sauce

A mild traditional Asian curry sauce to marry perfectly with everything katsu.

See recipe on page 160

Cooking Instructions

CHILLI PICKLE

1. Put 80ml of rice vinegar into a bowl with 30g of sugar, whisk thoroughly and leave to stand and dissolve.
2. Finely slice 200g of cabbage and julienne 200g of carrot, both preferably on a mandolin or on a robot coupe.
3. Whisk the vinegar ensuring the sugar is dissolved then pour on to the vegetables.
4. Add 2g of chilli flakes and leave to pickle for a minimum of 1 hour Ensure that you stir the pickle occasionally allowing the liquor to coat evenly whilst it is pickling.

KATSU MAYO

1. Mix the sesame oil, curry powder, five spice and mayonnaise together until well combined. Pour in to a labelled squeeze bottle, refrigerate until ready to use.

VEGI BURGER

1. Defrost the buns. Cook the veggie burger as per manufacturing instructions ensure the core temperature has reached 75°C (82°C in Scotland).
2. Prep the baby gem by cutting off the root and pulling off the leaves then wash thoroughly.
3. Warm the katsu sauce through and pour into a squeeze bottle keep warm.
4. Lightly toast the bun.

TO BUILD

1. Squeeze the katsu sauce on the top of the burger bun, then squeeze the mayonnaise on the base of the burger bun.
2. Place the baby gem on the base of the burger bun, top with the cooked veggie burger, then top with the pickle. Top the burger with the remaining half of the bun and serve.

	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	730 kJ	9%	2273 kJ	27%
Energy (kcal)	174 kcal	9%	543 kcal	27%
Fat	7.2 g	10%	22 g	31%
of which saturates	1.2 g	6%	3.7 g	19%
Carbohydrate	20 g	8%	62 g	24%
of which sugars	3.6 g	4%	11 g	12%
Fibre	3.9 g	16%	12 g	48%
Protein	5.5 g	11%	17 g	34%
Salt	0.64 g	11%	2 g	33%

CONTAINS:



SOYA



WHEAT



EGGS



SESAME



MUSTARD



VEGETARIAN



SULPHITES

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61

PLANT-BASED

MALAYSIAN CURRY

This popular Asian curry from Malaysia is a really good example of a fork-only meal. It's also vegan and full of nutrition and is therefore an important staple to any menu that is attempting to reach across boundaries and tempt anyone who might feel they are not being catered for to eat. Spicy and light is the way to go.



The meat-free alternative to a classic Malaysian dish.

Ingredients - Serves 10

- 1ltr Coconut Milk Standard
- 10g Garlic Purée
- 60g Ginger Purée
- 10g Cinnamon Sticks
- 50ml Extended Life Vegetable Oil
- 40g Lemongrass
- 2 Limes
- 500ml Water
- 5g Ground Coriander
- 5g Whole Star Anise
- 4g Ground Turmeric
- 800g Vegan Fillet Pieces
- 50g Red Chillies
- 360g Brown Skin Onions
- 360g Mixed Peppers
- 1.5kg Cooked Jasmin Rice

Cooking Instructions

1. Defrost fillet vegetable pieces overnight in the fridge.
2. Peel the onions cut in half then into thin slices.
3. Finely chop the the lemongrass.
4. Quarter, de-seed and cut the peppers into rough triangles.
5. Prep the red chilli by cutting in half lengthways de-seed then cut into thin slices.
6. Wash the rice, drain and add 500ml of water per 600g of rice. Bring to a boil and reduce to a simmer until the water is absorbed and the rice is sticky (alternatively this can be cooked in a rice cooker).
7. Heat a saucepan add the oil then add lemongrass, star anise, cinnamon stick, chilli and onions and cook until light and golden in colour.
8. Add the defrosted veg fillet pieces and stir thoroughly until well coated in the onion and chilli mix.
9. Mix the turmeric ginger and garlic together then add to the pan and cook for 5 minutes consistently stirring so it doesn't stick.
10. Then add the coconut milk water and zest of lime into the pan.
11. Add the peppers and bring to a simmer and cook for 5-6 minutes.
12. Ensure core temperature has been reached 75°C (82°C in Scotland) then finish with fresh coriander.

	PER 100g	%RI	PER 394g SERVING	%RI
Energy (kJ)	634 kJ	8%	2134 kJ	25%
Energy (kcal)	150 kcal	8%	506 kcal	25%
Fat	3.9 g	6%	13 g	19%
of which saturates	0.4 g	2%	1.4 g	7%
Carbohydrate	18 g	7%	60 g	23%
of which sugars	3.5 g	4%	12 g	13%
Fibre	0.7 g	3%	2.4 g	10%
Protein	11 g	22%	36 g	72%
Salt	0.32 g	5%	1.1 g	18%

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VEGETARIAN



VEGAN

CONTAINS:



SOYA

MAY CONTAIN:



WHEAT



EGGS



SESAME



MUSTARD



CELERY

Jasmine Rice

The perfect rice for asian dishes such as katsu curry.

See side recipe on page 151



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62

BURNT BROCCOLI CAESAR

This is a great plant-based dish that will appeal to anyone who loves light vegetarian/vegan food. It's green, full of flavour and packed with nutrition from the chickpeas, broccoli and kale. It can also be eaten with a fork and goes down well in retail and in staff restaurants too.

The charred flavour adds another dimension to this dish combining sublimely with the dressing.



	PER 100g	%RI	PER 147g SERVING	%RI
Energy (kJ)	604 ^{kJ}	7%	888 ^{kJ}	11%
Energy (kcal)	145 ^{kcal}	7%	213 ^{kcal}	11%
Fat	8.4 ^g	12%	12 ^g	17%
of which saturates	1.5 ^g	8%	2.2 ^g	11%
Carbohydrate	11 ^g	4%	17 ^g	7%
of which sugars	4.3 ^g	5%	6.3 ^g	7%
Fibre	2.3 ^g	9%	3.3 ^g	13%
Protein	4.7 ^g	9%	6.9 ^g	14%
Salt	0.16 ^g	3%	0.24 ^g	4%

CONTAINS:



MUSTARD



SULPHITES

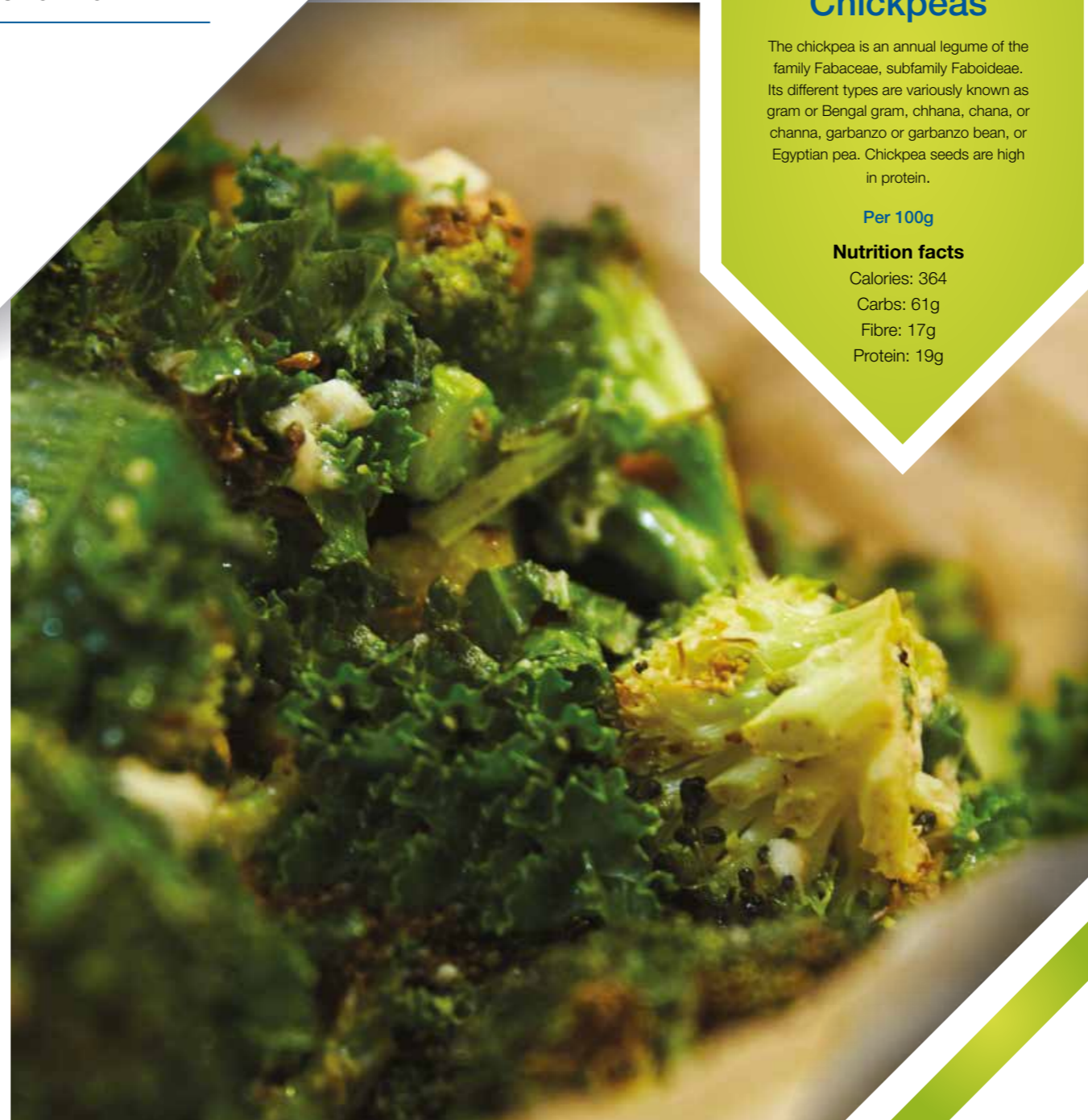


VEGETARIAN



VEGAN

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Chickpeas

The chickpea is an annual legume of the family Fabaceae, subfamily Faboideae. Its different types are variously known as gram or Bengal gram, chhana, chana, or channa, garbanzo or garbanzo bean, or Egyptian pea. Chickpea seeds are high in protein.

Per 100g

Nutrition facts

Calories: 364
Carbs: 61g
Fibre: 17g
Protein: 19g

Ingredients - Serves 10

- 650g Broccoli
- 150g Curly Kale
- 100g Chickpeas in Water
- 5g Cayenne Pepper
- 5g Garlic Powder
- 20ml Pure Olive Oil
- 2 Whole Lemons
- Caesar Dressing (see page 161)

Cooking Instructions

1. Prepare the dressing as per sub recipe. Preheat the oven to 220°C (or as hot as it will go).
2. Prepare broccoli into medium sized florets and dress with 10ml of oil. Use stalks as well, but cut into small pieces, split and place into a suitable size roasting tray.
3. Wash and drain your chickpeas. Remove stalk from the kale and roughly chop. Squeeze the juice from both lemons onto the kale and squeeze with your hands (you want to break down the raw kale with the lemon juice).
4. Place the broccoli into the preheated oven for 5 minutes until tender and charred. Remove and set aside to cool.
5. Reduce oven temperature to 200°C. Coat the chickpeas with remaining oil, 5g of garlic powder and 5g of cayenne pepper (per 10 portions). Roast in the oven for 20 minutes until golden and crispy.
6. Assemble the salad by combining kale and broccoli. Place this into serving dish and garnish with chickpea croutons (roasted chickpeas) and dressing required.



Caesar Dressing

See recipe on [page 161](#)

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63

SUGAR SNAP PEA AND POTATO SALAD

with GARLIC and LEMON PESTO

A snapshot of summer, this great salad is a winner wherever it is served. The pairing of the sugar snap pea and new potatoes is fresh and filling and a great way of waking up a jaded palate. It takes the traditional potato salad and turns it on its head by adding a new component.

Fresh colourfull and great with chicken for a non-vegetarian option.



CONTAINS:



MILK



VEGETARIAN



	PER 100g	%RI	PER 98g SERVING	%RI
Energy (kJ)	414 kJ	5%	406 kJ	5%
Energy (kcal)	98 kcal	5%	97 kcal	5%
Fat	3 g	4%	3 g	4%
of which saturates	0.6 g	3%	0.6 g	3%
Carbohydrate	14 g	5%	14 g	5%
of which sugars	1.9 g	2%	1.8 g	2%
Fibre	1.3 g	5%	1.3 g	5%
Protein	3.3 g	7%	3.2 g	6%
Salt	0.09 g	2%	0.09 g	2%

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Ingredients - Serves 10

- 1.8kg Potatoes
- 60ml Pure Olive
- 300g Sugar Snap Peas
- 3 Whole Lemons
- 5g White Garlic
- 30g Flat Parsley
- 5g Green Basil
- 60g Vegetarian Hard Cheese Shavings
- 1g Ground Black Pepper
- 1g Cooking Salt
- 100g Nut Free Pesto (see page 218)

Sugar Snap Peas

Sugar snap peas contain less starch than shelled peas meaning they contain fewer carbs. This translates to 8g less carbs per 100g. Sugar snap peas also contain vitamin C, vitamin K and folate — while being low in fat, cholesterol and sodium.

100g contains

Nutrition facts

Calories: 42
Carbs: 7.5g
Fibre: 2.6g
Protein: 2.8g

Cooking Instructions

1. Place the potatoes in a large saucepan and bring to the boil then simmer approx.15 minutes, depending on the size they need to be just tender.
2. While the potatoes are cooking in a small pan, combine the oil and the garlic and a small pinch of salt, gently warm the oil for about 10 minutes, this will infuse the flavour of the garlic into the oil and lightly golden the garlic, do not over heat.
3. Once this step is completed remove the oil and reserve and allow to cool completely.
4. Once the potatoes are cooked, remove from the water and allow to cool until they are cool enough to handle, then cut the potatoes into 2cm pieces or a size as desired.
5. While the potatoes are still warm, finely grate the lemon zest over them, add a pinch of salt and pepper and gently toss to combine all the ingredients.
6. Now leave to cool completely.
7. Destring the sugar snaps. Cook the sugar snap in boiling water for approx. 2 minutes they should still be crisp, drain and then run under cold water.
8. Once cooled, cut them diagonally into approx. three pieces.
9. Squeeze the lemons and place the juice in a blender add the cooled olive oil parsley, basil, half the cheese, salt and pepper and blend until smooth.
10. Add the 'nut free pesto mix 'and the sugar snap peas to the potatoes in a bowl and mix well then serve with remaining cheese shavings.

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FENNEL, ROCKET AND LEMON SALAD WITH NUT FREE PESTO

There are times when a patient can only manage a light salad and that's fine. What is needed is clear, fresh flavours and cool textures. The combination of fennel and rocket is refreshing, especially on a hot day. Served with a nut-free pesto, this dish is perfect for summer for both patients and staff and in a grab and go would suit retail.

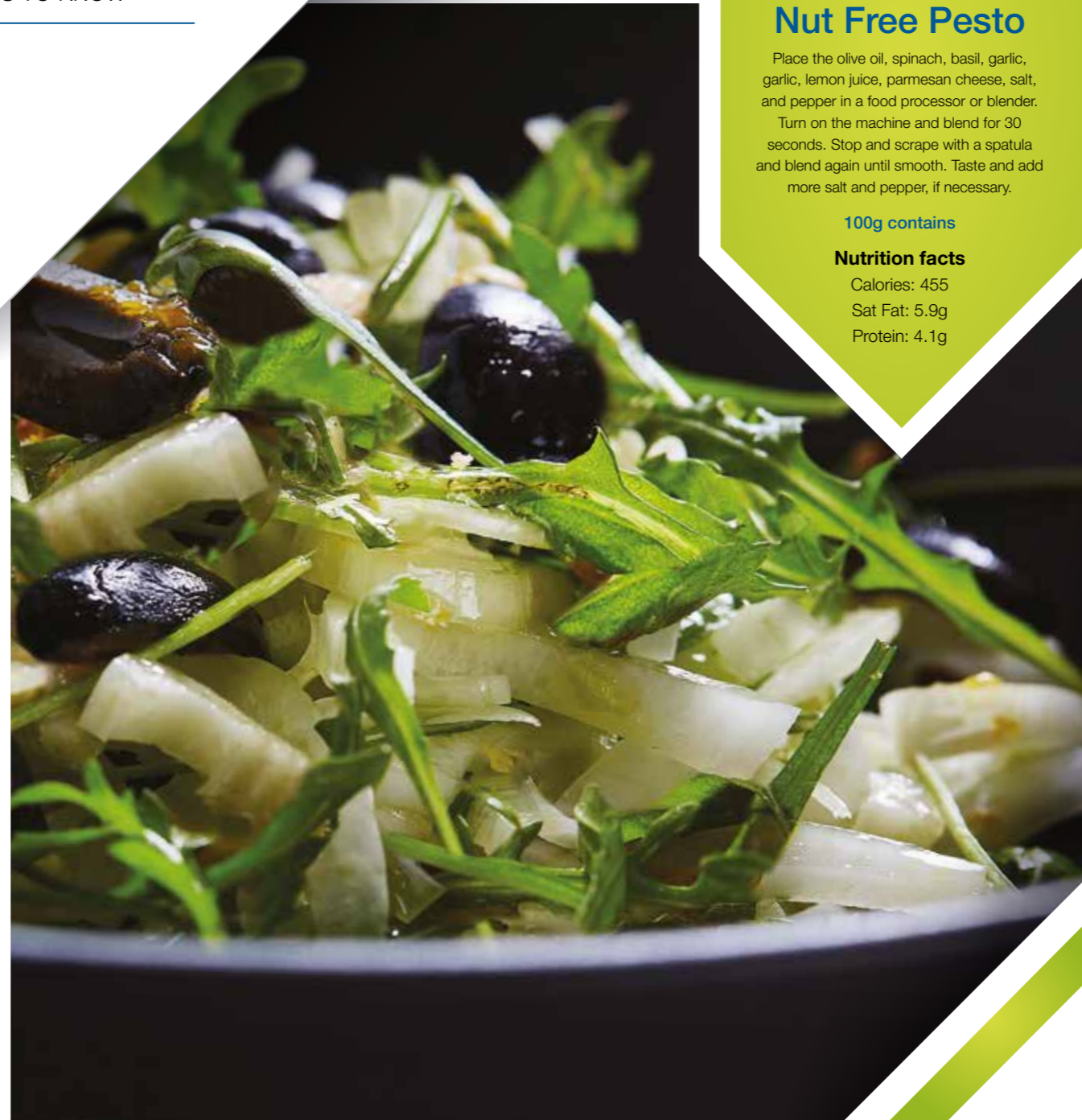


	PER 100g	%RI	PER 142g SERVING	%RI
Energy (kJ)	505 ^{kJ}	6%	715 ^{kJ}	9%
Energy (kcal)	122 ^{kcal}	6%	173 ^{kcal}	9%
Fat	9.3 ^g	13%	13 ^g	19%
<i>of which saturates</i>	1 ^g	5%	1.4 ^g	7%
Carbohydrate	6.2 ^g	2%	8.7 ^g	3%
<i>of which sugars</i>	3.2 ^g	4%	4.5 ^g	5%
Fibre	1.9 ^g	8%	2.7 ^g	11%
Protein	2.3 ^g	5%	3.3 ^g	7%
Salt	0.3 ^g	5%	0.43 ^g	7%

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Nut Free Pesto

Place the olive oil, spinach, basil, garlic, garlic, lemon juice, parmesan cheese, salt, and pepper in a food processor or blender. Turn on the machine and blend for 30 seconds. Stop and scrape with a spatula and blend again until smooth. Taste and add more salt and pepper, if necessary.

100g contains

Nutrition facts

Calories: 455
Sat Fat: 5.9g
Protein: 4.1g

Ingredients - Serves 10

- 200g Lemons
- 50g Green Basil
- 60ml Pure Olive
- 450g Rocket Leaf
- 468g Fennel
- 100g Pitted Black Olives
- 200g Nut Free Pesto

Cooking Instructions

1. Using a sharp vegetable peeler, remove some long wide strips of the zest from the lemons, avoid the white pith as this will be bitter.
2. Squeeze the lemons to get all the juice out careful to remove any pips
3. In a blender, combine the lemon zest and juice, basil, the oil, half of the olives and a pinch of salt and pepper, blend these ingredients until smooth.

Method for the salad

1. Quarter the remaining olives lengthways and reserve.
2. Cute the fennel lengthways in half and remove the thick inner core, then very thinly slice crossways.
3. In a larger serving bowl add the fennel, rocket and season lightly with salt and black pepper.
4. Drizzle with the nut free pesto dressing and sprinkle the remaining olives across the salad and serve.

NUT FREE PESTO

Ingredients - Serves 10

- 100ml Olive oil
- 50g Hard cheese
- 50g Basil
- 50g Olives pitted black or green Optional
- 20g Garlic Puree
- 1 Lemon (Juice and Zest)

Method

1. Zest and juice the lemon.
2. Tear the basil.
3. Cut olives in half.
4. Combine all the ingredients in blender and pulse for a few seconds.
5. Scape down and pulse again.
6. Reserve and serve.
7. To thin down add more oil.

65

TABOULEH SALAD

A great fork food dish and a firm favourite in retail where it can be sold on its own or as part of a larger meal. Tabouleh is a Middle Eastern salad that is packed with herbs and tomato and made up of bulgur or cracked wheat. It can be eaten simply and is easy to serve as well as travelling well.

A classic dish which is great with both fish and meat dishes.



	PER 100g	%RI	PER 85g SERVING	%RI
Energy (kJ)	726 ^{kJ}	9%	620 ^{kJ}	7%
Energy (kcal)	173 ^{kcal}	9%	148 ^{kcal}	7%
Fat	7.2 ^g	10%	6.2 ^g	9%
<i>of which saturates</i>	1 ^g	5%	0.8 ^g	4%
Carbohydrate	23 ^g	9%	20 ^g	8%
<i>of which sugars</i>	5.9 ^g	7%	5.1 ^g	6%
Fibre	0.5 ^g	2%	0.5 ^g	2%
Protein	3.4 ^g	7%	2.9 ^g	6%
Salt	0.04 ^g	1%	0.03 ^g	1%

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Bulgur Wheat

Bulgur is very nutritious. It's a whole grain wheat kernel which includes the germ, endosperm and bran. Bulgur contains a variety of vitamins and minerals, as well as a good amount of protein and fibre.

182g contains

Nutrition facts

Calories: 151
Carbs: 34g
Protein: 6g
Fat: less than 1g
Fibre: 8g

Ingredients - Serves 10

- 8g Mint
- 230g Bulgur Wheat
- 10g Flat Parsley
- 195g Fresh Tomatoes
- 56ml Pure Olive Oil
- 2 Whole Lemons
- 155g Red Onion

Cooking Instructions

1. Cook the bulgur wheat as per manufacturer's instructions, drain, refresh under cold water then drain again.
2. Remove the stalks and finely chop the parsley and mint.
3. De-seed the tomatoes and diced the flesh.
4. Peel and finely chop the red onion.
5. Zest and juice the lemon.
6. Combine all the ingredients in a bowl and season to taste.

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VEGETARIAN



VEGAN

66

RADISH, CUCUMBER AND RED ONION SALAD

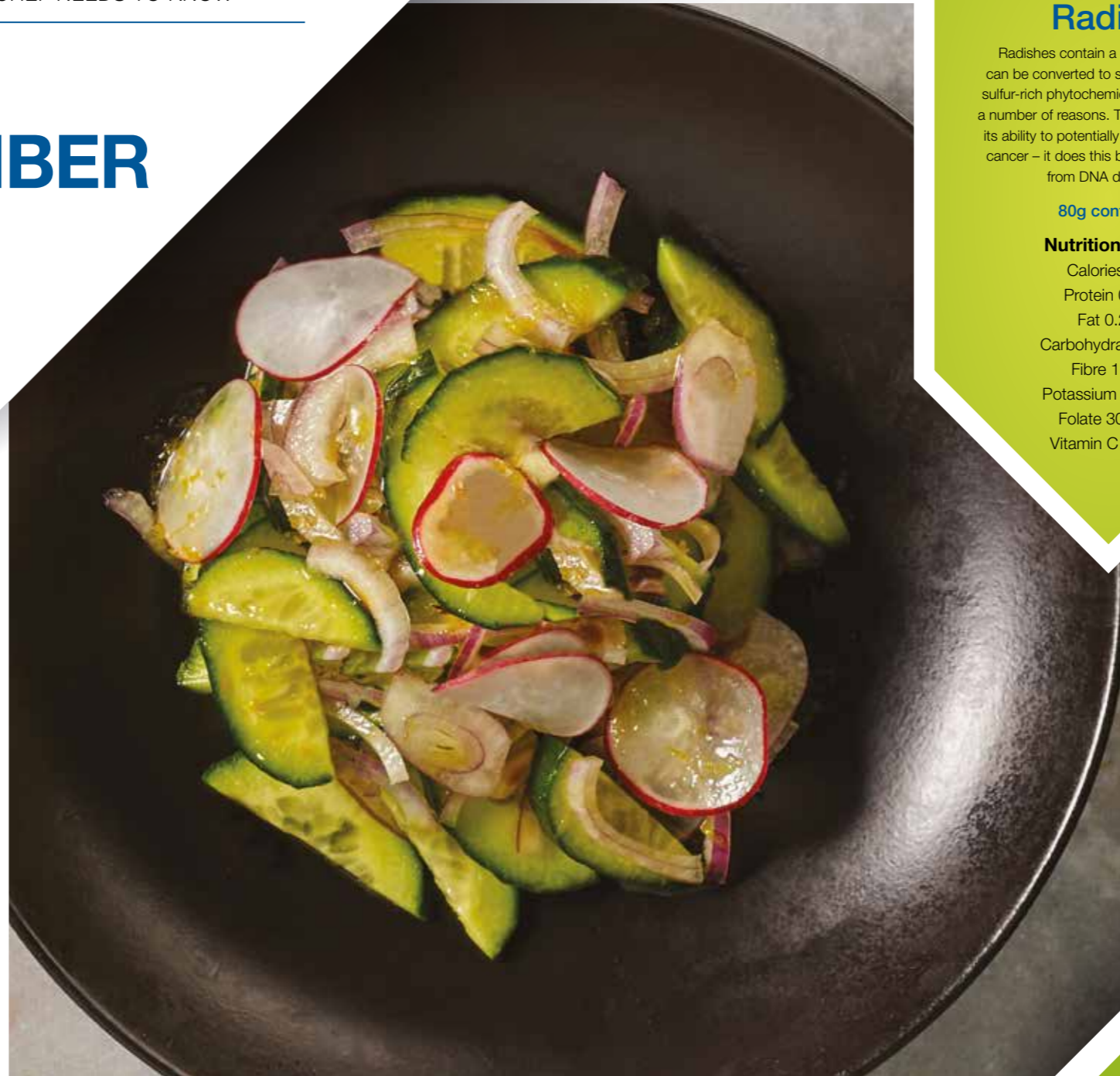
This is a light salad that can be eaten on its own and always goes down well in retail where it can be paired with a main course or another dish. For patients wanting something light these flavours really go well together.



Crunchy radish and fresh cucumber make this a visually pleasing summer salad.

	PER 100g	%RI	PER 97g SERVING	%RI
Energy (kJ)	665 ^{kJ}	8%	646 ^{kJ}	8%
Energy (kcal)	161 ^{kcal}	8%	156 ^{kcal}	8%
Fat	14 ^g	20%	13 ^g	19%
of which saturates	1.2 ^g	6%	1.2 ^g	6%
Carbohydrate	5.7 ^g	2%	5.5 ^g	2%
of which sugars	5 ^g	6%	4.9 ^g	5%
Fibre	1.1 ^g	4%	1.1 ^g	4%
Protein	2.8 ^g	6%	2.7 ^g	5%
Salt	0.02 ^g	0%	0.02 ^g	0%

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Radish

Radishes contain a compound that can be converted to sulforaphane. This sulfur-rich phytochemical is beneficial for a number of reasons. The main one being its ability to potentially reduce the risk of cancer – it does this by protecting cells from DNA damage.

80g contains

Nutrition facts

Calories 10
 Protein 0.6g
 Fat 0.2g
 Carbohydrate 1.5g
 Fibre 1.0g
 Potassium 192mg
 Folate 30mcg
 Vitamin C 14mg

Ingredients - Serves 10

- 400g Radish
- 46g Cucumber
- 200g Red Onion
- 15g Clear Blossom Honey
- 2 Whole Lemons
- 1 Medium Orange
- 40ml Pure Olive Oil
- 30g Mint

Cooking Instructions

1. Slice the radishes up thinly and place in a bowl.
2. Top and tail the cucumber and cut in half lengthways.
3. Slice the cucumber and place with the radishes in the bowl.
4. Peel and cut onions in half and then thinly slice, place these in the bowl as well with the other ingredients.
5. Chop the mint.
6. Make the dressing by combining all the wet ingredients in a bowl, making sure that the honey has dissolved in to the juice. Add the chopped mint at the last minute.
8. Pour this over the salad ingredients and mix well.
9. Season to taste.

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VEGETARIAN

67

INDIAN KACHUMBER SALAD

A simple salad from India that marries tomatoes, cucumber and onion and sometimes contains a fruit like mango and even chilli. It is very refreshing and a great way to wake up a jaded palate. It can form part of a larger menu offering and is also simple to eat.



This classic salad goes perfectly with a spicy curry.

	PER 100g	%RI	PER 46g SERVING	%RI
Energy (kJ)	171 kJ	2%	79 kJ	1%
Energy (kcal)	40 kcal	2%	19 kcal	1%
Fat	0 g	0%	0 g	0%
of which saturates	0 g	0%	0 g	0%
Carbohydrate	8.1 g	3%	3.7 g	1%
of which sugars	7.5 g	8%	3.4 g	4%
Fibre	1.2 g	5%	0.5 g	2%
Protein	0.9 g	2%	0.5 g	1%
Salt	0.03 g	1%	0 g	0%

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Red Onion

Red onions are a rich source of antioxidants and offer several benefits. Red onions can help lower cholesterol and triglyceride levels, as well as reduce the risk of heart disease and stroke. They also contain quercetin, a compound that has been shown to protect against heart damage. In addition, the sulfur compounds in red onions can help to improve blood circulation and reduce inflammation.

100g contains

Nutrition facts

Calories 39
Saturates 0.1g
Fat 0.1g
Carbohydrate 8g
Sugars 6.2g
Salt 0.01g

Ingredients - Serves 10

- 120g Fresh Tomatoes
- 75g Red Onion Sliced
- 20g Coriander
- 2 Whole Lemons
- 20g Iceberg Lettuce
- 100g Grated Carrot
- 6g Cucumber

Cooking Instructions

1. Shred the iceberg lettuce.
2. Slice the cucumber length ways. De-seed and thinly slice on an angle.
3. De-seed the tomato and cut in to strips.
4. Peel and thinly slice the onion.
5. Wash and pick the coriander - leave stalks on.
6. Mix all ingredients together in a bowl and keep chilled.
7. Cut the lemons in to 10 wedges and serve a wedge with each portion.

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VEGETARIAN



VEGAN

68

HERITAGE TOMATO SALAD

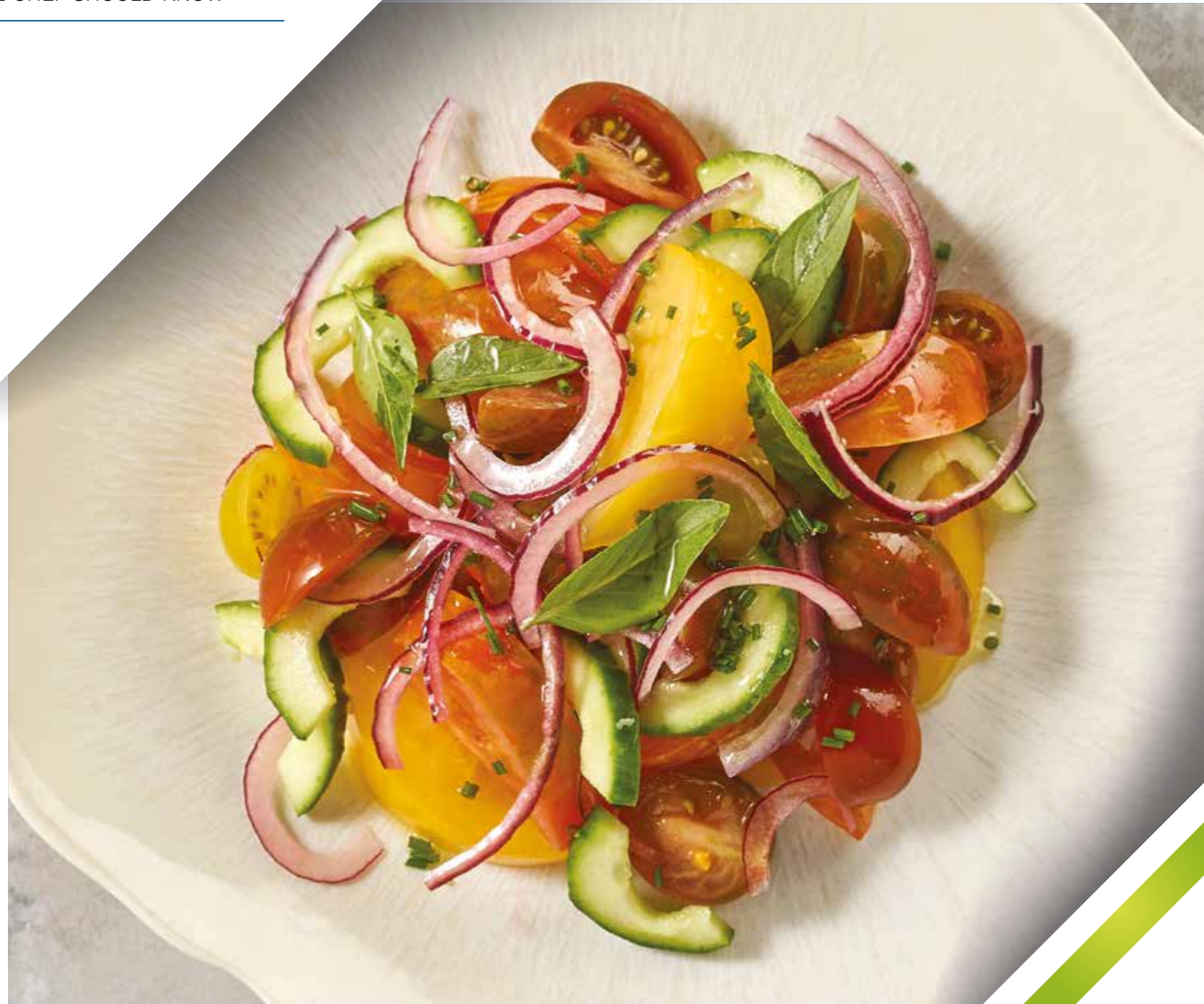
This is a great advert for British tomatoes at their peak in the summer. If you grow your own herbs or micro greens then this would be the perfect time to use them. Made freshly with a lovely dressing this is a winner wherever it is served, whether on the ward or in retail.



A fantastic summer dish in celebration of tomatoes in season, serve with warm, crusty bread and olive oil.

	PER 100g	%RI	PER 251g SERVING	%RI
Energy (kJ)	169 kJ	2%	424 kJ	5%
Energy (kcal)	41 kcal	2%	102 kcal	5%
Fat	2.3 g	3%	5.8 g	8%
of which saturates	0.4 g	2%	0.9 g	5%
Carbohydrate	3.6 g	1%	9.1 g	4%
of which sugars	3.2 g	4%	8.1 g	9%
Fibre	1 g	4%	2.6 g	10%
Protein	0.8 g	2%	2 g	4%
Salt	0.14 g	2%	0.35 g	6%

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Ingredients - Serves 10

- 320g Red Onion
- 20ml Red Wine Vinegar
- 3g Coarse Sea Salt
- 2kg Cherry Tomatoes
- 46g Cucumber
- 8g Mint
- 50g Basil
- 5g Chive
- 56ml Pure Olive Oil

Cooking Instructions

1. Peel and half the red onion and slice very thinly then reserve.
2. In a small bowl, toss together the thinly sliced onion, vinegar and a pinch of the salt, leave to marinade for at least 10 minutes.
3. Drain off any excess vinegar after this time.
4. Cut the tomatoes into wedges.
5. Slice the cucumber into halves, slice thinly.
6. In a large serving bowl, arrange the tomatoes and cucumber then scatter the lightly pickled onion across the tomatoes and mix carefully.
7. Add the torn or roughly chopped herb leaves and chopped chives.
8. Add the remaining crushed sea salt and drizzle the olive oil over and serve.

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VEGETARIAN



VEGAN

69

BEETROOT & SQUASH TAGINE

This is a really fantastic vegan dish that shows how far modern gastronomy has come. This is a one pot classic that can be eaten with one hand and has both terrific textures and flavours all in one dish. As a meal it offers everything: colour, easy eating and make any menu shine.



A great dish which uses vibrant, tasty seasonal vegetables.

	PER 100g	%RI	PER 176g SERVING	%RI
Energy (kJ)	292 kJ	3%	524 kJ	6%
Energy (kcal)	70 kcal	4%	125 kcal	6%
Fat	1.9 g	3%	3.4 g	5%
of which saturates	0.1 g	1%	0.2 g	1%
Carbohydrate	9.1 g	4%	16 g	6%
of which sugars	3.5 g	4%	6.3 g	7%
Fibre	2.7 g	11%	4.9 g	20%
Protein	2.7 g	5%	4.8 g	10%
Salt	0.14 g	2%	0.24 g	4%

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CONTAINS:



WHEAT

MAY CONTAIN:



SULPHITES



VEGETARIAN



VEGAN

Ingredients - Serves 10

- 20g Thyme
- 170g Brown Skin Onion
- 400g Chickpeas in Water
- 20ml Extended Life Vegetable Oil
- 200g Raw Beetroot
- 2g Mint
- 4g Ground Coriander
- 3g Ground Turmeric
- 2g Ground Cinnamon
- 2g Spice Smoked Spanish Paprika
- 3g Ground Cumin
- 34g Whole Pitted Apricots
- 20g Dried Sultanas
- 400g Canned Chopped Tomatoes in Juice
- 6g Gluten Free Vegetable Bouillon Paste
- 235ml Water
- 270g Butternut Squash
- 20g Tomato Purée

Cooking Instructions

1. Peel de-seed and dice the squash into 2cm. Peel and dice the beetroot into 2cm dice. Shred the mint and coriander. Coarsely chop the apricots. Peel and finely slice the onions. Dilute the bouillon with the water.
2. In a suitable size pan, combine the onions and the oil and cook over a low medium heat until the onions are dark and golden. Add the diced beets, thyme, squash, apricots and sultanas to the onion mixture along with all the ground spices and gently cook over a low heat for a further 5-10 minutes.
3. Add the tomato purée and continue to cook for a further 5 minutes. Meanwhile drain and rinse the chickpeas then add to the pan ensuring they are coated.
4. Add the chopped tomatoes and vegetable stock to the pan and bring to the boil and simmer. Cover tightly with foil or a lid and simmer for approx 1 hour.
5. Remove and leave to rest for 10 minutes. (Add a little more liquor if the dish is to dry). Ensure core temperature has been reached 75°C (82°C in Scotland).
6. Stir in the mint and serve.

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KAY SHEARING

The Healthy Food Company

When my daughter had premature twins they had all sorts of minor health issues and as a result were in and out of hospital. I was a law lecturer at the time and had no concept of what infant nutrition was all about. We didn't know what a baby should and shouldn't eat. What we discovered was that infant nutrition and adult nutrition were two completely different things. We also discovered that what was actually on offer was appalling and completely unsuitable to my daughter's needs and those of the twins.

"The NHS by its whole ethos should be promoting healthy eating for children, we are making that change."



"It is possible to feed children in hospital well and help them get better through nutrition in a way that allows them to eat the kind of meals they recognise from home and school."



FROM WHERE I'M LOOKING

So, following advice from the Scientific Advisory Committee on Nutrition we found out exactly what nutrition was required and set about forming a business that could provide home-cooked meals that were child friendly, and supply these to hospitals' nurseries.

Over the next seven years we developed a range of 30 meals that could be supplied to hospitals and could be used by all ages of children from weaning, right through to 17-year-olds. This was not an easy process.

Children make up 11% of hospital patients on average and are not a priority for a lot of hospitals. While we were trying to convince hospital trusts to take us seriously we met Phil Shelley and he liked what we were doing. Through him we did a trial at Musgrove Park in 2017. It was considered a success and we built the business from there.

A typical childcare ward ranges from 0 to 17 and every child has a different nutritional need. For example a 4-year-old needs approx 1482 calories a day which is less than a 17-year-old. The system we came up with enables hospital staff to serve portions sizes that are in line with all age group requirements.

For example a Bolognese sauce served with pasta for a toddler would be 225g. But for a 16-year-old would rise to 325g. Just by weighing out the correct amount we can get the correct nutrition into each child. Obviously a 16-year-old may need extra carbohydrates and this could be done by a piece of garlic bread alongside the correct amount of pasta.

All of our meals have no added sugar or salt. We've been thoroughly investigated by Trading Standards and come out with flying colours. We have the lowest salt levels for this type of food in the UK and we do not use preservatives or additives.

It is possible to feed children in hospital well and help them get better through nutrition in a way that allows them to eat the kind of meals they recognise from home and school. We have been talking to Charlotte Fairall from Sophies legacy (sophies.legacy.co.uk) which is campaigning for better food for children in hospitals, as well as other changes to a child's experiences while in hospital. We both recognise that children's food in hospital requires a specialist menu aimed at improving the quality and nutrition in the food offered to children.

DIFFERENT PATIENTS AND WHAT THEY NEED



In a restaurant every guest is treated the same. In a hospital every patient is different and has different needs. If you understand this then your job will get a lot easier. There are five questions which can drastically help you determine the requirements of the patients that you are feeding.

Ethnicity

Different backgrounds have different traditions. Different hospitals are filled with different backgrounds. Therefore, what is popular in one hospital can be very different to one in a nearby city or even different part of a city. Understanding the backgrounds of your patients will help you consider what they might like to eat - and when.

Dietetics

Hospital food needs to do a job. On one level getting a patient to eat something, anything, is important. However, ultimately, the requirement of the food is nutrition. Getting the right balance of protein, carbohydrate, minerals and vitamins that can optimise recovery is the goal of every meal. This area is governed by trained and experienced dieticians who work with chefs and hospital caterers to maximise the benefits of meals and individual dishes. This work is not simply about calories but more about what dishes and meals actually contain. Dieticians are very important in hospitals. Some patients need very strict types of food - and this is where allergies and diets have to be considered. More on this later in the book.

Age

The average age of the majority of hospital wards is 68. That should tell you a lot. At 68 a patient has strong likes and dislikes and is more than likely to respond to familiar, traditional dishes than to modern interpretations. Remember, the single most important role an NHS chef can play in terms of helping patients recover is getting them to eat. The more you understand how your patients eat the better you will become at your job.

Pre-post surgery

A patient will eat differently after surgery - especially major surgery when the body is filled with anaesthetics. Combine that with an older patient group and it's easy to start to see what is going to be popular. Post surgery patients need energy but strong painkillers can make them feel sick and therefore not feel like eating. How can you help in these situations?

Difference between being ill and in recovery

There is a big difference between a patient who is on the mend and one who is ill. A patient that is recovering and regaining strength will enjoy food a lot more than one who is ill and struggling. What these two patients order will be very different. What they need is very different. It is here that you must be aware of differing levels of energy requirements. Ill patients need energy.

They need carbohydrates and sugar. But, here's an interesting thought. An elderly patient struggles to eat but has no problem with a few chocolates or a few spoonfuls of sweet custard. At this stage of life it's important to consider that any food they like is better than nothing at all. Would you rather your patients ate something that made them feel better or push something around a plate that makes them feel worse?

LESLEY CARTER

Clinical Lead, Malnutrition Task Force- Age UK

The MTF raises awareness of the importance of eating well in later life to avoid preventable malnutrition. One in Ten people over 65 are at risk, or are, malnourished. Those most at risk are people who rely on someone else for their food provision and need help to eat. Malnourishment can affect health, and well-being and cause long-term health problems for otherwise healthy and independent people. It increases GP visits, hospital admissions and longer recovery.



Whether you are slim or bigger (even if you are seemingly overweight, you can still be malnourished), it's not good to lose weight without meaning to. It's easy for weight to drop off without noticing. Significant, unintended weight loss makes you more likely to become ill or have a fall and can slow down your recovery from illness or surgery.

As we age our nutritional needs change, we need to concentrate less on health messages that have a focus on weight loss. This style of eating is not always recommended or easy for people who have a small appetite, have difficulties chewing or swallowing, or find they are unintentionally losing weight. Often three small meals, and three snacks with protein work better. Having food you enjoy and having treats like cake can help. On days when eating is hard, remember eating anything is better than nothing.

When older people are admitted into hospitals and care homes they are often at risk or are malnourished. Eating nutritious food and getting enough to drink whilst in hospital and care homes is important to speed up recovery and improve health and well-being.

That's why it's important that patients are weighed on admission and a nutritional assessment is undertaken to assess their needs. A care plan must be in place that identifies if help is needed to eat and drink, and an alert if opening packaging is difficult. All organisations must ensure that foods are available to meet religious and cultural needs and that staff know what those needs are.

There are risks with workforce pressures that people do not get all the help that they need and may not be given the appropriate tools and gadgets to help. How the food or drink gets from the plate to the mouth is often overlooked and at times food that is given but not eaten may be recorded as eaten.

Helping someone to eat is a time-consuming and at times difficult job which needs time and some experience to make it a rewarding experience for both.

Getting patients ready at mealtimes will help. Make sure that patients know when mealtimes are, and that they are ready to eat. Have been to the loo, washed their hands and are seated in a comfortable position for them. Make sure they have appropriate cutlery, and that their food and drinks are within reach and unpacked. Come back and check that they are eating ok and if not offer additional help. Before giving older people sippy cups, check they are needed.

Understanding why older people lose interest in food and appetite is helpful in addressing the problem.

Life changes as we age are complex and very individual and can often contribute to loss of interest in food and appetite. Loss and bereavement spans right across life. It doesn't just relate to death. It is often about accumulative loss, perhaps of work identity through retirement, of good health, of being young or the loss of ability, activities and hobbies, a walking partner, best friend or a dog. Loss through bereavement will be a major stress and can reduce our resilience and ability to cope and remain independent. In practical terms, life may have changed dramatically. We may have less money, have to eat, sleep and live alone for the first time, or be faced with household or financial tasks that we haven't done before.

DESSERTS

- Steamed Sponge Pudding
- Rhubarb Crumble
- Old Fashioned Apple Pie
- Sticky Toffee Pudding
- Eton Mess
- Treacle Tart
- Bread and Butter Pudding
- Rice Pudding
- Blueberry Crumble Muffin
- Sicilian Lemon Pot
- Pineapple Upside-Down Pudding
- Chocolate Courgette Cake
- Marble Chocolate Cake
- Strawberry Panna Cotta
- Home Baked St Clement's Drizzle Loaf Cake

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STEAMED SPONGE PUDDING

Desserts are so popular in hospital. They add a level of comfort and luxury that just made patients feel better. Amongst older patients who need to eat, they are also crucial for energy and should be encouraged. The classic steamed pudding is always a favourite.

A classic sponge pudding evokes memories of years gone by. Serve with lashings of warm custard.



CONTAINS:



WHEAT



EGGS



VEGETARIAN

	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	1713 kJ	20%	2903 kJ	35%
Energy (kcal)	409 kcal	20%	693 kcal	35%
Fat	19 g	27%	33 g	47%
of which saturates	6.6 g	33%	11 g	55%
Carbohydrate	54 g	21%	92 g	35%
of which sugars	35 g	39%	60 g	67%
Fibre	1.1 g	4%	1.8 g	7%
Protein	4 g	8%	6.9 g	14%
Salt	0.71 g	12%	1.2 g	20%

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Self Raising Flour

Self raising flour is regular flour with added baking powder. Baking powder is used to increase the volume and lighten the texture of baked goods. It works by releasing carbon dioxide gas into a batter or dough through an acid-base reaction, causing bubbles in the wet mixture to expand and thus leavening the mixture.

100g contains

Nutrition facts

Calories 333
 Protein 6.7g
 Fat 0g
 Carbohydrate 73.3g

Ingredients - Serves 10

- 5ml Vanilla Flavouring
- 4 Free Range Medium Eggs
- 400g Self Raising Flour
- 400g Caster Sugar
- 400g Cooking and Baking Spread
- 250g Golden Syrup

Cooking Instructions

1. Grease a half gastronome or suitable size tin/ mould for ten portions and put a tablespoon of syrup into the bottom of each mould and set aside.
2. Beat together the margarine and the sugar until light and fluffy then gradually add the beaten eggs and vanilla. Fold in the flour and spoon evenly into the moulds. Place into a tray and tightly cling film so no water can get in.
3. Place into a steamer and cook for approx. 40 minutes until are fully risen and firm to the touch.
4. Loosen the puddings with a palette knife before turning out into a warm dish.

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RHUBARB CRUMBLE

The crumble is universally recognised and loved. You only have to put it on a menu and patients instantly know what it is. Rhubarb is seasonal and full of good nutrition, but it can be replaced with many different fruit from different times of the year. The topping is sweet and crunchy and full of energy. This is a dish that travels well too.

Fresh rhubarb crumble is a classic and a crowd pleaser. Serve with custard, or for a more indulgent dish, with lightly whipped double cream.



	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	761 kJ	9%	1408 kJ	17%
Energy (kcal)	180 kcal	9%	333 kcal	17%
Fat	1.5 g	2%	2.8 g	4%
<i>of which saturates</i>	0.3 g	2%	0.5 g	3%
Carbohydrate	36 g	14%	67 g	26%
<i>of which sugars</i>	11 g	12%	60 g	23%
Fibre	2.9 g	12%	21 g	21%
Protein	4.1 g	8%	7.6 g	15%
Salt	0 g	0%	0.01g	0%

CONTAINS:



OATS/
WHEAT

MAY CONTAIN:



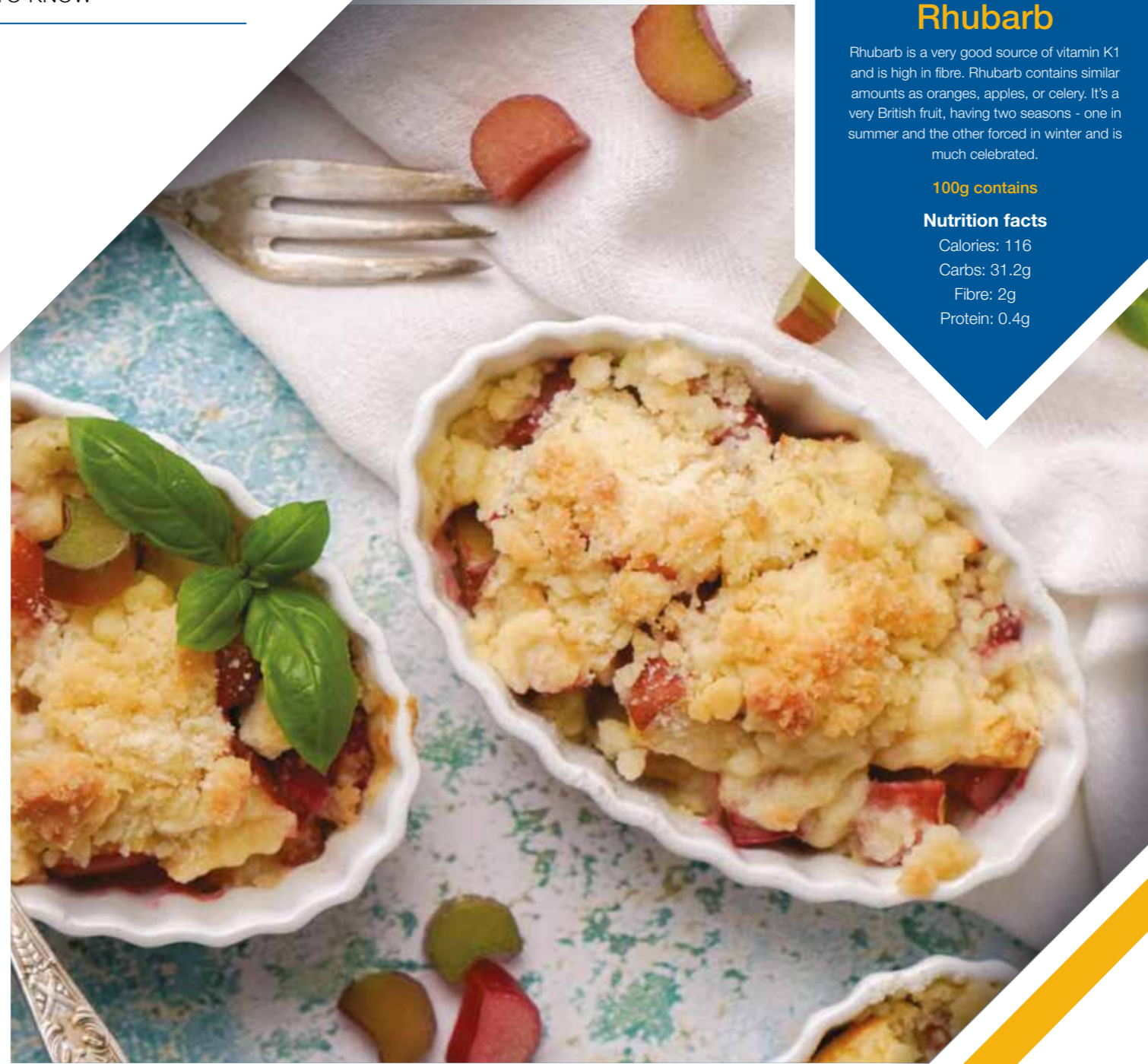
BARLEY



VEGETARIAN



VEGAN



Rhubarb

Rhubarb is a very good source of vitamin K1 and is high in fibre. Rhubarb contains similar amounts as oranges, apples, or celery. It's a very British fruit, having two seasons - one in summer and the other forced in winter and is much celebrated.

100g contains

Nutrition facts

Calories: 116
Carbs: 31.2g
Fibre: 2g
Protein: 0.4g



Ingredients - Serves 10

- 200g Baking Margarine
- 400g Plain Flour
- 200g Light Soft Brown Sugar
- 250g Porridge Oats
- 1kg Solid Pack Rhubarb or fresh, when available

Cooking Instructions

1. Cut the margarine into small dice. Place in a bowl with the plain flour. Wash and drain the rhubarb.
2. Mix the margarine and flour by hand until it's the texture of breadcrumbs. Lightly mix in the porridge oats and soft brown sugar.
3. Place the drained rhubarb into a ovenproof earthenware service dish.
4. Cover the whole surface with the prepared crumble mix.
5. Bake in the oven at 160°C for 30-40 minutes. Ensure the core temperature has been reached 75°C (82°C in Scotland).

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OLD FASHIONED APPLE PIE

Wherever it is made the apple pie remains one of the most beloved of all desserts. It is an excellent way of getting fruit into a diet. It can be served hot or cold as a slice at tea time, where it can be eaten with one hand.

A timeless classic. Good on its own, or with custard, cream or ice cream.



Ingredients - Serves 10

- 400g Plain Flour
- 250g Margarine
- 1ltr Cold Water
- 1.5kg Bramley Apples
- 1 Lemon
- 30g Cornflour
- 185g Caster Sugar
- 5g Ground Spice Cinnamon
- 2 Eggs

CONTAINS:



WHEAT



EGGS

Preparation

1. Peel core and slice the apples.
2. Zest the lemon.
3. Beat 1 of the eggs with 2 tbsp cold water.
4. Lightly beat the other egg separately.



Cooking Instructions

1. For the pastry, place the flour 30g sugar and lemon zest into a bowl and rub in the margarine until the mixture resembles breadcrumbs. Add the beaten egg and stir with a round-bladed knife until the mixture forms a dough. Use a little water if the mix is too dry.
2. Set aside one-third of the pastry for the lid.
3. Roll out the remaining pastry on a lightly floured surface until the thickness of a pound coin and 5-7cm / 2-3in larger than the pie dish. Lift the pastry over the rolling pin and lower it gently into the pie dish.
4. Press the pastry firmly into the dish and up the sides making sure there are no air bubbles. Chill the fridge for a few minutes.
5. Preheat the oven to 200°C/180°C fan/gas
6. Place a baking tray into the oven to preheat.
7. For the filling, mix the 140g of sugar cinnamon and cornflour in a large bowl. Stir in the apples.
7. Place the apple filling into the pie dish, making sure that it rises above the edge.
8. Brush the rim of the dish with beaten egg.
9. Roll out the reserved ball of pastry. Cover the pie with the pastry and press the edges together firmly to seal. Using a sharp knife trim off the excess pastry then gently crimp all around the edge. Make a few small holes in the centre of the pie with the tip of a knife. Glaze the top with beaten egg.
10. Lightly knead the pastry trimmings and re-roll.
11. Cut into leaf shapes place all around the edge of the pie slightly overlapping each other and glaze with more egg.
12. Sprinkle the pie with the remaning sugar and bake in the centre of the oven for 45 - 55 minutes or golden brown all over and the apples are tender.

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VEGETARIAN

	PER 100g	%RI	PER 357g SERVING	%RI
Energy (kJ)	558 kJ	7%	1991 kJ	24%
Energy (kcal)	133 kcal	7%	473 kcal	24%
Fat	4 g	6%	14 g	20%
of which saturates	1 g	5%	3.5 g	18%
Carbohydrate	19 g	7%	68 g	26%
of which sugars	9.4 g	10%	33 g	37%
Fibre	1.4 g	6%	4.9 g	20%
Protein	4.4 g	9%	16 g	32%
Salt	0.11 g	2%	0.41 g	7%

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STICKY TOFFEE PUDDING

If chicken tikka masala is the most popular main course then the sticky toffee pudding would be the most popular dessert on any hospital menu by a long way. There's something about its sweet appeal that crosses all generations, with children responding to its sweet, stick charms as much as older patients.



Sweetness overload but a guaranteed classic to round off a hospital meal.

	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	1387 ^{kJ}	17%	2325 ^{kJ}	28%
Energy (kcal)	329 ^{kcal}	16%	552 ^{kcal}	28%
Fat	8.8 ^g	13%	15 ^g	21%
of which saturates	3.1 ^g	16%	5.3 ^g	27%
Carbohydrate	57 ^g	22%	95 ^g	37%
of which sugars	35 ^g	39%	59 ^g	66%
Fibre	1.8 ^g	7%	3.1 ^g	12%
Protein	5.1 ^g	10%	8.6 ^g	17%
Salt	0.43 ^g	7%	0.72 ^g	12%

CONTAINS:



WHEAT



MILK



EGGS



VEGETARIAN

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Custard

Custard is a variety of culinary preparations based on sweetened milk, or cream cooked with egg or egg yolk.

See side recipe on page 159



Ingredients - Serves 10

- 300g Whole Hand Pitted Dates
- 130g Cooking and Baking Spread
- 350g Light Soft Brown Sugar
- 6 Free Range Medium Eggs
- 450g Self Raising Flour
- 94ml Toffee Sauce
- 112g Custard (see page 159)

Cooking Instructions

1. Place the dates and 1 litre of water on the stove and bring to boil and carry on cooking until nearly all the liquid is gone.
2. Place the baking spread and the brown sugar in a mixing bowl and cream together until pale.
3. Add the eggs one at a time. Slowly fold in the flour. Lightly fold in the dates, take care not to over mix. Pour the mixture into a greased tin and bake in a pre-heated oven 160°C for approx 20 minutes or until cooked through.
4. Serve warm with the toffee sauce and custard.

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ETON MESS

This is a great all round pudding that never fails to please, but at the same time is great for finishing up egg whites and also getting fresh fruit into the mix. Eton Mess is a combination of meringues, whipped cream and strawberries. It looks appealing, travels well and lights up the ward.

The classic summer dish can be made with a combination of fruit in season, for example raspberries.



	PER 100g	%RI	PER 130g SERVING	%RI
Energy (kJ)	1147 ^{kJ}	14%	1485 ^{kJ}	18%
Energy (kcal)	276 ^{kcal}	14%	358 ^{kcal}	18%
Fat	22 ^g	31%	28 ^g	40%
<i>of which saturates</i>	14 ^g	70%	17 ^g	85%
Carbohydrate	18 ^g	7%	23 ^g	9%
<i>of which sugars</i>	18 ^g	20%	23 ^g	26%
Fibre	0.7 ^g	3%	0.9 ^g	4%
Protein	2 ^g	4%	2.6 ^g	5%
Salt	0.13 ^g	2%	0.17 ^g	3%

CONTAINS:



EGGS



MILK



Ingredients - Serves 10

- 300g Strawberries
- 700g Whipping Cream
- 195g Meringue Nests 3"
- 100g Raspberry Coulis

Cooking Instructions

1. Wash and cut strawberries into 1cm pieces.
2. Roughly break the meringue nests.
3. Lightly whip the cream, ensuring not to take it too far.
4. Combine the strawberries and cream together.
5. Build the bowl by firstly placing in some coulis, strawberry and cream mix then meringue until the bowl is full.

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VEGETARIAN

75

TREACLE TART

This once giant of the dessert menu is not as popular as it used to be, but don't ignore it. There are still legions of patients who adore it. Equally popular hot or cold a good treacle tart can be a stalwart on the menu and also a star at teatime when served cold.

Eaten hot or cold, treacle tart will always raise the spirits. Serve with custard or whipped cream.



	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	747 ^{kJ}	9%	1337 ^{kJ}	16%
Energy (kcal)	178 ^{kcal}	9%	318 ^{kcal}	16%
Fat	7 ^g	10%	13 ^g	19%
of which saturates	2.4 ^g	12%	4.3 ^g	22%
Carbohydrate	26 ^g	10%	47 ^g	18%
of which sugars	9.2 ^g	10%	16 ^g	18%
Fibre	0.9 ^g	4%	1.6 ^g	6%
Protein	2.2 ^g	4%	3.9 ^g	8%
Salt	0.23 ^g	4%	0.41 ^g	7%

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VEGETARIAN



VEGAN



Ingredients - Serves 10

- 200g Golden Syrup
- 1ltr Water
- 10ml Lemon Juice
- 100g Thick Sliced White Bread
- 160g Cooking and Baking Spread
- 320g Plain Flour

Cooking Instructions

TO MAKE THE PASTRY

1. Sieve the flour.
2. Cut the margarine into small blocks.
3. Rub the flour into the margarine until resembles breadcrumbs.
4. Make a well in the centre and add sufficient water to the mix to form a firm paste approx 48ml.
5. Handle as little and as lightly as possible.
6. Rest in the fridge and use as required.

TO MAKE THE TART

1. Roll out the pastry and line a suitable serving dish. Line the pastry with greaseproof and weigh down with baking beans blind bake at 175°C for 10 minutes. Remove the paper and beans.
2. Place the bread in a food processor and process to form breadcrumbs.
3. Warm the golden syrup 40ml water and lemon juice and add the breadcrumbs.
4. Spoon into the pastry case and bake at 190°C for about 20-30 minutes.

CONTAINS:



WHEAT



SULPHITES



SOYA

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BREAD AND BUTTER PUDDING

Ingredients - Serves 10

- 500g Thick Sliced White Bread
- 250ml Semi Skimmed Milk
- 1 Lemon
- 300g Whipping Cream
- 0.5ml Vanilla Flavouring
- 85g Light Soft Brown Sugar
- 75g Sultanas
- 50g Cooking and Baking Spread
- 10g Caster Sugar
- 5 Free Range Medium Eggs

Cooking Instructions

1. Cut the crusts from the bread slices.
2. To make the custard, heat the milk, cream and vanilla together in a saucepan to just before boiling point.
3. Meanwhile separate 2 eggs and discard the white mix with 2 whole eggs
4. Whisk the eggs with caster sugar in a bowl slowly pour the warm milk mixture over the eggs mix, stirring continuously until smooth.
5. Butter an ovenproof dish.
6. Butter the bread and cut into triangles and lay half of the bread slices in the bottom of the dish. Mix the sultanas with lemon zest and sprinkle over the bread. Lay the rest of the bread over the fruit.
7. Pour the custard over the bread and leave to soak for least an hour.
8. When the custard has soaked into the bread, sprinkle the caster sugar over the bread and bake for 35 minutes at 160°C until golden brown and puffed up.

CONTAINS:



MILK



SOYA



WHEAT



EGGS

Sultanas

Sultanas are a form of raisin and are dried grapes. They are an excellent source of nutrients despite being sweet. They contain excellent levels of fibre, iron, calcium and boron. It really is worth knowing what nutrients ingredients contain. In hospital this can make all the difference.

100g contains

Nutrition facts

Calories: 299
Carbs: 79g
Fibre: 4g
Protein: 3g

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	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	999 kJ	12%	1569 kJ	19%
Energy (kcal)	239 kcal	12%	375 kcal	19%
Fat	12 g	17%	19 g	27%
of which saturates	6.3 g	32%	9.8 g	49%
Carbohydrate	26 g	10%	41 g	16%
of which sugars	12 g	13%	19 g	21%
Fibre	1 g	4%	1.5 g	6%
Protein	5.6 g	11%	8.8 g	18%
Salt	0.27 g	5%	0.42 g	7%



VEGETARIAN

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77

RICE PUDDING

Rice pudding is on a menu somewhere every day and for good reason. It's easy to eat, soft, creamy and full of good energy. It can be enhanced into a nutrition powerhouse with the addition of extra cream. Rice pudding is also very easy to make and travels well and it is popular with dieticians on the wards.

Baked rice pudding either eaten hot or cold is still a great winter warmer and packed with calcium, why not add splash of cream to take it to the next level.



	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	677 ^{kJ}	8%	2539 ^{kJ}	30%
Energy (kcal)	162 ^{kcal}	8%	606 ^{kcal}	30%
Fat	7.5 ^g	11%	28 ^g	40%
<i>of which saturates</i>	4.6 ^g	23%	17 ^g	85%
Carbohydrate	20 ^g	8%	74 ^g	28%
<i>of which sugars</i>	8.7 ^g	10%	33 ^g	37%
Fibre	0 ^g	0%	0.6 ^g	2%
Protein	3.6 ^g	7%	14 ^g	28%
Salt	0.09 ^g	2%	0.32 ^g	5%

CONTAINS:



MILK



VEGETARIAN



Ingredients - Serves 10

- 550g Italian Short Grain Rice
- 2.4ltr Semi Skimmed Milk
- 200g Caster Sugar
- 50g Unsalted Packet Butter
- 600g Whipping Cream

Cooking Instructions

1. Wash the rice under cold water then drain.
2. In a bain marie place all the ingredients and stir thoroughly.
3. Place over a medium heat and cover. Bring to just off the boil.
4. Stir frequently, ensuring the rice does not stick together.
5. When the rice is tender, remove from the heat and serve.

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78

BLUEBERRY CRUMBLE MUFFIN



Children and younger patients really like muffins and teenagers don't eat early breakfasts but they'll tackle a muffin. When kept on the ward they are easy to serve as a breakfast/dessert for a patient who missed out at mealtimes. Muffins are also a hit in the staff restaurant and in retail. Flavours can change, too.

Easy to make and so easy to eat, muffins will enhance the afternoon tea offer, again try other fruit like raspberries and blackberries.

Ingredients - Serves 10

- 150g Unsalted Packet Butter
- 230g Caster Sugar
- 5 Free Range Medium Eggs
- 450g Self Raising Flour
- 2g Gluten Free Baking Powder
- 1g Bicarbonate of Soda
- 1g Cooking Salt
- 1g Ground Cinnamon
- 1g Ground Nutmeg
- 250g Whole Milk
- 50g Plain Flour
- 1kg Granulated Cane Sugar
- 50g Unsalted Butter for topping
- 200g Blueberries

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Fruit Swap!

Easy to make, so easy to eat these will enhance the afternoon tea offer, again try other fruit like raspberries and blackberries.

CONTAINS:



WHEAT



EGGS



MILK

MAY CONTAIN:



OATS, BARLEY

Cooking Instructions

1. Preheat the oven to 165°C.
2. Mix 50g each of sugar, butter and flour, until it's a sandy texture (for the crumble topping).
3. In a Kitchen Aid with paddle attachment mix 150g melted butter and 230g of sugar.
4. Add eggs one by one while mixing it.
5. Add the milk.
6. Add dry ingredients sieved together, mix until it comes together.
7. Pipe 120g of this mix into muffin cases.
8. Sprinkle 20g of blueberries on top of each muffin.
9. Sprinkle 10g of this crumble on top of the blueberries.
10. Bake at 165°C for 30 minutes.

	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	1272 ^{kJ}	15%	2121 ^{kJ}	25%
Energy (kcal)	303 ^{kcal}	15%	505 ^{kcal}	25%
Fat	12 ^g	17%	20 ^g	29%
<i>of which saturates</i>	7.2 ^g	36%	12 ^g	60%
Carbohydrate	43 ^g	17%	71 ^g	27%
<i>of which sugars</i>	19 ^g	21%	31 ^g	34%
Fibre	1.6 ^g	6%	2.7 ^g	11%
Protein	5.1 ^g	10%	8.5 ^g	17%
Salt	0.47 ^g	8%	0.79 ^g	13%

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79

SICILIAN LEMON POT

Yoghurt pots are popular on dessert menus because they are simple and easy to eat. This lemon pot is gaining in popularity for the same reason. It's zesty, creamy and easy to eat. On a modified dysphasia diet it is very useful for patients who struggle to swallow and also brings new life to a menu offering.



Zingy pots of lemon goodness are easy to make and have maximum impact as a dessert or an afternoon snack.

Ingredients - Serves 10

- 600g Whipping Cream
- 250g Caster Sugar
- 400g Lemons

CONTAINS:



Cooking Instructions

1. Bring the cream and sugar to the boil and simmer for 2-3 minutes.
2. Zest and juice the lemons.
3. Add the lemon juice and zest to the cream and mix well.
4. Remove from the heat portion into the pots. Allow to cool fully before serving.



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	PER 100g	%RI	PER SERVING	%RI
Energy (kJ)	1148 kJ	14%	1435 kJ	17%
Energy (kcal)	276 kcal	14%	345 kcal	17%
Fat	19 g	27%	24 g	34%
of which saturates	12 g	60%	15 g	75%
Carbohydrate	25 g	10%	31 g	12%
of which sugars	25g	28%	31 g	34%
Fibre	0 g	0%	0 g	0%
Protein	1 g	2%	1.3 g	3%
Salt	0.05 g	1%	0.06 g	1%



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80

PINEAPPLE UPSIDE-DOWN PUDDING

One for the older generation who still love this colourful, unusual dessert. It's easy to make in bulk and is visually enticing, which is a hard battle to win in hospitals at times. We eat with our eyes first and the upside down name and the rings of pineapple have delighted generations in the past.

Ingredients - Serves 10

- 150g Caster Sugar
- 380g Pineapple Slices in Juice
- 85g Brown Dark Soft Sugar
- 70g Margarine
- 290g Self Raising Flour
- 4 Eggs
- 50ml Semi Skimmed Milk
- 45g Maraschino Cherries for Garnish (Optional)

Cooking Instructions

1. Grease and base-line a cake tin suitable tin for 10 portions or half gastronorm pan. Drain the pineapple rings and keep the juice. Cream together $\frac{1}{3}$ of the margarine and the brown sugar and spread evenly over the bottom of the tin. Cut the cherries in half. Arrange the pineapple rings and cherries on this layer in the bottom of the tin.
2. Cream together the remaining margarine and sugar until pale and fluffy. Add the egg a little at a time, beating well after each addition. Fold in the flour adding some of the syrup from the pineapple can or milk to give a smooth dropping consistency, then spread the mixture on top of the pineapple rings.
3. Bake in the oven at 180°C (350°F) mark 4 for about 45 minutes. Turn out on to a warmed serving dish and serve.

CONTAINS:



CEREALS



GLUTEN



WHEAT



EGGS



MILK



SULPHITES



Pineapple

The pineapple is a tropical plant with an edible fruit; it is the most economically significant plant in the family Bromeliaceae.

The pineapple is indigenous to South America, where it has been cultivated for many centuries.

100g contains

Nutrition facts

Calories: 50
Carbs: 13g
Fibre: 1.4g
Protein: 0.5g

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	PER 100g	%RI	PER 131g SERVING	%RI
Energy (kJ)	970 kJ	12%	1271 kJ	15%
Energy (kcal)	230 kcal	12%	301 kcal	15%
Fat	4.8 g	7%	6.3 g	9%
of which saturates	1.2 g	6%	1.6 g	8%
Carbohydrate	40 g	15%	52 g	20%
of which sugars	24 g	27%	32 g	36%
Fibre	0.9 g	4%	1.2 g	5%
Protein	6.1 g	12%	8 g	16%
Salt	0.36 g	6%	0.47 g	8%



VEGETARIAN

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81

CHOCOLATE COURGETTE CAKE

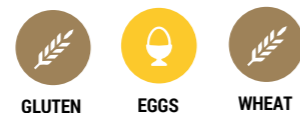
A twist on a brownie, a delicious snack or dessert which makes use of leftover or a glut of courgettes.



Ingredients - Serves 10

- 100g Margarine
- 125g Caster Sugar
- 440g Courgette
- 5ml Vanilla Essence
- 100g Plain Flour
- 5g Baking Powder
- 40g Cocoa Powder
- 2g Icing Sugar
- 2 Eggs

CONTAINS:



MAY CONTAIN:



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Courgette

The zucchini, courgette or baby marrow is a summer squash, a vining herbaceous plant whose fruit are harvested when their immature seeds and epicarp are still soft and edible. It is closely related, but not identical, to the marrow.

100g contains

Nutrition facts

Calories: 17
Carbs: 3.1g
Fibre: 1g
Protein: 1.2g



Cooking Instructions

1. Preheat the oven to 180°C.
2. Line a third gastro tray with baking paper.
3. Melt the margarine in a pan and cool. Grate the courgette and squeeze the water out by pushing into a sieve.
4. Whisk the eggs with the vanilla essence and caster sugar in a mixer, until light and fluffy.
5. Fold in the margarine and then keep mixing.
6. Sieve the flour, cocoa powder and baking powder. Gently fold into the cake mix.
7. Fold the courgette into the cake mix until well combined.
8. Cook for 25 minutes.
9. To serve. Dust with the icing sugar and portion into 10 and serve.

	PER 100g	%RI	PER 119.2g SERVING	%RI
Energy (kJ)	1301 kJ	15%	1550 kJ	18%
Energy (kcal)	312 kcal	16%	372 kcal	19%
Fat	21 g	30%	25 g	36%
of which saturates	5.3 g	27%	6.3 g	32%
Carbohydrate	19 g	7%	22 g	8%
of which sugars	11 g	12%	14 g	16%
Fibre	1.7 g	7%	2 g	8%
Protein	12 g	24%	14 g	28%
Salt	0.76 g	13%	0.9 g	15%



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MARBLE CHOCOLATE CAKE

Served with a hot chocolate in the early evening this colourful cake is very popular. Too many trusts buy in their sponge mixes, but when made from scratch this cake stands out and give chefs a chance to add a bit of sparkle and the patterned centre gives the patients a much-needed treat.



Ingredients - Serves 10

- 70g Unsalted Packet Butter
- 6 Whole Free Range Medium Eggs
- 175g Plain Flour
- 200g Caster Sugar
- 20g Reduced Fat Cocoa Powder
- 1g Gluten Free Baking Powder
- 70g Icing Sugar

CONTAINS:



WHEAT



EGGS



MILK

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Cocoa Powder

Cocoa is rich in polyphenols. Polyphenols are naturally occurring antioxidants found in foods like fruits, vegetables, tea, chocolate and wine. They have been linked to numerous health benefits, including reduced inflammation, better blood flow, lower blood pressure and improved cholesterol and blood sugar levels.

100g contains

Nutrition facts

Calories: 228
Carbs: 58g
Fibre: 33g
Protein: 20g

Cooking Instructions

1. In a Kitchen Aid, with paddle attachment, cream 200g butter and 200g sugar.
2. Add eggs one by one while mixing.
3. Add flour and baking powder sieved together mix until incorporated.
4. Divide this mixture in two parts and add 25g cocoa powder to one of them. Mix well.
5. In a baking tray lined with baking paper pour the pale coloured mixture and spread it with a spatula.
6. Pour the cocoa mix over and stir gently only to get the marble effect between the two mixes.
7. Bake at 175°C for 40 minutes.
8. Leave it to cool down while you whip the buttercream.
9. In a Kitchen Aid with the paddle attachment, whip the second lot of butter (cold and cut in cubes) with the icing sugar and cocoa powder until its creamy and easy to spread or pipe.
10. Once the sponge has cool down spread the butter cream on top or decorate using a piping bag.

	PER 100g	%RI	PER 83g SERVING	%RI
Energy (kJ)	1380 ^{kJ}	16%	1140 ^{kJ}	14%
Energy (kcal)	328 ^{kcal}	16%	271 ^{kcal}	14%
Fat	11 ^g	16%	8.8 ^g	13%
of which saturates	5.5 ^g	28%	4.6 ^g	23%
Carbohydrate	50 ^g	19%	41 ^g	16%
of which sugars	33 ^g	37%	27 ^g	30%
Fibre	1.6 ^g	6%	1.4 ^g	6%
Protein	7 ^g	14%	5.8 ^g	12%
Salt	0.22 ^g	4%	0.18 ^g	3%



VEGETARIAN

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STRAWBERRY PANNA COTTA

Like the Sicilian Lemon Pot, this is another version of the small one-pot dessert. The panna cotta is from Italy and is a cooked cream that is soft and unctuous and with added strawberries it's visually appealing too. The cream in the recipe adds calories that are important and the fruit brings freshness.



Made the day before for a light dessert. Serve with a shortbread biscuit, or crumble over the top for texture.

Ingredients - Serves 10

- 600g Whipping Cream
- 200g Fresh Strawberries
- 0.25g Vanilla Pods
- 75g Caster Sugar
- 10g Leaf Gelatine

CONTAINS:



MILK

MAY CONTAIN:



TREE NUTS



PEANUTS

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Cooking Instructions

1. Remove the tops from the strawberries and wash well. Cut the strawberries into a small dice. Cut the vanilla pod in half and scrape the seeds from the pod. Place the vanilla pod into the milk and cream.
2. Heat the cream and milk in a pan but do not boil. Whisk in the sugar.
3. Soften the gelatine in cold water. Once soft, squeeze any excess water out then whisk into the warm cream.
4. Spoon half the strawberries into the base of a disposable container. Strain the cream mix through a fine strainer and pour into the dishes.
5. Chill overnight to set then top with the remaining strawberries.

	PER 100g	%RI	PER 89g SERVING	%RI
Energy (kJ)	1230 ^{kJ}	15%	1089 ^{kJ}	13%
Energy (kcal)	297 ^{kcal}	15%	263 ^{kcal}	13%
Fat	27 ^g	39%	24 ^g	34%
of which saturates	17 ^g	85%	15 ^g	76%
Carbohydrate	12 ^g	5%	10 ^g	4%
of which sugars	12 ^g	13%	10 ^g	11%
Fibre	0.9 ^g	4%	0.8 ^g	3%
Protein	1.3 ^g	3%	1.1 ^g	2%
Salt	0.07 ^g	1%	0.06 ^g	1%

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HOME BAKED ST CLEMENT'S DRIZZLE LOAF CAKE

This, no fuss loaf cake is a good stand-by and provides a burst of citrus flavour for jaded palates. A classic in its own right, either eat as a cake or serve with custard or fresh cream as a dessert.



Ingredients - Serves 10

- 360g Margarine
- 480g Caster Sugar
- 540g Plain Flour
- 20g Baking Powder
- 6 Eggs
- 2 Lemons
- 240g Icing Sugar
- 300ml Semi Skimmed Milk
- 1 Orange

Cooking Instructions

1. Preheat oven to 160°C and line 2 x ¼ gastro cake tins with parchment/grease and flour.
2. Beat the sugar and margarine until pale.
3. Add the sifted flour, baking powder, eggs, zest of 2 lemons and milk.
4. Beat for 3 minutes on medium.
5. Divide between the two tins.
6. Bake for 40 to 50 minutes until golden brown and cooked through (check with clean skewer) Ensure the core temperature has been reached 75°C (82°C in Scotland).
7. Allow to stand for 5 minutes then prick all over with a clean skewer.
8. Mix the citrus juice with icing sugar in a bowl with a whisk.
9. Spoon evenly all over the loaves.
10. Leave to stand for 15 minutes in tins, then turn out onto wire rack.
11. Once completely cool finish with icing sugar lines and set in the fridge for 15 minutes.

CONTAINS:



CEREALS



GLUTEN



WHEAT



EGGS



MILK



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	PER 100g	%RI	PER 250g SERVING	%RI
Energy (kJ)	1286 kJ	15%	3215 kJ	38%
Energy (kcal)	305 kcal	15%	763 kcal	38%
Fat	9 g	13%	22 g	31%
of which saturates	2.3 g	12%	5.7 g	29%
Carbohydrate	48 g	18%	120 g	46%
of which sugars	30 g	33%	76 g	84%
Fibre	0.9 g	4%	2.2 g	9%
Protein	7.6 g	15%	19 g	38%
Salt	0.64 g	11%	1.6 g	27%



VEGETARIAN

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STAFF

- Challenges of Feeding Staff 24/7
- Kate Pye Interview
- Erica Bell Interview
- Idrees Andwar Interview
- Spotlight on Brakes Foodservice
- Staff Food Dietetics
- Ally Jaffee Interview
- Dr Rupy Aujla Interview
- Spotlight on Compass – Haley-Mae Downer



CHALLENGES OF FEEDING STAFF

24/7

The NHS needs to ensure that it does not penalise staff that do not work standard hours. Everybody within the NHS has the right to be able to eat nutritious, healthy and appetising food at an affordable price throughout the whole of their shift. The NHS is, after all, a 24/7 health service and needs 24/7 food.

"24/7 catering is at the top of the agenda right now," Phil Shelley, chair of the NHS Food Review, said. "It will also be a focal point for the first time as a question in the staff national survey. We want staff to be confident that the food they choose is actually nutritious and sustainable."

This is not going to be an easy fix, however, as junior doctor Ally Jaffee knows all too well. She spoke of an experience she had in A&E whilst working a shift. All the staff were so busy that the ward sister was reduced to eating all the chocolates from an Advent calendar that had been given as a gift by a grateful parent because she didn't have time to get anything else. She also explained how staff break rooms are filled with biscuits and cheap snacks as, again, time is a constraint.

Hospitals focus the majority of their attention on patients, budgets and wages. However, staff wellbeing is important and what staff can eat, and when, is of vital importance. NHS staff are so busy that just finding time to take a break to eat can be difficult.

This has become known as *"out of hours food offerings"* or *"24/7 feeding."* Care in a hospital goes on all day and all night and so there needs to be a food offering to cover staff outside regular staff restaurant or shop hours. Multiple ways of doing this have been suggested and are in practice.

Frictionless shopping, ready meals that can be popped in a microwave and even a 2am food trolley serving hot food and delivered to easy-to-access sites across the hospital have been suggested.

The solution to staff feeding is complicated but revolves around access. Currently, staff have to go and find the food they need and that could be by actually going out of the hospital and onto the high street. In a busy environment with a lack of time it is not surprising that so many staff resort to eating what is simple and available.

But, with some thought and a combination of high street style and ingenious delivery there is a way food can be made simple to access and easy to purchase 24/7. The benefits of this, as Dr Jaffee, points out, are priceless: *"We worry about patient malnourishment for good reason. But, do we have the same concerns about staff? It is impossible to do the right job all the time without the right food. We need to put staff at the top of the agenda. We need them to be at the top of their game. Patients depend on them."* Wise words indeed.

KATE PYE

Deputy Chief Nurse, Great Ormond Street Hospital

When a child is in hospital it is too easy to forget the parents, carers, grandparents and supporters who come with them. Our eyes can become blind to the needs of those who sit patiently and often worryingly at the bedside and see only a poorly child. We cannot afford to do this. A child's health depends on that support and, as we have seen all too often in hospitals, children get upset when their support network is under pressure.

We need to get children better. Part of that process is done by feeding them the right food and that is seriously lacking in many instances. But, we have seen cases like Sophie Fairall where a child is so upset because their mother or father is unable to get anything to eat or find somewhere comfortable to sleep. In these cases what the child goes through is detrimental to their health and recovery because they stop eating normally.

I am currently involved in a pilot scheme to enable parents and carers to stay on wards and receive food and drink. This will enable them to stay with their children and for those children not to worry about where they are - because those who matter to them are with them. This allows the nursing staff to do what they do

best: nurse. The project has been funded by the Children's Hospital Alliance and the plan is for the pilot to be permanent and our ambition is to get 25 hospitals on board as a start. During Covid we saw the detrimental effect of patients who were kept from seeing their loved ones and this is amplified in children. A key part of their recovery is quality time spent with loved ones. Without that their recovery will not be so quick.

At the moment, there is a lot of talk of food waste in hospitals and getting that down will save money. What money is saved can then be redirected to fund parents and carers who need to be with their children on the ward. What we are saying is that this is not new money. This is old money being gleaned and repurposed.



ERICA BELL

NHS Chef of the Year 2022. Assistant Retail Manager at Stepping Hill Hospital

I had a restaurant and hotel background and I've brought that with me to the job. I worked in airline catering also, with Saudi Airlines Business Class and that has really influenced the way I see hospital patient food and retail offerings to staff and visitors.

Currently, we are working on staff meal deals. Often the meal deal is a way of pointing the staff in the direction we want them to go. If the healthy meal deal is also the cheapest then that's one way of creating a path towards health.

Also we have to be more commercial. At Manchester Oxford Road, for example, outside the hospital on the high street there are 40 plus retail food outlets all competing for business. We need to give our customers a reason to stay in our facilities, and the only way we can do that is to offer what is available outside but do a better job.

One of the areas we are looking at closely is 24/7 food for staff. Why can't we take the food to the staff? To give an example we all know where the chip van is, right? Or the donut stand. Why can't we use the heated ward trolleys - which are not used for 18 hours between dinner service and lunch service the next day - and fill them with hot food and take them

to locations across the hospital at 2am where staff are working? We just need to think out of the box and stop constraining ourselves with conventions.

We made this a part of the recent Chef of the Year Competition. Chefs were given three scenarios. They had to serve one meal fresh that we tasted. Then we tasted it 24 hours later regenerated and finally we tasted the dish after 24 hours held at a specific temperature. This really showed how the chefs had grappled with the realities of the competition.

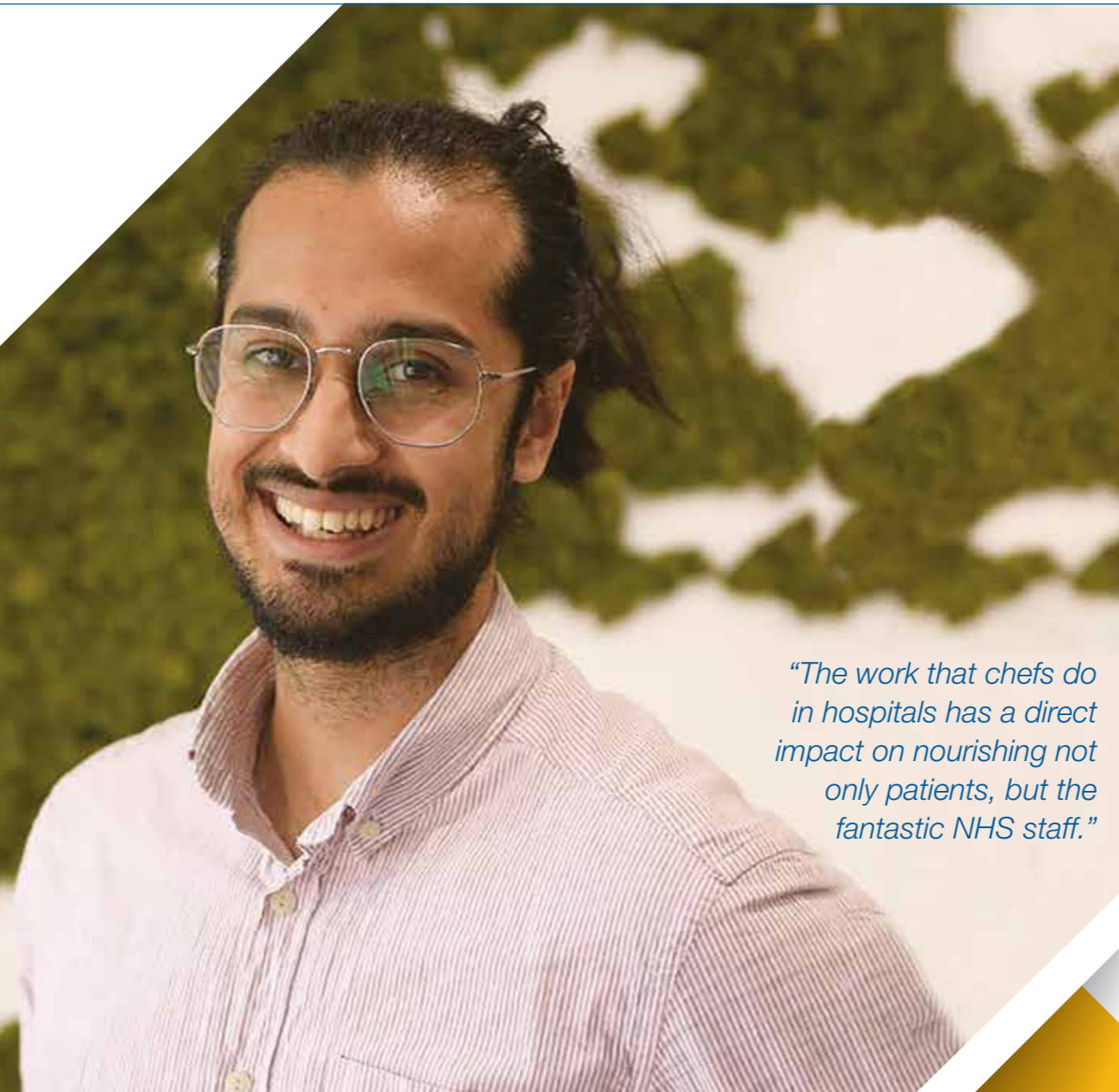
There were some real successes - like a stew and dumpling recipe that got better and better. However, there were also failures, but it's not until you start working with ideas that you understand how they can succeed and why they fail. Green veg didn't work, a root veg were ideal. This is all part of the learning process and the competition gives us a platform to test ideas that can then be assimilated into everyday practice.



IDREES ANWAR

Lead Dietitian for NHS Supply Chain: Food

I think it's really important that chefs who work in the NHS feel part of the clinical set-up. The role of food in the NHS is crucial to health and recovery and chefs and catering departments have a definite role to play.



“The work that chefs do in hospitals has a direct impact on nourishing not only patients, but the fantastic NHS staff.”

My job is all about helping hospitals to improve their food offering for not only patients, but staff and visitors. In that capacity my job allows me a lot of time to see what problems hospitals are facing and to help them navigate a better path.

It's sad that hospitals do not come up readily in discussions at catering colleges. It can be a struggle to find motivated staff and that is why they must come into the NHS feeling that they are going to be a part of a wider team that does clinical work.

A chef has a powerful input into health and with the correct nutrition, can get a patient out of hospital quicker. The right diet can mean that medicines and treatments work more efficiently. Indeed, chefs are also responsible for feeding hospital staff so their role is even more important. A hospital might be responsible for providing up to two of the meals a staff member may eat in a day, which is a considerable contribution to an individual's overall diet.

One of the things that is often lacking in hospitals is good quality and healthy nutrition for staff. We are not nourishing our staff. We're often serving up energy dense foods with low quality nutrition daily under the notion that if it sells we are going to continue to provide it. But, that's a narrow way of addressing the problem. There needs to be a nutritious element that can provide all hospital staff with the energy and nourishment they need to work optimally.

We are so caught up with feeding patients that we may be ignoring the needs of our staff. We need to empower the people who can change this. The work that chefs do in hospitals has a direct impact on nourishing not only patients, but the fantastic NHS staff.

Lastly, I'd say that for patients, it's important to always remember and encourage a “food first” nutrient dense approach. There is an increasing reliance on supplementation to help patients meet their estimated requirements. Fortification of food as an inexpensive way to improve the nutrient density of food, rather than reaching for an oral nutritional supplement in the first instance.

We should be aiming to encourage nutrient dense snacks and fortified meals for our patients and encourage eating as much as possible, before then moving on to oral nutritional supplements.

We should be looking at our chefs and empower them to be able to create and provide options which can directly impact and improve outcomes, with a “food first” nutrient dense approach.

WORKING WITH NHS CATERERS FOR OVER 40 YEARS



Ruth O'Sullivan RNutr - Nutritionist, Brakes



Cathy Amos - Head of Customer Marketing Public Sector and Care, Brakes

"Good food and drink are essential to wellbeing, both for patients and for staff working long hours in stressful conditions," says **Cathy Amos, Head of Customer Marketing for Care** at Brakes.

"We fully endorse The Food Review and have products, guidance and support to help hospital catering teams offer a safe, efficient, high-quality service that meets everyone's needs, 24/7."



OUR SUPPORT INCLUDES:

- **Product range** – the widest in UK foodservice with over 10,000 lines
- **24-hour catering** – meal solutions, hot and cold food-to-go plus vending machine supplies
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You'll find recipes, dish ideas and product listings on the British Food Focus hub on the Brakes website.



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Exclusive to Brakes, our Instant Food Thickener can be added to hot or cold food and drink for simple, safe texture modification to IDDSI standards.

PLANT FORWARD

HELPING THE NHS WITH MORE SUSTAINABLE MENUS

'Plant-forward' means reducing meat, poultry and dairy and emphasising vegetables, beans, pulses, rice and other plant-based ingredients. For patients and visitors, it's a way to reduce meat consumption without going fully vegetarian; for caterers, it offers lower costs without compromising nutritional value or flavour.

Danny Silcock - Specialist Care Development Chef, Brakes

STAFF FOOD DIETETICS

In short, what hospital staff eat is just as important as what patients eat. The only difference is that patients have no option but to eat what is on offer. Staff, on the other hand, have a choice. Because they pay for their food they are entitled to eat what they like, but herein lies a conundrum. Unlike patient care where a dietician plays a key role in menu design, ingredient choice, salt levels and nutrient density, no such rules apply for staff.

What staff should eat and what they actually eat has been highlighted. Hectic work schedules, tiredness and a lack of options are driving staff towards quick energy fixes that are doing long-term harm and causing early burn out. What is needed is not just the availability of healthier food, but also menus that make it easy to choose a health option.

Visit any staff restaurant in any hospital and chips with gravy will be a popular choice and a difficult one to take off the menu. However, hospitals need to work harder at providing nutritionally sound food that is not filled with empty calories.



One of the ways this is being done is by offering meal deals in staff restaurants that are both healthy and the cheapest option. Too often it is cheaper to eat unhealthy rather than the other way round. But, when the healthy option is cheaper then this trend can be reversed.

Staff need the right food to do their job. A combination of availability round the clock plus an affordable healthy option will allow staff to make the right choices and get the food they need to sustain them through a long shift.

With the right policy, chefs can start to create menus and dishes that will help staff to eat right for their job and their life. There is just as much onus on a hospital trust to care for staff as their is. Without a fit workforce the job of caring for patients is reduced. By putting the stress on staff to feed themselves and find the time to do so is creating a culture where sometimes the health of the staff is on a par with the patients and that cannot be right. Much work is being done on this subject and many NHS partners are involved now with staff care. Once there is a health partnership between patient and staff, the whole job of care will get easier and more efficient.

“Too often it is cheaper to eat unhealthy rather than the other way round. But, when the healthy option is cheaper then this trend can be reversed.”



ALLY JAFFEE

Junior Doctor and Founder of Nutritank

Diet choice is incredibly personalised and context-dependent. There is no one-size-fits-all when it comes to nutrition. There are patients in hospitals, older patients especially, who are severely malnourished and need to eat high-energy, calorie-dense foods. Weight gain is very important for their recovery.

Whereas, a heart patient needs to eat a diet that for instance that is mindful of salt content (in cases of high blood pressure), and one that improves their metabolic health overall, for instance the Mediterranean diet has shown to be hugely beneficial in preventing recurrent issues in heart patients.

This is just common sense. Chefs need to understand that there are many things going on in hospitals that need to be understood.

“NHS staff need to feel valued. Food is a huge part of workplace culture and nutritious food is paramount for the productivity and health of the workforce.”



Think about NHS staff, for example. Here's a scenario I witnessed for real. I was working a shift in Paediatric A&E (children's A&E). It was hectic. I went in to see the Sister-in-charge of the day shift and she was up to her ears in cases and paperwork. On her desk was a chocolate Advent calendar that had been given as a gift by one of the parents of an ill child. Obviously it was coming up to Christmas.

Yet, the Advent calendar was empty. Confused, I asked the Sister why this was the case and she told me that she had had no time to get something to eat for lunch, and that to keep her energy going, she resorted to eating all the chocolate. Immediately, I knew this was wrong and she and all staff deserve much better.

In the doctors 'mess' (staff room) at my hospital all you see are ultra-processed snacks, sugary drinks and sweets. When there is some fruit, it's old, wrinkled and ultimately unappetising. As junior doctors with out-of-hours shift patterns, we are overrun and we have nowhere to go to get a proper nourishing meal that will sustain us and help us to work to our potential over a long duration.

NHS staff need to feel valued. Food is a huge part of workplace culture and nutritious food is paramount for the productivity and health of the workforce. Making a change to the hospital food environment will no doubt reduce NHS staff burn out and make us feel more valued, and allow us to role-model to patients too.



DR RUPY AUJLA

MBBS, BSc, MRCGP
Founder 'The Doctor's Kitchen'
app and recipe book

As a GP in the NHS, I have always been naturally focused on the importance of a balanced diet and the fact that "food is medicine." When I was asked to be part of the Hospital Food Review, I was keen to share the view from the practitioner, to ensure that food and ward services were behaving collaboratively, maximising the potential of good food aiding recovery.

By improving people's diets we can drastically reduce the likelihood of common debilitating conditions to a far greater degree than any number of pills or surgical inventions. Good nutrition, along with other lifestyle factors, is where we need to concentrate our efforts and resources

The launch of the Food Review Report was just a stepping stone for the changes that need to take place, we often need a catalyst for change and all chefs and catering leads should have the tools and the expertise to reach the potential of exemplary service and standards.

I have personally been involved in healthy and balanced solutions within healthcare retail through a series of pilots in hospitals around the country. Providing great food for our NHS staff, is a demand that needs to be fulfilled, the trial sites that were part of the engagement proves that staff want

value, seasonal choice and advice on healthy options. Our workforce should always be cared for in a way that promotes a "healthy lifestyle", with nourishing food and resting facilities around the clock.

In addition to better food environments, we also need to better train our doctors. This is why the non-profit Culinary Medicine UK was developed, as a way to educate the new generation of clinicians to appreciate the value of good nutrition and to elevate the conversation around food in medical environments.

Whether you are a chef, catering manager, ward nurse or clinician, we all have a role to play in sustaining the health of our nation through good food. Partnership working was a significant part of the review, promoting the "power of 3" with clinicians, caterers and dietitians working effectively in every hospital to reflect "one service" with the patient at the heart of our decision making.

Enjoy the book, use the recipes to the fullest.



GRAB N' GO

- Tuna Niçoise Salad
- Bulgur Wheat, Beets and Bean Salad
- Lentil, Carrot, Broccoli and Falafel Box
- Honey Granola Pot
- Quinoa Tabbouleh Salad
- Cinnamon Overnight Oats and Seed Topping
- Cucumber Stick and Raita Snack Pot
- Crunchy Pepper and Houmous Wrap
- Pesto Pasta Chicken Salad Box
- Chocolate and Orange Bircher Muesli
- Crunchy Pepper and Houmous Pot
- Vegetable Crudit  Pot

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TUNA NIÇOISE SALAD



The grab n' go concept is great for staff built also great for patients. If a patient misses a meal then a grab n' go tuna salad can be ready at hand. It's also great for staff in a hurry.

CONTAINS:



EGGS



FISH



MUSTARD

MAY CONTAIN:



SESAME

	PER 100g	%RI	PER 269g SERVING	%RI
Energy (kJ)	330 kJ	4%	889 kJ	11%
Energy (kcal)	79 kcal	4%	212 kcal	11%
Fat	3.1 g	4%	8.5 g	12%
of which saturates	0.6 g	3%	1.6 g	8%
Carbohydrate	3.8 g	1%	10 g	4%
of which sugars	1.1 g	1%	2.9 g	3%
Fibre	0.8 g	3%	2.1 g	8%
Protein	8.4 g	17%	23 g	46%
Salt	0.44 g	7%	1.2 g	20%

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VEGETARIAN

Ingredients - Serves 10

- 700g Tuna Chunks in Brine
- 200g Cucumber
- 200g Fresh Tomatoes
- 100g Pitted black olives in brine
- 500g Cooked New Potatoes
- 100g Red Onion
- 1g Cracked Black Peppercorn
- 500g Iceberg Lettuce
- 100ml Classic Vinaigrette Dressing
- 6 Free Range Medium Eggs Boiled

Cooking Instructions

1. Hard boil the eggs and chill down. Peel and quarter them.
2. Halve the potatoes.
3. Quarter the tomatoes, slice the cucumbers and drain the olives.
4. Shred the lettuce, peel and slice the red onion.
5. Place the iceberg in a suitable container, add the potatoes, onions, tomato and cucumber. Add a portion of tuna (70g) and dress with vinaigrette. Add two quarters of sliced egg to each container.
6. Garnish with olives, black pepper.
7. Add label for +1 day of production.

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BULGUR WHEAT, BEETS AND BEAN SALAD



Refreshing, simple and ready to go. Chock full of nutrition with added beans, this salad is easy to eat on the go. It is very popular in staff outlets and can be eaten away from the restaurant with ease. **A nutritious and tasty amazing grain salad.**

	PER 100g	%RI	PER 323g SERVING	%RI
Energy (kJ)	485 kJ	6%	1563 kJ	19%
Energy (kcal)	116 kcal	6%	373 kcal	19%
Fat	4.2 g	6%	14 g	20%
of which saturates	0.7 g	4%	2.2 g	11%
Carbohydrate	13 g	5%	41 g	16%
of which sugars	5.8 g	6%	19 g	21%
Fibre	3.2 g	13%	10 g	40%
Protein	5.1 g	10%	16 g	32%
Salt	0.13 g	2%	0.41 g	7%

CONTAINS:



WHEAT



SOYA



SULPHITES

MAY CONTAIN:



MUSTARD



SESAME



CELERY



PEANUTS



TREE NUTS



VEGETARIAN

Ingredients - Serves 10

- 1kg Cooked Beetroot
- 10g Flat Parsley
- 10g Ground Tumeric
- 20g Balsamic Syrup Glaze
- 800g Edamame Soya Beans
- 35ml Extended Life Vegetable Oil
- 100g Sunflower Seeds
- 100g Pumpkin Seeds
- 1.1kg Bulgur Wheat
- 50g Leaf Spinach

Cooking Instructions

1. Defrost soya beans overnight.
2. Preheat oven to 180°C.
3. Cook bulgur wheat as per manufacturer's instructions with addition of turmeric to the water.
4. Quarter the beetroot and add to a lined baking tray. Marinate with oil and roast for 25 minutes, add the glaze halfway.
5. Toast the seed mix in a saucepan, chop the parsley and mix all together with spinach leaves.
6. Place in pot and serve.
7. Add label for +1 day of production.

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LENTIL, CARROT, BROCCOLI AND FALAFEL BOX



Food on the move and plant based.
Lentils are a nutritional gift given that they contain both carbohydrates and protein. The chickpeas in the falafel add other layer of nutrition on top. A great addition to the staff grab n' go collection.

	PER 100g	%RI	PER 302g SERVING	%RI
Energy (kJ)	858 kJ	10%	2691 kJ	31%
Energy (kcal)	205 kcal	10%	618 kcal	31%
Fat	8.1 g	12%	24 g	34%
of which saturates	0.7 g	4%	2.1 g	11%
Carbohydrate	21 g	8%	65 g	25%
of which sugars	2.3 g	3%	6.9 g	8%
Fibre	4.5 g	18%	13 g	52%
Protein	9.4 g	19%	28 g	56%
Salt	0.47 g	8%	1.4 g	23%

CONTAINS:



WHEAT



SESAME

MAY CONTAIN:



LUPIN



OATS, BARLEY, RYE

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Ingredients - Serves 10

- 600g Fine Falafel (30)
- 300g Houmous
- 500g Broccoli
- 500g Spring Onion Trimmed
- 210g Carrots
- 37.5ml Extended Life Vegetable Oil
- 30g Mint
- 24g Gluten Free Vegetable Bouillon Paste
- 780g Green Lentils
- 30g Garlic Purée
- 7.5g Cumin Seeds

Cooking Instructions

Falafel

1. Cook to manufacturer's instructions and allow to cool.

Salad Box

1. Pre-heat the oven to 185°C. Boil the green lentils in water with the bouillon for 15 minutes until cooked with a slight bite to them. Refresh in cold water and drain in a colander.
2. Slice the broccoli into florets and slice the stalks. Peel the carrots and trim the ends. Use a peeler to shave the carrot into ribbons. Mix the carrot and broccoli (including stalks) with oil, garlic and cumin seeds. Roast in the oven at 185°C for 10 minutes.
3. Once removed from the oven, chill down the roasted vegetables. Chop the mint.
4. Mix the roasted vegetables with the green lentils and mint. Serve in a suitable bowl or disposable with 3 pieces of falafel and 30g of hummus.
5. Add label for +2 day of production.

88

HONEY GRANOLA POT

Granola is another perfect plant-based breakfast that ticks a lot of boxes, writes Chandos Elletson. It can be healthy and nutritious as well as being a great lesson in slow baking. This recipe has been adapted over many years from an original in The Guardian newspaper by Felicity Cloake - who deserves a lot of credit for her creation. Indeed,



If you are looking for a good cookery writer who spends a lot of time researching and writing basic recipes then you can do no better than reading food writer Felicity Cloake's regular column - or following her on Instagram.

	PER 100g	%RI	PER 182g SERVING	%RI
Energy (kJ)	621 kJ	7%	1130 kJ	13%
Energy (kcal)	148 kcal	7%	269 kcal	13%
Fat	5.2 g	7%	9.5 g	14%
of which saturates	2.9 g	15%	5.2 g	26%
Carbohydrate	20 g	8%	37 g	14%
of which sugars	16 g	18%	30 g	33%
Fibre	1.1 g	4%	2 g	8%
Protein	4.4 g	9%	8 g	16%
Salt	0.2 g	3%	0.36 g	6%

CONTAINS:



OATS



MILK



SULPHITES



SOYA

MAY CONTAIN:



MUSTARD



CELERY



WHEAT, BARLEY/RYE



VEGETARIAN

Ingredients - Serves 10

- 150g Nut Free Granola
- 60g Whole Pitted Apricots
- 40g Pumpkin Seeds
- 20g Sunflower Seeds
- 50g Cranberries
- 1.4kg Natural Yoghurt
- 100g Clear Blossom Honey

Cooking Instructions

1. Dice the apricots, toast the pumpkin and sunflower seeds. Mix together with cranberries and granola.
2. Add honey to the bottom of the pot.
3. Add 140ml yoghurt to each pot along with the granola mix on top.
4. Add label for +1 day of production.

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QUINOA TABBOULEH SALAD

The amazing quinoa grain creating an all time favourite. Quinoa is a complete protein containing all eight of the essential amino acids and is a great base for any number of salad vegetable, seed and grain combinations. Combined here with energy-giving tabbouleh this grab n' go box ticks all the boxes.



	PER 100g	%RI	PER 210g SERVING	%RI
Energy (kJ)	397 kJ	5%	832 kJ	10%
Energy (kcal)	96 kcal	5%	200 kcal	10%
Fat	7.2 g	10%	15 g	21%
of which saturates	3 g	15%	6.4 g	32%
Carbohydrate	3.6 g	1%	7.5 g	3%
of which sugars	2 g	2%	4.1 g	5%
Fibre	0.7 g	3%	1.4 g	6%
Protein	3.8 g	8%	7.9 g	16%
Salt	0.24 g	4%	0.51 g	9%

CONTAINS:



MILK

MAY CONTAIN:



VEGETARIAN

Ingredients - Serves 10

- 150g Spring Onion Trimmed
- 400g Cucumber
- 400g Red Cherry Tomatoes
- 45ml Extended Life Rapeseed Oil
- 30g Mint
- 45g Flat Parsley
- 2 Lemons
- 5g Cumin Seeds
- 600g Quinoa
- 300g Greek Feta Cheese

Cooking Instructions

1. Lightly toast the cumin seeds in a dry pan.
2. Cook the quinoa as per sub recipe. Stir through cooked cumin.
3. Slice the cherry tomatoes in half, slice the cucumber lengthways and de-seed with a spoon then slice.
4. Finely chop the herbs. Trim and finely slice the spring onions.
5. Mix all the ingredients together in a bowl and add zest and juice the lemons. Open and drain the block of feta.
6. Place salad into a suitable serving dish or disposable. Crumble 30g of Feta per portion.
7. Add label for +2 day of production.

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90

CINNAMON OVERNIGHT OATS & SEED TOPPING



Oats are a great slow-release breakfast. Combined here with cinnamon for flavour and seeds for all-round health and you have a healthy breakfast that's ready to go whenever it is needed. **Great for patients too. Its simple and can be prepared the night before, with the optional additions of chocolate and orange.**

	PER 100g	%RI	PER 164g SERVING	%RI
Energy (kJ)	881 kJ	10%	1445 kJ	17%
Energy (kcal)	209 kcal	10%	343 kcal	17%
Fat	4.8 g	7%	7.9 g	11%
of which saturates	0.7 g	4%	1.2 g	6%
Carbohydrate	32 g	12%	53 g	20%
of which sugars	9.5 g	11%	16 g	18%
Fibre	4.4 g	18%	7.2 g	29%
Protein	6.8 g	14%	11 g	22%
Salt	0.01 g	3%	0.05 g	1%

CONTAINS:



OATS



SOYA



SULPHITES

MAY CONTAIN:



WHEAT, BARLEY/RYE



MUSTARD



CELERY



MILK



SESAME



VEGETARIAN

Ingredients - Serves 10

- 60g Whole Pitted Apricots
- 70g Pure Canadian Maple Syrup
- 40g Pumpkin Seeds
- 20g Sunflower Seeds
- 50g Cranberries
- 650g Porridge Oats
- 1g Ground Cinnamon
- 750ml Organic Soya Unsweetened Milk

Cooking Instructions

1. Dice the apricots, toast the pumpkin and sunflower seeds. Mix together with cranberries.
2. Mix the soya milk and maple syrup together.
3. Mix the oats and cinnamon with the milk and maple syrup.
4. Portion into pots and garnish with the seed and fruit topper.
5. Add label for +1 day of production.

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91

CUCUMBER STICK AND RAITA SNACK POT



This light variation on the grab n' go is a yoghurt with added mint and cucumber and this is combined in the grab n' go with carrot sticks to dip into it. It's light refreshing and good also as a side or starter. **Fresh zingy, healthy and crunchy cucumber snack.**

	PER 100g	%RI	PER 174g SERVING	%RI
Energy (kJ)	135 ^{kJ}	2%	235 ^{kJ}	3%
Energy (kcal)	32 ^{kcal}	2%	56 ^{kcal}	3%
Fat	1.4 ^g	2%	2.4 ^g	3%
of which saturates	0.9 ^g	5%	1.5 ^g	8%
Carbohydrate	2.9 ^g	1%	5.1 ^g	2%
of which sugars	2.7 ^g	3%	4.6 ^g	5%
Fibre	0.5 ^g	2%	0.9 ^g	4%
Protein	1.8 ^g	4%	3.1 ^g	6%
Salt	0.07 ^g	1%	0.13 ^g	2%

CONTAINS:



MILK



SOYA



VEGETARIAN

Ingredients - Serves 10

- 1.2kg Cucumber
- 30g Mint
- 500g Natural Yoghurt
- 70g Garam Masala

Cooking Instructions

1. Wash and pick the leaves from the mint and roughly chop.
2. Combine yoghurt with the mint and garam masala. Keep refrigerated.
3. Slice the cucumber into batons.
4. Place raita in the base of a pot and top the cucumbers upright, dipped into the raita.
5. Add label for +1 day of production.

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92

CRUNCHY PEPPER AND HOUMOUS WRAP



A taste of summer with crunchy sweet peppers and silky houmous, why not try Kuboos bread instead of a wrap for an authentic Middle Eastern flavour.

	PER 100g	%RI	PER 188g SERVING	%RI
Energy (kJ)	1034 ^{kJ}	12%	1944 ^{kJ}	23%
Energy (kcal)	248 ^{kcal}	12%	467 ^{kcal}	23%
Fat	15 ^g	21%	29 ^g	41%
<i>of which saturates</i>	2 ^g	10%	3.8 ^g	19%
Carbohydrate	20 ^g	8%	38 ^g	15%
<i>of which sugars</i>	3.8 ^g	4%	7.1 ^g	8%
Fibre	3.8 ^g	15%	7.2 ^g	29%
Protein	5.8 ^g	12%	11 ^g	22%
Salt	0.4 ^g	7%	0.75 ^g	13%

CONTAINS:



WHEAT



SESAME



VEGETARIAN

Ingredients - Serves 10

- 750g Houmous
- 350g Mixed Peppers
- 200g Iceberg Lettuce
- 580g Beetroot Tortilla

Cooking Instructions

1. Wash, drain and shred the lettuce.
2. Wash and de-seed the peppers. Thinly slice.
3. Spread 2-3 tablespoons of houmous on the bottom centre of the wrap and top edge to help seal.
4. Place the sliced peppers and lettuce on the houmous.
5. Fold the wrap and tuck in the edges. Slice half on a diagonal.
6. Place in an appropriate container.
7. Add label for +2 day of production.

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93

PESTO PASTA CHICKEN SALAD BOX



Cold pasta goes well with chicken and the addition of basil-rich pesto lifts this simple salad into another realm. Very popular as an energy-full salad box that has a good hit of protein.

A combination of roasted chicken and pesto, a summer classic.

	PER 100g	%RI	PER 258g SERVING	%RI
Energy (kJ)	740 kJ	9%	1906 kJ	23%
Energy (kcal)	176 kcal	9%	453 kcal	23%
Fat	5.8 g	8%	15 g	21%
of which saturates	0.7 g	4%	1.9 g	10%
Carbohydrate	16 g	6%	41 g	16%
of which sugars	1.6 g	2%	4.2 g	5%
Fibre	1.8 g	7%	4.7 g	19%
Protein	14 g	28%	37 g	74%
Salt	0.14 g	2%	0.36 g	6%

CONTAINS:



WHEAT



MILK



SULPHITES

MAY CONTAIN:



CELERY



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Ingredients - Serves 10

- 390g Mixed Peppers
- 100ml Water
- 20g Flat Parsley
- 20g Fine Chopped Garlic
- 15ml Lemon Juice
- 60g Red Onion Whole Peeled
- 1.2kg Chicken Breast Fillet - Skinless
- 150g Green Pesto
- 570g Wholewheat Fusilli Pasta

Cooking Instructions

Chicken Preparation

1. Pre-heat the oven to 180°C.
2. Cut the chicken breast in half (as for butterfly, but cut all the way through) and marinate the chicken in oil and lemon.
3. Cook the chicken in the oven until cooked through. Ensure core temperature has been reached 75°C (82°C in Scotland).

Salad Box

1. Bring a saucepan of water to boil. Add the pasta and cook for 10 minutes. Then refresh in cold water.
2. Peel the red onion and slice into wedges. Trim and de-seed the peppers. Remove the pith and cut into 2cm chunks. Mix the red onion and pepper with the oil and place on a lined baking tray. Roast for 15 minutes. Cool once removed from the oven.
3. Mix the pasta with the pesto (15g per 10 ptn), chop and add parsley. Stir in the roasted vegetables. Place into a suitable bowl or disposable with a portion of chicken.
4. Add label for +1 day of production.

94

CHOCOLATE AND ORANGE BIRCHER MUESLI

This combination of muesli flavoured with chocolate and orange can be eaten at any time of the day and has become a firm favourite on wards and in staff restaurants. The allure is the chocolate and orange combination.



	PER 100g	%RI	PER 165g SERVING	%RI
Energy (kJ)	838 ^{kJ}	10%	1378 ^{kJ}	16%
Energy (kcal)	199 ^{kcal}	10%	328 ^{kcal}	16%
Fat	5.4 ^g	8%	8.8 ^g	13%
of which saturates	1 ^g	5%	1.7 ^g	9%
Carbohydrate	27 ^g	10%	45 ^g	17%
of which sugars	2.6 ^g	3%	4.3 ^g	5%
Fibre	4.7 ^g	19%	7.7 ^g	31%
Protein	8 ^g	16%	13 ^g	26%
Salt	0.02 ^g	0%	0.03 ^g	1%

CONTAINS:



OATS



SOYA

MAY CONTAIN:



WHEAT/
BARLEY

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Ingredients - Serves 10

- 50g Pure Canadian Maple Syrup
- 250g Chia Seed Mix
- 750ml Organic Soya Drink
- 700g Porridge Oats
- 1 Whole Orange
- 70g Fat Reduced Cocoa Powder

Cooking Instructions

1. Zest and juice the oranges.
2. Mix soya milk and maple syrup with the orange zest and juice.
3. Add to the oats, chia seeds and cocoa powder.
4. Mix well, portion into pots and leave overnight.
5. Add label for +1 day of production.

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95

CRUNCHY PEPPER AND HOUMOUS POT

Colourful, crunchy and tasty. Smooth houmous evokes the flavours of the Middle East.



	PER 100g	%RI	PER 188g SERVING	%RI
Energy (kJ)	1034 kJ	12%	1944 kJ	23%
Energy (kcal)	248 kcal	12%	467 kcal	23%
Fat	15 g	21%	29 g	41%
of which saturates	2 g	10%	3.8 g	19%
Carbohydrate	20 g	8%	38 g	15%
of which sugars	3.8 g	4%	7.1 g	8%
Fibre	3.8g	15%	7.2 g	29%
Protein	5.8 g	12%	11 g	22%
Salt	0.4 g	7%	0.75 g	13%

CONTAINS:



SESAME



WHEAT



HOUMOUS RECIPE

See page 165



Ingredients - Serves 10

- 750g Houmous
- 450g Carrots Peeled
- 450g Mixed Peppers

Cooking Instructions

1. Peel and wash carrots.
2. Slice carrots and peppers into equal sized batons.
3. Place houmous at the bottom of the pot.
4. Top with crudities placed upwards in houmous.

Shelf life 1+ days.

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96

VEGETABLE CRUDITÉ POT



Filling, nutritious, colourful and easy to eat. That's just for starters. The crudité, or small chunk of raw vegetable, is an excellent way of scooping up a dip and can be eaten without a knife and fork.

Simply sliced vegetable batons are a nutritious snack - a healthier choice for patients, staff and visitors.

	PER 100g	%RI	PER 12g SERVING	%RI
Energy (kJ)	116 kJ	1%	14 kJ	16%
Energy (kcal)	27 kcal	1%	3 kcal	16%
Fat	0 g	0%	0 g	13%
<i>of which saturates</i>	0 g	0%	0 g	9%
Carbohydrate	4.8 g	2%	0.6 g	17%
<i>of which sugars</i>	4.6 g	5%	0.5 g	1%
Fibre	1.5 g	6%	0 g	0%
Protein	0.7 g	1%	0 g	0%
Salt	0.03 g	0%	0 g	0%

MAY CONTAIN:



CELERY



Ingredients - Serves 10

- 40g Cucumber
- 40g Carrots

Cooking Instructions

1. Peel and wash carrots.
2. Slice cucumbers and carrots into equal batons.
3. Arrange in suitable pot.

Shelf life 1+ days.



TRY IT WITH HOUMOUS

See Houmous recipe on page 165

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HALEY-MAE DOWNER

**Business Development Director,
One Retail, part of Compass
Group UK and Ireland**

As a business focused on the retail landscape in a hospital we've had to work on what is needed any time of the day, whether 4pm or 2am.

We expect hospital staff to make us better when we are in their care. However, what we don't often consider is how they are feeling themselves. We operate in over 100 hospitals and we are continually working on improving the 24/7 food and drink offer. Clearly, an 8:00am to 8:00pm shop doesn't cut it and for me, personally, it's not enough to have just vending machines when the shops are shut.



One of the exciting areas we are working in is frictionless shops that can be open 24 hours a day. The concept is already in use elsewhere and a good example is at football stadia. At half-time fans can walk into the bar and walk out with a pint without waiting to be served, and quickly get back to the game. The system knows what they have and deducts the correct amount of money.

We have recently worked with The Shrewsbury and Telford Hospital NHS Trust on a new store and hope to see this technology in many more hospitals in the future. Our NHS is a 24/7 service so it's great if the retail facilities match this.

The technology behind the store is very important, meaning we can closely monitor data and ensure we have the right products in store, and where possible utilisation of staff costs will help host customers or carry out replenishment on fast selling items.

VISITORS

- Challenges of Feeding Hospital Visitors
- Tanya Ednan-Laperouse Interview
- Charlotte Fairall Interview

CHALLENGES OF FEEDING HOSPITAL VISITORS

Hospitals are not always in the right place. They can be difficult to get to, hard to access and away from high street food offerings. More often than not the only opportunity for hospitals visitors to get something to eat is during regular work-day hours.

It is easy to forget visitors when it comes to hospital food. The most obvious association is visiting hours but there are times when visitors are by the bedside of a loved one or friend outside those hours. There are times when parents are with sick children all day and night. They need

to be fed or need access to somewhere where they can find something to eat other than a vending machine. Visitor food is down the list of importance, but it shouldn't be.

Hospitals need to consider the visitors as much as possible for the very reason that they can provide a revenue stream. It only needs a little thought to realise that the vast number of visitors that come into hospitals need to find affordable food. Visitors are already paying for transport and/or parking and adding on food can often tip the scales.

“There are times when parents are with sick children all day and night. They need to be fed or need access to somewhere where they can find something to eat other than a vending machine”.



A visitor restaurant is a shop window for the hospital. It is a place where visitors can get to experience the quality of the food on offer in a hospital and this could have a real effect on patient morale. And it can provide a hospital trust with revenue that goes a long way to offsetting general catering costs. Visitors should not be penalised for visiting.

Out of hours catering for visitors is crucial for one very good reason as the case of Sophie Fairall demonstrates. (See page 317) Charlotte Fairall couldn't leave her daughter's bedside to get something to eat. Her daughter Sophie became upset that her mother was going hungry. Nursing staff were unable to help. Now, through the work of senior nursing staff like Kate Pye, there is a route towards not only feeding parents who are in hospital with sick children but also to enable them to sleep there.



By tapping into the 24/7 care that anxious patients are providing, hospitals are putting less stress on nursing staff who have more time to concentrate on what they are good at, and this is what hospital catering is all about: enabling everyone on the ward from patients to visitors to function in a way that benefits patient care.

TANYA EDNAN-LAPEROUSE

Co-Founder of The Natasha Allergy Research Foundation

The NHS is proud to be working with Tanya Ednan-Laperouse OBE, mother of Natasha, who died after she ate an artichoke, olive, and tapenade baguette, from a Pret a Manger store at Heathrow Airport in July 2016.

Tanya told us, "Natasha bought the baguette, unaware that it contained sesame seeds because they were not listed on the food label. She subsequently had a severe allergic reaction soon after her flight took off for Nice.



Despite her father administering two Epi-pens, Natasha had several cardiac arrests during the flight and died later that day in a French hospital. Most people don't realise how serious food allergies can be, Natasha is unfortunately not the only young person to have died from food allergies in recent years.

People with food allergies contact Natasha's Foundation with terrible experiences when they or their child has been unable to eat safe, allergen-free food when in hospital. That might sound odd because hospitals should be 'safe' but sadly it's true. The numbers of people being diagnosed with food allergies in recent decades has been growing and it is therefore of utmost importance to impress upon hospital staff and chefs' working in healthcare to take them very seriously.

Natasha's Law is a food labelling law that was passed through Parliament to protect people with food allergies; if food is prepared and packaged on the same premises, it must carry a full ingredient label with the allergens marked in bold. Natasha's Law however does not cover food that is freshly prepared in kitchens and then served on plates directly to hospital patients.

Today, hospitals are catering for more patients with food allergies than ever before. Change must come from the top down, because something must

be done when the safest option for allergic patients staying in hospital, is not to eat. When dieticians, nurses and carers understand that a patient has food allergies, there must be protocols to ensure the patient is fed safely during their hospital stay.

A growing concern is that people are becoming allergic to many foods outside the EU top 14 list of allergens. Foods such as pea protein, chickpeas, kiwi fruits, coconuts to name a few are becoming problematic.

Just one more reason why we must have mandatory allergy training for chefs and kitchen staff, to really underscore the importance of food allergies and the risks they carry. Only then can patients begin to trust that the food they are served is safe and will not endanger their lives."



narf.org.uk

CHARLOTTE FAIRALL

Sophie's Legacy

My daughter Sophie was 9 when she was diagnosed with a tumour in her abdomen. She spent long periods in hospital having intensive treatment and died aged 10. Sophie was a bright and vivacious girl and said things the way she saw them. What she saw made her sad and angry, and everyone that works in healthcare catering needs to understand what she experienced in hospital, because it was wrong on so many levels.

Sophie's
LEGACY



CREATING CHANGE



“The sheer inhumanity of it was breathtaking and is why a change of thinking is not just necessary but essential.”

Sophie described hospital food as disgusting, and this is from a girl who loved her food! We found that food wasn't always child friendly or given at times when Sophie wanted to eat. There were times when Sophie would be vomiting, and her meal would be brought in. There was set times to serve meals, and this couldn't be moved. When Sophie felt like eating – often late at night - everything was closed. Sophie started to refuse to eat any hospital food offered and would often only eat when discharged.

That is not the full story, however. There were times when, as a mother, there was nothing for me to eat while I was with Sophie at her bedside. I was not automatically fed, even though I spent every waking minute with Sophie. There wasn't even anywhere open at night when I could find time to eat. It got to the stage where Sophie would offer me her own food so I could eat. That's the sort of girl Sophie was. She was concerned for me even when she was gravely ill.

What healthcare caterers need to take away from Sophie's story is that she was failed by a system. The system literally said no. The sheer inhumanity of it was breathtaking and is why a change of thinking is not just necessary but essential.

What Sophie wanted to eat wasn't considered. When she wanted to eat wasn't considered, either. And, as Sophie was frightened to be left alone, I was unable to go and find something to eat until she was asleep, and by then it was too late. Everything was shut.

If you start with the needs of the patient, it becomes clear very quickly what food is required - and when.



ZERO WASTE RECIPES



- Banana and Honey Smoothie
- Banana Bread Pudding
- Breakfast Tortilla
- Banana Loaf Cake
- Broccoli Stalk Houmous
- Broccoli, Stilton and Egg Cake
- Potato Peel Soup
- Kale and Coconut Breakfast Muffins
- Potato Peel Crisps
- Cauliflower Kimchi

97

BANANA AND HONEY SMOOTHIE

The banana has a remarkable shelf life and can be used from yellow to black. The darker its colour, the sweeter and more fragrant it gets. In a smoothie it needs to be just turning spotty.

A fantastic way to use up those surplus or overripe bananas, in this great breakfast drink.



	PER 100g	%RI	PER 270g SERVING	%RI
Energy (kJ)	644 kJ	8%	1739 kJ	21%
Energy (kcal)	153 kcal	8%	414 kcal	21%
Fat	5.7 g	8%	15 g	21%
of which saturates	3.3 g	17%	8.8 g	44%
Carbohydrate	21 g	8%	58 g	22%
of which sugars	21 g	23%	56g	62%
Fibre	0.5 g	2%	0.8 g	3%
Protein	3.9 g	8%	10 g	20%
Salt	0.12 g	2%	0.33 g	6%

Generated by Nutritics v5.95 on 10th Jan 2024. Last Modified 10th Jan 2024.



Ingredients

Serves 10

- 500g Bananas
- 1.7ltr Natural Low Fat Yoghurt
- 500g Honey

CONTAINS:



MILK

Method

To use leftover bananas

1. Peel bananas and roughly chop.
2. Blend the banana, honey and yoghurt.
3. Serve 300ml per portion.

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VEGETARIAN

98

BANANA BREAD PUDDING



This is a take on the bread and pudding recipe but using additional bananas. This is a very popular pudding, using up your bananas before they lose their shape. After that a black banana can go into banana cake. **A great dish for utilising those leftover slices of bread and creating a tempting sweet snack or dessert.**

	PER 100g	%RI	PER 190.9g SERVING	%RI
Energy (kJ)	835 kJ	10%	1595 kJ	19%
Energy (kcal)	198 kcal	10%	377 kcal	19%
Fat	3.1 g	4%	5.9 g	8%
of which saturates	0.9 g	5%	1.7 g	9%
Carbohydrate	33 g	13%	64 g	25%
of which sugars	7.3 g	8%	14 g	16%
Fibre	1.8 g	7%	3.4 g	14%
Protein	8.1 g	16%	15 g	30%
Salt	0.42 g	7%	0.8 g	13%

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CONTAINS:



Ingredients

Serves 10

- 200g Bananas
- 1 Lemon
- 40g Sultanas
- 25g Sugar
- 2g Ground Cinnamon
- 2g Ground Nutmeg
- 1.1kg White Thick Sliced Bread Square
- 8 Eggs
- 2 Tea Bags

Method

To use leftover or stale bread and bananas

1. Rip up stale bread and leave overnight to dry out. Peel and mash the bananas.
2. Brew half a litre of tea and allow to cool.
3. Layer the bread into a gastro tray.
4. Soak bread in the tea overnight with sultanas and the lemon zest.
5. In the morning drain the surplus liquid from the tray.
6. Whisk eggs with the cinnamon and nutmeg. Add the mashed banana and mix well.
7. Line another gastro tray with parchment paper.
8. Lay out the soaked bread into the tray. Pour over the whisked egg mix. Sprinkle with the sultanas.
9. Sprinkle the top with sugar.
10. Bake on 160°C for 35 minutes until cooked and a knife comes out clean.

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MAY CONTAIN:



99

BREAKFAST TORTILLA

A multi-use snack that can use up kitchen breakfast leftovers and be served cold as a slice later in the day. Full of protein and easy to eat it ticks so many popular boxes including zero waste.



A brilliantly simple dish for brunch or lunch, a whole meal in a tortilla.

	PER 100g	%RI	PER 138.5g SERVING	%RI
Energy (kJ)	540 kJ	6%	748 kJ	9%
Energy (kcal)	130 kcal	7%	180 kcal	9%
Fat	8.8 g	13%	12 g	17%
of which saturates	2.2 g	11%	3 g	15%
Carbohydrate	2.3 g	1%	3.2 g	1%
of which sugars	0.5 g	1%	0.7 g	1%
Fibre	0.5 g	2%	0.5 g	2%
Protein	10 g	20%	14 g	28%
Salt	0.53 g	9%	0.74 g	12%

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Ingredients

Serves 10

- 20ml Rapeseed Oil
- 100g Hash Browns
- 120g Tomatoes
- 120g Mushroom
- 120g Unsmoked Bacon
- 5g Parsley
- 15 Eggs

CONTAINS:



EGGS

Method

To use leftover breakfast ingredients

1. Roughly chop up baked hash browns, baked tomatoes, sauteed mushrooms, grilled bacon.
2. Line a baking tray with parchment paper.
3. Chop the parsley.
4. Spread the chopped ingredients evenly across the tray.
5. Whisk the eggs with the parsley and pour over the filling.
6. Pre-Heat the oven to 160°C.
7. Bake until the core temperature reaches 75°C (82°C for Scotland).
8. Portion and serve.

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BANANA LOAF CAKE



Banana loaf cake is the ultimate way of using up old bananas that have gone too far for any other use. Let them go completely black and then the insides will be runny and intensely sweet, but with incredible banana flavour.

	PER 100g	%RI	PER 83.1g SERVING	%RI
Energy (kJ)	1198 ^{kJ}	14%	996 ^{kJ}	12%
Energy (kcal)	285 ^{kcal}	14%	237 ^{kcal}	12%
Fat	10 ^g	14%	8.3 ^g	12%
of which saturates	2.4 ^g	12%	2 ^g	10%
Carbohydrate	41 ^g	16%	34 ^g	13%
of which sugars	28 ^g	31%	23 ^g	26%
Fibre	0.8 ^g	3%	0.6 ^g	2%
Protein	7.8 ^g	16%	6.5 ^g	13%
Salt	0.49 ^g	8%	0.41 ^g	7%

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CONTAINS:



WHEAT



EGGS

MAY CONTAIN:



MILK



Ingredients - Serves 10

- 140g Margarine
- 140g Caster Sugar
- 140g Self Raising Flour
- 1g Gluten Free Baking Powder
- 50g Icing Sugar
- 200g Bananas Very Ripe
- 40ml Cold Water
- 2 Eggs

Cooking Instructions

To use leftover bananas

1. Preheat the oven to 160°C. Butter a 2lb loaf tin and line the base and sides with baking parchment.
2. Cream the butter and caster sugar together until light and fluffy whisk the eggs and then slowly add to the mixture.
3. Fold in the flour and the baking powder.
4. Peel and mash the bananas and fold into the mix.
5. Pour into the loaf tin and bake for 40 minutes at 160°C or until a skewer comes out clean of the cake.
6. Cool for 10 minutes then turn out onto wire rack.
7. To make the icing, mix the icing sugar with the water to make a runny icing then drizzle over the top of the cake.

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VEGETARIAN

MAY CONTAIN:



OATS, BARLEY



MILK

101

BROCCOLI STALK HOUMOUS

Another great recipe for using up broccoli stalks by combining them into popular houmous. The result is a green and vibrant dip that has multi uses at many times of day. Popular with staff and patients.

A change to the standard houmous but an ingenious way to use broccoli stalks.



	PER 100g	%RI	PER 60.5g SERVING	%RI
Energy (kJ)	463 kJ	6%	280 kJ	3%
Energy (kcal)	111 kcal	6%	67 kcal	3%
Fat	6.8 g	10%	4.1 g	6%
of which saturates	1.1 g	6%	0.6 g	3%
Carbohydrate	6.1 g	2%	3.7 g	1%
of which sugars	1.6 g	2%	1 g	1%
Fibre	3.5 g	14%	2.1 g	8%
Protein	4.7 g	9%	2.9g	6%
Salt	0.08 g	1%	0.05 g	1%

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Ingredients

Serves 10

- 2g Garlic Chopped
- 3g Cooking Salt
- 500g Broccoli
- 50g Tahini
- 10ml Lemon Juice
- 10ml Rapeseed Oil
- 30g Curly Leaf Parsley

CONTAINS:



SESAME



SULPHITES

Method

To use leftover broccoli stalk

1. Bring a pan of water to the boil and cook the broccoli stalks for 5 minutes, then cool in iced water.
2. Drain the stalks, place them in a blender along with the oil parsley garlic tahini and lemon juice.
3. Blend until smooth scraping down the sides if needed.
4. Taste and season to taste.
5. Serve chilled with flatbread or vegetable batons.

MAY CONTAIN:



CELERY

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BROCCOLI, STILTON AND EGG CAKE

This savoury cake uses up broccoli, Stilton trimmings and stale bread and produces a delicious, zero waste, result that resembles a fish cake. A great easy to eat dish for patients and one for the staff restaurant too. **The humble broccoli stalk has never tasted so good. Here it is combined with crumbly blue cheese. Add a poached egg on top for a complete brunch or lunch dish.**

	PER 100g	%RI	PER 107g SERVING	%RI
Energy (kJ)	510 kJ	6%	545 kJ	6%
Energy (kcal)	122 kcal	6%	131 kcal	7%
Fat	7 g	10%	7.5 g	11%
of which saturates	1.6 g	8%	1.8 g	9%
Carbohydrate	9.1 g	4%	9.8 g	4%
of which sugars	2.6 g	3%	2.8 g	3%
Fibre	2.5 g	10%	2.7 g	11%
Protein	4.5 g	9%	4.8 g	10%
Salt	0.24 g	4%	0.26 g	4%

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CONTAINS:



WHEAT



EGGS



MILK



SOYA



Ingredients - Serves 10

- 10g Chopped Garlic
- 300g Onion
- 100g Bread Sq Wholemeal Thick
- 500g Broccoli
- 50ml Rapeseed Oil
- 50g Stilton
- 1 Egg

Cooking Instructions

To use leftover broccoli stalks and Stilton.

1. Chop the broccoli stalks. Peel and dice the onion, and dice 1 peeled garlic clove.
2. Sweat everything in rapeseed oil, in a pan, for 10 minutes.
3. Transfer into a blender add 1 whole egg with the Stilton trimmings and blend until smooth.
4. Add salt and crumbled croutons to get a mouldable consistency.
5. Form into 10 cakes 100mm x 20mm thick
6. Heat pan and fry in rapeseed oil until golden brown on each side.
7. Finish in the oven on 180°C for 10 minutes until the core temperature is reached 75°C (82°C Scotland)
8. Top with a poached egg to make this a complete meal.

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MAY CONTAIN:



CELERY

103

POTATO PEEL SOUP

More delicious than the name suggests, this soup, made from leftover potato peelings that are routinely thrown away, but can make a hearty base for many vegetable soups and the skins are full of nutrition.



Potato skins contain not only fibre, but are a source of potassium and vitamin C.

CONTAINS:



MILK

	PER 100g	%RI	PER 211.6g SERVING	%RI
Energy (kJ)	529 kJ	6%	1119 kJ	13%
Energy (kcal)	126 kcal	6%	266 kcal	13%
Fat	3.6 g	5%	7.6 g	11%
of which saturates	0.7 g	4%	1.6 g	8%
Carbohydrate	18 g	7%	39 g	15%
of which sugars	3.6 g	4%	7.7 g	9%
Fibre	2.8 g	11%	5.9 g	24%
Protein	3.6 g	7%	7.5 g	15%
Salt	0.47 g	8%	1 g	17%

Generated by Nutritics v5.96 on 16th Jan 2024. Last Modified 16th Jan 2024.



Ingredients - Serves 10

- 125g Onions
- 1.25ltr Semi Skimmed Milk
- 50ml Rapeseed Oil
- 2 Bay Leaves
- 10g Sage
- 15g Flat Leaf Parsley
- 30g Vegetable Bouillon Mix
- 635g Potato Peel

Cooking Instructions

To use leftover potato peelings.

1. Gather potato peelings from washed potatoes. Pat dry with blue paper. Use within 2 hours of peeling.
2. Peel and dice the onions.
3. Heat the oil in a medium saucepan over a medium heat and add the onions and bay leaf.
4. Sauté gently until the onions are soft and lightly coloured.
5. Add the potato peelings and stir well.
6. Pour in the milk and stock and bring to the boil. Reduce the heat and simmer gently until the peelings are cooked.
7. Remove from the heat and cool slightly remove the bay leaf. Blend in a food processor blender or using a stick blender until very smooth.
8. Chop the parsley and fry the sage leaves in a little oil.
9. Return the soup to the pan and reheat gently stir in the chopped parsley.
10. Serve with fried sage leaves.

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104

KALE AND COCONUT BREAKFAST MUFFINS

Adding vegetables to sweet cakes is a good way of getting nutrition into a popular snack like a muffin. This version using the combination of kale and coconut is surprisingly good and a great zero waste snack.

These jolly green muffins are a healthy alternative, especially good if people are trying to cut down their sugar intake.

	PER 100g	%RI	PER 88.45g SERVING	%RI
Energy (kJ)	992 ^{kJ}	12%	877 ^{kJ}	10%
Energy (kcal)	235 ^{kcal}	12%	208 ^{kcal}	10%
Fat	5.4 ^g	8%	4.8 ^g	7%
of which saturates	4.4 ^g	22%	3.9 ^g	20%
Carbohydrate	42 ^g	16%	37 ^g	14%
of which sugars	13 ^g	14%	11 ^g	12%
Fibre	1.8 ^g	7%	1.6 ^g	6%
Protein	4.1 ^g	8%	3.7 ^g	7%
Salt	0.35 ^g	6%	0.31 ^g	5%

Generated by Nutritics v5.95 on 11th Jan 2024. Last Modified 11th Jan 2024.



Ingredients - Serves 10

- 300g Plain Flour
- 240ml Coconut Milk
- 130g Bananas
- 2g Baking Powder
- 1.5g Bicarbonate Soda
- 100g Maple Syrup
- 10ml Vanilla Essence
- 100g Curly Kale Cabbage
- 1g Ground Cinnamon

Cooking Instructions

To use leftover bananas and kale.

1. Blanch the kale and then refresh in ice cold water.
2. Sift the flour with baking powder, baking soda and cinnamon.
3. Whisk coconut milk with maple syrup and vanilla. Beat in the banana to make a muffin mix.
4. Finely chop the blanched kale and fold into the muffin mix.
5. Pour mixture into muffin cases and bake on 160°C for 15 minutes until cooked (core temperature of 75°C (82°C in Scotland)).

CONTAINS:



WHEAT



GLUTEN



MILK

MAY CONTAIN:

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105

POTATO PEEL CRISPS

Unsurprisingly potato peelings can be made into crisps very easily and once you try them you'll wonder why you didn't think of it before. The results are crunchy, deep in earthy flavour and very popular as well nutritious.



A simple and easy snack that can be stored and used later, a great way of making use of potato peelings.

	PER 100g	%RI	PER 31.5g SERVING	%RI
Energy (kJ)	1042 kJ	12%	328 kJ	4%
Energy (kcal)	247 kcal	12%	78 kcal	4%
Fat	3.4 g	5%	1.1 g	2%
of which saturates	0.2 g	1%	0 g	0%
Carbohydrate	46 g	18%	14 g	5%
of which sugars	1.5 g	2%	0.5 g	1%
Fibre	8.2 g	33%	2.6 g	10%
Protein	4.4 g	9%	1.4 g	3%
Salt	0 g	0%	0 g	0%

Generated by Nutritics v5.96 on 16th Jan 2024. Last Modified 16th Jan 2024.



Ingredients

Serves 10

- 10ml Rapeseed Oil
- 1g Cumin Seeds
- 4g Smoked Paprika
- 300g Potato Peel

Cooking Instructions

To use leftover potato peelings

1. Gather potato peelings from washed potatoes. Pat dry with blue paper. Use within 2 hours of peeling.
2. Drizzle oil over the peelings along with cumin, paprika or both and mix well together.
3. Spread evenly onto a lined baking tray.
4. Bake for 8-10 minutes at 200°C until golden brown and crisp.
5. Spread out on a tray and allow to cool and go crisp.
6. Serve approx 30g as a portion.

Serving suggestion - Season with salt.

CONTAINS:



WHEAT

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106

CAULIFLOWER KIMCHI

Traditional kimchi from Korea is made with fermented cabbage and carrots, but another way of using up cauliflower is to ferment it kimchi-style. The result is a pungent pickle filled with Asian flavours and high in nutrition.

Kimchi is being hailed as a superfood, with advocates promoting it as gut healthy, as well as boosting our daily intake of fruit and vegetables.



CONTAINS:



SULPHITES

	PER 100g	%RI	PER 77.4g SERVING	%RI
Energy (kJ)	207 kJ	2%	160 kJ	2%
Energy (kcal)	49 kcal	2%	38 kcal	2%
Fat	0.5 g	1%	0.5 g	1%
of which saturates	0 g	0%	0 g	0%
Carbohydrate	7.8 g	3%	6.1 g	2%
of which sugars	5.6 g	6%	4.4 g	5%
Fibre	1.4 g	6%	1.1 g	4%
Protein	2.6 g	5%	2 g	4%
Salt	0.04 g	1%	0.03 g	1%

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Ingredients - Serves 10

- 20g Bunched Coriander
- 10g Beetroot
- 10g Garlic Greens Chopped
- 600g Cauliflower
- 100ml White Vinegar
- 30g Caster Sugar
- 2g Coriander Seeds
- 2g Hot Chilli Powder

Cooking Instructions

To use spare cauliflower stalk or florets and beetroot liquor.

Part 1

1. Make the pickle liquor by adding 100ml of vinegar with 30g caster sugar and 1 peeled garlic clove, coriander seeds, hot chilli powder and oil into a blender and pulse.
2. Finely chop half of the cauliflower stalks and two long coriander stems. Add to the pickling liquor and place in a chiller for 2 hours.

Part 2

1. For the beetroot and cauliflower pickle, use the juice from a vacuum pack of beetroot, with 100ml white wine vinegar and 30g caster sugar. In a bowl, whisk together.
2. Add the remaining finely chopped cauliflower stalks to the beetroot liquor, then refrigerate for at least 30 minutes.

Part 3

1. Fold together and serve.

MAY CONTAIN:



GLUTEN TREE NUTS PEANUTS MUSTARD CELERY SESAME SOYA

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OVER 100 DISHES EVERY NATIONAL HEALTH SERVICE CHEF NEEDS TO KNOW

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THANK YOU...

A heartfelt **THANK YOU** goes to all contributors to this book, encapsulating all of the fantastic progress made in improving hospital food since The NHS Hospital Food Review was undertaken in 2020.

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A personal note from the publisher

I know I speak for the entire Chefs' Forum team when I say how proud we have all been to work on this prestigious book. Healthcare is a new frontier for caterers and chefs and we have been overwhelmed by the enthusiasm and sense of optimism of all those who have given us their time.

We hope you get as much from reading the book as we did, as we interviewed, visited, designed and, yes, ate our way through the schedule. Food across our great National Health Service is turning a corner and making steady improvements.

There is much work to be done and we hope this book will shine a light on the impressive processes, expertise and skills that are making hospital kitchens great again. We hope the recipes we have included will inspire you to cook in new ways with patients, staff and visitors in mind.

Catherine Farinha,
Publisher





THE HEALTHCARE CHEFS' KNOWLEDGE

PRUE LEITH

"This book - The Healthcare Chefs' Knowledge - is the first of its kind. It attempts to bring together every aspect of hospital catering and food production in a way that enables the reader to understand what it is to work within menu development, food production and its delivery within the NHS."

Prue Leith DBE, OBE, CBE, Television Presenter/Broadcaster, Cookery Writer and Novelist



LISA GOODWIN-ALLEN

"It is wonderful to see everyone gathering together to improve hospital food as a result of the NHS Hospital Food Review. I am delighted to support NHS chefs in bringing my industry knowledge into hospital kitchens and The Healthcare Chefs' knowledge celebrates all of the great progress made so far."

Lisa Goodwin-Allen, Michelin-starred Executive Chef, Northcote



NICK VADIS

"It has been great to be part of this publication putting the NHS Chef at the heart of the book, helping to raise the profile of the amazing work they do in feeding not just the patients but staff and visitors 24/7 and 365 days a year"

Nick Vadis, FIH Chef Ambassador, Culinary Director at NHS Supply Chain



DR RUPY AUJLA

"Whether you are a chef, catering manager, ward nurse or clinician, we all have a role to play in sustaining the health of our nation through good food. Partnership working was a significant part of the review, promoting the "power of 3" with clinicians, caterers and dietitians working effectively in every hospital to reflect "one service" with the patient at the heart of our decision making."

Dr Rupy Aujla MBBS, BSc, MRCGP, founder of 'The Doctor's Kitchen, app and recipe book



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