Saffron Allergen & Nutritional Analysis Software

Your own online cookbook that allows you to create, copy and share nutritionally analysed recipes

Chicken Curry

INGREDIENTS (Serves 40)
- 2kg EU Fresh Small Diced Chicken (900505)
- 3 Mixed Pepper Packs (600691)
- 400g Large Spanish Onions (607081)
- 400g Prepared Sliced Carrots (601870)
- 540g Country Range Curry Powder (189401)
- 1.12kg Country Range Long Grain Rice (155421)
- 40 Large Plain Naan Bread (817020)

Each Chicken Curry (249.84g) contains

<table>
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<th>Fat 14g</th>
<th>Saturates 2.8g</th>
<th>Sugars 2.6g</th>
<th>Salt 1.3g</th>
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<td>20%</td>
<td>14%</td>
<td>3%</td>
<td>22%</td>
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</tbody>
</table>

of an adult’s Reference Intake

Typical values (as sold) per 100g: Energy 1030kJ / 244 kcal
About Saffron

Saffron is a web-based catering management solution with wide ranging functionality that puts chefs and caterers in control.

Designed specifically for any industry in which nutritional care and guidance are provided, as well as those seeking a centralised solution for nutritional and allergen information, Saffron offers recipe and menu management support, costing and full technical report functionality at the touch of a button.

From a single web page Saffron allows you to manage:

ONLINE STORE CUPBOARD
- Easy access to all Creed products
- Purchase pack sizes and pricing
- Recipe and stock information based on actual costs

RECIPE BOOK
- Manage all your dishes
- Over 500 nutritionally analysed master recipes
- Real time recipe costs
- Detailed nutrition and allergen tags
- Pictorial recipe cards

MENU ENGINEERING
- Maximise profit or budgets through menu modelling
- Identify cost and profit by menu, dish and cover
- Up-to-date cost and selling prices
- Auto update of recommended selling prices

ALLERGEN & NUTRITIONAL REPORTING
- Real time allergen flagging
- Traffic light nutritional reporting
- Available for all stock items, recipes and menu cycles

Aftercare
With Creed, you will also receive ongoing support and training from our dedicated Saffron specialist, including an introductory demonstration and two half day training sessions.

To find out how Saffron can benefit your business, email our Saffron specialist data@creedfoodservice.co.uk, or ask your Creed contact to arrange a demonstration meeting.

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44% OF BRITISH ADULTS NOW SUFFER FROM AT LEAST ONE ALLERGY

Source: Allergy UK

One of over 500 master recipes

Chicken Curry

METHOD
1. Place the chicken into a pan and dry fry until the meat is brown all over.
2. Add water and prepared vegetables and cook until soft.
3. Mix the curry powder to a smooth paste and add to the chicken. Cook on a low heat until the mixture thickens. Season to taste.
4. Bring a pan of water to the boil. Tip in the rice and bring the water back to the boil making sure to stir the rice.
5. Reduce the heat and allow the rice to simmer for approximately 25 minutes until the rice is al dente (firm but not mushy). Drain the rice into a colander and fluff up with a fork to prevent it all sticking together.
6. Check the curry to ensure a minimum core temperature of 82°C has been achieved.
7. Serve with warmed naan bread.

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Allergen Analysis

In December 2014, new Food Allergy Legislation EU1169/2011 was enforced, and operators now have a legal responsibility to provide the correct allergen information about the ingredients in the food they serve to customers.

As a food business, operators must supply information for every item on menus that contain any of the 14 allergens as ingredients. It’s extremely important that caterers and all staff who interact with customers have the accurate information needed to provide their customers with confidence in the food they purchase.

Ensuring customers are able to make informed decisions is your responsibility, and by using Saffron you are able to collate this information in a way that is easy to communicate to both staff and customers whilst ensuring the information you provide is accurate and real time.

*The Food Standards Agency (FSA) maintains the UK Nutrient Databank, which contains extensive information on the nutrient content of foods commonly consumed in the UK. McCance and Widdowson’s ‘The Composition of Foods (Cof)’ book series contains nutrient composition data based on information from this databank.*
Saffron helps caterers and restaurants plan their menus according to nutrient content and fulfill menu labelling requirements. It also helps caterers nutritionally analyse menus. The nutritional profile Saffron creates for every ingredient is included in recipes and menus to produce traffic light labelling, GDA Analysis and benchmarks menus against recommended guidelines and nutrient standards such as those required in education catering.

Stock items are nutritionally analysed either by using supplier specification sheets or by McCance and Widdowson*, this information is also automatically fed through to any recipes and menus built within Saffron to provide accurate nutritional analysis on each dish and menu.

Nutritional Analysis

Chefs and caterers now need to cater for various customers’ nutritional or dietary needs. As well as allergen intolerances or preferences, these needs may include fortified meals to combat malnutrition in the elderly, catering for dysphagia sufferers or creating healthier menu options for the calorie or nutrient conscious.
Costings

A key benefit of Saffron is the ability to help caterers with menu costing, budgeting and recipe planning by accurately calculating the cost of each recipe and the profit margin you can expect based on the selling price, if relevant to your operation. Saffron enables caterers to create, record and maintain a detailed ‘recipe book’ with live costs based on ingredients, and supplier purchases through to the recommended selling price, profit margin and contribution.

“We have found that Saffron is a really fantastic tool to help us comply with the current legislation on food allergens, not only that, it also allows us to create and print recipes and menus to ensure that costings and ingredients remain the same each time a dish is cooked. We produce all our main courses from scratch and Saffron allows us to provide our customers with up to date allergy information and allows us to manage our food costs at the touch of a button. The software and support which we receive from Creed is fantastic, we would certainly recommend this to any catering business as it is a fantastic management tool.”

Chris Rich-Bate, Assistant Catering Manager, Planters Garden Centre.
A care group and charity providing care, support and a ‘home for life’ to the elderly in Gloucestershire. With five care homes, four in Cheltenham and one in Stroud, they provide assisted living, residential and nursing care.

THE CHALLENGE
Home cooking is a priority across Lilian Faithfull, and plays a key role in their care of residents; ensuring a nutritious diet, giving quality of life and making sure meal times are a highlight of the day. To increase control over the dining experience and continually drive up standards, Lilian Faithfull brought their catering teams in-house in 2016. With this came the responsibility for providing accurate allergen and nutritional information for the food they prepare and serve. Manually preparing hand written menu allergen and nutrition paperwork was incredibly time consuming and there was the potential for inaccurate data to be recorded. There was also a likelihood for inconsistencies across the group.

THE SOLUTION
Take up of Creed’s Saffron Nutritional Software, a tool that manages allergen information, recipes and nutritional values, has dramatically reduced related administrative time. A four week menu cycle can now be uploaded with ease and automatically checked against nutritional values and allergen information. Saffron is used on a daily basis across all sites, achieving the consistency they require. Using Saffron in conjunction with their Creed buying list has also meant nutritional and allergen information matches the products they are buying and using, with no guess work involved. Their nutritional advisor can now ensure provision of allergen and nutritional requirements with absolute confidence. Headed up by Chris Wade, Group Catering Manager, their 18 chefs can now prepare nutritious and well balanced menus each day, offering a wide range of options at every meal.

Menus can easily be changed regularly to ensure constant variety and interest. As testament, in 2017 the care group made it to the final three in the national Care Home Awards for ‘Best for Nutrition, Food & Dining Experience’ run by Care Home Management magazine and Care England.

"Saffron enables our 18 chefs to provide accurate allergen and nutritional information on a daily basis across all menus; from a full roast dinner right down to a cup of tea. Our residents aren’t just with us for a meal every now and again, they are here for main meals three times a day with cakes and snacks in-between, seven days a week. With that, we need to ensure we are providing a nutritionally balanced menu across the week, not just in one meal. Saffron enables us to do that in an easy to read format that our residents, families and staff can all understand. The Saffron system is easy to use, and we’ve always got the Creed team at the end of the phone should we have a question. The Group Catering Manager and I spent two half days with Creed training on the system. This suited us perfectly and Creed were very flexible about the times and dates of training sessions. As we uploaded our own four week menu cycle, our progress was then monitored by Creed with support on offer as and when required. Our experience with Saffron and the Creed team has been brilliant. Saffron has made our lives so much easier; we have absolute confidence in the nutritional and allergen information it provides and Creed are helpful and respond very quickly.”

Lucy Coombs,
Nutritional Advisor,
Lilian Faithfull Care
Apple and Rhubarb Crumble with Custard

INGREDIENTS SERVES 20
• 400g Country Range Solid Pack Apples
• 400g Country Range Solid Pack Rhubarb
• 40g Tate & Lyle Caster Sugar
• 100g Pure Dairy Free Sunflower Spread with Omega 3
• 160g Country Range Plain Flour
• 100g Tate & Lyle Dark Soft Brown Sugar
• 40g Scott’s Porridge Oats
• 1kg Country Range Custard

METHOD
1. Preheat the oven to 190ºC/375ºF/gas mark 5.
2. Chop the apples into 2cm slices and rhubarb into 4cm lengths and lay on the bottom of an ovenproof dish. Sprinkle with the caster sugar.
3. Prepare the crumble mixture: gently rub the vegetable oil spread into the flour and brown sugar, then add the oats.
4. Sprinkle the mixture over the fruit and level ensuring all the fruit is covered.
5. Bake in the oven for 35 minutes

Serving suggestion: Serve with custard

Each Apple and Rhubarb Crumble with Custard (111.9g) contains

<table>
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<th>Sugars</th>
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of an adult’s Reference Intake

Typical values (as sold) per 100g: Energy 555kJ / 132kcal
Contact data@creedfoodservice.co.uk to speak to a Saffron specialist. Find out how Saffron can benefit your business, or ask your Creed contact to arrange a demonstration.

Staverton Technology Park, Cheltenham Road, Staverton, Cheltenham, Gloucestershire, GL51 6TQ

Manners Industrial Estate, Manners Avenue, Ilkeston, Derbyshire DE7 8EF

Wooburn Industrial Park, Thomas Road, Wooburn Green, High Wycombe, Buckinghamshire, HP10 0PE

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