

Suncream Dairies' Premium Lemon Sorbet is now dairy-free



# A moo-vable feast

Dairy products can have an important part to play in a balanced diet for the elderly, providing calcium and natural fortification, but lactose-free alternatives are increasingly required for care home menus

**It's important that older people get enough calcium – an adequate supply can help to maintain bone strength during our later years – and dairy products are a key source of calcium. The calcium requirement for the over 65s is set at 700mg a day, with a 200ml glass of milk, a pot of yoghurt or a matchbox-sized piece of cheese each supplying around a third of these calcium needs.**

"Dairy is incredibly crucial in residents' diets," says Aine Melichar, Brand Manager for Kerrymaid. "Maintaining bone health is crucial to reducing the risk of osteoporosis and enhancing overall wellbeing of residents; and incorporating dairy products into residents' diets is one way to help combat the risk of osteoporosis.

"What's more, recently released research by Mintel suggests that one in eight Brits are now claiming

to eat more non-animal sources of protein, such as dairy, as part of an ever evolving diet and consumption repertoire. As vegetarian lifestyles become increasingly popular, the demand in foodservice – including in the care home sector – is also rising," adds Aine.

Kerrymaid provides a complete portfolio of dairy ingredients for caterers. This includes cream alternatives and custard, spreads, sliced and grated cheese, as well as Kerrymaid Angelito Ice Cream Mix and Kerrymaid Angelito Thickshake. "Lowering residents' saturated fat intake and removing hydrogenated vegetable oil from residents' diets is essential to reducing the risk of

cardiovascular disease and diabetes, and Kerrymaid can help as it has the only cream alternatives to contain no hydrogenated vegetable oils," says Aine.

### Sunlight

Vitamin D is also important for healthy bones in older people as it's needed for the absorption of calcium from food. However getting the right levels of vitamin D can be a challenge, as Simon Muschamp, Head of Marketing at Pritchitts, explains: "We rely on

sunlight to get vitamin D but during winter it can be difficult for the elderly to get the amount they need thanks to the UK climate, as well as some residents being housebound or confined indoors for long periods. Poor diet is also a contributing factor;

low appetites, a special diet or difficulties swallowing, all mean that sometimes the elderly don't get the vitamin D you can find in foods such as eggs, oily fish and red meat.

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Spinach and Brie Tart made with Kerrymaid Double

## Spinach and Brie Tart

Kerrymaid's Care Ambassador Matt Dodge has come up with this recipe for a rich savoury bake

Serves 4-6

### Ingredients:

- 1 x 9in full baked savoury tart case
- 20g Kerrymaid Premium Baking
- ½ diced shallot
- 4 large eggs
- 300ml Kerrymaid Double
- 130ml whole milk
- Pinch of ground nutmeg
- Pinch of salt
- 290g frozen spinach, defrosted and free of water
- 100g brie crumbled

### Method:

1. Heat the Kerrymaid Premium Baking in a small size frying pan over a medium heat; cook the shallots until soft and translucent for around 8 minutes, then set them aside to cool.
2. In a medium size bowl whisk together the eggs, Kerrymaid Double, nutmeg and salt.
3. Pre-heat the oven to 170°C, then place the tart case onto a greaseproof lined baking tray and sprinkle with the spinach and shallots - making sure there is an even layer
4. Crumble the brie over the top, then pour the egg mixture over the top of this layer until the tart case is full
5. Carefully place the tart into the oven and bake for 40-50 minutes until golden on top and firm to the touch.

"Experts recommend taking a daily supplement over the winter months, but caterers can play their part too by looking at ways to add vitamin D to menus." Pritchitts' versatile Millac Gold Double is now formulated with added vitamin D and, working in conjunction with respected registered dietician Dr Mabel Blades and Development Chef Wayne Child, the company has released a new recipe booklet for the product. Simon adds: "With 328 kcal per 100ml, Millac Gold Double has long been a trusted partner in care home kitchens when it comes to boosting the number of calories in dishes. Now that it's been improved even further with added vitamin D, caterers can help keep residents healthy over the winter months and throughout the year."

Another cream alternative

on the market is Macphie's GlenDelight; this one has half the fat of double cream when whipped, and can be used as a lighter alternative in both savoury and sweet dishes where fortification isn't an issue. Anna Massie, Senior Category Marketing Manager at Macphie, makes this point: "When cooking in a busy residential care home kitchen it's important to use ingredients that are suitable for a variety of purposes given the diverse needs of residents." And she adds: "Long shelf life products will also help to keep costs down as well as save you time."

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### Cheeseboard

Cheese is one of the most widely used dairy products and with so many varieties to choose from there's always going to be something to tempt even the most jaded of palates to enjoy a calcium boost.

However, with so many different tastes to accommodate within a care home population, wastage could be an issue when offering a variety of cheeses. Not so with the recently introduced British Individual Cheeseboard selection from Brakes. This complementary assortment of award-winning cheeses from around the country comes pre-

portioned and ready to serve. Each 130g pack contains a 30g portion of Isle of Man Vintage Cheddar, a 30g Belton Farm Red Leicester, a 30g Cropwell Bishop Blue Stilton and a 40g Shirevale White Stilton, Mango and Ginger portion.

Lactalis Professional has a wide selection of British cheeses to satisfy a desire for regional and local produce, as well as many continental varieties. To name but a few: Mild Capricorn Goat's Cheese from Somerset, Lubborn Somerset Camembert, Seriously Strong Extra Mature Cheddar, Galbani Dolcelatte, Président Brie and, to address wastage issues, the new single-serve Président Petit Camembert and easy-to-portion rectangular brie-alternative, Lingot.

The supplier also has Galbani Mascarpone on its books, which is a versatile ingredient when it comes to the dessert menu. Traditionally used in Tiramisu, mascarpone can be used in many other recipes or served on its own as an alternative to cream with a variety of desserts.

### Lactose intolerant

But what about residents who can't tolerate dairy products – is cheese a complete no-no?

"Seasoned Italian cheeses such as Parmesan are ideal for lactose intolerant options. Served with pasta or risotto they contain highly concentrated amounts of the valuable nutrients and the lowest amounts of lactose," says Brian Eastment, Executive Development Chef at Major. "Here at Major we understand the importance of catering for special dietary requirements which is why we generated our suitability chart, so chefs could cross check for dietary requirements and see if they contain any possible allergens."

"Fortunately these days there are a wealth of different options for caterers," continues Bob McDonald, Major's Consultant Development Chef for Ireland. "Take a simple Panna Cotta recipe, for example: by replacing the cream with coconut milk, serve with fresh fruit and you

have a delicious and simple dessert that can be enjoyed by all."

With the inability to digest lactose the most common cause of dairy intolerances, and Allergy UK estimating that as many as one in five has a lactose intolerance, care home caterers need to be able to offer lactose-free alternatives throughout the day, and having some ready-made products on hand could prove invaluable.

Already known for its gluten-free cakes, Swedish baker Almondy has recently launched a Creamy Chocolate Cake with Roasted Almonds that is both gluten- and lactose-free. Almondy Managing Director Andrew Ely says the new sweet treat "really will remove the headache of multiple free-from dessert options and simplify a catering operation". The cake is available frozen and pre-cut into 12 slices for convenience and accurate portion control, with each slice taking just 20 minutes to defrost.

Help is also at hand for those who are still keen to make their own alternative bakes, with products that measure up well. "Traditionally dairy is seen to be the backbone of baking and many who are lactose intolerant feel that they have to give up their favourite baked treats," says Rob Owen, Executive Development Chef, Creed Foodservice. "But now, thankfully, there are so many good products on the market that you can make a dairy-free cake or pie without compromising on taste and quality.

"Stork Original Baking Block is a dairy-free alternative to butter and makes excellent cakes, biscuits and pastries without compromising on taste," adds Rob, "while plant-based alternatives to milk such as Alpro Soya Milk and Alpro Almond Milk offer healthy substitutes to cow's milk."

### Sweet tooth

Still with the sweet-toothed in mind, Suncream Dairies has relaunched its range of popular easy-scoop Premium Sorbets as a dairy-free product in response to increased

demand for lactose-free desserts. The new sorbets still incorporate the same fruit purées imported from Italy as before, but the small amount of milk which was previously included in the recipe has been eliminated.

"Caterers are telling us that they like to offer sorbet as a dessert for people following a lactose-free diet so this move further improves a really versatile product," comments Rebecca Manfredi, Managing Director of Suncream Dairies. The sorbets are available in five flavours – Lemon, Orange, Mango, Raspberry and Marc de Champagne.



Macphie's GlenDelight is a lighter alternative to double cream

### Contacts

- **Almondy** [www.almondy.com/en](http://www.almondy.com/en)
- **Brakes** [www.brake.co.uk](http://www.brake.co.uk)
- **Creed Foodservice** [www.creedfoodservice.co.uk](http://www.creedfoodservice.co.uk)
- **Kerrymaid** [www.kerrymaid.com](http://www.kerrymaid.com)
- **Lactalis Professional** [www.lactalisfs.co.uk](http://www.lactalisfs.co.uk)
- **Macphie** [www.macphie.com](http://www.macphie.com)
- **Major** [www.majorint.com](http://www.majorint.com)
- **Pritchitts** [www.pritchitts.com](http://www.pritchitts.com)
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