



a Sysco company

Key conditions...

DESIGNING MENUS
FOR CARE HOME
RESIDENTS



Dining with dignity...

THE BENEFITS OF
PRESENTATION



Chef Danny...

OUR HEALTHCARE
DEVELOPMENT CHEF
OFFERS HINTS & TIPS



A leading supplier...

Brakes is one of the leading foodservice distributors supplying care homes throughout the UK. We understand that the meals and snacks served to residents are often one of the highlights of their day. We're perfectly placed to support the care caterer with what are often quite challenging needs and tight budgets. What's more we have an established and dedicated team of professionals who are extremely passionate and specialise in this vital sector. Take a look inside to see how we can support you.

DON'T MISS...

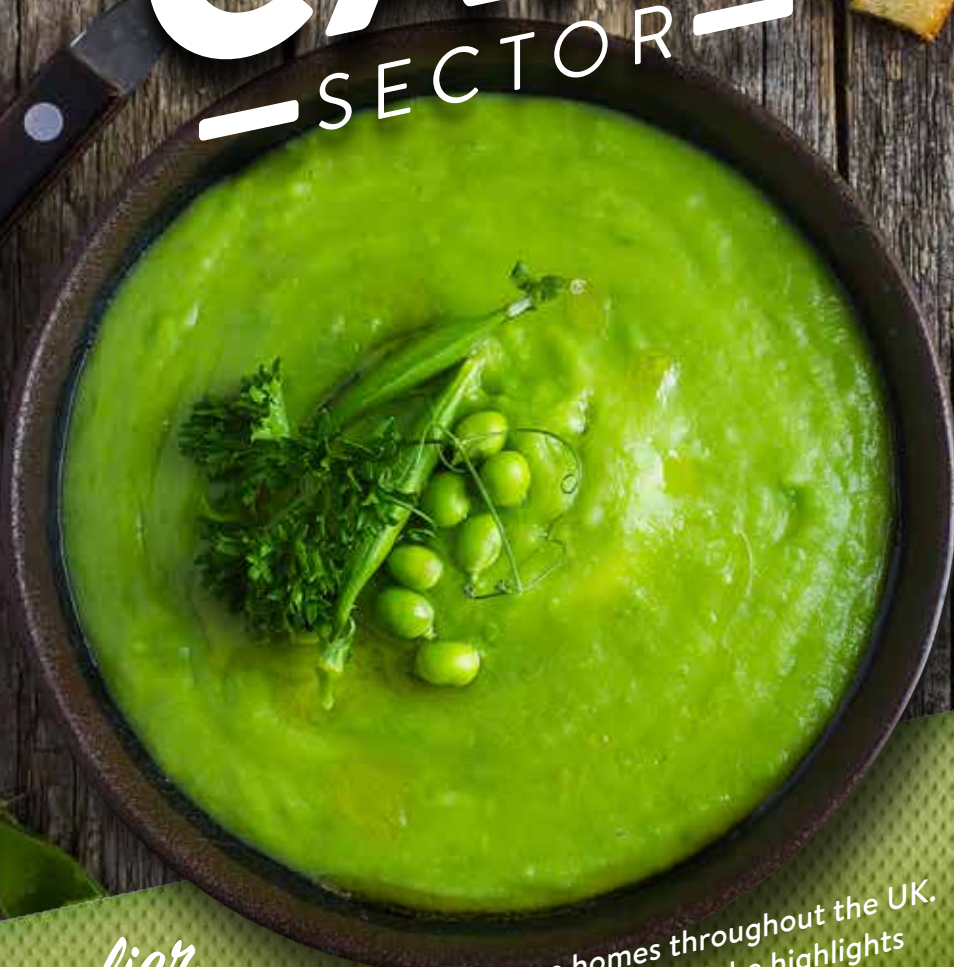
Nutritious recipes...
Simple to follow
pages 18-19

Tools and training...
To support and help your business
pages 14-15

Tailored equipment...
Perfect for every resident's needs
pages 12-13



A guide to the CARE SECTOR



Providing complete food solutions for care homes is not just about the right dishes and menus for residents...

Catering in care homes means providing the best options for residents, staff and, increasingly, visitors. Consider the following...

STAFF

A focus on variety, price and healthier choices.

RESIDENTS

The requirement for specialist diets, food uptake and nutrition.

VISITORS

Focus on quality and high street trends.



Challenges & considerations



- Understanding dietary requirements and being able to deliver different versions of the same dish to ensure residents are treated the same
- The age demographic has changed, people are living longer, residents are often well travelled and have developed varied taste palates
- Social activity is key to a healthy mind and wellness
- Residents should be at the top of everything you do, ask them what their favourite foods are and encourage them to join in
- Residents may not want to eat, understanding why can create solutions for your teams to support the resident – training is key to success
- Taste buds diminish with age so stronger flavours are required
- Kitchen and care staff need to understand each other and work together as one team. The Home Manager needs to bring everyone together to make a warm & friendly environment



THERE ARE FOUR KEY CONDITIONS AFFECTING THE CARE HOME POPULATION

Dysphagia
RESIDENTS REQUIRE FOOD AND DRINK TO BE OF APPROPRIATE TEXTURE TO AID SWALLOWING
Pages 4-5

Malnutrition
ONE THIRD OF RESIDENTS SUFFER FROM MALNUTRITION AND REQUIRE FORTIFIED FOODS
Page 6

Dementia
AFFECTS A MASSIVE 80% OF RESIDENTS AND IS SPECIFIC TO INDIVIDUAL NEEDS
Pages 8-9

Diabetes
AFFECTS OVER A QUARTER OF RESIDENTS AND REQUIRES A CAREFULLY BALANCED DIET
Pages 10-11

FOR HELP & ADVICE VISIT
BRAKE.CO.UK/ CAREHOMES



Introducing Chef
DANNY

ON HAND TO HELP

Residents moving to a care home who have previously lived by themselves may have stopped preparing some of their favourite dishes and will have developed different eating patterns.

It is essential to understand their wishes, likes and dislikes along with any specialist dietary needs to build menus to support. Each person must be treated as an individual, a person in their own right, making them feel special, loved and wanted.

From this a chef will be able to accommodate any requirements as part of the planned menu cycle, as often in care homes a chef will be preparing the same dish in various formats.

It's not just about the food, think about the points below too.



Regardless of dietary needs we all take that first bite with our eyes, take the time to make all of your dishes look special

Danny suggests these simple ideas...

- Encourage sociability
- All the comforts of home – place mats, flowers, tablecloths and favourite cups
- Attractive eating areas, inviting and well lit
- Laid tables and drinks for every resident to encourage fluid intake and digestion
- Provide the right utensils for each resident
- Menu cards with colourful images to encourage appetite and help communication
- Cooking aromas coming through from the kitchen to whet the appetite



Danny Silcock, Care Home Development Chef

The four key conditions...

DYSPHAGIA

DYSPHAGIA IS THE MEDICAL TERM FOR SWALLOWING DIFFICULTIES

Some people with dysphagia have problems swallowing certain foods or drinks, whereas others aren't able to swallow at all.

Dysphagia usually occurs as a result of having a stroke, Parkinson's disease, head and neck cancers or motor neurone disease. Changing the consistency of food and drinks makes them safer for people with dysphagia to swallow.



Danny Silcock
Care Home Development Chef



DID YOU KNOW?

We run training days aimed at helping you to understand dysphagia and what it's like to live with the condition. We'll share our simple menu ideas to help you cut down on the number of different dishes you need to cook every day. The day concludes with a hands-on session so that chefs can explore and create without the time pressures of their busy work environment.

International Dysphagia Diet Standardisation Initiative - IDDSI

This sets out internationally recognised descriptors which detail the types and textures of foods that are needed by individuals who have dysphagia. It has been reviewed to include drinks, be culturally sensitive and easily measurable.



The right tools for the job

To help you to create great dishes we recommend:

- A 86406 Migi Blue 18" Piping Bags 1 x 100
- and from Brakes Catering Equipment
- 566858 Steel Mousse Rings 7cm x 3cm

INSTANT FOOD THICKENER

Ideal for modifying the texture of food

Brakes are delighted to bring to market this modified maize starch instant food thickener, suitable for hot and cold foods.

Code: A 125336
Pack size: 1 x 360g

- Great application in the healthcare and fine dining sector for texture modified foods
- Disperses quickly & evenly in hot & cold food
- Screw top lid for easy use



The four key conditions...

MALNUTRITION

MALNUTRITION LITERALLY TRANSLATES AS 'POOR NUTRITION'

Malnutrition in the healthcare sector, generally refers to residents not getting enough of the nutrients they need.

Small, high energy, protein-based meals and snacks will deliver good results and will help residents to enjoy their food.

Signs of malnutrition

Some of the common signs of malnutrition include unintentional weight loss, general lack of interest in food with a loss of appetite, low body weight (body mass index of less than 18.5) weakness, tiredness and regularly being ill but taking longer to recover than usual.

Why does it happen?

There are a number of reasons that people become malnourished:

- Poor appetite
- As a result of an illness
- Poor sense of taste and smell
- Food poorly presented
- Meals served at unsuitable times
- There is no choice of portion size
- Food is served at an inappropriate temperature

Food comes first

Although nutritional supplements can play a useful role for some people, using the 'food first' approach is advised.

Use every day ingredients to fortify meals and snacks with extra calories and protein. Increasing the energy content of meals without increasing the portion size is particularly beneficial to people with smaller appetites.

Food fortification can be more practical and cheaper than using nutritional supplements. Offering fortified small snacks, meals and drinks regularly throughout the day should help to stimulate appetite. Find out your residents' favourite foods and aim to fortify them with extra nutrients, there are plenty of easy ways to achieve higher-calorie dishes; we've shown a selection here:



Add skimmed milk powder to whole milk to use in drinks, on cereals etc



Add cheese to savoury dishes, into soup and to mashed potato



Add butter to vegetables, potatoes and scrambled eggs



Add cream to custard, soup and mashed potato



Add jam, honey or peanut butter to porridge and rice pudding



Add ground almonds when making biscuit and cakes

Improving HYDRATION

IN CARE HOME RESIDENTS

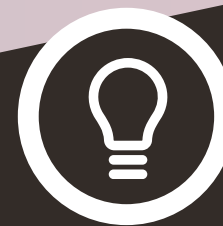


Improving hydration reduces anxiety and improves quality of life for both residents and staff.

Brakes and Tetley have teamed up to create the Hydration Kit - designed to spark conversation and encourage care home residents to reminisce about the past.

The kit includes recipe inspiration, activity sheets, nostalgic games and POS all designed to help you plan your activity calendars - and most importantly, keep residents healthy and well hydrated!

Visit tetleyteaacademy.co.uk to find out more and register if you haven't already.



TOP TIPS

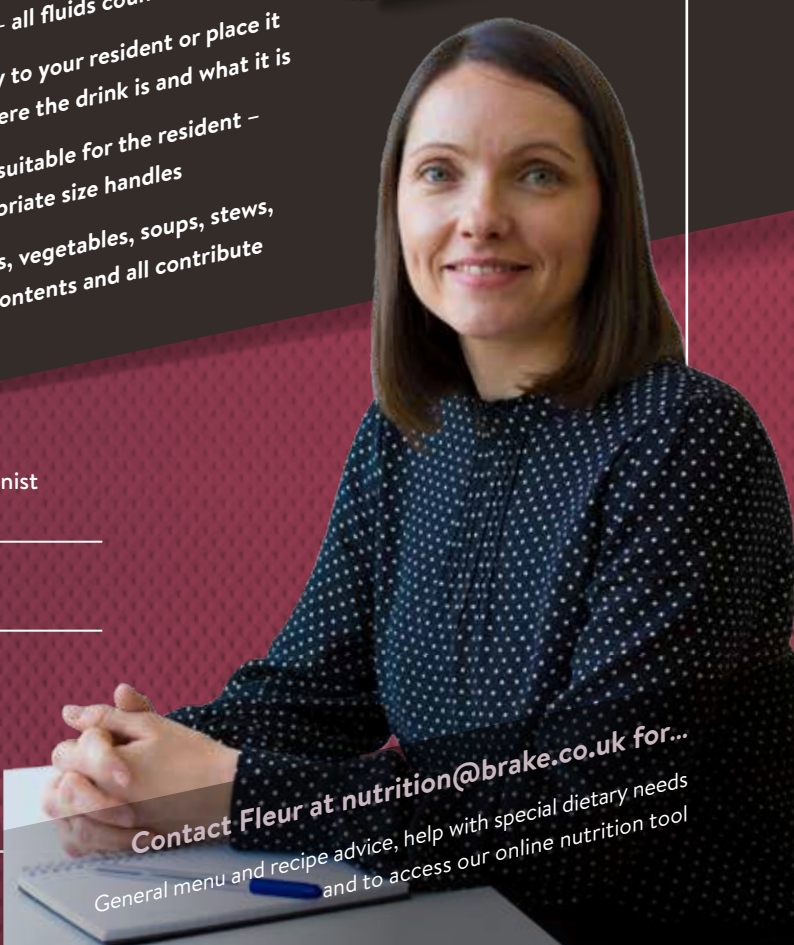


- Offer drinks to residents at all meal occasions
- Use a clear glass so the contents are visible to residents, or a brightly coloured cup to draw attention to the drink
- Offer a variety of drinks (both hot and cold) throughout the day such as tea, coffee, water, squash, fruit juice, milk, etc. - all fluids count!
- Offer the cup or glass directly to your resident or place it in their eye line. Tell them where the drink is and what it is
- Make sure the cup or glass is suitable for the resident - not too heavy with the appropriate size handles
- Foods provide fluid too. Fruits, vegetables, soups, stews, jelly etc. all have high water contents and all contribute towards fluid intake

Fleur Key, Nutritionist

Nutritional expertise

Our Associate Registered Nutritionist, Fleur Key, is on hand to provide support and advice to help you produce meals and snacks to meet the dietary needs of your residents.



Contact Fleur at nutrition@brake.co.uk for...
General menu and recipe advice, help with special dietary needs
and to access our online nutrition tool

The four key conditions...

DEMENTIA

DEMENTIA IS A GROUP OF SYMPTOMS ASSOCIATED WITH A DECLINE IN BRAIN FUNCTION

Due to an aging population dementia is one of the fastest growing conditions in care.

It can bring about a number of symptoms including memory loss and a decline in mental agility, thinking speed and language and can also affect mood, movement and the ability to carry out daily activities.

People with dementia have very individual habits, some may...

- Have unusual food choices
- Hold food in the mouth but not swallow it
- Be unable to recognise food
- Forget to eat
- Have dysphagia



The general advice is to provide...

- Regular small meals & snacks
- Energy dense or fortified meals & snacks
- Help for residents when eating
- Hand held/finger foods for those unable to use cutlery



- 80% OF PEOPLE IN A CARE HOME SETTING HAVE A FORM OF DEMENTIA
- LESS THAN HALF OF PEOPLE IN THE UK WITH DEMENTIA RECEIVE A DIAGNOSIS
- ONE THIRD OF PEOPLE OVER 95 HAVE DEMENTIA
- TWO THIRDS OF PEOPLE WITH DEMENTIA ARE WOMEN



Hand-held food – for residents with dementia

Many people with dementia have problems with eating and drinking and can find social situations challenging.

Hand-held foods play a really useful role for those who have difficulty with co-ordination and for those can't hold or don't recognise cutlery any longer.

There's a variety of ways to create some appetising hand-held food from sweet and savoury pastries to filled pasta, flavoured pittas, potato skins and stuffed Yorkshire puddings. Have a look at our breakfast quiches recipe and the carrier ideas below to get you started.



FIND SIMPLE RECIPES ON PAGES 18-19

Pastry

Sweet, Savoury, Filo, Spring Roll, Vol au Vents and Choux. An ideal carrier for hand-held food as they can be moulded into a range of shapes and will hold fillings very well. Using an all butter pastry will ensure a good mixture of textures. Pastry fillings can comprise almost anything you have in the store cupboard or fridge. Choux buns can also be filled with savoury fillings such as smoked salmon pâté, cream cheese and sun-blushed tomatoes.



Breads

Available in many shapes, sizes and flavours. Bread can be baked as croûtes (a small round of toasted bread on which a savoury mixture is served); hollowed out and filled, rolled and wrapped. For an Eastern feel why not try flavoured Pitta Breads, Naan Bread or Khobez Breads or go for a European twist with Croissants, Focaccia or Petit Pans.



Pasta

Our favourite is filled pasta (such as ravioli or tortellini) coated in a crumb and deep fried or baked! These can be filled with both sweet and savoury fillings. A light crispy coating gives strong texture on the outer layer and silky soft pasta underneath. Good fillings to use include cream cheese, spinach and pine nuts, smoked chicken and tarragon or three cheese and onion. Try chocolate and orange as your sweet filling!



Potato

Boiled, roasted, baked or new – we love them all! Simply scoop out the middle, fill with your favourite fillings, top with cheese and bake in the oven for those crispy style potato skins. Ideal for snacks or as a side dish. Mix your flavours up with ingredients such as cheese and chive, bacon, olives and feta.



Batter

Yorkshire Puddings, pancakes, beer batter, tempura batter and bhajis – all of these can be adapted with new flavours to stimulate taste buds. Add herbs and spices to them or fold in meats or vegetables. A few ideas to get you started: Toad in the Hole, Stuffed Yorkshire Puddings with Pulled Ham, Rolled Pancake with Chicken Strips, Spinach and Cream Cheese.



Sweets

Brandy Snaps, Tuile Baskets, Sponge and Meringues – all have a varied texture so they can be enjoyed by everyone. Ideal fillings for these are freshly whipped cream, crème patisserie, chocolate ganache and fresh fruits.



The four key conditions...

DIABETES

A SERIOUS, LIFELONG CONDITION CONCERNING INSULIN PRODUCTION

Diabetes is a serious, lifelong condition where the body either doesn't make enough insulin or the insulin it does make doesn't work properly. If left untreated, high levels of sugar in the blood can cause serious health complications.

The dietary advice for people with diabetes is to reach and maintain a healthy weight and to follow a healthy balanced diet which is the same advice given to the rest of the population. Having diabetes doesn't mean sugar has to be completely avoided, it can be included as part of a balanced diet.

Choose healthier cooking methods such as steaming rather than boiling and grilling instead of deep frying. Microwaving can be a healthier option too as food is cooked much quicker therefore vitamin retention is maximised.



Avoid 'diabetic foods', they offer no benefit to people with diabetes. Since July 2016, it is no longer possible to label foods as 'diabetic'. This is because:

- ➔ These foods can be expensive
- ➔ They can also be as high in fat and calories as standard products
- ➔ Some diabetic foods can have a laxative effect if eaten in excess
- ➔ They can still raise blood sugar levels
- ➔ They contradict general healthy eating advice, which is to eat foods high in sugar and/or fat less often and in small amounts

Catering tips for residents with diabetes

- ➔ Offer regular and evenly spaced meals and snacks throughout the day
- ➔ Provide starchy carbohydrates such as bread, rice, potatoes and pasta with every meal. Include a variety of wholegrain options to increase fibre intake
- ➔ Although some fat is needed in the diet, limit the amount of saturated fat from foods like butter, cheese, processed meats, cakes and biscuits. Too much saturated fat can increase the risk of heart disease
- ➔ Offer at least 5 portions of fruit and vegetables each day. Serve as accompaniments at each meal time and offer as snacks too
- ➔ Offer at least 2 portions of oily fish each week such as salmon, mackerel and sardines. Oily fish contains omega 3 fats which can help reduce the risk of heart disease
- ➔ Beans, pulses and lentils are good sources of protein so add kidney beans, chickpeas and lentils to your dishes. They are also high in fibre, low in fat and can help control blood fat levels
- ➔ Sugary foods don't need to be totally excluded, small and occasional portions of cakes, desserts and biscuits are acceptable. Look out for reduced sugar or sugar-free products and try using artificial sweeteners instead of sugar in foods and drinks
- ➔ Keep your residents hydrated, offer them at least 6-8 drinks each day. They should be available with every meal and regularly in between meals too. Water, milk, squash, fruit juice (no more than 150ml) tea and coffee all count towards fluid intake
- ➔ Limit the amount of salt. Don't add salt during cooking, your residents can add it to their meals if they choose to

Always try to EATWELL

THE QUICK REFERENCE GUIDE

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

It's not just about THE FOOD

TABLEWARE

Of course, what you put on the plate is vital, but it also needs to be accessible and attractively served to encourage appetites and enjoyment of mealtimes.

Many with dementia experience difficulties with their sight, which may cause them to misinterpret their surroundings. It's been proven that the colour blue is one of the last colours to remain in the memory and is a popular choice for care home tableware.

Many Trusts now choose to use crockery that is either entirely blue or has a blue rim. Further reasoning behind this change is that there are no blue coloured foods, so there will always be a contrast between the food and the plate or dish.

Crockery

Brakes Catering Equipment can supply ranges of crockery that have been designed

for the health care market and are suitable for care homes, hospitals, retirement homes and care villages. These specialist ceramics have been manufactured to assist independence and support wellbeing and are an innovative solution to eating and drinking for those dealing with impaired mental and physical health.

To promote independent feeding, plates have a slight lip and a heavier base to stop movement. This design can be especially helpful for residents who may only have use of one arm.

Have a look at our wide range of products, including mugs, plates and bowls from the Future Care and Simplicity Freedom ranges.

Cutlery

Specially designed cutlery is also available to help residents remain independent. This includes adapted knives, forks and spoons. The curved handle bends away from

the hand enabling the holder to scoop the food towards themselves. Ideal for those with restricted wrist or finger movement.

Safer drinking

As well as problems with eating, residents can also experience issues with holding and using glasses and cups. Suitable for use lying down, moving around or at the table, the Safe Sip cover is a reusable drinks cover that fits virtually any glass, mug, cup or can. It's also 100% food grade silicone and can go in the dishwasher, microwave and freezer.

In addition we offer Biomaster antibacterial polycarbonate jugs and tumblers based on silver ion technology, which has been proven to inhibit the growth of bacteria by 99.99%. They're ideal for tackling disease-causing bacteria in care environments, where infection control is vital.

ORDER NOW Telephone: 0845 931 9494
Online: www.brakesce.co.uk



CHURCHILL FUTURE CARE CROCKERY - BLUE

- A. 532284 Mid Rim Plate 20cm (6)
- B. 532311 Mid Rim Bowl 16.5cm (6 1/4") (6)
- C. 532277 Double Handled Mug 284ml (10oz. (6)



HARFIELD ANTIBACTERIAL TABLEWARE

- O. 595314 Clear Fluted Tumbler 200ml (7oz)
- P. 595350 Clear Fluted Tumbler 250ml (9oz)
- Q. 595287 Clear Jug 1.1ltr (2pt)
- W. 595293 Blue Jug Lid for 595287

STEELITE SIMPLICITY FREEDOM RIO CROCKERY

- D. 523900 Plate 25.4cm (10") (24)
- E. 523916 Rio Blue Oatmeal Bowl 16.5cm (6 1/2") (36)
- F. 523923 Rio Double Handled Mug 284ml (12)



AMEFA ADAPTED CUTLERY

- G. 525548 Left/Right Handled Knife
- H. 526148 Left Handled Fork
- I. 530538 Right Handled Fork
- J. 530544 Left Handled Spoon
- K. 530573 Right Handled Spoon
- L. 525525 Straight Spoon
- M. 525380 Straight Fork
- N. 525344 Straight Knife



Have you tried
SAFE SIP CUP COVERS?

538127 Clear



Increasing TRAINING

FOR CHEFS, BY CHEFS

Working with your chefs, exchanging ideas for menu development and using new ingredients as part of our ongoing support and training.

Our healthcare development chef Danny has created courses to hone your chefs' skills and harness their enthusiasm to develop further.

Danny has looked at the key areas that will make a difference to your staff and to the quality of the food they produce. He runs a number of sessions across various food-types and dietary needs demonstrating labour-saving techniques, new recipes and best practice to your team.

Online nutrition training course

Designed for both you and your staff to gain a deeper understanding of how to cater for people with special dietary needs.

Developed in partnership with Nestlé Professional, our course 'Introduction to Eating Well in Healthcare' is exclusive to Brakes. The course comprises four modules: an introduction to the Eatwell Guide, the practical application of healthy eating in the care sector and two modules on special dietary needs looking at malnutrition, dehydration, diabetes, dysphagia, dementia and menu planning. It has been certified by the Association for Nutrition, which adds great credibility to our course.

Contact nutrition@brake.co.uk to access the online course



SIGN-UP TODAY!

We offer training in the following areas



Butchery

Understanding and using the best cuts of meat, ideas to give residents a treat, cost control, yield management



Catering for residents with special diets

Covering needs and requirements from vegan, vegetarian, coeliac, pescetarians or just simple likes and dislikes together with allergens



Fish

Understanding cuts and varieties available, dish ideas and garnishes



Hand held fortification

Often necessary for residents with dementia, but also can be a great way of serving high-tea. The session focuses on creating full flavour bite sized foods that are easy to eat, exploring various carriers to bring foods to life and show innovation



Innovation kitchen training days

Christine Hamilton, Group Chief Executive/Food Safety Manager from Four Seasons took part in a recent care home catering session and gave us her feedback on the experience.

"The day was a perfect mix of practical and theory sessions covering malnutrition, diabetes but mainly dysphagic diets, which was exactly what we had asked for.

Their development chef Danny and nutritionist kept everyone interested with their knowledge on all subjects.

We learned about the physical aspects of dysphagia and were shown foods that had been modified according to IDDSI levels 3, 4, 5 & 6. Through a series of tasting, we learned how dependent we are on a fully functioning tongue and the difficulties that arise when this function is impaired.

We discussed the importance of offering choice with modified textured meals and snacks and some simple, practical ideas on this, such as how to modify toast to level 4. This will allow so much more choice at breakfast and supper times. The fully equipped individual workstations are terrific and allowed us to put into practice straightaway the knowledge we had gained earlier. This was a very valuable part of the day and one that will stick in people's mind"

Christine Hamilton
Group Chief Executive/Food Safety Manager, Four Seasons

We've also had positive feedback from our other attendees:

THIS HAS CHANGED MY VISION OF MY KITCHEN AND THIS WILL CERTAINLY IMPACT IN MY FOOD DELIVERY

BEING ABLE TO MAKE A DIFFERENCE IN THE QUALITY OF FOOD PRODUCED WAS VISIBLE IN EVERYONE'S EYES

PRODUCING SOMETHING WITHIN THAT SHORT PERIOD OF TIME MADE ME REALISE THAT THE SKY IS THE LIMIT



OUR CHEFS ARE ON HAND TO HELP

Zoe Gill
Food Development Chef

CONTACT YOUR ACCOUNT MANAGER TO TALK ABOUT YOUR TRAINING NEEDS

Simply-take store
CUPBOARD

STAPLES

When catering for a wide range of tastes and special dietary needs it can be quite challenging to provide menu options for residents and staff, especially when it's a request on the day. With that in mind we have come up with some great ideas using store cupboard staples for some tasty solutions.



A 120586 MILLAC GOLD (1 x 1ltr)

Can be stored ambient until used, cheaper than dairy cream, same uses as cream – why not make a lemon posset, great as a small but well fortified dessert



A 4515 BRAKES CONDENSED MILK (1 x 397g)

Great to fortify sweet dishes, why not use to make a banana cake, homemade fudge or even banoffee pie



A 6437 BRAKES CHOPPED TOMATOES IN TOMATO JUICE (1 x 2.5kg)

Chopped tomatoes in tomato juice. A Brakes best-seller!



A 28979 BRAKES MUSHY PEAS (1 x 850g)

Fake Guacamole! Using mushy peas, add a little garlic, cumin and either yoghurt or mayonnaise with a dash of lemon juice, great with baked tortillas or pea & ham soup - nice and hearty this can be made with mushy peas and our cooked ham



A 102239 BRAKES DOUBLE STRENGTH ORANGE SQUASH NO ADDED SUGAR (1 x 5ltr)

Concentrated no added sugar whole orange squash with sweeteners, free from artificial colours & flavours. Contains naturally occurring sugars. Dilute 1 part squash with 9 parts water for a great-tasting and refreshing drink. 200 x 250ml servings



A 29448 BIRD'S ICE CREAM MIX (2 x 3kg)

This product offers great yield and can be fortified using whole milk. You can also add different ingredients to create delightful, nostalgic flavours and create seasonal favourites like Christmas pudding or strawberries & cream – great for a Wimbledon themed tea time treat



A 15136 BRAKES BAKED BEANS (1 x 840g)

Brakes beans hold in a heated trolley really well and taste tested against other brands come out on top. Use to create a quick tea on toast or add to soups, stews and casseroles for extra texture and taste



A 6359 BRAKES TUNA CHUNKS IN BRINE (1 x 1.7kg)

Dolphin friendly, and a Brakes best-seller. Try as a pizza topping with black olives, capers and fresh rocket



A 5552 BRAKES SOLID PACK APPLE (1 x 2.6kg)

Canned, peeled, cored & sliced solid pack apples. Quick and easy to use for crumbles, pies and tarts. Ready to eat or to use in recipes. A great time-saver!

Let's not forget a little treat
ALCOHOL

EVERYDAY, CELEBRATIONS AND EVENTS

Whatever your reason for offering alcohol, Brakes has an extensive range of beers, ciders, wines and spirits to choose from. Here's a small taster of just few of the options available

Spirits		
A 130986	Teachers Whisky	1 x 70cl
A 130990	Lambs Navy Rum	1 x 70cl
A 130991	Gordons Gin	1 x 70cl
A 130992	Smirnoff Red Vodka	1 x 70cl
A 130993	Pimms No 1	1 x 70cl
A 130988	Baileys Irish Cream	1 x 70cl
Sherry, Port and Prosecco		
A 128228	Bristol Cream Fortified Wine	6 x 70cl
A 31834	QC Cream Fortified Wine	6 x 70cl
A 130896	Warres Heritage Ruby Port	75cl
A 113849	Prosecco Frizzante Extra Dry DOC	6 x 75cl
A 114025	Prosecco Spumante Corzetti Brut	6 x 75cl
Wines		
A 118792	Cabernet Sauvignon Alto Bajo	12 x 75cl
A 121342	NV Rose Original Mateus	6 x 75cl
A 121345	Malbec Argentio	6 x 75cl
Beers and cider		
A 115550	Becks Pilsner	24 x 275ml
A 115551	Budweiser	24 x 330ml
A 115552	Corona Extra	24 x 330ml
A 119062	Bulmers Original Cider	12 x 500ml
Non alcoholic		
A 128369	Bon Nouvelle Chardonnay	6 x 75cl
A 128370	Bon Nouvelle Merlot	6 x 75cl



WINE
A great range of red, white, rose and sparkling wines in both regular and individual bottles



SHERRY & SPIRITS
From miniatures to full bottles, all the favourite brands



BEER & CIDER
Craft beer, cider, real ales or alcohol-free varieties – a range to suit all occasions



DID YOU KNOW?

HEALTHY DRINKING
Government guidance says that men and women shouldn't regularly drink more than 14 units a week. As alcoholic drinks come in different strengths and size it's easier to think in units.
14 units is equal to:



6 PINTS OF BEER OR CIDER (4% strength)



6 MEDIUM (175ML) GLASSES OF WINE (13% strength)



12 GLASSES (25ML) SPIRITS such as gin or vodka (40% strength)



Quick and easy
RECIPES

FOUR SIMPLE DISHES



Lemon Syllabub

SERVES 10

INGREDIENTS

- 500ml **Millac Gold Double Cream Alternative A 114945**
- 250g **Lemon Curd A 34027**
- 2 ea **Lemons C 114218**
- 210g **Premium Large Mint Bunch C 113882**

PREPARATION

- Zest and juice one lemon; slice a second lemon
- Pick mint into sprigs

METHOD

- Whisk cream, curd, zest and juice into soft peaks
- Empty into a piping bag and pipe into desired serving dish
- Garnish with sliced lemon and mint

Smoked Haddock, Cheese and Spring Onion Croquette



SERVES 1

INGREDIENTS

- 800g **Maris Piper Potatoes C 450066**
- 100g **Cooking Onions C 10469**
- 400g **M&J Seafood Diced MSC Natural Smoked Haddock F 125334**
- 400ml **Brakes Fresh Whole Milk C 70219**
- 0.25ea **Savoy Cabbage C 10467**
- 120g **Tickler Extra Mature Cheddar C 74777**
- 30g **Herb Bunched Flat Leaf Parsley C 113881**
- 0.25ea **Spring Onions Bunch C 10473**
- 50g **Brakes Salted Butter C 71128**
- 125g **Plain Flour A 470703**
- 2ea **Brakes 18 British Free Range Fresh Medium Eggs A 16392**
- 200g **Brakes Panko Breadcrumbs A 107231**

PREPARATION

- Peel potatoes and cut into large chunks
- Peel onions and finely diced
- Defrost haddock in a controlled environment
- Peel cabbage and finely shred
- Grate Cheddar cheese
- Wash and chop parsley
- Peel, wash and finely chop spring onions

Welsh Rarebit on Toast with Onion Chutney

SERVES 1

INGREDIENTS

- 60g **La Boulangerie Artisan Plain Sourdough Loaves F 113099**
- 50g **Brakes Hot Mustard Rarebit Topper C 74903**
- 20g **Brakes Caramelised Red Onion Chutney A 86274**
- 5g **Watercress C 74063**

PREPARATION

- Defrost bread and slice
- Pick and wash watercress

METHOD

- Toast sourdough on both sides
- Spread with chutney and rarebit topper
- Melt under grill
- Serve with watercress



METHOD

- Poach the Smoked haddock until cooked in a little milk.
- Melt the butter and fry the onions till golden, and set aside to cool
- Boil the potatoes till still firm to the touch, drain and allow to steam dry. When cool enough coarsely grate
- In boiling salted water cook the Savoy Cabbage and chill. Remove as much moisture as possible.

Chocolate and Orange Sundae

SERVES 1

INGREDIENTS

- 60g **The Great British Ice Cream Co Blood Orange Sorbet F 122253**
- 60g **Brakes Dark Chocolate Dairy Ice Cream F 111998**
- 1g **Brakes Mini Chocolate Curls A 128656**
- 50g **Brakes Whole Mandarin Segments in Light Syrup A 21141**
- 5g **Da Vinci Gourmet Chocolate Flavoured Sauce A 100530**
- 2ea **Marcantonio Sundae Sensations 280 Rossini Curls A 16810**
- 10g **Brakes UHT Aerosol Cream C 18502**
- 5g **McVitie's The Original 12 Jaffa Cakes A 100087**

PREPARATION

- Drain the mandarin segments

METHOD

- Assemble in a dish/bowl



- Mix all ingredients together
- Roll into sausage shape using parchment and allow to chill
- Cut into croquettes and pane
- Deep fry until golden and core temp is achieved
- Bake at 180°C for approx. 10-12 minutes
- Allow to cool slightly before serving

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a Sysco company

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