



## *Kerrymaid in Care*

With recipe inspiration, insights and top tips from our chefs to cater for special diets and ensure optimum nutrition in care homes

## Hello from Kerrymaid

More than ever before, catering for the elderly in our communities and care homes is a rich and rewarding privilege. From our earliest memories, food is associated with comfort, happiness and family, but as we age our choices and tastes change.

Care caterers have to bear these changing tastes in mind to make sure residents can not only eat the food, but enjoy it as much as possible. Mealtime is often the highlight of the day, with socialising

and time together a high priority.

Kerrymaid has been inspired by the passion, enthusiasm and commitment of caterers nationwide and created this collection of recipes specifically tailored to the demands of a busy care home kitchen. The recipes deliver both taste and performance so that residents will continue to enjoy mealtimes, whilst family and staff can be reassured that nutrition and hydration are at the very core of every menu. The guide goes beyond

just recipes - there is also simple, straightforward advice on a range of different nutritional requirements from dysphagia to vegetarian diets. We also understand that catering to a budget can often be a challenge - and one size doesn't always fit all - so our recipes include cost per portion and nutritional information to help you out

**Richard Troman,**  
 Kerrymaid Development Chef



**KERRYMAID BUTTERY 2KG**

A multipurpose spread with the great taste of Irish butter

- EASY SPREAD
- GLUTEN FREE
- NO ARTIFICIAL COLOURS OR FLAVOURS
- 75% LESS SATURATED FAT THAN BUTTER
- EASY SPREAD
- NO ARTIFICIAL COLOURS OR FLAVOURS
- 75% LESS SATURATED FAT THAN BUTTER
- EASY SPREAD



**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
- NO ARTIFICIAL COLOURS OR FLAVOURS
- NO HYDROGENATED FATS
- NO ARTIFICIAL COLOURS OR FLAVOURS



**KERRYMAID GRATED 2KG**

Extremely versatile and they help save time in your kitchen with a more even melt than standard cheeses

- GLUTEN FREE
- VEGETARIAN
- EVEN MELT

### 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 AND DINING ROOM WORK FOR YOU AND YOUR RESIDENTS

KEEPING MENUS FRESH AND DINING ROOMS WELCOMING IS KEY TO ENCOURAGING RESIDENTS TO EAT. FOLLOW KERRYMAID'S TOP TIPS ON MAKING YOUR MENU AND DINING ROOM WORK FOR YOU AND YOU YOUR RESIDENTS

#### DON'T OVERFILL RESIDENTS' PLATES

Large portions reduce appetites instantly. Serve smaller portions and offer "seconds", if required.

#### TRY YOUR DISHES

Know the ingredients and flavours, this will help you explain the dishes to residents with poor sight or dementia. Never plate a dish you wouldn't be happy to eat yourself!

#### PURÉE FOOD

Ensure your food is either naturally soft, or purée to ensure residents with Dysphagia are able to enjoy it. Keep the dish elements separate so they can experience the dish to its best effect.

#### TAKE THE TIME

To eat with your residents. This will encourage them to eat and give you the opportunity to get first hand feedback.

#### USE SHOW PLATES

As a prompt for residents with dementia - this will make them feel more confident in their decisions.

#### USE DIFFERENT COLOURED PLATES

To suit different residents needs - use pastel coloured plates or plates with different coloured rims for those living with dementia. - black plates are best for those with poor sight.

#### USE SMOOTHIES

Throughout the day to promote hydration, fortify diets and increase calorie consumption.

#### THE KITCHEN IS NEVER CLOSED

Of course it's not practical to have the kitchen operating 24/7, but before the kitchen closes ensure it is well stocked with sandwiches, soup, biscuits and cakes so residents who didn't want dinner or who are hungry have access to food.

#### GOOD HYDRATION

Is vital for residents, hydration stations are important, but residents may forget to utilise them. Host daily events that encourage hydration as well as socialisation such as:

- COFFEE MORNINGS
- AFTERNOON TEA
- GAMES AND QUIZ EVENTS

#### KEEP FRUIT

With high water content such as grapes, apples and melon readily available to residents to help hydration.

#### USE HOME GROWN PRODUCE

Even if you only have room for a few pots of herbs, it will make your budget go further and encourage residents to get involved and tend to the produce.

#### MAKE MEAL TIMES A FAMILY AFFAIR

Encourage residents to invite friends and family for lunch or dinner this will encourage residents to eat and also reassure loved ones of the quality of the food being served.

#### UTILISE PRODUCE

From local allotments, many owners will happily donate their surplus vegetables, helping you to serve seasonal, fresh produce.

#### OFFER RESIDENTS FLEXIBILITY

In where they choose to eat. The dining room is great for socialising, but some residents might feel more comfortable eating alone or in smaller groups.

#### CREATE AN INFORMATION CARD

For each resident with their allergens, nutritional needs, dietary requirements and food likes and dislikes. A traffic light system can work well to highlight residents at risk of weight loss. Be sure that the catering team and servers have access to this information.

#### TRADITIONAL DESSERT TROLLEYS

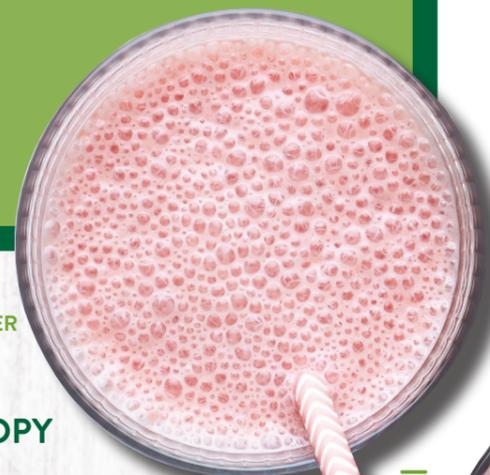
Are a fantastic way for residents to feel in control of their meal options and can also stimulate appetites.

#### ADD A DAILY SPECIAL

If your menu is supplied by head office try adding a daily special to incorporate any dishes requested by residents.

EACH AND EVERY RESIDENT WILL HAVE SPECIFIC DIETARY NEEDS AS WELL AS TASTE PREFERENCES WHICH WILL NEED TO BE CATERED FOR. TO HELP YOU CATER FOR INDIVIDUAL NEEDS DOWNLOAD KERRYMAID'S RESIDENT TASTE PROFILE WHICH CAPTURES LIKES, DISLIKES AND NUTRITIONAL REQUIREMENTS.

**VISIT KERRYMAID.COM TO DOWNLOAD YOUR COPY**



# COCONUT, BANANA AND OAT SUPER SMOOTHIE

This super smoothie offers the perfect start to the day. It gives residents energy and vital nutrients and is also a great way to fortify residents' diets. It is also a popular option for residents who are bed-bound or recovering from surgery.

## METHOD

- 1 Add all of the ingredients, including the milkshake mixture, into a high powered blender and blend for 1 minute or until a smooth liquid is formed
- 2 Serve in a tall glass with a straw if required

## EACH 125g SERVING CONTAINS:

CALORIES: 194KCAL SATURATED FAT: 6g

## ALLERGENS:

CONTAINS:



PREP TIME: 10 MINS

BLENDING TIME: 1-2 MINS

SERVES  
28

## INGREDIENTS

1 banana (peeled)  
5tbsp rolled oats  
4tbsp low fat natural yoghurt  
100ml **Kerrymaid Single**  
500ml **Kerrymaid Angelito Thickshake**  
50ml orange juice  
150g ice cubes  
2tbsp coconut oil  
1tbsp honey

This smoothie is a great breakfast option for residents with a reduced appetite, but can also be served mid-morning or afternoon to help promote weight gain in residents

Cost per portion  
22p

THE SMOOTHIE IS PROTEIN RICH AND BOASTS LAURIC ACID WHICH CAN HELP BOTH LOWER AND BALANCE CHOLESTEROL LEVELS



Cost per portion  
£1

# SMOKED SALMON, SMASHED AVOCADO & POTATO PANCAKES

PREP TIME: 25 MINS

COOKING TIME: 40 MINS

SERVES  
32

## METHOD

- 1 Place the potatoes into a heavy bottomed pan and cover with cold water, sprinkle with salt and bring to the boil and cook until tender. Drain the potatoes and mash
- 2 Sieve the baking powder and plain flour into the cooled mash. Whisk both the **Kerrymaid Single** and eggs together, add to the potato mixture. Beat the mixture until smooth
- 3 Heat a large frying pan over a medium heat and add 20g of **Kerrymaid Premium Baking**. Once melted, add 4 separate tbsp of the potato batter and fry until golden on both sides.
- 4 Place the peeled and stoned avocados in a bowl and squeeze half a lemon on top, as well as the chopped chives. Smash the avocados with a fork until the mixture is combined
- 5 Place two slices of smoked salmon onto a plate with 3 pancakes, and top each pancake with a scoop of the avocado mixture and drizzle with **Kerrymaid Hollandaise** or serve in a small pot on the side

## INGREDIENTS

2 medium King Edward potatoes peeled and diced  
70g plain flour  
1tsp baking powder  
2 medium eggs  
120ml **Kerrymaid Single**  
60g **Kerrymaid Premium Baking**

## FOR TOPPING

8 slices of smoked salmon  
2 avocados  
1 lemon  
½ bunch fresh chives chopped  
Add **Kerrymaid Hollandaise** to serve

## EACH 273g SERVING CONTAINS:

CALORIES: 466KCAL  
SATURATED FAT: 11g

## ALLERGENS:

CONTAINS:



HIGH IN PROTEIN AND RICH IN OMEGA THREE



Richard Troman



# CORNED BEEF HASH

PREP TIME: 20 MINS

COOKING TIME: 45 MINS

SERVES  
30

Residents love this dish as it is served with a little taste of nostalgia. The familiar flavours will also help to encourage those living with dementia to eat more.

## METHOD

- 1 Boil potatoes until soft, drain, and set aside
- 2 Melt the **Kerrymaid Premium Baking** in a heavy bottomed pan over a low heat, add the onions and cook until golden and sticky
- 3 Add the potatoes, black pepper and corned beef, stir through the onions and press into the pan. Turn up the heat and cook until crisp on the bottom.
- 4 Turn the mix over (don't worry if it breaks), add the Worcestershire sauce and cook the other side until crisp
- 5 Serve topped with a poached egg

## INGREDIENTS

2.5kg red potatoes, peeled and diced  
**250g Kerrymaid Premium Baking**  
 5 onions, peeled and sliced  
 1.5kg corned beef, diced  
 150ml Worcestershire sauce  
 2tsp cracked black pepper  
 30 eggs

*The dish can also be created in an oven.  
 Adjust cooking time until the hash is cooked and crisp.*

SWAP THE POTATO FOR SWEET POTATO FOR RESIDENTS WITH A SWEETER PALATE

EACH 219g  
 SERVING CONTAINS:  
 CALORIES: 315KCAL  
 SATURATED FAT: 7.1g

## ALLERGENS:

CONTAINS:



Cost per  
 portion  
 51p



Cost per  
 portion  
 25p

Richard Troman



# FRENCH TOAST

PREP TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES  
48

This is a versatile breakfast option that can satisfy both sweet and savoury palates. Served as a sweet option, the dish promotes weight gain as well as encouraging fruit consumption. Served as a savoury option, it offers both protein and iron, ideal for residents with anaemia.

## METHOD

- 1 Place a heavy bottomed frying pan on a low heat
- 2 Mix the sugar and cinnamon (skip this step for a savoury version)
- 3 Whisk the eggs, milk, salt and cinnamon sugar together and place into a shallow container
- 4 Melt the **Kerrymaid Premium Baking** in the pan. Dip the bread in the egg mix and fry until golden brown on both sides.
- 5 Select toppings such as sliced banana and apple syrup or strawberry compote and serve with whipped **Kerrymaid Double**

## INGREDIENTS

60 slices thick cut bread  
**600g Kerrymaid Premium Baking**  
 30 eggs  
 500ml milk  
 300g sugar  
 2 tbsp ground cinnamon  
 1 tbsp vanilla extract  
 2 tsp salt

OMIT THE SUGAR AND CINNAMON TO SERVE A SAVOURY VERSION. SUGGESTED TOPPINGS INCLUDE:

FRIED/POACHED EGG & MORNAY SAUCE  
 SMOKED SALMON & SPINACH  
 HAM AND MELTED CHEESE

EACH 120g  
 SERVING CONTAINS:

CALORIES: 263KCAL  
 SATURATED FAT: 4.9g

## ALLERGENS:

CONTAINS:





Cost per  
portion  
51p

Richard Troman



## BANANA BREAD

PREP TIME: 15 MINS

COOKING TIME: 1 HOUR

Banana Bread is a firm favourite with many residents. Served with tea or coffee mid morning to encourage hydration among your residents. It is also a wonderfully simple recipe so is perfect for involving the residents in an inclusive baking session.

### METHOD

- 1 Beat all the ingredients together in a large mixer until well combined
- 2 Line a large roasting tray or 5 loaf tins with greaseproof paper and spoon the mix in and level the surface
- 3 Bake for 1 hour at 180°C or until a skewer inserted into the middle comes out clean
- 4 Leave to cool in the tin and slice once cool

SERVE WITH SLICED BANANA  
FOR INCREASED FIBRE INTAKE

### INGREDIENTS

500g **Kerrymaid Buttery**  
875g caster sugar  
10 eggs  
10 ripe bananas  
1125g self raising flour  
35g baking powder  
200ml milk

SERVES  
40

EACH 100g  
SERVING CONTAINS:  
CALORIES: 276KCAL  
SATURATED FAT: 2.3g

### ALLERGENS:

CONTAINS:  
CEREALS  
CONTAINING  
GLUTEN

EGGS

MILK

SOYA

## LUXURIOUS FISHERMAN'S PIE

This recipe is packed full of essential nutrients and provides plenty of protein for residents that may not be so mobile and need help avoiding weight loss and maintaining muscle quality.

SERVES  
33

PREP TIME: 50 MINS

COOKING TIME: 45 MINS

### INGREDIENTS

350g cod fillet skinned  
150g undyed smoked haddock fillet  
200g salmon fillet skinned  
200g frozen king prawns defrosted

### SAUCE

50g **Kerrymaid Premium Baking**  
50g plain flour  
300ml fish stock  
150ml **Kerrymaid Double**  
3tbsp fresh dill chopped  
Seasoning to taste

### TOPPING

2kg sweet potato, peeled and diced  
125ml **Kerrymaid Double**  
50g **Kerrymaid Premium Baking**  
50g **Kerrymaid Grated White**  
chopped dill to garnish

**TIP – ASK YOUR SUPPLIER IF THEY OFFER FROZEN MIXED FISH OR SEAFOOD. IT'S IDEAL FOR A PIE AND CAN BE BRILLIANT VALUE!**

### METHOD

- 1 Preheat oven to 190°C
- 2 To make the sauce, slowly melt the **Kerrymaid Premium Baking** on a medium heat in a heavy bottomed pan
- 3 Mix in the flour to form a roux, keeping the flour and butter mixture moving for 3-4 minutes. Turn the heat down and pour in the fish stock 100ml at a time, mix well after each pour to ensure a silky-smooth consistency
- 4 Return to the heat, add the **Kerrymaid Double** and fresh dill, mixing well until smooth
- 5 Into a casserole dish, dice the cod, salmon and haddock, add the king prawns and fish sauce and cool
- 6 For the topping, boil the sweet potatoes, lower to a simmer and cook for 15-20 mins
- 7 Once tender, drain the sweet potatoes, add the **Kerrymaid Double** and **Kerrymaid Premium Baking** to make the mash
- 8 To assemble, lay or pipe the sweet potato mash onto the chilled fish and sauce mixture, then sprinkle with **Kerrymaid Grated White**
- 9 Bake for 20-25 minutes until golden and crispy on top and bubbling all the way through. Serve, topped with a little chopped dill



Cost per  
portion  
£1.15

ADAPT THIS RECIPE FOR THOSE SUFFERING WITH DYSPHAGIA BY PUREEING THE FISH AND SAUCE MIXTURE. PIPE SWEET POTATO MASH ON TOP, COVER WITH FOIL AND GENTLY HEAT UNTIL PIPING HOT

EACH 300g  
SERVING CONTAINS:  
CALORIES: 415KCAL  
SATURATED FAT: 9.7g

### ALLERGENS:

CONTAINS:  
CELERY

CEREALS  
CONTAINING  
GLUTEN

CRUSTACEANS

FISH

SULPHUR DIOXIDE  
& SULPHATES



Cost per  
portion  
**65p**

## AUBERGINE & CANNELLINI BEAN TAGINE

PREP TIME: 20 MINS

COOKING TIME: 50 MINS

SERVES  
**24**

### INGREDIENTS

2 whole aubergines (cut into thick chunks)  
2 banana shallots diced  
4tbsp **Kerrymaid Premium Baking**  
2tsp smoked paprika  
1tsp cumin  
1tsp fennel seeds  
2tsp tomato puree  
**300ml Chef's Pass chicken stock**  
200g vine tomatoes roughly chopped  
400g tin cannellini beans drained  
3tbsp **Kerrymaid Double**, whipped  
½ lemon juiced  
chopped corriander to garnish

EACH 250g  
SERVING CONTAINS:  
CALORIES: 190KCAL  
SATURATED FAT: 4.4g

ALLERGENS:  
CONTAINS:  
 SULPHUR DIOXIDE  
& SULPHATES

This is a brilliantly flexible lunchtime dish, serve as a main to vegetarian residents or as a side to a meat or fish main course.

### METHOD

- 1 Preheat oven to 180°C. Heat 2 tbsp of **Kerrymaid Premium Baking** and brown all sides of the aubergine chunks in batches being careful not to fully cook them
- 2 Heat the remaining **Kerrymaid Premium Baking** in a medium sized casserole dish, sweat off the shallots with the paprika, cumin and fennel seeds until soft and golden. Add the cannellini beans and aubergine, mix well and add the remaining ingredients
- 3 Fold the lemon juice through whipped **Kerrymaid Double** and season with salt and pepper
- 4 Place the casserole dish into the oven for 35 mins. Remove, and top the stew with the **Kerrymaid Double** and lemon mixture and sprinkle with the coriander

CANNELLINI BEANS ARE HIGH IN PROTEIN SO ARE A GREAT OPTION FOR VEGETARIAN RESIDENTS WHO OFTEN NEED EXTRA PROTEIN



## SLOW BRAISED BEEF STROGANOFF PIE

PREP TIME: 20 MINS

COOKING TIME: 3 ¼ HOURS

This is a great lunch-time option. It's filling and can be served with plenty of iron rich vegetables! The dish can also be served in a large dish in the centre of the table to promote independence and encourage socialisation during meal times. For in-room dining or for better portion control simply serve in individual ramekins or smaller dishes.

### METHOD

- 1 Make the pastry and leave to rest in the fridge
- 2 For the stroganoff, heat a large heavy bottomed casserole pan with 20g **Kerrymaid Premium Baking**. Add the diced chuck steak and fry until golden, add the shallots, garlic, gherkins and mushrooms and braise until soft. Add the smoked paprika and cook for 5 minutes
- 3 Deglaze the pan with the beef stock and braise on a low heat for 3 hours or until the beef is tender. Add the **Kerrymaid Double** and spoon the mixture into a heavy bottomed pie dish
- 4 Roll the puff pastry out to the size of your pie dish. Bake in a pre-heated oven at 190°C until the pastry has puffed up and turned a dark golden brown colour

### INGREDIENTS

500g diced chuck steak  
1 banana shallot, diced  
2 garlic cloves, minced  
150g chestnut mushrooms, finely sliced  
3 large gherkins, diced  
1tbsp smoked paprika  
**250ml Chef's Pass Beef Stock**  
**100ml Kerrymaid Double**  
**20g Kerrymaid Premium Baking**

### PASTRY

250g strong plain flour  
1tsp sea salt  
**250g Kerrymaid Buttery**  
150ml cold water

SERVES  
**22**

EACH 165g  
SERVING CONTAINS:  
CALORIES: 350KCAL  
SATURATED FAT: 7.7g

### ALLERGENS:

CONTAINS:  
 CEREALS  
CONTAINING  
GLUTEN  MILK

Cost per  
portion  
**51p**





Richard Troman



## WELSH RAREBIT TOPPED COD FILLET WITH BRAISED LEEKS

SERVES  
30

PREP TIME: 20 MINS

COOKING TIME: 20 MINS

This is a great lunch time dish for residents with smaller appetites whilst still providing vital nutrients including Omega 3 and iron.

### METHOD

- Place the **Kerrymaid Grated Red**, **Kerrymaid Buttery**, Worcestershire sauce, mustard powder, plain flour and black pepper in a heavy bottomed pan
- Stir well and add the Guinness (just enough to moisten, you may not need the whole quantity)
- Stir over a gentle heat until it is all melted and is a thick paste. Keep cooking until the mix comes easily away from the side of the pan
- If it's too loose, you can add a little more cheese. If it's too thick, add a small amount of Guinness
- Cook the leeks in the water and Chefs Pass Vegetable stock until soft, and then remove from the stock
- Add the lentils to the pan you cooked the leeks in and simmer until cooked through
- Butter a tray and place the cod fillets on the tray, season the tops and place a small knob of **Kerrymaid Buttery** on top
- Grill or oven bake the cod until cooked through
- Divide the rarebit mix evenly between the pieces of cod and brown under the grill
- Serve on a bed of leeks and puy lentils

### INGREDIENTS

1.25kg **Kerrymaid Grated Red**  
150g **Kerrymaid Buttery** (& extra for cooking the Cod)  
80ml Worcestershire sauce  
40g English mustard powder  
125g plain flour  
2tsp cracked black pepper  
½ can Guinness  
30 8oz cod fillets  
2kg leeks, washed and sliced  
1.5kg puy lentils  
2ltrs of water  
80g **Chefs Pass Vegetable Bouillon Powder**

Cost per  
portion  
**£2.33**

EACH 396g  
SERVING CONTAINS:  
CALORIES: 414KCAL  
SATURATED FAT: 11g

### ALLERGENS:

CONTAINS:



GREAT SOURCE OF PROTEIN  
AND OMEGA THREE



Richard Troman



## SOFT POLENTA & ROASTED ROOT VEGETABLES

PREP TIME: 20 MINS

COOKING TIME: 40 MINS

### METHOD

- Place the milk, bay leaves, garlic cloves and nutmeg into a heavy bottomed pan and slowly bring to a simmer
- Remove the bay leaves and garlic from the milk, slowly pour in the polenta, whisking all the time
- Cook the polenta on a low heat, constantly stirring, for 10 minutes
- Add the cheese and **Kerrymaid Double** and cook for a further five minutes, stirring constantly
- Separately boil the carrots, swede and parsnips until soft (cook separately as they take different times to soften)
- Place the root veg in a roasting tray with the **Kerrymaid Buttery** and the honey and mix so the vegetables are covered
- Sprinkle over the salt and roast in the oven at 180°C until sticky and golden, stir half way through cooking
- Place the soft polenta into a bowl and top with the root veg

### INGREDIENTS

6ltrs of full fat milk  
3 cloves of garlic, crushed  
6 bay leaves  
2tsp grated nutmeg  
750g quick cook polenta  
2.5ltrs **Kerrymaid Double**  
600g grated parmesan  
1.5kg carrots, peeled and chopped  
1.5kg swede, peeled and chopped  
1.5kg parsnips, peeled and chopped  
250g **Kerrymaid Buttery**  
250g honey  
2tbsp salt

A fantastically versatile dish which allows you to use a variety of seasonal and local veg - for a different flavour every time! The vegetables can be puréed served piped with the soft polenta for residents with less severe dysphagia concerns.

SERVES  
42

EACH 350g  
SERVING CONTAINS:  
CALORIES: 476KCAL  
SATURATED FAT: 21g

### ALLERGENS:

CONTAINS:



Cost per  
portion  
**47p**





## PISTACHIO & LIME SHORTBREAD

These biscuits smell amazing while cooking, especially with the addition of the lime zest. These are simple to make so they're a great recipe to use for baking activities with the residents and then to serve as part of an afternoon tea to encourage hydration.

PREP TIME: 40 MINS

COOKING TIME: 15 MINS

SERVES  
30

### METHOD

- 1 Preheat your oven to 180°C
- 2 Beat the **Kerrymaid Premium Baking** and golden caster until completely smooth
- 3 Sift the plain flour and add to the **Kerrymaid Premium Baking** mixture along with the lime zest and pistachios and stir to get a smooth paste
- 4 Turn the shortbread mixture onto a clean surface and roll out until the pastry is 1.5cm thick, cut into fingers or you can use a round cutter for a more professional finish
- 5 Place onto a greaseproof lined baking tray and sprinkle with golden caster sugar and chill for 30 minutes. Bake for 15 minutes or until lightly golden and cool on a wire rack

### INGREDIENTS

100g chopped & roasted pistachios  
2 whole lime zest  
260g **Kerrymaid Premium Baking**  
130g golden caster sugar  
380g plain flour

Cost per  
portion  
59p

### EACH 14g BISCUIT CONTAINS:

CALORIES: 69KCAL  
SATURATED FAT: 1.4g

### ALLERGENS:

CONTAINS:  
CEREALS  
CONTAINING  
GLUTEN



Richard Troman



## SMOKED SALMON & SUGAR SNAP PEA TART

PREP TIME: 20 MINS

COOKING TIME: 1 HOUR

SERVES  
24

This tasty dish can be served hot or cold, so it's a great option for residents who may get peckish outside mealtimes. The tart can also be changed seasonally to incorporate in season or locally sourced veg.

### METHOD

- 1 Make the pastry (reserving some of the egg for later)
- 2 Grease three 9" tart cases and dust lightly with flour
- 3 Cut the pastry into three equal pieces and roll each out until 1-2mm thick and line each case. Trim excess pastry from the edges and use them to patch any holes in the case.
- 4 Blind bake the pastry cases 180°C for 15-20 minutes
- 5 Remove from the oven, remove the greaseproof paper and baking beans and brush the pastry with egg and return to the oven for 2-3 minutes
- 6 Whisk the eggs and **Kerrymaid Double** together with the salt
- 7 Distribute the hot smoked salmon and sugar snap peas between the three cases
- 8 Pour over the egg and Kerrymaid mix over the salmon and peas, place the cases in the oven at 180°C for 30-40 minutes, or until set and golden
- 9 Serve with a small side salad

### INGREDIENTS

675g plain flour  
330g **Kerrymaid Premium Baking**  
3 eggs  
2tsp salt  
650g flaked hot smoked salmon  
12 eggs  
1ltr **Kerrymaid Double**  
400g sugar snap peas,  
blanched and chopped

### EACH 165g SERVING CONTAINS:

CALORIES: 413KCAL  
SATURATED FAT: 15g

### ALLERGENS:

CONTAINS:



Cost per  
portion  
55p





Cost per  
portion  
**37p**

## CREAM OF ROASTED CELERIAC & FENNEL SOUP

PREP TIME: 20 MINS

COOKING TIME: 20 MINS

*This soup an ideal supper option. It is full of Vitamin K - which some studies have shown can help limit the neuronal damage in the brain for those living with Alzheimers. The soup can also be conveniently portioned and re-heated for residents who may not have wanted to eat at mealtime.*

### METHOD

- 1 Melt 50g of **Kerrymaid Premium Baking** in a medium sized saucepan, then add the diced celeriac and caramelize until golden
- 2 Add the diced shallots, garlic and fennel seeds to the caramelised celeriac and cook for 5 minutes
- 3 Deglaze the pan with the chicken stock and simmer until the celeriac is soft, then add the **Kerrymaid Double** and blend until smooth and silky

### INGREDIENTS

1 whole celeriac peeled and diced  
2 whole shallots diced finely  
1 garlic clove crushed  
**200ml Chef's Pass Vegetable stock**  
50g **Kerrymaid Premium Baking**  
1tsp fennel seeds  
50ml **Kerrymaid Double**

SERVES  
**32**

EACH 200g  
SERVING CONTAINS:  
CALORIES: 99KCAL  
SATURATED FAT: 3.2g

### ALLERGENS:

CONTAINS:  
 CELERY



## PEARL BARLEY, GREEN PEA AND LEEK RISOTTO

PREP TIME: 15 MINS

COOKING TIME: 35 MINS

### METHOD

- 1 Cook the pearl barley in boiling water for around 30 minutes, or until tender. Drain and leave to cool
- 2 Melt the **Kerrymaid Buttery** in a saucepan and add the diced leeks, peas and sauté for 2 minutes before adding the pearl barley, vegetable stock and **Kerrymaid Double**. Mix until it's all fully incorporated and the pearl barley is soft.
- 3 Once the risotto is hot, place into bowls and finish with shaved parmesan to serve

### INGREDIENTS

200g pearl barley  
200ml vegetable stock  
50ml **Kerrymaid Double**  
25g **Kerrymaid Buttery**  
50g garden peas  
2 leeks, finely diced  
50g shaved parmesan or hard cheese

SERVES  
**32**

EACH 185g  
SERVING CONTAINS:  
CALORIES: 329KCAL  
SATURATED FAT: 6.2g

### ALLERGENS:

CONTAINS:  
 CEREALS  
CONTAINING  
GLUTEN  
 MILK

*Perfect as a light lunch or evening meal. Healthier than risotto made with rice, this dish is filling, a great source of fibre and encourages healthy digestion.*



Cost per  
portion  
**28p**



Richard Troman



# BUBBLE & SQUEAK CAKES WITH PEPPERCORN SAUCE

An easily adaptable dish that can be served at breakfast without the sauce, in slices as a main meal accompaniment or as a meal in itself served with roasted veg. Increase calorie content by adding cheese or increasing the amount of bacon used.

## METHOD

- 1 Melt the **Kerrymaid Premium Baking** in a heavy bottomed pan, add the bacon lardons. Cook until it begins to colour, then add the onion and garlic and cook until soft
- 2 Add the sliced sprouts/cabbage and stir through, cooking until they start to colour
- 3 Place the mash, eggs and wholegrain mustard into a large mixing bowl, add the cooked bacon mix and stir well
- 4 Shape the mix into 60 individual cakes and set aside
- 5 Heat a little **Kerrymaid Premium Baking** in a heavy bottomed frying pan and cook the cakes on each side until crispy and golden
- 6 To make the sauce, place the green peppercorns in a pan with the brandy and heat until reduced by half
- 7 Add the water and **Chefs Pass Bouillon** and bring to a simmer
- 8 Add the **Kerrymaid Double** and bring back to a simmer
- 9 Check the seasoning and serve over the hot Bubble and Squeak cakes

OMIT THE BACON  
FOR A VEGETARIAN  
FRIENDLY VERSION

## INGREDIENTS

250g **Kerrymaid Premium Baking**  
(plus extra for frying the cakes)

800g bacon lardons

5 onions, sliced

3 cloves of garlic, chopped

2kg cooked brussels sprouts  
or cabbage, sliced

4kg cooked mashed potato, cold

80g wholegrain mustard

8 eggs

200g green peppercorns  
(drained from the brine)

300ml brandy

700ml water

45g **Chefs Pass Beef  
Bouillon Paste**

1.2ltrs **Kerrymaid Double**

SERVES  
60

PREP TIME: 20 MINS

COOKING TIME: 20 MINS

EACH 175g

SERVING CONTAINS:

CALORIES: 214KCAL

SATURATED FAT: 7.4g

ALLERGENS:

CONTAINS:



Cost per  
portion  
72p



Cost per  
portion  
41p

# PEACH & TRADITIONAL ENGLISH SCONE COBBLER

Great as an evening or lunch time dessert. The peaches in this recipe are jam packed with vitamin C and potassium, which is great to help maintain a healthy immune system for every resident.

SERVES  
33

PREP TIME: 15 MINS

COOKING TIME: 35 MINS

## METHOD

- 1 Preheat oven to 190°C and set aside a large ovenproof dish
- 2 For the scone topping, put the flour and salt in a large bowl and mix
- 3 Add the **Kerrymaid Premium Baking** and rub in until the mixture looks like fine crumbs. Stir in the sugar
- 4 Put the **Kerrymaid Single** in a jug and heat in the microwave for about 30 seconds until warm, but not hot
- 5 Add the vanilla, then set aside for a moment
- 6 Make a well in the dry mix, and add the liquid. Combine it quickly with a cutlery knife. Once fully mixed and incorporated, set aside to rest
- 7 For the filling, heat a large heavy bottomed frying pan. Add the peaches, muscovado sugar, vanilla and ginger and cook on a medium heat until the peaches start to soften - this should take around 10 minutes
- 8 Now add the orange juice with zest and cook for a further 2 minutes
- 9 To assemble, spoon the filling into the ovenproof dish and place big pieces of the scone mixture on top of the filling, making sure the peach juices can bubble in and around the scones
- 10 Place in the oven and bake for 20 minutes or until golden and bubbling
- 11 Serve with warm **Kerrymaid Custard**

## INGREDIENTS

10 peaches, halved  
and cut into quarters

1 vanilla pod, seeds  
scrapped out

55g muscovado sugar

1 orange zest and juice

2 pieces of stem  
ginger, finely grated

**Kerrymaid Custard**  
to serve

## SCONES

225g self-raising flour

Pinch of salt

60g **Kerrymaid  
Premium Baking**

30g golden caster sugar

140ml **Kerrymaid Single**

1tsp vanilla essence

EACH 139g

SERVING CONTAINS:

CALORIES: 171KCAL

SATURATED FAT: 1.9g

ALLERGENS:

CONTAINS:



THIS DISH SMELLS AMAZING WHILST BAKING SO WHY NOT BAKE THIS WITH RESIDENTS TO REALLY GET THEIR APPETITES GOING. THEY WILL LOVE TO HELP MIX THE SCONES AS IT GIVES THEM A SENSE OF PURPOSE AND PRIDE IN THE END RESULTS





Cost per  
portion  
**36p**

## GOOEY DARK CHOCOLATE TART

This recipe is designed specifically with fortification in mind. Dark chocolate has a lot of nutritional value as it contains increased levels of antioxidants with a high level of cocoa flavanols that help improve and lower blood pressure levels.

### METHOD

- 1 Make the pastry
- 2 Preheat the oven to 190°C and set aside a medium sized flan tin. Roll out the pastry on a floured work surface as thinly as possible to a circle of around 6cm larger than your flan tin. Line the tin with the pastry and chill in the fridge for around 15-20 minutes
- 3 Bake the pastry blind for 10 minutes, then remove the beans and grease proof paper and further bake for 5 minutes
- 4 To make the filling, melt the **Kerrymaid Premium Baking** in a medium pan over a low heat, then add the dark chocolate and stir until melted and silky smooth. Remove from the heat, stir in the sugar and flour, and beat in the eggs one at a time
- 5 Move the pastry case onto a baking tray; pour the mixture into the pastry case, filling it right to the brim and place in the preheated oven
- 6 Bake for 9-11 minutes, or until just set around the outside but wobbly in the middle
- 7 Set aside to cool down and serve warm with whipped **Kerrymaid Double**

SERVE AS DESSERT OR AS PART OF AN AFTERNOON TEA EVENT

PREP TIME: 20 MINS

COOKING TIME: 40 MINS

SERVES  
**28**

### INGREDIENTS

150g plain flour  
75g icing sugar  
60g **Kerrymaid Premium Baking**, diced  
1 large egg yolk  
1.5 tbsp cold water

### FILLING

100g **Kerrymaid Premium Baking**  
150g dark chocolate drops or roughly chopped  
125g golden caster sugar  
75g plain flour  
6 medium eggs

EACH 163g SERVING CONTAINS:  
CALORIES: 245KCAL SATURATED FAT: 14g

ALLERGENS:  
CONTAINS:



Cost per  
portion  
**25p**

## NO-CHURN ETON MESS RIPPLE ICE CREAM

This great tasting, but simple recipe can be replicated with any flavours to fit most residents' tastes. Being a no-churn ice cream, the recipe is achievable no matter what type of kitchen you have to work with.

### METHOD

- 1 Prepare and bake the meringue
- 2 For the ice cream, whisk the 5 egg whites in a large bowl until stiff peaks are formed, then slowly whisk in the caster sugar until stiff and glossy. In a separate bowl, whisk the **Kerrymaid Double** until soft peaks are formed, then fold the **Kerrymaid Double** and remaining 5 yolks into the whisked egg whites, then place into a plastic container
- 3 For the strawberry coulis, place all the ingredients into a food processor and blend until smooth. Ripple half the strawberry coulis through the ice cream with a spoon and crush half the meringue and sprinkle through the ice cream. Place in a freezer to set for at least 3 hours.
- 4 To serve, sprinkle with the leftover meringue and a drizzle of strawberry coulis

PREP TIME: 15 MINS + 3 HOURS  
TO FREEZE THE ICE CREAM

COOKING TIME: 40 MINS

SERVES  
**32**

### INGREDIENTS

**Meringue**  
2 egg whites  
Small pinch of salt  
110g caster sugar  
**Ice cream**  
5 eggs, separated  
125g caster sugar  
325ml **Kerrymaid Double**  
**Strawberry coulis**  
150g fresh strawberries, hulls removed and cut in half  
80g icing sugar  
½ lemon, squeezed

EACH 142g  
SERVING CONTAINS:  
CALORIES: 340KCAL  
SATURATED FAT: 10g

### ALLERGENS:

CONTAINS:



# APPLE & CUSTARD TART

Cost per portion  
42p

PREP TIME: 20 MINS +  
5 HOURS TO SET JELLIES  
COOKING TIME: 10 MINS

SERVES  
33

This dessert is a modern twist on a classic flavour combination. Once this dessert is set you can cut it into small slices and serve with a jug of cold Kerrymaid Double.

## METHOD

- For the base, mix the shortbread biscuits with the melted **Kerrymaid Premium Baking** and press into the bottom of a lined spring-loaded cake tin and place in the fridge to firm up
- For the custard layer, bring the **Kerrymaid Double**, whole milk and sugar to a simmer. Pour 1tbsp of the simmering liquid into the custard powder and mix until smooth, then add this back into the cream, milk and sugar mixture and whisk hard to make sure there are no lumps. Soak the 2 gelatine leaves in cold water until bloomed, then add to the custard and mix and set aside to cool down
- Pour the slightly cooled custard on top of the biscuit base and place in the fridge for at least 3 hours or until firmly set
- For the jelly layer, simply bring the pressed apple juice to a simmer and add 4 bloomed gelatine leaves to the mixture and whisk until fully incorporated
- Pour the jelly on top of the custard layer and put back in the fridge until set firm, this should take around 1-2 hours

## INGREDIENTS

### SHORTBREAD BISCUIT BASE

500g crushed shortbread biscuits  
100g **Kerrymaid Premium Baking** (melted)

### SET CUSTARD

200ml **Kerrymaid Double**  
200ml whole milk  
4tbsp custard powder  
100g caster sugar  
2 leaves bronze gelatine

### APPLE JUICE

500ml fresh pressed apple juice  
4 leaves bronze gelatine

EACH 150g  
SERVING CONTAINS:  
CALORIES: 478KCAL  
SATURATED FAT: 16g

## ALLERGENS:

CONTAINS:  
CEREALS  
CONTAINING  
GLUTEN



REMOVE THE BISCUIT BASE, SET BOTH THE CUSTARD AND JELLY LAYER INTO CLEAR INDIVIDUAL GLASSES FOR THOSE WHO HAVE DYSPHAGIA OR OTHER SWALLOWING ISSUES



Richard Troman



# BAKED RICE PUDDING

PREP TIME: 10 MINS

COOKING TIME: 2 HOURS

SERVES  
44

Topped with fruit compotes, honey or maple syrup this makes a delicious dessert option which appeals to residents' sweeter palates, and which can be served hot or cold

## METHOD

- Pour the milk and **Kerrymaid Single** into a pan with the Cardamom pods and bring to a gentle simmer
- Stir in the rice and sugar, and pour into a large ovenproof dish that has been buttered
- Top with knobs of **Kerrymaid Buttery**, cover with a greased sheet of baking paper and bake at 140°C for 1½ to 2 hours, stirring halfway through cooking

## INGREDIENTS

5ltrs semi skimmed milk  
4ltrs **Kerrymaid Single**  
1kg pudding rice  
750g caster sugar  
250g **Kerrymaid Buttery**  
10 cardamom pods

## EACH 250g SERVING CONTAINS:

CALORIES: 312KCAL  
SATURATED FAT: 12g

## ALLERGENS:

CONTAINS:



MILK

Cost per portion  
32p



ESTD 1989

# KERRYMAID

We'd like to say a massive thank you to our contributors **Richard Troman** and **Matt Dodge** for their invaluable insight, brilliant recipes and helping us to create the Kerrymaid in Care collection



FOR CHANNEL INSIGHT AND INSPIRED RECIPES VISIT:  
[WWW.KERRYMAID.COM](http://WWW.KERRYMAID.COM)

  @KerrymaidDairy

BROUGHT TO YOU BY

**KERRY**

Foodservice