



Kerrymaid in Education

With recipe inspiration and top tips from our chefs to feed our nations' youngest generations great tasting and nutritious meals every

Hello from Kerrymaid

At Kerrymaid we know how challenging it can be to provide school children with nutritious meals that taste great too so we have pulled together some of our favourite recipes to make your lives easier in the kitchen!

To help school caterers create delicious dishes for pupils across the nation we've created a guide packed full of tried and tested recipes as well as smart tips and practical advice for

engaging children, making it a great addition to any school kitchen.

One of the biggest lessons we've learnt is to look at school catering from someone else's perspective and this filters right down to the children themselves. As a supplier, Kerrymaid aims to step into the shoes of the school chef, understanding their many challenges and needs, as well as the rewards of a successful

menu. School caterers need to approach school meals through the eyes of their students to understand what encourages them to choose well and what seemingly small details can make them refuse to eat at all!

Throughout this guide we've collated a range of practical advice from those who work in school kitchens and feed our children every day to help you and your team succeed in the kitchen!

Sowing the food for life seed!

We all know that change doesn't happen overnight, but the combination of a number of small improvements over time can lead to a bigger and better school meal future!

The Food For Life programme is about making 'good food the easy choice for everyone'. It's about educating pupils about where their food comes from and the importance of sourcing seasonal, local ingredients.

A 'whole school approach' is instrumental in helping achieve Food For Life Served Here accreditation and now more than 10,000 schools and early years settings are serving meals inspected to Food for Life Served Here standards. With parents expecting greater clarity on the food that is served to their children, demonstrating dedication to sourcing local, fresh, sustainable and healthy ingredients is becoming essential, and over the coming years boasting Food For Life Served Here accreditation will be a significant influence on the choices of parents and guardians.

Kerrymaid can help your school achieve Food For Life accreditation. For more information and a range of checklists on how to achieve bronze, silver and gold accreditation visit <http://www.foodforlife.org.uk/schools/criteria-and-guidance>

To achieve Food For Life Served Here accreditation, 75% of school meals must be freshly prepared onsite or at a local kitchen hub using unprocessed ingredients. But how do you calculate the percentage of your menu that is freshly prepared? We have shared a quick guide below:

The 75% requirement includes desserts, regardless of the number of available options. In short, no matter how many choices there are, 75% must be freshly prepared to qualify. This is similar to main meal options such as jacket potatoes, sandwiches and salad bars where the requirement for 75% disregards the number of individual choices.

FRESHLY PREPARED MEALS CALCULATOR

- Dish 1 – VEGETABLE SOUP
- Dish 2 – CHICKEN KORMA
- Dish 3 – JACKET POTATOES
 - Option 1 Jacket potato with cheese
 - Option 2 Jacket potato with beans
- Dish 4 – SALMON & SWEET POTATO PIE
- Dish 5 – HOMITY PIE
- Dish 6 – DESSERTS
 - Fruit salad with **Kerrymaid Double**
 - Apple shortbread sandwich with **Kerrymaid Custard**
 - Yoghurt

THERE ARE SIX DISHES ON THIS EXAMPLE MENU

- Dishes 1, 2, 4 and 5 are freshly prepared.
- Dish 3 doesn't count as freshly prepared as one of the two topping options (beans) does not qualify
- Dish 6 does count as all three options are freshly prepared or have only gone through primary processing
- Therefore 5 of 6 dishes are freshly prepared
- 83% of this menu is freshly prepared meeting Food For Life Served Here accreditation

DON'T FORGET

- To consult with pupils & parents on **SCHOOL MEAL IMPROVEMENTS**
- **MENUS MUST PROVIDE FOR ALL** dietary & cultural needs
- **ORGANISE AN ANNUAL FARM VISIT** which can be linked to wider learning objectives
- All ingredients must be **FREE FROM UNDESIRABLE ADDITIVES** or artificial trans fats



KERRYMAID BUTTERY 2KG

A multipurpose spread with the great taste of Irish butter

- EASY SPREAD
- GLUTEN FREE
- NO ARTIFICIAL COLOURS OR FLAVOURS
- FOOD FOR LIFE SUPPLIER



KERRYMAID PREMIUM BAKING 250G

Made specifically for cakes, pastries and pies with 75% vegetable fat and ideal for consistent baking

- MEASURED PORTIONS
- NO HYDROGENATED FATS
- NO ARTIFICIAL COLOURS OR FLAVOURS
- FOOD FOR LIFE SUPPLIER



KERRYMAID SUNFLOWER LIGHT 500G

Perfect for spreading, baking and cooking and to accommodate Vegan suitable diets. High in Omega 3

- SUITABLE FOR VEGANS
- 80% SATURATED FAT THAN LESS BUTTER*
- NO ARTIFICIAL COLOURS OR FLAVOURS
- SPREADING COOKING & BAKING

KERRYMAID CREAM ALTERNATIVES AND CUSTARD 1LTR

Delivering all the taste of fresh dairy, Kerrymaid Cream Alternatives give caterers additional versatility.

- GLUTEN FREE
- PRESERVATIVE FREE
- NO HYDROGENATED FATS
- FOR SWEET & SAVOURY DISHES

Kerrymaid Double has 26% less saturated fat than double cream



Kerrymaid's cream alternatives are free from hydrogenated vegetable oils & trans fats



Making your Kitchen work For you and Your children

Balancing quality fresh ingredients within increasingly restricted budgets can sometimes seem like an insolvable equation! But with clever thinking and using our tasty recipes, increasing daily fruit and vegetable consumption is definitely achievable.

Sourcing seasonal ingredients is key to managing a budget. Out of season produce will be more expensive, not to mention making a negative impact on your carbon footprint. Cooking with seasonal produce will also mean that your students will have a broader introduction to the great fruit and vegetables available in the UK.



	ALL YEAR	SPRING March, April, May	SUMMER June, July, August	AUTUMN September, October, November	WINTER December, January, February
FRUIT	 Pomegranates, Bananas 	 Rhubarb	 Blueberries, Plums, Raspberries, Strawberries, Cherries, Apricots 	 Apples, Blackberries, Pears 	 Apples, Pears
VEGETABLES	 Cauliflower, Carrots, Beetroot, Peas, Mushrooms, Cabbage, Onions, Spring onions 	 Jersey Royal new potatoes, Savoy cabbage, Spinach, Spring greens, Spring onions, Watercress 	 Aubergine, Beetroot, Broccoli, Green beans, Tomatoes, Broad beans 	 Field mushrooms, Leeks, Kale, Sweetcorn, Squash 	 Beetroot, Brussels sprouts, Parsnips, Red cabbage, Potatoes



RICHARD TROMAN'S TOP TIPS

FOR MAKING YOUR KITCHEN WORK SMARTER:

- Using ingredients with a stronger flavour will mean you don't have to use as much. For example, try using chorizo instead of ham.
- Adding more vegetables to recipes will not only help children on their way to their five-a-day, but will reduce the quantity of other ingredients such as meat or meat substitutes required.
- Good quality meat can be expensive, so look at having a meat free day once a week. This will demonstrate commitment to the environment and the health of your students, and it can make a very real difference to your budget.
- Dessert is a lovely treat, but it's important to manage it carefully. Everything in moderation! It's worth reducing the portion



size of your desserts. Dividing a recipe for 16 into 20 or 24 portions means that children can still enjoy a pudding, but in a controlled way and your budget will benefit too!



NEVER WORK WITH CHILDREN THEY SAY!

It's long been said that working with children can be tricky; whilst small in stature they definitely know their own minds, and their likes and dislikes can vary dramatically from child to child and even from day to day, so catering for children is not a simple task.

We know that this is the challenge you face every day, and we know you will have perfected your own techniques to encourage your children to eat. To help out, we're sharing some tips on engaging your children and increasing that all important school meal take up.

STUDENTS ARE CUSTOMERS

We know it can be difficult, but if possible spend time with children at lunchtime. Engage them, ask them what they like and what they don't like. Spending time with children in smaller groups is important as you can find out what they really think about the food.

INSPIRE THEIR CREATIVITY

It is now a core part of the curriculum to educate children about food provenance and how to cook it. Giving children the chance to be involved in lunchtime will help them make the connection from farm to fork. Encourage your children

to design posters and table cards, promoting a particular favourite dish, vegetable or sharing knowledge they've learnt about their food.

MAKE THEM PROUD

Make the dining hall somewhere the children want to be and are proud of. Suggest the opportunity for children to invite a parent, guardian or grandparent to lunch. This will not only demonstrate your dedication to your children's nutrition to parents, but may also encourage children who don't normally have school meals to join in.

A NUDGE IN THE RIGHT DIRECTION

Consider the position of each dish. Placing the 'better for you' options in the direct line of sight of the children or making salads and fruit easy to reach will encourage children to add them to their plate.

FEELING PART OF IT

Try simplifying some of the recipes to give your children the opportunity to replicate some of the dishes from the dining hall in food technology. This will help them to appreciate the cooking process, as well as increasing their knowledge of ingredients. Encouraging children to create the dishes at home will also give the whole

family an opportunity to be involved.

CREATURES OF HABIT

Children tend to only eat what they're used to, so before introducing a new dish it's worth sampling the dish, giving children a chance to taste it before it becomes part of the regular menu. This will not only give you a chance to gauge a dish's popularity before you bulk buy the ingredients, but will build anticipation from the children ahead of its launch.

GREEN FINGERS

If space allows, try growing your own herb garden. The children will love getting involved in growing the herbs and knowing that they have been part of the process when they tuck into lunch will make them feel much closer to the food they are eating. It will also help reduce ingredient costs.

THE BEST IS NOT YET TO COME

Don't use dessert as a bribe for children to eat their main meal. This will instil the idea that dessert is more desirable than their savoury dish. Instead, encourage them by talking about the ingredients and merits of all the dishes they are eating.



CHEESE & TOMATO TURNOVERS

PREP TIME: 20 MINS

COOKING TIME: 25 MINS

ALL OF THE RECIPES IN THE
KERRYMAID COLLECTION
CAN BE CREATED AT
HOME OR IN A SCHOOL
KITCHEN. THE SMALLER
QUANTITIES ARE BASED
ON ADULT PORTIONS
AND ARE PERFECT
FOR ENJOYING AS A
FAMILY AT HOME

These Cheese & Tomato Turnovers are simple to make and taste great. Perfect for morning break time as a hand held snack, and why not try out different pastry such as vol-au-vent cases for a smaller bite to eat

METHOD

- 1 Thaw the pastry at room temperature
- 2 Preheat the oven to 200°C
- 3 Peel the onions and fry in olive oil until softened. Meanwhile, melt the **Kerrymaid Premium Baking** and add flour, stirring until sandy in colour
- 4 In a bowl, mix the tomato purée with water, then add to the Kerrymaid Premium Baking and flour, stirring all the time until thickened
- 5 Add the vinegar, sugar and onions and cook for a further 5–10 minutes, stirring continuously
- 6 Roll out the defrosted puff pastry and cut into equal-sized squares. Grate the cheese and divide it between the middles of the pastry squares
- 7 Fold opposite corners together to make triangles, pressing the sides to seal. Put on a baking sheet and bake in the preheated oven for about 10–15 minutes until golden brown
- 8 Serve with the warmed tomato sauce

EACH 73g SERVING CONTAINS:
CALORIES: 89KCAL SATURATED FAT: 2.5g

ALLERGENS:

CONTAINS:



MAY CONTAIN:



DON'T FORGET SCHOOL FOOD
REGULATIONS STATE ONLY
TWO PORTIONS OF PASTRY
CAN BE SERVED EACH WEEK!

Cost per
portion
8p

SERVES 8	INGREDIENTS	SERVES 190
1 x 500g packet	Frozen puff pastry	12 x 500g packets
225g (8oz)	Reduced fat Cheddar cheese (grated)	2.7kg (6lb)
HOME MADE TOMATO SAUCE		
115g (4oz)	Onions	900g (2lb)
1 tsp	Olive oil	2 tbsps
25g (1oz)	Kerrymaid Premium Baking	350g (12oz)
25g (1oz)	Plain flour	350g (12oz)
115g (4oz)	Tomato purée	1.3kg (3lb)
450ml (16floz)	Water	6.8 lts (12 pints)
1 tbsps	Malt vinegar	175ml (6floz)
15g (1/2 oz)	Caster sugar	175g (6oz)



CHEESE & CELERY HERB LOAF

PREP TIME: 25 MINS

COOKING TIME: 40 MINS

This loaf is ideal as a lunchtime side and once it's baked simply slice it up and serve - it's as easy as that!

METHOD

- 1 Sieve the plain, wholemeal flour and baking powder together
- 2 Add the **Kerrymaid Premium Baking** and rub until it resembles fine breadcrumbs
- 3 Add the cheese keeping roughly about 75g (3oz) for the top
- 4 Add the celery, onion and herbs
- 5 Beat the eggs and add the eggs and milk to the mix to create a soft dough
- 6 Press the dough into a pre-greased, loose based loaf tin
- 7 Sprinkle remaining cheese over the loaves
- 8 Bake at 180°C for approx. 35–40 minutes

SERVES 8	INGREDIENTS	SERVES 380
175g (6oz)	Plain flour	2kg (4lb 8oz)
115g (4oz)	Wholemeal flour	1.3kg (3lb)
15g (1/2oz)	Baking powder	175g (6oz)
85g (3oz)	Kerrymaid Premium Baking	1kg (2lb 4oz)
225g (8oz)	Reduced fat Cheddar cheese (grated)	2.7kg (6lb)
2 sticks	Celery finely chopped	1 head celery
1	Spring onion finely chopped	12 spring onions
1/4 tsp	Mixed herbs	3tsps
1	Eggs beaten	12
1/4 pt (5 floz)	Milk	3pts

EACH 27g SERVING CONTAINS:
CALORIES: 72KCAL SATURATED FAT: 1.6g

ALLERGENS:

CONTAINS:



MAY CONTAIN:



Cost per
portion
8p

SPREAD LIGHTLY WITH
KERRYMAID BUTTERY AND
SERVE A SLICE AS A SIDE
TO A STEW OR COBBLER.



This homely recipe is great for a winter's day and children love it so much they will keep coming back for more!



Cost per portion
15p

HOMITY PIE

PREP TIME: 20 MINS
COOKING TIME: 40 MINS

METHOD

- 1 Roll out the pastry and use to line a pastry dish
- 2 Preheat the oven to 180°C
- 3 Blind bake pastry for 15 minutes, remove beans and cook the pastry for 5 more minutes
- 4 Boil or steam potatoes until tender
- 5 Chop the onions, then sauté in the oil until soft
- 6 Combine the potatoes and onions, add the **Kerrymaid Premium Baking**, mixed herbs, half the cheese, milk and season well to taste
- 7 Leave to cool and then use to fill the pastry case
- 8 Sprinkle with the remaining cheese
- 9 Bake in the oven at 220°C for 20 minutes, until golden

SERVES 8	INGREDIENTS	SERVES 190
300g (11oz)	Wholemeal Shortcrust pastry	4.8kg (10lb 5oz)
350g (12oz)	Potatoes	6kg (13lb)
450g (1lb)	Onions	3.2kg (7lb)
3tsp	Rapeseed oil	100ml (3.5fl oz)
25g (1oz)	Kerrymaid Premium Baking	300g (11oz)
2 teaspoons	Dried mixed herbs	80g (3oz)
100g (3.5oz)	Reduced fat Cheddar cheese (grated)	2kg (4lb 5oz)
1 tbsp	Milk	100ml (3.5fl oz)

EACH 85g SERVING CONTAINS:
CALORIES: 188KCAL
SATURATED FAT: 4.7g

ALLERGENS:
CONTAINS:
CEREALS CONTAINING GLUTEN MILK



CHEESE & SMOKED BACON QUICHE

PREP TIME: 40 MINS
COOKING TIME: 40 MINS

Cost per portion
15p

METHOD

- 1 Pre heat oven to 180°C
- 2 Place the flour in a mixer, cut the **Kerrymaid Premium Baking** into cubes and mix until it resembles breadcrumbs
- 3 Add water and mix until ingredients come together to form a soft dough
- 4 Line tins and part bake the pastry for 5–10 minutes
- 5 Cut the bacon into small strips
- 6 Heat some olive oil in a frying pan and cook the bacon in the oil until brown
- 7 Place the bacon in the flan cases, sprinkle with cheese
- 8 Beat the egg, and milk together, pour over the cheese and bacon filling
- 9 Bake until golden brown and set

SERVES 8	INGREDIENTS	SERVES 190
350g (12oz)	Flour	2.7kg (6lb)
175g (6oz)	Kerrymaid Premium Baking	1.3kg (3lb)
40ml (1½fl oz)	Water	350ml (12fl oz)
350g (12oz)	Reduced fat Cheddar cheese (grated)	1.8kg (4lb)
4	Egg	48
350ml (12 fl oz)	Milk	3.4lts (6pts)
225g (8oz)	Smoked bacon	2.25kg (5lb)

This great tasting versatile recipe can be enjoyed hot or cold and can be adapted for vegetarian diets by swapping out the bacon for broccoli, or lentils for an alternative source of protein.

EACH 78g SERVING CONTAINS:
CALORIES: 194KCAL SATURATED FAT: 5.7g

TIP: PUT THE EGG MIXTURE THROUGH A SIEVE TO MAKE THE MIXTURE EVEN SMOOTHER.

ALLERGENS:

CONTAINS:
CEREALS CONTAINING GLUTEN MILK EGGS
MAY CONTAIN:
SOYA



CHICKEN & VEGETABLE PIE

PREP TIME: 25 MINS

COOKING TIME: 45 MINS

METHOD

- Put the flour in a large bowl, cut the **Kerrymaid Premium Baking** into cubes and add to the mix until mixture resembles fine breadcrumbs
- Add the water and mix using the dough hook
- Wash and cut vegetables into small pieces and put into a saucepan, cover with water and cook until tender, drain and put to one side
- In olive oil, cook the chicken but do not brown
- Dissolve the stock cubes in 1 pint of boiling water, pour over the chicken and add the vegetables, thicken with the cornflour using a little of reserved water to mix
- Cook for a further 20–30 minutes
- Put the mixture into tins
- Roll out the pastry on a floured board so that it is slightly larger than the tin. Press the sides down and cut off any excess
- Bake at 200°C until golden brown

SERVES 8	INGREDIENTS	SERVES 190
450g (1lb)	Chicken	5.454kg (12lb)
115g (4oz)	Mixed vegetables	2.72kg (6lb)
225g (8oz)	Flour	2.72kg (6lb)
115g (4oz)	Kerrymaid Premium Baking	1.3kg (3lb)
30ml (1fl oz)	Water	350ml (12 fl oz)
25g (1oz)	Cornflour	115g (4oz)
600ml (1pt)	Boiling water	2.25lts (4pts)
1	Chicken stock cubes	4
½ tbsp	Olive oil	100ml (2.5 fl oz)

EACH 80g SERVING CONTAINS:
CALORIES: 140KCAL SATURATED FAT: 2.1g

ALLERGENS:

CONTAINS:  CEREALS CONTAINING GLUTEN  MAY CONTAIN: MILK  SOYA

GREAT SOURCE OF PROTEIN!

Cost per portion
29p

For a dish that changes with the seasons, recreate this tasty pie with vegetables that are in season for a cost effective dish that will have a different flavor each time you make it

SPICY BEEF POT WITH HERB DUMPLINGS

PREP TIME: 20 MINS

COOKING TIME: 120 MINS

METHOD

- Preheat the oven to 200°C
- Seal the beef in hot oil in an ovenproof dish. Add the finely diced onion and chopped garlic and cook for 5 minutes, then add the diced carrots
- Add the chopped tomatoes, tomato purée, chilli powder, Chef's Pass beef bouillon, water and the mixed herbs. Cover and place in the oven for 1 to 1½ hours
- For the dumplings, mix the flours and baking powder and gently rub in the **Kerrymaid Premium Baking**, then add the dried mixed herbs. Add a little water to form a soft dough
- Portion out 12 equal amounts of the dough and form into rounds
- Take the beef out of the oven and season. Add the beans and stir. Place the rounds of dumpling mixture on the top and bake for a further 20–25 minutes. Serve with your chosen potatoes and seasonal vegetables

SERVES 6	INGREDIENTS	SERVES 190
600g (1lb 3oz)	Diced, stewing steak	6kg (13lb 2oz)
150g (5.5oz)	Onions	1.5kg (3lbs 3oz)
250g (9oz)	Carrots	2.5kg (5lbs 5oz)
1 tsp	Garlic	3tbsp
1 tbsp	Tomato purée	320g (11oz)
500g (1lb 2oz)	Chopped tomatoes	5kg (11lbs)
1 heaped tsp	Mild chilli powder	3tbsp
1 tsp	Chef's Pass beef bouillon powder	40g (1.5 oz)
600ml (1pt)	Water	2.4l (4.2 pnts)
200g (7oz)	Mixed beans	2kg (4lb 4oz)
1 tsp	Mixed herbs	3tbsp
	DUMPLINGS	
150g (5oz)	Plain flour	1.5kg (3lb 3oz)
50g (2oz)	Wholemeal flour	500g (1lb 1oz)
100g (4oz)	Kerrymaid Premium Baking	1.6kg (3lb 5oz)
2 tsp	Baking powder	120g (4oz)
2 tsp	Mixed dried herbs	40g (1.5oz)

EACH 114g SERVING CONTAINS:
CALORIES: 131KCAL SATURATED FAT: 1.5g

ALLERGENS:

CONTAINS:  CEREALS CONTAINING GLUTEN  MUSTARD  CELERY  MAY CONTAIN: MILK  SOYA

A classic with contemporary, modern flavours. Pupils will love this traditional beef stew that has a spicy twist

Cost per portion
8p





Cost per portion
80p

SALMON & SWEET POTATO PIE

PREP TIME: 25 MINS
COOKING TIME: 90 MINS

This fish pie is always a hit with students with the creamy infused flavour of the sauce and sweet mashed potato topping. Top tip: make sure to check against the Marine Conservation Society's 'Fish to avoid' list before you order

METHOD

- 1 Preheat the oven to 180°C
- 2 Peel the potatoes and sweet potatoes and cook until soft. Once cooked, mash well, adding the **Kerrymaid Buttery** and milk. Leave to one side
- 3 Peel the onion and stud with the cloves. Put the milk into a large saucepan, add the studded onion and bay leaves and bring to a gentle simmer for about 10 minutes to infuse the milk
- 4 Add the diced salmon, cover and leave to cook through for another 10 minutes
- 5 Drain well, keeping the milk for the sauce; discard the onion and bay leaves
- 6 Melt the **Kerrymaid Premium Baking**, adding the flour and cooking for 2-3 minutes until the flour has changed colour to a pale white
- 7 Gradually add the milk, stirring constantly, and continue to cook for a further 10 minutes
- 8 Place the well-drained salmon into dishes, add the peas and pour over the white sauce before topping with the mashed potato and sweet potato
- 9 Cook in the preheated oven until the top is golden brown and cooked through

EACH 193g SERVING CONTAINS:
CALORIES: 243KCAL SATURATED FAT: 3.4g

ALLERGENS:

CONTAINS: CEREALS CONTAINING GLUTEN FISH MILK SOYA

SERVES 4	INGREDIENTS	SERVES 190
400g (14oz)	Diced salmon	8kg (17lb 6oz)
1pt	Semi-skimmed milk	16pt
1	Bay leaves	4
1	Large onion	1
50g (2oz)	Frozen peas	2.5kg (5lb 5oz)
6	Cloves	Handful
25g (1oz)	Kerrymaid Premium Baking	1kg (2lb 2oz)
25g (1oz)	Plain flour	1kg (2lb 2oz)
500g (17.6oz)	Steamed potatoes	6kg (13lb 2oz)
500g (17.6oz)	Steamed sweet potatoes	6kg (13lb 2oz)
50g (2oz)	Kerrymaid Buttery	500g (1lb)
4 tbsp	Milk	1pt

GREAT SOURCE OF OMEGA 3, MAKING IT A GREAT DISH TO SERVE. FOR ADDED CONCENTRATION IN THE AFTERNOONS



AUBERGINE FREE MOUSSAKA

PREP TIME: 20 MINS
COOKING TIME: 40 MINS

METHOD

- 1 Preheat the oven to 200°C
- 2 Peel and finely chop the onions
- 3 Heat the oil in a large saucepan, add the onion and cook for 5 minutes or until soft, add the lamb mince and cook, stirring, for another 4-5 minutes
- 4 Add the tomatoes and continue to cook for about 20-25 minutes
- 5 Meanwhile, grate the cheese for the sauce and put aside
- 6 Peel and cut the potatoes into slices about 3/4" to 1" thick, place them into a large pan of water, bring to the boil and cook for about 5 minutes until they are just cooked
- 7 Drain and allow to cool
- 8 In a tin, layer the meat with the potato slices, finishing with a neat circle of potato slices
- 9 To make the cheese sauce, melt the **Kerrymaid Premium Baking** in a saucepan, add the flour, and cook until sandy in colour and texture
- 10 Gradually stir in the milk to form a thick, smooth paste, and cook, stirring continuously for 4-5 minutes. Then add two-thirds of the cheese
- 11 Pour the sauce over the potatoes and sprinkle with the remaining grated cheese
- 12 Place in the preheated oven to cook for about 25-30 minutes, or until golden and bubbling

SWAP THE LAMB MINCE FOR VEGETARIAN MINCE FOR A TASTY VEGGIE VERSION.

This super quick and easy dish is a real crowd pleaser. We know children aren't too keen on the taste of aubergine so this take on a classic Moussaka is ideal for all.

SERVES 4	INGREDIENTS	SERVES 190
225g (8oz)	Onions	1.3kg (3lb)
1 tbsp	Olive oil	175ml (6fl oz)
450g (1lb)	Lamb mince	5.4kg (12lb)
1 x 400g can	Chopped tomatoes	2 x A10 (2.6kg) cans
675g (1 1/2 lb)	Potatoes	10.8kg (24lb)
CHEESE SAUCE		
25g (1oz)	Kerrymaid Premium Baking	350g (12oz)
25g (1oz)	Flour	350g (12oz)
115g (4oz)	Reduced fat Cheddar cheese (grated)	1.8kg (4lb)
300ml (1/2 pint)	Milk	1.8lts (4pts)

EACH 142g SERVING CONTAINS:
CALORIES: 162KCAL SATURATED FAT: 3.6g

ALLERGENS:
CONTAINS: CEREALS CONTAINING GLUTEN MILK

MAY CONTAIN: SOYA

Cost per portion
31p



CRUNCHY VEGETABLE CRUMBLE

EACH 106g SERVING CONTAINS:
CALORIES: 162KCAL SATURATED FAT: 2.8g

ALLERGENS:

CONTAINS:



MAY CONTAIN:



PREP TIME: 30 MINS

COOKING TIME: 50 MINS

Compliment this dish with the season by using fresh seasonal produce each time you make it, and remember you can never have too many vegetables - the more the merrier!

METHOD

- 1 Preheat the oven to 200°C
- 2 Prepare the seasonal vegetables as appropriate, and cut into medium/large chunks
- 3 Peel and chop the onions and peel and crush the garlic. Grate the cheese for the topping
- 4 Put the root vegetables, including the onion and garlic, into a roasting tray and mix with the oil. Roast in the preheated oven for 15 minutes. If using vegetables such as broccoli or cauliflower, blanch in boiling water for a few minutes

A PERFECT WAY TO ENCOURAGE CONSUMPTION OF STUDENT'S FIVE-A-DAY

- 5 For the topping, put the flour in a large mixing bowl. Cut the **Kerrymaid Buttery** into small cubes and rub into the flour. When it looks like breadcrumbs, add the oats and cheese and mix. Put to one side
- 6 To make the sauce, melt the **Kerrymaid Premium Baking** in a pan, add the flour and cook over a gentle heat until the mixture turns sandy in colour and texture. Gradually add the milk, beating all the time, and cook until the mixture thickens. Continue to cook for a further 5 minutes over a low heat
- 7 Put the vegetables on the bottom of a large, square, deep dish and add the sauce. Finally, sprinkle the topping over the dish, cover with foil and bake in the preheated oven for about 15 minutes
- 8 Uncover and bake for another 15-20 minutes or until the cheese topping is bubbling and golden

SERVES 4	INGREDIENTS	SERVES 190
900g (2lb)	Seasonal vegetables	6.75kg (15lb)
225g (8oz)	Onions	1.1kg (2 lb 8oz)
1	Garlic clove	6
1 tbsp	Olive oil	175ml (6lfz)
WHITE SAUCE		
25g (1oz)	Kerrymaid Premium Baking	350g (12oz)
25g (1oz)	Plain flour	350g (12oz)
600ml (1pt)	Milk	6.8lts (12pts)
TOPPING		
55g (2oz)	Reduced fat Cheddar cheese (grated)	675g (1lb 8oz)
55g (2oz)	Plain flour	2.25kg (5lb)
25g (1oz)	Kerrymaid Buttery	1.3kg (3lb)
25g (1oz)	Oats	675g (1lb 8oz)

Cost per portion
8p

SERVE WITH WARM, CRUSTY BREAD OR OUR CHEESE & CELERY HERB LOAF. DELICIOUS!



CHICKEN KORMA

PREP TIME: 70 MINS

COOKING TIME: 30 MINS

METHOD

- 1 Preheat the oven to 200°C
- 2 Heat the oil in a saucepan and add the onions cook until soft for around 5 minutes
- 3 Add the chicken korma paste and chopped coriander and cook for a further 5 minutes
- 4 Dice the chicken thighs and mix with the korma paste with the chicken stock, cover and simmer for 30 minutes
- 5 Add the **Kerrymaid Single** and reduce down until it's the right consistency for a further 30 minutes
- 6 Serve with the option of brown rice or naan bread

Why not try something more exotic with this creamy Chicken Korma. Its bold taste will introduce new flavours to children's pallets but the mild spice means it won't be overpowering

SERVES 4	INGREDIENTS	SERVES 190
400ml (14oz)	Chicken stock	4lts
100ml (4oz)	Kerrymaid Single	1lt
1tbsp	Coriander	100g (3.5oz)
100ml	Vegetable oil	300ml
1 (3.5oz)	Onions	7kg (15lb 4oz)
4 tbsp	Chicken korma paste	3kg (6lb 6oz)
4	Chicken thighs	10kg (22lb)

Cost per portion
30p

EACH 133g SERVING CONTAINS:
CALORIES: 215KCAL SATURATED FAT: 3.3g

ALLERGENS:

CONTAINS:



MAY CONTAIN:





CORNFLAKE TART

PREP TIME: 45 MINS

COOKING TIME: 25 MINS

METHOD

- 1 Preheat the oven to 200°C
- 2 To make the pastry, sift the flour into a large bowl. Cut the **Kerrymaid Premium Baking** and vegetable shortening into cubes and quickly rub into the flour using your fingertips until the mixture resembles breadcrumbs
- 3 Sprinkle in the 15g of sugar and water and mix using a round-bladed knife until the mixture begins to stick together in large lumps
- 4 Collect the dough together to form a ball. Turn out onto a clean work surface and gently kneed and shape into an even ball, then roll out and use to line a 20–23cm (8–9in) loose-based flan tin. Chill for about 30 minutes
- 5 Neaten the edges of the pastry and line the pastry case with greaseproof paper and fill with baking beans (or dried beans)
- 6 Blind bake in the preheated oven for about 15 minutes. Remove the beans and paper and return to the oven to dry out for a further 5–10 minutes
- 7 Spread the base of the pastry case with jam
- 8 Melt the **Kerrymaid Buttery**, the 55g of sugar and syrup together in a pan, then add the cornflakes and mix. Spread this on top of the jam, then leave to cool and set

Serve with **Kerrymaid Double**

Cost per portion
8p

SERVES 4	INGREDIENTS	SERVES 190
	Pastry	
225g (8oz)	Plain flour	2.7kg (6lb)
55g (2oz)	Kerrymaid Premium Baking	675g (1lb 8oz)
55g (2oz)	Vegetable shortening	675g (1lb 8oz)
15g (1/2oz)	Caster sugar	
25ml (1floz)	Water	350ml (12floz)
	Filling	
175g (6oz)	Seedless raspberry jam	1.8kg (4lb)
55g (2oz)	Kerrymaid Buttery	675g (1lb 8oz)
55g (2oz)	Caster sugar	675g (1 lb 8oz)
25g (1oz)	Golden syrup	350g (12oz)
175g (6oz)	Cornflakes	1.8kg (4lb)

This classic dish has been loved for generations and is a great treat that can be split into smaller portions for improved calorie control

EACH 52g SERVING CONTAINS:
CALORIES: 197KCAL
SATURATED FAT: 2.4g

ALLERGENS:

CONTAINS:



MAY CONTAIN:



RHUBARB AND GINGER MUFFINS

PREP TIME: 20 MINS

COOKING TIME: 15 MINS

Light and tangy, these tasty muffins are a great hand held option for children to enjoy during lunch break.

METHOD

- 1 Preheat the oven to 220°C
- 2 Beat the sugar, eggs and **Kerrymaid Buttery** together in a bowl
- 3 Dissolve the baking powder in the warmed milk and add to the mix with the vanilla and rhubarb
- 4 Fold in the flour and ground ginger and divide equally into the large muffin cases
- 5 Bake in the pre-heated oven for 15 minutes. Allow to cool before eating

SERVES 18	INGREDIENTS	SERVES 190
100g (3.5oz)	Kerrymaid Buttery	500g (1lb 2oz)
2	Eggs	20
220g (8oz)	Sugar	2.2kg (5lb)
1tsp	Baking powder	3tbsp
120ml (4floz)	Warm milk	1.2l (2pt)
1tsp	Vanilla essence	6tsp
400g (14oz)	Finely chopped rhubarb	4kg (9lb)
2tsp	Ground ginger	4tbsp
475g (1lb)	Self-raising flour	4.75kg (10.5lb)

TIP: SPLIT THE MIXTURE TO CREATE DIFFERENT FLAVOURED MUFFINS USING LOCAL AND SEASONAL INGREDIENTS WHERE POSSIBLE:



STRAWBERRY AND VANILLA



BLUEBERRY AND CHERRY



LEMON

EACH 71g SERVING CONTAINS:
CALORIES: 157KCAL SATURATED FAT: 0.8g

ALLERGENS:

CONTAINS:



MAY CONTAIN:



Cost per portion
12p



Cost per portion
15p

TO MAKE THIS RECIPE VEGAN FRIENDLY, USE KERRYMAID SUNFLOWER LIGHT SPREAD INSTEAD OF BUTTERY AND USE OAT MILK INSTEAD OF REGULAR MILK!

CHANGE THIS RECIPE WITH THE SEASONS - BLACKBERRY & APPLE COBBLER IS A COMFORTING AUTUMNAL VERSION

PEACH AND RASPBERRY COBBLER

PREP TIME: 30 MINS

COOKING TIME: 40 MINS

This fruit cobbler is a great dessert option and is packed full of delicious fruity goodness. This recipe allows you to change the fruit with the season so that it can be enjoyed all year round.

EACH 38g SERVING CONTAINS:
CALORIES: 55KCAL SATURATED FAT: 0.4g

ALLERGENS:

CONTAINS:



MAY CONTAIN:



METHOD

- 1 Preheat the oven to 180°C
- 2 Slice the peaches and place into a deep tin/s with the raspberries and sprinkle over the sugar
- 3 For the cobbler, sift the flour and baking powder into a bowl and rub in the **Kerrymaid Buttery** until it resembles breadcrumbs
- 4 Add the sugar and mix to form a soft dough with the milk
- 5 Turn the dough onto a floured surface and roll out until 1cm thick. Cut into 6cm rounds and place over the fruit. Brush with some extra milk
- 6 Bake in oven for 35–40 minutes until golden brown

Serve with **Kerrymaid Double** or warm **Kerrymaid Custard**

SERVES 10	INGREDIENTS	SERVES 190
650g (11b 4oz)	Peaches	3kg (6lb 5oz)
350g (12oz)	Raspberries	1.5kg (3lb)
100g (3.5oz)	Sugar	225g (8oz)
500g (1lb)	Plain flour	1.4kg (3lb)
30g (1oz)	Baking powder	90g (3oz)
120g (4oz)	Kerrymaid Buttery	340g (12oz)
120g (4oz)	Caster sugar	340g (12oz)
250ml (9floz)	Milk	700ml (1 1/4 pnts)

APPLE SHORTBREAD SANDWICH

PREP TIME: 20 MINS

COOKING TIME: 30 MINS

METHOD

- 1 Preheat the oven to 180°C
- 2 Peel and slice the apples, place in a saucepan and add water and clove
- 3 Grate the lemon rind into the saucepan and simmer until soft, drain through a sieve using the back of a spoon to remove juice - put to one side to cool
- 4 Sift the flour into a mixing bowl and rub in the **Kerrymaid Premium Baking** until the texture is like breadcrumbs
- 5 Add the sugar and continue to mix until the mixture is soft dough
- 6 Divide the mixture in half and on a lightly floured surface roll out to fit an 8x6 tin
- 6 Place in the tin and spread the apple mixture over the shortbread. Roll out the other half, dampen the edges of the shortbread and place the other half over the apple mixture - sprinkle with a little caster sugar
- 6 Bake in the preheated oven for 15–20 mins - do not brown

Serve with **Kerrymaid Double** or **Kerrymaid Custard**

SERVES 4	INGREDIENTS	SERVES 190
250g (8oz)	Plain flour	2.7kg (6lb)
155g (5oz)	Kerrymaid Premium Baking	1.3kg (3lb)
60g (2oz)	Caster sugar	750g (1lb 8oz)
2	Medium sized apples	4.5kg (10lb)
1tbsp	Water	300ml (1/2 pt)
1	Lemon	4
1	Clove	4

CUTTING THE SHORTBREAD WHILE ITS STILL WARM WILL HELP PREVENT IT CRACKING AND CRUMBLING TOO MUCH.

EACH 49g SERVING CONTAINS:
CALORIES: 119KCAL SATURATED FAT: 2g

ALLERGENS:

CONTAINS:



MAY CONTAIN:



Cost per portion
16p

DAIRY FREE WITHOUT THE DOUBLE OR CUSTARD TO SERVE!



ESTD  1989

KERRYMAID



Kerrymaid would like to thank **Jeanette Orrey MBE**,
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