

Seasonal suggestions

In the run-up to Christmas, one of the most profitable seasons of the year, there are plenty of awareness campaigns to bring in more customers. During the whole of November, there's World Vegan Month while British Sausage Week (also in November) is an opportunity to serve sausages in different ways from stews to bangers and mash; and National Eating Week at the end of the month will be encouraging consumers to dine out. Boost business in January, traditionally a quiet month, with Farmhouse Breakfast Week and Burns' Night before February arrives with the ever-popular National Chip Week and Valentine's Day – one of the busiest days in the hospitality calendar

What's on?

NOVEMBER

	World Vegan Month (www.vegansociety.com)
1	World Vegan Day
5	Bonfire Night
5-11	British Sausage Week (www.lovepork.co.uk , www.porkforcaterers.com and www.porkforbutchers.bpex.org.uk)
11	Remembrance Sunday
15	Islamic New Year
19-25	National Eating out Week (www.nationaleatingoutweek.com)
24	American Thanksgiving
30	St Andrew's Day

DECEMBER

24	Christmas Eve
25	Christmas Day
26	Boxing Day
31	New Year's Eve

JANUARY

1	New Year's Day
20-26	Farmhouse Breakfast Week – organised by Home Grown Cereals Authority (www.shakeupyourwakeup.com)
25	Burns' Night

FEBRUARY

3	National Carrot Day (www.punchbowl.com/holidays/national-carrot-cake-day)
3	British Yorkshire Pudding Day (www.yorkshire-pudding-day.halinaking.co.uk)
3-9	National Bramley Apple Week (www.bramleyapples.co.uk)
10	Chinese New Year – Year of the Snake
13	Shrove Tuesday
14	Valentine's Day
18-24	National Chip Week (www.lovechips.co.uk)

Image courtesy of Delice de France

Butchery at its best



Roast meats come in to their own during autumn and winter as the natural switch from fresh summer dishes to warm and hearty meals comes in to play.

Although some prime cuts of beef and lamb can be expensive at this time of year, there are a range of alternative cuts that will enable chefs to satisfy customers while keeping margins down. For advice and a wide range of tasty recipes, visit www.eblexfoodservice.co.uk

If you want to keep your initial outlay as low as possible, then opt for pork as it offers a better price per kg than other red meats. *EC* asked Tony Goodger, BPEX foodservice trade manager*, which cuts he would recommend.

"Pork collar, belly and shoulder joints can be served as part of the carvery option, while menu additions such as Roast Belly Pork, Mustard Mash, Braised Red Cabbage and Bramley Apple Sauce are ideal, making use of the abundance of fruits and vegetables and enabling diners to eat in harmony with the seasons," suggests Tony.



Alternative cuts

In light of rising food costs, chefs who explore alternative cuts and products stand to benefit from the added profit potential they can deliver. Offal is a great example and one that is growing in prominence in the foodservice sector. Liver, kidneys and chitterlings, as well as pig's trotters and cheeks are gaining in popularity as not only chefs but also diners become more adventurous.

"Pig cheeks are an ideal starter portion, though they can be slow braised and served with root vegetables and creamy mash for a rich and comforting main course," advises Tony. "Another winter-time favourite is faggots made using pig's offal and minced pork, while trotters – that generate a great amount of meat – make for an interesting and tasty dish that allows for healthy profit margins."

Casseroles using cuts that benefit from long, slow cooking – such as daubes, shank and knuckle – also come into their own over the autumn and winter months.



Planning for Christmas

With Christmas not far away, menu preparations should already be well underway. The festive season offers all hospitality establishments the perfect opportunity to make a good and lasting impression on their customers, who will be looking for something special. As with anything, when sourcing your meat, ensure you go for quality and consider any waste that could be generated as this will impact your bottom line.

Tony suggests sourcing traditional whole hams and premium roasting joints. "A roasting joint such as a loin of pork is a must for the Christmas menu," he urges. "Serve with crackling and cranberry sauce as an alternative to apple sauce alongside thin chipolatas wrapped in lightly smoked streaky bacon.

"Gammon joints when cooked whole also provide exceptional value. To add extra value, think about introducing different glazes and sauces."

Any leftovers from these roasting joints can be used elsewhere on menus. Sliced leftover pork loin can be served cold with salads or celeriac remoulade. To create a hot dish, gently warm a thick slice of the pork loin in a shallow frying pan with a spoonful of cranberry or apple sauce and top with crumbled stilton. Glaze under the grill and serve with seasonal root vegetables.

** BPEX represents pig levy payers in England and works to improve the competitiveness and efficiency of the English pig industry. BPEX is a sector division of the Agriculture and Horticulture Development Board. The Red Tractor Pork logo, which is found increasingly on assured pork, indicates the quality of the pork, that it has been produced to high animal welfare standards, is traceable back to Red Tractor farms and independently inspected at every stage of production.*

See page 19 for turkey tips and recipes



Fresh Fish

Thanks to Seafish, the UK authority on seafood, for these seasonal recommendations www.seafish.org



Gurnard

This firm-textured, tasty white fish is often overlooked for higher profile species such as haddock and cod, but offers a delicious flavour. There are three varieties that are commonly available in the UK: red, yellow/tub and grey gurnard. While they vary in colour, they are very similar in shape and taste with red being the smallest variety and tub the largest.

Found in UK and Mediterranean waters and ranging in size from 350g to 2.5kg, gurnard has recently enjoyed a surge in popularity as more chefs are developing recipes that bring out the best of this species.

Commonly used for stocks, soups and bouillabaisse, gurnard is rated highly among chefs for its versatility and depth of flavour. Although it is bony, gurnard is worth a try as a substitute in traditional white fish dishes in place of cod and haddock, as it boasts a firm texture that lends itself to a range of cooking styles. The flavour of this fish is strong enough not to be overpowered by Thai and Indian cuisines and lends itself to pan-frying or grilling.

Pan-roast Gurnard with Fennel, Clams, Garlic & Pernod

Recipe courtesy of Malcolm John, proprietor of Fish & Grill, Croydon; Brasserie Vacherin, Surrey; Le Cassoulet, Croydon; and Fish and Grill, Putney
www.chefmalcolmjohn.co.uk

INGREDIENTS

1 gurnard	50ml Pernod
One bulb of fennel	2 shallots
200g clams	Salt and pepper to season
2 cloves garlic	

METHOD

1. Clean, gut and scale the gurnard and set aside.
2. Run the clams under cold water for ten minutes to remove any sand, drain and set aside for later.
3. Season the gurnard and heat a pan with a little olive oil.
4. Pop the fish into the hot pan, cook for about 6 minutes each side, depending on size. Slice the fennel and sprinkle over the fish.
5. When the fish is almost cooked add the clams, chopped garlic, chopped shallots, Pernod and drizzle of olive oil.
6. When the clams have popped open the fish is ready. Serve with simple boiled potatoes and crunchy bread.



Langoustine

Langoustine, or at least their tails, are best known to most of us as scampi, which most would agree are a delicious meal when served with chips and peas! They are also known in the market as Nephrops, Norway lobster or Dublin Bay prawn. The UK accounts for about half of the total of world landings for langoustine, with large fishing grounds located in the northern North Sea, the Scottish west coast and off the Northern Irish coastline.

This superb species, which grow up to 250g, are actually a closer relation to lobster than to prawn, despite the fact that they closely resemble king prawn in their overall appearance. They are great roasted in the oven and served whole with lemon and mayonnaise or split in half, coated in butter and herbs and grilled.

This tasty shellfish is best served simply, and the tail meat has a beautifully sweet, tender taste and texture, similar to prawn.

Dover Sole

Dover sole is a well-established favourite in the UK and has been a regular feature on restaurant menus for decades. It is an important species in the north east Atlantic, with main fisheries also in the North Sea, English Channel, Bristol Channel, Irish Sea and northern Bay of Biscay.

Termed by some as the 'King of the Soles', this superb fish has inspired many classic dishes such as Poached Sole Bonne Femme, Sole Véronique and Sole à la Meunière. With dark brown skin and a longer, narrower shaped body than other flatfish, Dover sole has a crisp, white flesh, firm to touch, with an almost sweet taste. They range in size from 340g to 1.3kg. As it's often too firm to cook immediately after being caught, it is usually best after one or two days when the texture and flavour is enhanced.

Fish of 400-450g are perfect for serving whole a la meunière – skinned both sides, dusted in seasoned flour and pan-fried.

A 68g fish will provide two portion-size fillets.

Small Dover sole are sometimes known as tongues (up to 280g) and slips (280-340g).



Squid

Squid is a member of the cephalopod family, which are technically molluscs, but both in appearance and cooking method they are completely different. Cleaning and preparing cephalopods can be time consuming and is a very messy process, so you may want your supplier to do it for you.

Alternatively your supplier will be able to advise if you want to do it yourself.

Squid is the best loved of the cephalopods. It has a firm texture, and a strong flavour. Also known as calamari, squid range in size from 100g to 1kg. Once cleaned and prepared, the body (or tube) lends itself to stuffing, steaming or baking. Small, whole squid can be grilled, pan-fried or griddled and large squid can be opened out flat, scored and cut into pieces with the tentacles for stir-frying.

Squid ink is widely used in making pasta and risotto, and gives it a rich black colour and a delicious fishy taste. The ink freezes well, and can even be sold separately, so you don't need to buy squid to obtain it. One consistently popular dish is calamari rings, deep fried in a light batter, which is delicious served with a refreshing aioli.



Fruit and veg in season

Even the chefs who are the most committed to sourcing locally and seasonally have to admit defeat when it comes to items such as citrus fruit and nuts. Chris Jones, fresh foods senior negotiator at Bestway comments: "In an ideal world all our fresh produce would come from this country, however consumers now expect to eat salads and fresh fruit throughout the year so our shelves reflect this with, for example, salad items from Spain and clementines from South America."

November

- Cauliflower
- Carrot
- Parsnip
- Cooking onion
- Baking Potato
- Pumpkin
- Toffee Apple
- Candy Apple
- Cox Apple
- Full supply of salad (Spanish): tomato, cucumber, iceberg lettuce, pepper



December

- Parsnip
- Swede
- Leek
- Brussels sprout
- Apple
- Navel orange
- Clementine
- Monkey nut
- Ravier date
- Full supply of salad (Spanish): tomato, cucumber, iceberg lettuce, pepper



January

- Brussels sprout
- Carrot
- Onion
- Parsnip
- Apple
- Clementine
- Navel orange
- Monkey Nut
- Ravier Date
- Full supply of salad (Spanish): tomato, cucumber, iceberg lettuce, pepper



Sausage week



5-11 November 2012

This year's Sausage Week – which is fronted by Al Murray's 'The Pub Landlord' – reflects the patriotism of 2012 and asks the nation to 'Stand Up for British Bangers'. With sausages accounting for 1 in 5 (21.2%) of all red meat servings in the out-of-home market and over 470 British varieties available, the Week offers caterers a well-publicised opportunity to benefit from the popular British banger.

Use the FREE point of sale material to highlight British Sausage Week and themed events, including balloons, stickers and posters. Recipe ideas and imagery are also available from BPEX via www.porkforcaterers.bpex.org.uk and www.lovepork.co.uk



In the year ending to March 2012, there were over 537million servings of sausages out of home (an increase of 5%)

- Pubs account for 15% of all sausage servings
- Providing information on the meat content of sausages is more likely to make customers choose them
- Mashed potato and gravy are the favourite accompaniments to sausages
- Diners are happy to pay the same price for sausages as they do for chicken, pasta and vegetarian options
- Free range, outdoor reared and organic sausages can command higher menu prices
- Traditional regional sausages can add interest to menus.





15 – 21 October

To mark this year's National Baking Week – and to celebrate a year when Britain has been in the global headlines with the Jubilee in June, Olympics in July and Paralympics in September – a map of the UK made entirely of cake will be created and housed at Westfield Stratford City shopping centre.

Myf Ryan, general marketing manager, Westfield UK said: "This partnership with National Baking Week presents an exciting opportunity for shoppers and retailers at Westfield Stratford City. Baking has become a national pastime and we are delighted to host this bastion of Britishness at the centre. There is no better location to host the Nation's Cake than at Stratford, which hosted the 'greatest show on earth' earlier in the year."

This year the campaign will be supporting Great Ormond Street Hospital Charity by encouraging people to raise money for the charity through a range of activities.

For information on how you can get involved, recipe ideas and competitions, visit www.nationalbakingweek.co.uk



These polka dot cupcake cases, which come in 25 different colours, are just one of the hundreds of items to be found at the inspirational www.squires-shop.com

Visit the website for a whole host of gadgets, recipe books, decorating tools, top tips and so much more. The baker's dream one-stop site.



Since acquiring a licence to sell a range of Creative Baking ingredients under the McDougalls brand into Foodservice and Wholesale accounts in January 2012, Orchard Valley Foods has been developing its range. New to the inclusions and decorations selection is McDougalls Fudge Cubes, in a 1kg tub, which can be used in cookies, muffins, chilled and frozen desserts, ice creams and much more besides. Coating buttons in Yoghurt, Dark Chocolate, Milk Chocolate and White Chocolate varieties are also part of the new product development.

For further information visit www.orchard-valley.co.uk



Baker wins platinum

Italian Stefano Nicolai first came to London as an investment banker. Having retrained as a baker back in his native Rome, Stefano returned to London and today is the proud owner of award-winning sandwich bar Spianata&Co, employing 40 people and with six shops in and around the City of London.

Stefano's exquisite Roman Spianata bread is prepared from scratch every morning, using all the basic ingredients instead of a prepared mix, and baked in house by the company's own bakers. The result is a bread that is light, airy, low in fat yet delicious and dangerously moreish. Hardly surprising then that, combined with the classic Italian fillings such as freshly sliced cured meats, regional cheeses and sunblush tomatoes, these sandwiches triumphed in the Sammies* earlier this year garnering the ultimate accolade: 'Platinum Best Independent Sandwich Bar of the Year'.

* Organised by the British Sandwich Industry, the annual Sammies awards are viewed as the 'Michelin stars' of the sandwich world. www.spianata.com

Ready to eat



If you fancy serving up some festive treats but don't have the wherewithal to prepare them, help is at hand.

Manchester-based Glendale Foods (www.glendalefoods.com) offers a range of frozen, pre-cooked products that just need re-heating in a conventional oven or microwave. For this Christmas, the company is offering a variety of options including cooked chipolatas, turkey sausages, seasonal stuffings, chargrilled turkey burgers and hot sandwich fills. The Salford plant is British Retail Consortium approved, European Halal Development Agency accredited and now licensed under the Red Tractor food traceability scheme.

Similarly, Classic Cuisine in Northampton is an established frozen ready meal company that has been manufacturing a range of meals for the foodservice industry for over 21 years. "We understand that Christmas is one of the busiest holiday periods and a very important time of year for all our clients that is why we always ensure we create innovative products that their customers will love," said Mark Dean, sales director at Classic Cuisine. "Last year we focused on individual portion and added value products, this proved to be a huge success. Our individual turkey meals and our vegetarian fennel and chestnut roast all sold its forecasted volume as early as November."

www.classiccuisine.co.uk



Sweet treats



A recent addition to Atlantic Foods' Go On! range of mini desserts is a trio of shots: lemon cheesecake, trio of chocolate and raspberry panna cotta. Supplied frozen in cases of 30, each shot contains a 66ml serving.

www.atlanticfoods.co.uk



For a limited period, Beechdean Farmhouse Dairy Ice Cream, has reintroduced its seasonal offering – Mince Pie Ice Cream, containing no artificial preservatives or additives, just raisins and currants, pieces of orange and lemon peel, cinnamon with a dash of Courvoisier, and some crisp shortcake biscuit for the crunch.

www.beechdean.co.uk

Think cranberries and you will probably think Christmas. These macaroons from Mrs Crimble's are gluten free and even provide a good source of vitamin C courtesy of the cranberries.

www.mrscrimbles.com



The run-up to Christmas and the big day itself is a time when people are more likely to treat themselves than at any other time of the year. Make the most of it. Here are some easy sweet offerings that require no preparation. To give them a festive feel, why not decorate with a sprig of holly or simply dust with icing sugar?



Producing over 16 million cakes a year, erlenbacher's frozen cake range includes classics such as Black Forest Gateau, Tiramisu Slices, Premium Apple Pie and some more unusual flavours such as Mandarin & Cream Cheese, Mango & Crème-Fraiche, and Egg Liquor.

www.erlenbacher.co.uk



The latest flavour from award-winning Marshfield Farm is this gluten-free Brandy Clotted Ice Cream. Very tasty on its own and delicious as an accompaniment to a mince pie or Christmas pudding.

www.marshfield-icecream.co.uk



Delice de France's Christmas 2012 portfolio of 26 items includes six new products such as individually wrapped slices including Christmas Cake Slice and a Christmas Mincemeat and Cranberry Slice. The slices, once defrosted for about two hours, can be stored at an ambient temperature for up to 18 days. The company has also launched a seasonal Cranberry and Orange Flowerpot Muffin – flavoured using natural orange oil, filled with cranberries and presented in a decorative gold paper case – extending the range to four seasonal muffins.

www.delicedefrance.co.uk



A recent addition to CP Foods UK's Carisma brand is an innovative range of fruit-based frozen desserts comprising Mango and Pineapple Brochettes (fruit on a skewer), Choco Banana Sticks (banana chunks covered in chocolate on a stick) and Fruit Sushi (a sweet take on the Japanese classic, combining coconut sticky rice with a fruit topping in bite size portions). www.cpfods.co.uk

Traditionally eaten as an integral part of a roast dinner, Yorkshire puddings also make a quick and easy base for a dessert with a difference. Here are a couple of festive recipes to try.



Winter spiced plum Yorkshire puddings

INGREDIENTS

- 6 Yorkshire puddings (3")
- 4 plums, quartered and pitted
- 1/2 cup orange juice
- 2 tbsp packed brown sugar
- 1/2 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1/8 tsp ground cardamom
- Icing sugar to sprinkle

METHOD

Preheat oven to 200°C/400°F/ Gas Mark 6

1. Grease a shallow baking dish with cooking spray. Place the plums, cut-side up, in a single layer in the baking dish.
2. Whisk together the orange juice, brown sugar, cinnamon, nutmeg, and cardamom in a bowl; drizzle over the plums.
3. Bake in preheated oven for 20 minutes, or until plums are hot and the sauce is bubbly.
4. Meanwhile, sprinkle the Yorkshire puddings with icing sugar. Put them in the oven for the last 5-6 minutes and bake until golden brown.
5. Remove the plums and Yorkshire puddings from the oven, spoon the plums into each of the Yorkshire puddings, sprinkle with more icing sugar for a snow effect and serve with cream or vanilla/um and raisin ice cream.

Mincemeat crumble Yorkshire puddings

INGREDIENTS

- 6 Yorkshire puddings (3")
- 300g prepared mincemeat filling
- For the crumble**
- 50g margarine
- 100g self-raising flour
- 50g caster sugar
- Icing sugar for decoration

METHOD

Preheat oven to 200°C/400°F/ Gas Mark 6

1. To make the crumble topping: rub the fat in to the flour until it resembles breadcrumbs, add the sugar and mix thoroughly so it is evenly distributed throughout.
2. Grease a baking tray with margarine. Spread the crumble evenly on the baking tray and bake for 20 minutes.
3. Microwave the mincemeat for a short period until medium hot.
4. Spoon mincemeat into each Yorkshire pudding (Allow 50g per Yorkshire pudding). Sprinkle the par-baked crumble on top of the mincemeat.
5. Bake the filled Yorkshire puddings in the oven for 5-10 minutes until golden brown and crisp on top.
6. Serve with brandy sauce, cream or ice cream and add a dusting of icing sugar for presentation if desired.

Christmas is not just for turkeys

When preparing for the festive season, remember to cater for the growing number of 'food minorities' who have specific requirements for food. Whichever 'minority' you cater for (vegetarian, vegan, coeliac etc), make sure you let people know. If, for example, people are aware that you offer gluten-free dishes and a member of a party requires this, they will probably choose yours as a venue over somewhere else that doesn't offer gluten-free food – providing you tick all the other boxes such as great service and spotless loos.

Vegetarian and vegan

"Christmas means many things to people. Reflection, celebration, family and friends plus, for most of us, a little indulgence. As a veggie I want to kick back and have fun with all the ceremony, trimmings and flavour that everyone else wants, but no meat thanks," declares Alex Connell, principal tutor at the Vegetarian Society's cookery school, Cordon Vert (www.cordonvert.co.uk). Here Alex suggests how to cater for vegetarians at this busy time of year.

- Don't use goose fat for roast potatoes. Roast spuds in olive oil, with a sprig of rosemary, a twist of rock salt and a squeeze of lemon for a deliciously delicate roastie with a light fluffy centre.
- Veggie sausages are widely available and brands such as Redwoods (vegan), Cauldron, McCartney Foods, and Quorn all meet the Vegetarian Society approved standard. Roast these until they are nearly cooked then wrap in veggie 'bacon' or sundried tomatoes. Secure with a cocktail stick and continue to cook for 5 minutes.
- As a vegetarian alternative to turkey, the nut roast has become a popular choice. Delicious hot or cold, and even good in a butty. Making your own is straightforward, easier still with a food processor.

Simply take nuts, a few mushrooms, breadcrumbs, herbs, grated cheese, a couple of eggs, a stock cube and a splash of soy sauce. Whizz it up and place in a lined loaf tin and bake in the oven for 40 minutes and you won't go far wrong.



- If you enjoy a little tippie the good news is that champagne is veggie, as are many wines and beers. Have a look on the Vegetarian Society website for a listing of approved veggie drinks: www.vegsocapproved.com
- A good standby in the kitchen over the holiday period is a Macsween vegetarian haggis – it's not just for Burn's night. Use it as a stuffing or place it on a field mushroom with a little garlic and roast for 10 minutes. Add a little veggie blue cheese and pine nuts and roast for another 5 minutes, perfect as a quick main dish.

For more tips and plenty of festive recipes – everything from the simple to the gourmet – visit www.vegsoc.org/christmas or call 0161 925 2000.

Catering for vegan customers requires slightly more thought than catering for vegetarians. For some great recipe ideas and clarification on what vegans will or won't eat, visit www.vegansociety.com/caterers/vcfa

Halal

"A great many ethnic restaurants cater for Halal consumers, while some will only serve strictly Halal dishes," observes Andrew Ely, managing director, Almondy. "With a community of two million Muslims in the UK – the third largest in Western Europe – catering for this burgeoning demographic of diner is becoming more important, not just from a dietary perspective, but because the £700m market for Halal food is forecast to grow by more than 20% over the next decade.

"The ethnic market has long been a key consideration for us at Almondy, yet recently we have been speaking to more and more operators who are crying out for a Halal dessert option. We have taken this feedback on board and made the step of gaining Halal certification for our full range." What's more the range – that is supplied frozen and pre-portioned – is gluten free as well. www.almondy.com/uk

Boozy Vegan Xmas Pudding

INGREDIENTS

350g black raisins
150g sultanas
100g currants
100g cranberries
500ml amontillado sherry (medium dry)
4 tbsp/60ml cognac
4 tbsp candied peel
200g ground almonds
100g chopped almonds
120g wholemeal & plain flour, mixed
½ tsp fine sea salt
½ tsp ground ginger
½ tsp ground nutmeg
1 tsp mixed/all spice
½ tsp ground aniseed
1 tsp baking powder
215g muscovado sugar
1 tsp treacle
120g wholemeal breadcrumbs
250g vegetable suet
1 tbsp/15ml oil



Zest & juice of 1 clementine
Zest and juice of 1 lemon
1.5 tbsp/23ml date syrup, or treacle
250ml non-dairy milk e.g. nut milk

METHOD

1. Soak the dried fruit with sherry in a glass bowl. Stir, cover, and let stand overnight.
2. The following day put the ground almonds and the other dried ingredients in a large mixing bowl, and mix.
3. Add in the remaining ingredients and mix well. Taste for sweetness, and mix again, until your mixture is soft and blended. Spoon the mixture into a greased pudding basin.
4. Cover the basin with greaseproof paper and tighten string around the lip of the bowl. Add a layer of aluminium foil and secure it by tying another piece of string around the lip of the bowl.
5. Place the basin in a saucepan large enough for you to lift the basin out of, and add enough hot water to cover half the height of the basin. Cover and steam on a low heat for 4½ hours, keeping an eye on it periodically to ensure there is enough water – if not, top the water up.

Tip:

Serve with hot, dairy-free custard and dairy-free cream. For re-heating, drizzle on some more brandy, and set on fire if you wish. This may be repeated each time you re-heat it. If you are making this in advance, be sure to pour a little brandy over it every few days – this will enrich the flavour, and ensure it doesn't dry up.

Recipe courtesy of The Vegan Society (vegansociety.com) and Miriam Sorrell (MouthwateringVeganRecipes.com)

COMPETITION

Three Christmas Hampers up for grabs



TO ENTER

To be in with a chance of winning a Christmas Hamper, simply answer the following question:

Why does goose fat come in handy at Christmas time?

Please email your entry, including your full name, address and telephone number to editor@essentiallycatering.co.uk to arrive no later than Friday 16 November 2012.

COOKS&CO offers a comprehensive range of quality ingredients for the professional kitchen from cooking wines, seed and nut oils, canned vegetables and anchovies, antipasti and olive selections to its Pesto à la Siciliana and à la Genovese.

Essentially Catering has teamed up with COOKS&CO to give three lucky readers the chance to win a beautiful hamper packed with quality ingredients from around the world, including goose fat to make the perfect roast potatoes as well as the company's meze range of stuffed olives, vine leaves and marinated vegetables.

Also included in the hamper is COOKS&CO's Guide to Speciality Oils with recipes, tips and tricks on cooking with different flavoured oils.

For more information please visit www.cooksandco.co.uk

Please note: the contents of the hampers are subject to availability and may not be the same as shown here.

Please note: the editor's decision is final and no correspondence will be entered into. Full terms & conditions can be found at www.essentiallycatering.co.uk

