Sponsored by: MEIKO The clean solution

NACC National Association of Care Catering UPDATE

CONNECTING NACC MEMBERS
FEBRUARY 2021

Welcome to NACC Update

Hello everyone!



It gives me great pleasure to introduce the first issue of NACC Update – our new-look members' newsletter.

Here, you have access to important NACC information and updates, event news, key dates for your diary, inspiration from fellow members, recipes and more, all in one very handy place.

We want NACC Update to be a positive tool that supports and connects our amazing NACC community. We therefore need your input!

Please get involved by sending in the news from your care home, service or business to feature in the Members' Spotlight section. If you've got a new initiative or innovation, won an award, been involved in a community or charity project, celebrated a special occasion or want to spotlight a team member that has gone above or beyond (the options are endless!) we want to hear from you. We also want to know what you'd like to see in your newsletter, and we'd love to hear any feedback or suggestions you may have to help us develop NACC Update.

All you have to do is send your news, thoughts and comments to info@thenacc.co.uk.

We can't wait to hear from you, but in the meantime grab a cuppa and enjoy catching up with the NACC.

Best wishes

Nick Dutton NACC Deputy Chair

Inside this issue

- *The NACC Care Chef of the Year 2020 competition is wrapped up virtually and safely*
- *All-important dates for your diary*
- *Get the lowdown on the NACC virtual seminars*
- *Discover what fellow members have been up to in Members' Spotlight*
- *We return to The Bevy in Brighton to find out how the team continues to support the community*
- *Prescribing Support Consultant Dietitian, Alison Smith, gives an important overview on vitamin D supplements for care home residents*
- *Mouth-watering recipes to inspire and delight*

Meet Tim Ware

The NACC Care Chef of the Year 2020 Winner

Tim, from Green Court Care Home in Exeter, has competed in culinary competitions, including MasterChef: The Professionals, since 2008. He describes his success at the NACC Care Chef of the Year 2020 finals as the pinnacle of his career: "I was relieved and of course excited to win. I punched the air and had a (Covid-19 safe) high five with my boss. I was also overwhelmed with all the congratulations I received. It really is a great sense of achievement."

So, what did Tim learn as a finalist and runner-up in last year's competition that led to his triumphant return? "I learned not to overcomplicate the menu and keep the description simple – you don't have to overcomplicate every component, it's good to keep an element of surprise. I've also learned to control my nerves and enjoy it more!"

And what's his advice for fellow care chefs thinking of entering the 2021 competition? "Go for it! Don't overcomplicate your dishes, have a clear list of tasks and timings for each dish and relax as much as you can."



NACC CARE CHEF OF THE YEAR 2020

COMES TO A VIRTUAL, UPLIFTING FINALE

When the new year brought with it a new lockdown, it became clear that to bring the NACC Care Chef of the Year 2020 competition to its celebratory finale, it would have to happen virtually.





FAR LEFT: *Cheryl Crook's mozzarella and sunblushed tomato arancini followed by salted caramel apple crumble with a twist, served with custard secured third place*
LEFT: *James Cotton's Black Forest Bakewell tart was awarded Highly Commended Dessert*

So that's exactly what we did! The finalists competed in a series of exciting, covid-safe online cook-offs. They all did an amazing job as they cooked up exceptional dishes and showcased their culinary skills, creativity and specialist care catering knowledge in front of our expert judges from the safety of their own kitchens.

After thorough deliberation by the judges, the results were announced in a special online prize-giving ceremony attended by NACC members, supporters and colleagues. It really was an uplifting event that celebrated the incredible work and talents of care chefs who have gone above and beyond in such challenging times.

Huge congratulations to Tim Ware of Green Tree Court Care Home in Exeter, who shone through to claim the coveted NACC Care Chef of the Year 2020 title. Tim achieved second place in the 2019 competition, so it's fantastic that this former finalist used his experience and learnings to come back and take the top spot!

Heartfelt congratulations also go to Matthew Dodds of Gracewell of Ascot, who took second place and Highly Commended Main, Cheryl Crook from Heol Don Nursing Residential Centre, who was awarded third place, and James Cotton of Cavendish Park Care Home by Majesticare, who received the Highly Commended Dessert accolade.

Everyone, from the finalists to the judges, adapted to the new format fantastically and the standard of competition was as high as ever. The judges watched closely and asked lots of questions as they explored each chef's aptitude in the important areas of nutritional understanding relating to their clientele, culinary flair through flavours, menu balance, execution, presentation and hygiene best practice.

Designated tasters also ensured the judges had a full appreciation of the taste and texture of each dish. It was wonderful that in some cases the residents got involved in the tasting, giving back excellent critiques – and you certainly don't get much more honest feedback than that!



LEFT: *Matthew Dodds took second place and Highly Commended Main for his 'Post-war ration meal' of poached saddle of rabbit, roasted shallots, baby carrots, crispy kale, fondant potato and tarragon cream sauce followed by 'Black Forest' dark chocolate and raspberry fondant, black cherry ice cream, almond sable and red cherry crumb*

Click here to watch the NACC Care Chef of the Year national final video and prize-giving ceremony

A BIG THANK YOU

A big thank you to the NACC Care Chef of the Year sponsors Premier Foods and Worshipful Company of Cooks for their tremendous support.

PREMIER FOODS

The Worshipful Company of Cooks

"The virtual format worked incredibly well and I thank everyone involved, from the organising and production team to the competitors and judges, for their commitment, agility and positivity."

Sue Cawthray, NACC National Chair

NACC Care Chef of the Year 2021 is coming!

Have you got your eyes on the prize? Look out for details of how to enter the NACC Care Chef of the Year 2021 competition coming very soon.

Message from the National Chair

A big hello to all our members



I do hope that you are all keeping well. It's safe to say that 2021 did not start the way anyone wanted. But in all the darkness, there has been the most welcome hope and optimism. The vaccine programme has built tremendous momentum and as more and more people receive their first dose, we can begin to see that light at the end of this very long tunnel getting brighter.

One of the amazing things to come out of this pandemic has been the renewed sense of community. Across the country people have come together to simply help each other. Community is at the heart of the NACC. The support, encouragement and camaraderie we've always enjoyed in person over the years hasn't wavered in these challenging times. Now virtually, through online seminars, award ceremonies, newsletters and so on, we've continued to offer each other information, guidance, advice, support, positivity, inspiration and friendship.

It is key to continue to stay positive and meet the ongoing challenges, as I believe that we are going to live with the results of this pandemic for some time to come. We will learn to adjust to the easing of restrictions when they come and our promise to you is that the NACC will continue to be supportive in our communities and will stand strong and focused on care catering across the UK.

Take care everyone, and please do continue to join our online events and keep in touch with us.

Sue Cawthray
NACC National Chair



NACC DATES FOR YOUR DIARY

25TH FEBRUARY 2021
Virtual Seminar: Inspirational Cookery Demos for Care Homes
Be inspired by care chefs at the top of their game – including Tim Ware, NACC Care Chef of the Year 2020 winner, Matthew Dodds, NACC Care chef of the Year 2020 runner-up and James Cotton, NACC Care Chef of the Year 2020 Highly Commended Dessert
Find out more and book your FREE place here

17TH MARCH 2021
Virtual Seminar: Exemplary Employee Experience – promoting a culture of physical and emotional wellness
Care catering has played an important part of the frontline pandemic effort. In these challenging times, it's never been so important to look after everyone working in our sector. This vital seminar will help you explore the 'why and how' of promoting a workplace culture of physical and emotional wellness and providing an exemplary employee experience.
Find out more and book your FREE place here

22ND APRIL 2021
Virtual Seminar: Dining with Dementia
Look out more details coming to you by email or visit ***www.thenacc.co.uk***

6TH – 8TH OCTOBER 2021
National Event: NACC Training & Development Forum
East Midlands Conference Centre, Nottingham
Book your place here

1ST – 5TH NOVEMBER 2021
Meals on Wheel Week 2021
The annual national celebration of the vital Meals on Wheels service that keeps the elderly and vulnerable living independently in the community nourished, hydrated, physically and mentally safe and well, and connected.

NATIONAL ASSOCIATION OF CARE CATERING
T 0870 7480180 F 0870 7480181
E info@thenacc.co.uk W www.thenacc.co.uk

A return visit to The Bevy

SAVE THE DATE
meals on wheels™
more than just a meal
1ST – 5TH NOVEMBER 2021



The Bevy community pub and Meals on Wheels service in Moulsecoomb, Brighton, found itself a highlight of Meals on Wheels Week 2020 when the team, alongside NACC national chair Sue Cawthray, hosted a very special virtual visitor, HRH The Duchess of Cornwall.

A lively local and crucial resource in a low-income area, The Bevy provides great food and regular activities and events to support the elderly, vulnerable and hard-pressed families, including Lunch Clubs and a Dementia Café. When the first lockdown struck, Bevy Meals on Wheels was born to continue to support those relying on its services for physical and mental wellbeing.

The day after the virtual visit, The Bevy had to close its doors once more as the area entered Tier 4. We touched base to find out how the team's been supporting the community during what has been a long winter.

Helen Jones, general manager of The Bevy and co-ordinator of Bevy Meals on Wheels, tells us:

"When The Bevy closed, we focused on our Bevy Meals on Wheels service and the slowly increasing number of recipients. We continued to send out hot, fresh-cooked meals three times a week and to call people to see how they were doing.

As the restrictions momentarily started to lift, we were able to arrange some Christmas-themed activities, including a safe-distance ballet of The Snow Queen in the local church. We were also looking forward to a Christmas Eve meal, but this was sadly cancelled.

In Lockdown 3, we have been targeting services that work with and support families and children. Families' incomes and circumstances are more vulnerable and volatile than ever, especially with children who may normally benefit from free school meals being kept at home.

Both physical and mental health has been a big issue within the community – for families and older people – with company and stimulation in short supply. Older people with health and mobility issues are deteriorating because they are more sedentary, and they are lonely. Families are also finding it hard to make ends meet on top of home-schooling, which is challenging for people in small flats and houses with children of different ages and abilities.

Everyone who can – staff, volunteers and local residents – is trying to keep as much as possible going. Our Friday Friends lunch club has been making puddings for Bevy Meals on Wheels once a week for almost a year now and many volunteers go the extra mile, having a chat and a cuppa on the doorstep to provide a bit of company, doing a bit of shopping, paying a bill or checking in by phone if someone has been ill or in hospital.

Our numbers have doubled to over 50 again so we must keep going. We want to start calling people and visiting them more often. We also want to keep building on many uplifting community projects. We're talking to Brighton Festival about some events and activities and our wonderful gardeners have been growing spring bulbs for replanting the hanging baskets very soon for everyone to enjoy.

We have also resumed our partnership with St John's college, providing work placements for young people with complex learning disabilities and have three learners helping prepare the Meals on Wheels alongside our chef.

We do look forward to the day we can welcome back our customers. However, Bevy Meals on Wheels will become a permanent feature of The Bevy and our local support. The pandemic has strengthened my belief in the need for community. We are social creatures, and we suffer greatly when we cannot share the social experiences that we all look forward to and which create a structure for our lives."





Tell us your story

Do you operate or are you involved in a Meals on Wheels service? If yes, contact us and be part of our case study campaign.

We must keep shouting about the amazing work and positive physical and mental impact of Meals on Wheels services across the country. Sharing your stories from the frontline is a fantastic way to do this.

Contact **info@thenacc.co.uk** and get involved. We can't wait to hear from you!

EXPERTADVICE

Vitamin D supplements for care home residents

Alison Smith, Prescribing Support Consultant Dietitian; BDA Older People Specialist Team committee member; CQC Specialist Adviser and NACC member gives an important overview on the provision of Vitamin D supplements for residents.



Current evidence does not show that vitamin D can prevent or treat Covid-19 but it is known that vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are needed for healthy bones, teeth and muscles. Too little vitamin D can lead to bone pain and muscle weakness in adults, and may also increase the risk of falls in older people.

The Department of Health and Social Care (DHSC) is providing a free four-month supply of vitamin D supplements for care home residents in England as part of the Government's Covid-19 response.

Please be aware that after this free supply is finished, care home providers are fully responsible for providing residents with a daily vitamin D supplement as part of the requirements of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014: Regulation 14 Meeting nutritional and hydration needs. CQC has recently issued online guidance to support this.

WHAT WE KNOW AT THE MOMENT

- DHSC issued detailed guidance for care home providers about the free vitamin D supplements on 15th January 2021
- The NHS has received exactly the same guidance at the same time
- Vitamin D will be supplied to care homes as a liquid supplement
- Dosage per resident, per day is 2 drops
- 2 drops provides 10 micrograms or 400 international units (IU) vitamin D
- Vitamin D liquid supplements are starting to be delivered to some care homes
- It appears that 1 bottle (containing 120 'doses') is being provided per registered bed
- The product provided is Halal and vegetarian

Care home staff are required to establish whether any residents should not take the supplement due to other prescription medication, health concerns or personal choice. When you next speak with them this can be discussed with your residents GP, Primary Care Network Pharmacist or multi-disciplinary team. You do not need to specifically contact them about vitamin D.

Keep an eye out for updates on the NACC website **www.thenacc.co.uk**

IDDSI – the next phase





Since IDDSI (International Dysphagia Diet Standardisation Initiative) – the internationally-recognised framework that defines texture-modified foods and thickened liquids for global consistency and safeguarding of individuals with dysphagia – was implemented in the UK in April 2019, the NACC has been actively involved in supporting the initiative that drives safety through common terminology for all ages, care settings and cultures.

This year, regional reference groups have been set up across the globe to ensure IDDSI's ongoing implementation. The United Kingdom IDDSI Reference Group (UKIRG) held its inaugural meeting in January and the NACC was proud to have a seat (or two!) at the table.

The UKIRG exists to engage all stakeholders (e.g. NHS trusts, Clinical Commissioning Groups, Practice Areas, Profession, Sector, Regulations, etc.) and help find solutions for local UK issues. It also acts as an informational and instructional body to guide, foster, advocate, facilitate and support the ongoing implementation and use of IDDSI.

Experts in the area of dysphagia diets and IDDSI, Preston Walker (Midlands Chair) and Sophie Murray (Former Deputy Chair) are representing the NACC and its members on the UKIRG and will be keeping us all updated on the latest information and developments.

Do you want to be involved in the NACC's work with IDDSI? We'd love to have you on board.

Contact info@thenacc.co.uk today!

VIRTUAL SEMINARS

NACC virtual seminars go from strength to strength

Unfortunately, like all events, the Covid-19 pandemic has meant that the NACC has not been able to host its regional seminars over the past year.

We're a very sociable bunch so it goes without saying that we've missed the in-person interaction with our members, colleagues and guests. Having said that, we also like a challenge so we put on our thinking caps to come up with the best covid-safe solution to ensure that care caterers around the country could keep learning and developing their knowledge and skills and sharing ideas and best practice with each other.

The NACC National Executive, supported by the technological flair of the team at McCullough Moore, has worked incredibly hard to host regular, inspiring virtual national seminars for all, with great success. Since taking our seminars online, over 1600 delegates have tuned in and benefited from relevant, informative and practical content.

October 2020 seminar



Back in October, the Scottish and North regions hosted 'Can Food be thy medicine?', a brilliant session that looked at ways good nutrition and hydration practice can address some of the immediate challenges caused by Covid-19 in care homes. Experts covered vital topics such as muscle loss, pressure sores and swallowing difficulties during post infection recovery.



November 2020 seminar

In November, it was the turn of the South East and Midlands regions. They brought to life the NACC Care Product Innovation Day, a valuable session that offered a virtual opportunity to get up to date with the fantastic new solutions and innovations that care catering suppliers offer care providers to help improve the nutritional care of residents and clients. Special guest speaker, Dr Elizabeth Boaden, the chair of IDDSI UK, also joined the seminar to discuss the important topic of SLT Solutions and Swallowing Difficulties following Covid-19.

Click here to watch a recording of the seminar



January 2021 seminar

Following the Christmas break, over 400 attendees enjoyed the January seminar hosted by the South West and Wales region, which focused on Menu Planning for Special Diets in Care Homes. The packed agenda explored this very important topic and gave everyone plenty to think about. Care home support dietitian, Helen Simpson from NHS North Hampshire, explained how to successfully manage diabetes in care homes and the important role person-centred menu planning plays in helping residents manage the condition. This was followed by an interactive session with Annemarie Aburrow, consultant dietitian, AHSN, who considered hydration in older people, challenging common myths around hydration in care homes and highlighting the new Hydration at Home Toolkit.

Excellent practical advice came from Emily Hampton, Head of Food Policy, Coeliac UK, who offered chefs guidance on reducing contamination in care kitchens when preparing gluten-free menus and signposted the tools and support available in her session on 'Best practice for Gluten Free'. There was also a fantastic live cookery demonstration from V for Life's roving chef, Alex Connell, who shared some delicious vegan and vegetarian dishes live from his kitchen at home. Some of his recipes are included in the recipe section of this newsletter so make sure you take a look.

Click here to watch a recording of the seminar

There are more exciting virtual seminars planned for every month this year. We're focusing on a variety of key topics that will help support care providers with the catering in their service. There's something for everyone and they're FREE to attend!

More details can be found in the 'Date for your diary' section of this newsletter or you can visit the NACC website www.thenacc.co.uk

MEMBERS' SPOTLIGHT

We'd love to hear from you!
Contact **info@thenacc.co.uk**
to feature on this page

There are so many fantastic innovations, initiatives and achievements in the world of care catering, so we've dedicated the Members' Spotlight to showcasing this. It provides a positive platform for our members to support each other by sharing ideas, experiences and best practice.

NACC members are veggie heroes

V for Life (VfL)



V for Life (VfL) hosted its annual Awards for Excellence in Vegetarian Care Catering in a virtual ceremony in December.

Now in its fifth year, the awards celebrate care caterers that 'go the extra mile' for vegan and vegetarian residents. In recent years there has been a whopping increase of 167% in the number of vegans in residential care, so as experts on diet and healthy living advice for older vegans and vegetarians, VfL's goal is to improve the standard of catering in care homes and ensure quality and choice match demand.

Congratulations to NACC member Gary McGurk, Chef at Primrose Bank Care Home in Lancashire, who was one of the worthy winners, scooping 'Most Innovative Veggie Dish' for his delicious pan-seared watermelon dish.

"We have been welcoming a lot more vegetarians at the home in recent years," said Gary. "We began focusing on expanding our menus and having more variety and excitement for vegetarians, vegans and also those with special diets. It was fantastic to watch the awards online with some of the team and residents and it was wonderful to win."

NACC Premier Partner Bidfood was also named 'Veggie Wholesaler of The Year' – congratulations to the Bidfood team too!

Care home food gets an Insta-celebration

@5starcarehomefood



Richard Pearshouse, NACC member and the award-winning head chef at Signature Wandsworth Common, Signature Senior Living's flagship care home, is a care chef on a mission.

He wants to showcase the exceptional food created by the talented chefs in Signature's care homes and the wider care sector and help eliminate the negative perceptions and misconceptions that some people still have around care home food.

So, what did he do? Richard has harnessed the power of social media and created the Instagram page @5starcarehomefood. It's a visual delight that puts a spotlight on the fantastic five-star dishes that chefs are serving in the care sector every day.

It's easy for fellow care chefs to get involved too. To showcase their own dishes, they simply follow the page and upload eye-catching images of dishes that capture their incredible standards, skills and flair. Richard also actively looks at the Instagram feeds of his followers and shares images of dishes that he thinks have the wow factor.

Richard said about the exciting initiative: "I've worked in the care sector for 15 years and in this time I've seen just how far the standard of food has come. Thanks to organisations like the NACC we are now at a point where the quality is no different to a fine dining restaurant or hotel and that's something worth shouting about!"

Get involved and help give care food the recognition it deserves. Follow @5starcarehomefood on Instagram, take a look at, like and share the amazing dishes and upload some photos of your own.








National awareness and celebration events 2021

There's plenty of national awareness and celebration events in the calendar. Take a look for some inspiration for fun themed menus and mealtimes.

22 Feb – 7 Mar	Fairtrade Fortnight ***www.fairtrade.org.uk/get-involved/current-campaigns/fairtrade-fortnight***
1 March	St David's Day
1 – 7 March	British Pie Week 2021
5 March	St Piran's Day – the national day of Cornwall
8 – 14 March	Spam Appreciation Week 2021
8 – 14 March	National Salt Awareness Week ***www.worldactiononsalt.com/awarenessweek***
14 March	Mothering Sunday
17 March	St Patrick's Day
19 March	Comic Relief / Red Nose Day ***www.comicrelief.com***
2 April	Good Friday
4 April	International Carrot Day ***www.carrotday.com/carrotday.htm***
4/5 April	Easter Sunday / Easter Monday
21 April	National Tea Day ***www.nationalteaday.co.uk***
23 April	St George's Day
26 Apr – 2 May	National Gardening Week ***www.rhs.org.uk/get-involved/national-gardening-week***

Don't forget to share photos of your themed menus and events with us. Either tag the NACC on social media or send them to info@thenacc.co.uk

MEIKO'S CARE HOME
DISHWASHING CHECKLIST 2021





This is a short guide that could help when buying your next dishwasher.

1. **CHOOSING:** A properly maintained dishwasher will inactivate Covid-19. Meiko has proved that, but cautions that to ensure continued defence, whatever machine you choose, make sure it comes with a service contract. Thermostats naturally lose accuracy over time and the rinse cycle, for example, may not be hot enough to inactivate the bugs.
2. **DESIGN AND INSTALL:** Distancing requirements have created new design challenges. Suppliers like Meiko have experienced regional sales managers to help with design. Is the existing dishwash suitable or does it need expansion so staff can work separately? What new machines improve productivity or health and safety? Will a machine that does not need a water softener improve efficiency?
3. **ERGONOMICS:** Latest hood-type models have hoods that work automatically. That does come at a cost, but the benefits may be important to you. Auto hoods speed up dishwashing, says Meiko, and more than pay for themselves by saving about 30-40 minutes per shift, so if your current machine is struggling this could help. Most important, auto hoods stop kitchen staff having to push or pull the hood up and down; great because it prevents shoulder and back strain.
4. **MAINTENANCE:** Whether you have one care home or several, having planned maintenance in place saves money on breakdown repairs long term, but most important, a PPM contract ensures consistent hygiene levels across a chain and a quick response in event of breakdown.
5. **HOW TO CHOOSE A MAINTENANCE SUPPLIER?** Care homes can't afford to be kept waiting. Meiko has set a high standard, delivering response within 8 working hours, with a first-time fix rate above 95%. Settle for nothing less than this.
6. Give yourself time to make a good decision, research pays back!

Telephone **01753 215120** to discuss your requirements or visit **www.meiko-uk.co.uk**

We'd love to hear from you!
Contact **info@thenacc.co.uk**
to feature on this page

5 minutes with James Clear

Hotel Services Manager, Care UK



At the 2020 NACC Awards, James Clear was the deserved winner of the Pam Rhodes Outstanding Achievement Award. We caught up with him to find out more about his inspirational and award-winning approach to care catering over this past year.

Q: Your flair for innovation was one reason you were awarded the NACC Pam Rhodes Outstanding Achievement Award. What food and dining innovations have you introduced in the past year?

A: *We have focused on in-room dining for those shielding. Chefs have created appetising and attractive disposable afternoon tea boxes to help keep up hydration and nutrition, as well as morale. We have also used Zoom to help residents have family dinner parties and we have worked hard to create bespoke dishes to tempt appetites and make residents feel special.*

Q: Agility has been vital over the ever-changing past year. How have your food and dining services adapted to ensure your residents continue to get the best nutrition and dining experience possible?

A: *We have always had excellent nutrition; however, we wanted to use it to boost immunity. Just before the pandemic hit, our chefs completed a bespoke training course – Food is Medicine – created by our team and Unilever and exclusive to Care UK chefs. This looked at the perfect natural sources of vitamins and minerals, and how a plate of food can actively boost immunity and wellbeing while being delicious. We have also used more individual cakes in our cafés, and our new homes have touch-free coffee machines.*

Q: You are respected by your colleagues (and the wider sector) for your professionalism, compassion, support and development. How do you keep your chefs and teams motivated, particularly when there are different challenges to overcome?

A: *We recently enjoyed an exciting project with food historian Dr Polly Russell, who you may have seen on the BBC TV programme Back in Time for Tea. She joined residents, via Zoom, to talk about the history of food. Each segment of her talk was accompanied by a canapé version of a dish created by our chefs. It started with the introduction of tea and coffee and used coronation chicken, prawn cocktail and Black Forest gateau to journey through the decades. Coq au vin and kedgeree were used to explore foreign influences, while mini steak and kidney suet puddings exemplified the use of offal. The kitchen teams loved the concept and the interaction, and residents had a wonderful time.*

Q: How have you adapted and maintained the training of your teams over the last year?

A: *Zoom has been important with team meetings and training and it looks as if that will be the way for a while yet.*

Q: You were an early adopter of IDDSI and are known for your work in this area. Are there any new initiatives that you are working on/introducing to support this?

A: *There's a lot in development, so watch this space. I can tell you we are about to launch a new hydration book. We are always looking at innovation with our partners. For example, we were the first customer in the world to launch WaterADE in homes. Currently we're looking at further nutritional work with leading experts, ensuring all our menus and products are for the active wellbeing of the residents. A particular area of interest is linking all the senses to food.*

Q: As we look forward to the future, what positive learnings/practices from the past year will you take forward in your food and dining experience?

A: *We've always had excellent infection control and we have used this time to further refine our policies and procedures. I must say an enormous thank you to everyone in our homes – from the cleaning, laundry and maintenance teams to the carers and kitchen teams – who have gone above and beyond to support our residents. They have been inspirational.*



Tim Ware NACC Care Chef of the Year 2020

Butter roast chicken, Bombay potatoes, spinach and shallot bhajis

Serves: 3

INGREDIENTS

- Chicken breast 140g pp
- 2x 180g chicken breast vac
- Curry spices and seasoning, 1x natural yoghurt, lemon juice, ginger, garlic, chilli, yoghurt, turmeric, garam masala

Curry sauce

- 1 onion
- 2 cloves of garlic
- 1 stem of fresh ginger
- ½ chilli
- 2 carrots
- 1 tbsp curry powder
- 1 tsp turmeric
- 1 tbsp flour
- 500ml chicken stock
- 1 tbsp soft brown sugar

Onion bhaji

- 3x banana shallots
- ½ tsp of turmeric, curry powder, garam masala, fenugreek
- 30g plain flour
- Chickpea flour
- Miscellaneous (oil, salt, pepper)
- Whole milk

Bombay potato 80g pp

- 4x potatoes, peeled
- Unsalted butter
- Rapeseed oil
- 1 tsp of turmeric, mustard seeds, curry power, onion seed, garlic salt
- ½ bunch coriander

Vegetable garnish

- 2x spinach 30g
- 2x courgette
- Coriander oil

METHOD

Heat the fryer to 180°C and the oven to 180°C

For the chicken

- Trim chicken breast and place the breast in vac pack bag with spice yoghurt mix and olive oil then seal.
- Heat water bath to 56°C, place chicken in and heat for 1 hour 20mins. Once cooked take out of bag and seal in a hot pan with some butter to finish.

For the sauce

- Place a medium size saucepan on heat with a small drizzle of oil.
- Roughly chop all vegetables and sweat off in pan with a little seasoning. When soft add dried spices and flour, cook out for a few minutes then add chicken stock and sugar and bring to a simmer. Leave to cook for 20 minutes then blitz and strain.

For the bhaji

- Slice shallots on mandolin really fine into a bowl then add mixed curry spices, a tablespoon of flours and a little milk to make a batter. Mix well then deep fry at 180°C until golden.

For the Bombay potato

- Dice potatoes into rough 1cm squares. Place a sauté pan on the heat with little bit of rapeseed oil and 30g butter. Add dried spices and toast. Add diced potato and sauté for five minutes moving them around every minute. Take pan off the heat and place in oven for 10 minutes until cooked through.
- Line a terrine mould with cling film. Add fresh coriander to the potato and mix. Spoon the potato into the mould a quarter at a time pressing down each layer with a fork. When filled, place a tray on top with a weight to press and place in fridge to set until cold.
- When chilled turn out, portion and heat through in the oven.



Tim Ware NACC Care Chef of the Year 2020

Poached apricots, coconut and lime espuma and pistachio filo pastry

Serves: 3

INGREDIENTS
- 5x apricots

Poaching liqueur:
- 100ml Dead Man's Fingers white rum
- 2x cinnamon sticks
- 2x star anise
- 1x orange peel
- Pineapple juice
- 25g brown sugar

Filo pastry
- 1x filo pastry
- 40g butter
- 20g caster sugar
- 10g pistachio

Espuma coconut
- 25ml white rum
- 175ml coconut milk
- 300ml pineapple juice
- 35g pro espuma

Garnish
- Lemon balm
- Red vein sorrel

METHOD
- Bring the poaching liquor ingredients to the boil and remove from heat.
- Half the fresh apricots, remove stone and place in poaching liquor.
- Depending on the ripeness of your apricots you may want to place back on heat and simmer until soft. If they are ripe apricots, then just placing in the hot liquor will be enough.



Filo pastry
- For the filo pastry take one sheet and brush half with melted butter and sprinkle with a little caster sugar and pistachio. Fold the other half on top and press down then repeat the process one more time. You can cut any shape you like and then place on baking sheet and bake in oven for 5 minutes.

Espuma coconut
- For the espuma, place all ingredients in a jug and whisk together. Pour into the gun and charge with 3 $C0_2$ and place in fridge until serving.

Meiko's Watermelon Mojito

Serves: made by the glass

INGREDIENTS
- ¼ piece watermelon flesh
- 2 limes
- Handful fresh mint
- Coconut water
- Honey to sweeten

METHOD
Place the watermelon in the bottom of your glass. Add four thin slices of lime to your glass, along with a few mint leaves. Take a spoon and crush these ingredients together to release the flavours. Fill the glass with ice and add coconut water to fill the glass. Add a little honey to sweeten if required. Finish off with a sprig of mint to garnish.

NUTRITIONAL INFORMATION
Coconut water is naturally high in magnesium and potassium. Magnesium supports the musculoskeletal system and may prevent muscle cramp. Its potassium content supports hydration.





Recipes from V for Life

Sticky Toffee Pudding **Serves: 6–8**



Dietary requirements: dairy-free, egg-free, vegan

INGREDIENTS

- 200ml soya milk
- 200g pitted dates, chopped
- 1 tbsp black treacle
- 1 tsp vanilla essence
- 100g vegan margarine
- 80g soft brown sugar
- 100g walnuts, finely chopped
- 200g self-raising flour
- 1 tsp baking powder

For the toffee sauce

- 50g soft brown sugar
- 100g light brown sugar
- 50g soya milk
- 1 tsp vanilla essence
- Small pinch of salt

For more recipes, menu plans, and tips on catering for older vegans and vegetarians request a FREE copy of Vegetarian for Life's Catering for older vegetarians and vegans by calling 0161 257 0887 or visiting vegetarianforlife.org.uk

INSTRUCTIONS

1. Preheat oven to 180°C/360°F/gas mark 4.
2. Place the soya milk, dates and treacle into a saucepan and gently heat. Simmer for a few minutes or until the dates start to break up. Mash the mixture or blend with an electric hand blender.
3. Add the vanilla, margarine, sugar and nuts. Continue to gently heat until the margarine has melted. Remove from the heat.
4. Sift the flour and baking powder and fold into the cake mixture. Don't over mix because this will result in a heavy cake.
5. Transfer the mixture to a greased round ovenproof dish, 5cm deep by 23cm across. Other shapes will work fine but the mixture should cover the base to a depth of approximately 4cm.
6. Bake for 35 minutes. Test if the cake is cooked by gently inserting a skewer. If not cooked, return to the oven for another 5 minutes and retest.
7. While the cake is cooking, make the sauce. Simply place all of the sauce ingredients into a pan and gently simmer for 10 minutes.
8. When the cake is cooked, remove from the oven and gently make a series of holes in it with a skewer. The holes will allow the sauce to soak into the cake. Spoon half of the sauce over the top. Serve each portion with a small spoonful of additional toffee sauce.

Chef's tip: For an extra treat, serve with vegan custard or ice cream.

Recipes from V for Life

Borlotti Bean and Chestnut Stew **Serves: 4**



A deliciously rich chestnut stew, flavoured with robust herbs and red wine, best made the day before, for the flavours to infuse the beans. Dietary requirements: dairy-free, egg-free, vegan.

INGREDIENTS

- 2 tbsps olive oil
- 2 medium leeks, cut into thin rounds
- 2 medium carrots, cut into thick rounds
- 3 garlic cloves, peeled and finely sliced
- 4 sage leaves
- 2 large sprigs of rosemary
- 1 tbsp fresh oregano, chopped
- 1 tbsp plain flour
- 200ml red wine
- 300ml water
- 1 tsp vegetable bouillon powder
- 1 bay leaf
- 2 fresh or dried red chillies, deseeded
- 4 tomatoes, cored and roughly chopped
- 1 tbsp shoyu (soya sauce)
- 400g tin borlotti beans or 200g cooked borlotti beans
- 250g chestnuts, ready cooked
- Handful of fresh parsley, chopped
- Salt and freshly ground black pepper

INSTRUCTIONS

1. Heat the olive oil in a large lidded saucepan and sauté the leeks until softened.
2. Add the carrots, garlic, sage, rosemary and oregano, cook for a few minutes with the lid on.
3. Stir in the flour, followed by the red wine, water, vegetable bouillon powder, bay leaf, chillies, tomatoes and shoyu.
4. Simmer for 20 minutes, until the carrots are tender but still have a bite to them.
5. Add the borlotti beans and chestnuts.
6. Check the seasoning and cook for a further 10 minutes.
7. Finish with chopped parsley and a twist of freshly ground black pepper. Serve with celeriac and potato mash.

Chef's tip: The most convenient chestnuts to use are the vacuum-packed cooked chestnuts. If you use tinned chestnuts make sure they are unsweetened.

NACC Premier Partners

Are you making the most of your NACC membership?

How you maximise your NACC membership is of course up to you... but did you realise that the following benefits are all at your fingertips?

1 RELEVANT RESOURCES
The NACC website features a great library of relevant information, top tips and recipes to download and share with colleagues.

2 OPPORTUNITIES TO NETWORK AND DEBATE
There's always something valuable to learn and someone new to meet at your NACC regional seminars. This year, the introduction of virtual meetings has provided a greater opportunity to attend.

3 CONNECT WITH OTHER MEMBERS VIA THE NACC WESBITE
If you have a question, ask them. After all, you're all in the same boat and face similar challenges.

4 ACCREDITED PUBLICATIONS
The NACC has a fantastic range of guidance publications on feeding the elderly and young adults, available to download or in hard copy. Members receive big discounts!

5 TRAINING AND PERSONAL DEVELOPMENT
The NACC Training and Development Forum is the UK's biggest care catering event. It's designed to support and inspire care catering professionals and includes relevant speakers, workshops and networking. NACC members get a discount worth more than the cost of the annual membership!

6 CAREER PROGRESSION AND ACKNOWLEDGEMENT
Members can enter the NACC Care Chef of the Year competition free of charge. Recognised as the leading culinary competition in the care catering calendar, success will grow the profile of you and your establishment immensely.

7 SALES BENEFIT
Displaying the 'member of the NACC' logo is a beneficial selling point, adding instant credibility to your business.

8 INFLUENCE GOVERNMENT
We lobby government and raise awareness of crucial issues affecting our sector. As a member, you can voice your opinion through us.

Member of NACC
National Association of Care Catering

QUESTIONS ABOUT YOUR MEMBERSHIP
If you have any questions about your membership, the team at the NACC administration office is always happy to help.

Contact them at

E info@thenacc.co.uk

T 0870 748 0181

W www.thenacc.co.uk

Professional Warewashing Technology

MEIKO GREEN WASTE SOLUTIONS



Designed for the hygiene needs of a new world

Whether it's washing crockery, cutlery, glassware or the removal and recycling of food waste, MEIKO UK sets the new benchmark for hygiene, energy efficiency, value for money, breakdown repair and service!

For more information on how MEIKO can help your care home email: meikouk@meiko-uk.co.uk or call 01753 215120.

Ask us about possible site visits to see the machines in action, our 96% first-time fix engineer support and for projected running costs for your business.







MEIKO GROUP

www.meiko-uk.co.uk