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**BEAUTIFULLY
BRITISH**
handbook”



“KNORR WORLD CUISINE”

CUISINE HAS NEVER BEEN MORE GLOBAL. AS CHEFS THIS IS AS CREATIVELY EXCITING, AS IT IS CHALLENGING. WHICH IS WHY KNORR HAS CREATED ITS WORLD CUISINE SERIES. COMBINING INSPIRING RECIPE IDEAS WITH TIPS AND EXPERT ADVICE FROM FELLOW PROS, KNORR WORLD CUISINE WILL HAVE YOU CONFIDENTLY AND CONSISTENTLY COOKING GREAT-TASTING DISHES FROM AROUND THE GLOBE.

BEAUTIFULLY BRITISH

COMFORT FOOD AT ITS BEST IS HOW MOST BRITISH DISHES ARE DESCRIBED. THEY'RE HEARTY, TASTY, MEATY, AND ALWAYS A HIT WITH HUNGRY DINERS. SO ADDING BRITISH DISHES TO YOUR MENU IS ALWAYS A GOOD IDEA. BRITISH CUISINE IS EVOLVING, TOO. CLASSIC DISHES ARE BEING REINVENTED WITH MODERN TWISTS AND INTERNATIONAL INFLUENCES. THESE TWISTS CAN BE SUBTLE, A NEW TAKE ON GRAVY, OR MORE DRAMATIC, PULLED BEEF SCONE SLIDERS, FOR EXAMPLE. DIVE INTO THIS HANDBOOK TO DISCOVER FAVOURITE BRIT DISHES, POPULAR COOKING TECHNIQUES AND SUGGESTIONS FOR PUTTING YOUR OWN SPIN ON A CLASSIC DISH OR INGREDIENT.



MEAT & GRAVY

- ✦ ROAST BEEF

BATTERED & FRIED

- ✦ BRITISH FISH & CHIPS
- ✦ EXTRA CRISPY CHICKEN NAAN
- ✦ BATTER FRIED ONIONS
- ✦ CHILI LIME CALAMARI RINGS

CLASSICS WITH A TWIST

- ✦ BEEF STEW
- ✦ SCONES WITH PULLED BEEF
- ✦ SHEPHERD'S PIE



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MEAT & GRAVY

MEAT, VEG AND GRAVY ARE THE FOUNDATIONS FOR MANY BRITISH DISHES. THE TRADITIONAL ROAST BEING THE BEST REPRESENTATION OF THIS HEARTY, FLAVOURSOME COMBINATION.



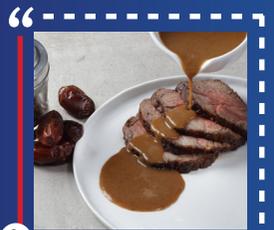
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CHEF'S GRAVY TWISTS

There's nothing quite like classic British gravy, but for a fresh global take, try these:



1

SEVEN SPICE & DATE GRAVY

For a Middle East twist. Seven spice is a mix of all spice, black pepper, clove, nutmeg, cardamom, cinnamon, dried ginger. Dates add a light sweetness.



2

BALSAMIC HUNTERS GRAVY

For lovers of robust flavoured sauces and mushrooms. Our recipe twist involves using balsamic vinegar. Feel free to use any mushroom variety.



3

COUNTRY STYLE GRAVY

This gravy is created with many fresh ingredients to represent the country style of cooking dishes. Savoury, fresh and packed with flavour.

For full recipe, visit www.ufs.com

“ CLASSIC ROAST BEEF WITH GRAVY ”

WHEN MAKING A TRADITIONAL ROAST, HAVING ENOUGH PAN JUICES FOR THE GRAVY IS A CHALLENGE AND USING STOCK DOESN'T HAVE THE FLAVOUR YOU NEED. BEFORE ROASTING IN THE OVEN DUST THE BEEF IN SOME *KNORR DEMI GLACE* TO GET EXTRA FLAVOUR AND COLOUR

INGREDIENTS

- 1.5KG Beef, Roast
- 50ML Oil
- 15G KNORR DEMI-GLACE BASE

SERVES 10

PREPARATION

ROAST

- PREHEAT OVEN TO °230C. RUB THE BEEF ROAST WITH THE OIL AND 15G KNORR DEMI-GLACE POWDER, SEAR ON HOT GRILL.
- PLACE ON A WIRE RACK IN A SHALLOW BAKING TRAY AND BAKE FOR 20 MINUTES, THEN REDUCE OVEN TO °110C AND BAKE FOR 2 HOURS UNTIL A MEAT THERMOMETER READS °66-63C FOR MEDIUM-COOKED, AND °74-68C FOR WELL DONE. SET ASIDE TO REST FOR AT LEAST 20 MINUTES BEFORE CARVING.

KNORR DEMI GLACE IS ONE OF THE MOST FLAVOURFUL WAYS TO ENRICH YOUR SAUCES FOR MEAT. ANOTHER FANTASTIC APPLICATION IS TO DILUTE THE SAUCE AND USE AS BRAISING LIQUID FOR MAXIMUM FLAVOUR AS WE HAVE DONE IN THIS RECIPE.



MEAT & GRAVY

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BATTERED & FRIED

FROM THE FULL ENGLISH BREAKFAST TO FISH & CHIPS, BRITISH CUISINE HAS POPULARISED SOME CLASSIC FRIED DISHES. WHEN FRYING, YOU CAN'T BEAT A GOOD BATTER, WHICH IN BRITAIN CAN BE USED TO COAT AND FRY EVERYTHING FROM FISH AND CHICKEN TO CHOCOLATE BARS!



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CHEF'S BATTER TWISTS

Crispy British batter is always popular, but for an altogether more international flavour, try:



1

MASALA FISH & CHIPS

With this recipe, we have used KNORR AROMAT for flavour and chili and cumin for colour and hot spice. Plated with home style cut Russet potatoes.



2

DUKKHA CRUSTED FISH & CHIPS

Try this recipe with a classic nut and spice blend called Dukka. Plated with potato skin style russets.



3

GARLIC HERB FISH & CHIPS

With this recipe, we have used herbs and garlic slices. Plated with Gaufrette style potatoes.

“BRITISH FISH & CHIPS WITH MINTED PEA’S”

FISH AND CHIPS IS A GREAT BRITISH CLASSIC DISH. TRIPLE COOKED CHIPS MAY PUT YOU OFF WITH ALL THE WORK INVOLVED BUT IT IS QUITE EASY AND WORTH THE EFFORT. THIS METHOD DOESN'T FRY THE CHIPS TWICE. INSTEAD, WE BLANCH THEM ONCE, FRY THEM ONCE & THEN FINISH OFF IN THE OVEN.

INGREDIENTS

- 2.5 KG RED SNIPPER FISH, FILLETS
- 400G KNORR BATTER MIX
- 1L WATER
- 10PC POTATOES, RUSSET

FOR THE BATTER MIX:

- 50 BEST FOOD REAL MAYONNAISE
- 50G ONION, BRUNOISE
- 400G PEAS, FROZEN
- 30G GINGER
- 30G GARLIC
- 40G MINT, FRESH
- 15G KNORR LIME SEASONING

SERVES 10

PREPARATION

THE BATTER:

- Do the batter 20 minutes before frying the items.
- Mix all dry ingredients together.
- Gradually add the iced water and with a fork, mix the batter, best if flour lumps a little.
- Add more water if needed.

For preparation advice on the minted peas recipe visit,

WWW.UFS.COM

KNORR BATTER MIX IS USED TO PREPARE SPICY MARINATION OR COATING BATTER FOR FRIED CHICKEN, FISH OR VEGETABLES.



BATTERED & FRIED

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“EXTRA CRISPY CHICKEN WRAPPED IN NAAN & LIME CURRY SAUCE”

USING ICE WATER WHEN COATING THE CHICKEN
GUARANTEES A FLAKY AND CRISPY CRUST.



INGREDIENTS

2.5KG	CHICKEN BREASTS
100G	KNORR SPICY MARINADE
150G	KNORR COATING BASE
1KG	FLOUR
20PC	NAAN BREAD
400G	BEST FOOD REAL MAYONNAISE
200G	ONION, BRUNOISE
30G	GINGER
30G	GARLIC
20G	CHILLI, FRESH
50G	CURRY, POWDER
20G	KNORR CHICKEN POWDER
100G	KNORR TOMATO PUREE
150ML	CREAM

SERVES 10

PREPARATION

CRISPY CHICKEN:

- Marinade chicken in Knorr Spicy Marinade for 2 hours'
Mix the Knorr Coating Base with flour
- Coat marinated chicken in dry flour and Knorr Coating Base mix and then dip into cold water for 10 seconds
- Coat the chicken again in the dry flour mix. Deep fry in pre-heated oil of 170°C

Check the full recipe of this dish on WWW.UFS.COM

ENHANCE THE FLAVOUR OF YOUR FAVOURITE RECIPES
WITH **KNORR CHICKEN STOCK POWDER**. MADE FROM
REAL CHICKEN FOR AN INTENSE MEATY TASTE.



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“BATTER FRIED ONIONS & JALAPEÑO WITH MINT DIP”

BY COATING INGREDIENTS IN KNORR BATTER MIX FLOUR BEFORE DIPPING THEM INTO WET BATTER WILL PREVENT THE BATTER FROM SLIDING OFF AFTER FRYING.

INGREDIENTS

- 800G Onion, rings
- 600G Jalapeño chillies
- 400G KNORR BATTER MIX
- 500ML Water
- 40G Cumin
- 20G Turmeric
- 100G Yoghurt
- 100G Best Food Real Mayonnaise
- 50G Mint, fresh

PREPERATION

- Slice the onion rings down the side to form large rings, coat them with KNORR BATTER MIX flour.
- Slice the jalapeño chillies in rings or length wise, coat them with Knorr Batter Mix flour.
- Make batter by mixing KNORR BATTER MIX, cumin, turmeric and water. Set aside in the chiller for 15min before frying.
- Finely chop the mint & mix with BEST FOOD REAL MAYONNAISE and yoghurt



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“ CHILLI LIME CALAMARI RINGS ”

PRE-SOAKING THE CALAMARI IN MILK BEFORE COOKING IS ONE WAY TO GET THIS DELICATE SQUID NICE AND TENDER

INGREDIENTS

2.5KG	Calamari
500ML	Milk
100G	KNORR SPICY MARINADE
150G	KNORR COATING BASE
1KG	Flour
200G	Cabbage, red
200G	Carrots
200G	Cabbage, white
100G	Onion, julienne
400G	Best Food Real Mayonnaise
50G	Mint, fresh
50G	KNORR LIME SEASONING

PREPERATION

COATING CALAMARI:

- Slice calamari, bodies sliced into ½ inch rings, tentacles left whole
- Soak calamari in milk for 6 hours to ensure tenderness
- Marinade the calamari in KNORR SPICY MARINADE for 2 hours' max
- Mix the KNORR COATING BASE with flour
- Coat marinated calamari in dry flour and KNORR COATING BASE mix and then dip into cold water for 10 seconds
- Coat the calamari again in the dry flour mix. Deep fry in pre-heated oil of 170°C

COLESLAW:

- Combine shredded carrots and cabbage with yogurt BEST FOOD REAL MAYONNAISE also add freshly chopped mint and a little KNORR LIME SEASONING
- Once calamari is fried season with KNORR LIME SEASONING



BATTERED & FRIED

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CLASSICS WITH A TWIST

NO BRITISH MENU IS COMPLETE WITHOUT A PIE OR A STEW, BUT THAT'S NOT TO SAY YOU CAN'T GET CREATIVE WITH THEM. REINVENT THESE BRITISH FAVOURITES WITH SOME SURPRISING, AND TASTY, INGREDIENT CHANGES.



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INGREDIENTS

BEEF STEW:

- 1.2KG Beef stew meat, cut into -1 inch pieces
- 200G Onion, chopped
- 50ML RAFHAN CORN OIL
- 50G Garlic, chopped
- 200G Carrots, cubes
- 100G Celery
- 100G Mushroom
- 250G Potatoes
- 20G Fresh Thyme
- 20G Fresh parsley
- 2G Bay leaves
- 5G Cinnamon sticks
- 120G KNORR DEMI-GLACE BASE
- 2L Water
- 20G Tomato paste
- 40g KNORR CHICKEN STOCK POWDER
- 15ML Worcestershire sauce

CHEDDAR DUMPLINGS:

- 200G All-purpose flour
- 20G Garlic powder
- 100G Veggie butter (shortening)
- 200G Shredded cheddar cheese
- 160ML Milk

 Go to WWW.UFS.COM to read the full recipe

 **SERVES 10**

ENHANCE THE FLAVOUR OF YOUR FAVOURITE RECIPES WITH KNORR CHICKEN STOCK POWDER. MADE FROM REAL CHICKEN FOR AN INTENSE MEATY TASTE.



BEEF STEW CHEDDAR DUMPLINGS

THE CLASSIC BRITISH BEEF STEW ALMOST ALWAYS SHARES THESE SAME COMMON FEATURES & HAS BEEN CONSIDERED ONE OF THE MOST POPULAR COMFORT FOOD FOR GENERATIONS. THE CHEDDAR CHEESE ADDED TO THE DUMPLING WILL ADD A RICH TASTE AND AROMA TO THE DISH.



CLASSICS WITH A TWIST

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“ PULLED BEEF SCONE SLIDERS ”

SCONES ARE GREAT FOR LUNCH OR DINNER. SUBSTITUTE THE PULLED BEEF WITH SOME SMOKED TURKEY & CHEESE FOR A BREAKFAST TREAT. SERVE WITH *MUSTARD* AS A CONDIMENT.



INGREDIENTS



- SCONES:**
- 700G Flour, all purpose
 - 20G Baking Powder
 - 3G Baking Soda
 - 20G Salt
 - 220G Butter, small cubes, cold
 - 4PC Eggs, whisked
 - 60G Milk, full fat
 - 200G Yogurt, full fat
 - 75G Cheddar cheese, sharp, orange, grated
 - 75G Mozzarella cheese, grated
 - 50G Gouda cheese, grated
 - 10G Dill, fresh chopped
 - 5G Cumin, seeds
 - 2PC Egg white, mixed with water for egg wash
 - Flour, for kneading

- FILLING:**
- 1kg Pulled beef brisket, slow cooked
 - 200g Knorr BBQ Sauce
 - 40ml Worcestershire sauce
 - 5g black pepper, cracked
 - 5g salt
 - 40g Knorr Demi-Glace Sauce
 - 200ml water, hot
 - 150g dill, pickles chopped
 - 150g Best Foods Real mayonnaise
 - 100g mustard

- For the Sauce**
- 50g Knorr Demi-Glace Base
 - 500ml water, hot

For preparation advice visit www.ufs.com

SERVES 10

KNORR BARBECUE SAUCE IS MADE WITH TOMATOES, SPICES, VINEGAR WITH SMOKY AROMA AND FLAVOR. PERFECT FOR USE AS DIP FOR FRIED, GRILLED OR BARBECUED FOOD.



CLASSICS WITH A TWIST

BEAUTIFULLY BRITISH



“ STARGAZY SHEPHERD’S PIE ”

FRESHEN UP THIS DISH BY USING A SLOW COOKED LAMB SHANK INSTEAD OF LAMB MINCE. THE DISPLAYED BONE ADDING VISUAL APPEAL TO THE DISH. 'STARGAZY' COMES FROM A TRADITIONAL BRITISH PIE DISH, WHICH FEATURED PILCHARDS' HEADS POKING OUT OF THE PASTRY.



INGREDIENTS

- LAMB SHANK BRAISING:**
100g All purpose flour
10pc Lamb shanks
10g Salt
5g Black pepper, cracked
220g Olive oil
1l Water, hot
40g KNORR DEMI GLACE
1pc Bouquet garni (thyme, bay leaves)
350g Mire poix (carrot, onion, leeks)

- SAUCE:**
20g Olive oil
20g Garlic, mince
200pc Onion, chopped
200g Carrot, diced
200g Celery, diced
600g Peas, frozen
10g Salt
4g Black pepper, cracked
100ml Worcestershire sauce

- MASHED POTATO:**
2000g Potato's
2500g Water, hot
250g cheese, cheddar grated
10g Salt
5pc Egg, yellow only

Go to WWW.UFS.COM for full recipe

SERVES 10

KNORR DEMI GLACE IS ONE OF THE MOST FLAVOURFUL WAYS TO ENRICH YOUR SAUCES FOR MEAT. ANOTHER FANTASTIC APPLICATION IS TO DILUTE THE SAUCE AND USE AS BRAISING LIQUID FOR MAXIMUM FLAVOUR AS WE HAVE DONE IN THIS RECIPE.



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KNORR DEMI-GLACE BASE

Knorr Demi Glace Sauce gives you the full flavour and aroma of a classic Demi Glace in five minutes. It's a perfect base for your mushroom or pepper sauce.



BEST FOODS REAL MAYONNAISE

Best Foods Real Mayonnaise is the world's no.1 mayonnaise, made with quality ingredients. Perfect for sandwiches, salads, dips and dressings.



KNORR BBQ SAUCE

Knorr Barbecue Sauce is made with tomatoes, spices, vinegar with smoky aroma and flavor, perfect for use as dip for fried, grilled or barbecued food.



KNORR ITALIAN TOMATO BASE

Sauce made with right mix of tomatoes, herb & spices, vinegar, fried onion & garlic to deliver same quality taste in variety of applications including tomato base for pizzas, pasta & lasagna.



KNORR LIME SEASONING

Knorr Lime Seasoning Powder is a versatile seasoning with the refreshing taste of lime, perfect for many food and beverage applications. The real sour taste and aroma of limes all year around



KNORR BATTER MIX

Knorr Batter Mix is used to prepare spicy marination or coating batter for fried chicken, fish or vegetables.



For more beautifully British recipe inspiration,
Go to [ufs.com](https://www.ufs.com).

