

# Recipe: Apple Crumble (ABUHB)

No. of Portions: **50** | Portion size: **160g**

Calories per portion: **291** | Protein per portion: **2.7g**

approx. Cost per portion: **unknown**

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## Allergen information

**Please note:** This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					<b>X</b>

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
<a href="#">Marillo apple solid pack</a>	g	6025
<a href="#">Plain flour</a>	g	1000
<a href="#">Butter</a>	g	500
Caster sugar	g	688
<a href="#">Porridge oats</a>	g	313
<a href="#">Sugar</a>	g	668

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## Method

1. Mix the apple with the sugar until the sugar has dissolved.
2. Divide the apple mix into tins, allowing 100g per portion.

3. Mix the remaining ingredients together until you get a crumble consistency.
  4. Cover the apple base with the crumble, allowing 60g per portion.
  5. Cook in a pre-heated oven at 140c for approximately 45 minutes.
  6. Updated 14/01/2021 by James Marshall (Aneurin Bevan recipes).
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# Recipe: Apple Pie

No. of Portions: **50** | Portion size: **137g**

Calories per portion: **unknown** | Protein per portion: **unknown**

approx. Cost per portion: **unknown**

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## Allergen information

**Please note:** This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					<b>X</b>

## Comments

This item is currently being redeveloped in response to feedback. If you wish to include this product on your menu please can you submit a high quality recipe.

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
Apple Solid (2600g) tinned apples	g	5,442
Pastry sheets	g	1,023
Milk Full fat (fresh)	ml	33
Egg (pasteurised)(frozen)	g	35

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## Method

1. Decant apple using decanting procedure.

2. Mince apple into bowl
  3. Weigh apple into each foil following weights.
  4. Pre-heat oven on 170 for 10 minutes.
  5. Grease pastry tin with oil.
  6. Place pastry on tins and egg wash.
  7. Place in oven for 7 minutes on 170 until golden brown.
  8. When cooked place cooked pastry on top of filling.
  9. Lid each foil using lidding machine.
  10. Place on chiller racks and transfer to Blast freezer until frozen.
  11. Updated 22.10.19 S Lewis (Cwm Taf Recipes)
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# Recipe: Bread and Butter Pudding (ABUHB)

No. of Portions: **50** | Portion size: **220g**

Calories per portion: **310** | Protein per portion: **8.6g**

approx. Cost per portion: **unknown**

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## Allergen information

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<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					<b>X</b>

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
White Bread	g	1500
Sultanas	g	1250
Pasteurized Eggs	g	2500
Whole Milk	ml	50
Water	ml	5700
Butter	g	500
White Sugar	g	850

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## Method

1. Spread bread with butter.

2. Layer the bread, sultanas and sugar into tins x2 layers.
  3. Mix egg and milk to the required recipe.
  4. Take egg mixture and pour over bread.
  5. Place in pre-heated oven for approximately 20-40 minutes at 130c checking until eggs are fully set.
  6. Updated 14/01/2020 by James Marshall (Aneurin Bevan recipes).
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# Recipe: Chocolate Chip Sponge

No. of Portions: **50** | Portion size: **116g**

Calories per portion: **350** | Protein per portion: **7g**

approx. Cost per portion: **unknown**

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



## Allergen information

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<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					

## Comments

Nutritional analysis carried out using Nutrizen - 06/19

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
<a href="#">Cake Mix</a>	g	3,676
Water (to mix cake mix)	mls	1,671
<a href="#">Chocolate Chips</a>	g	324

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## Method

1. Pre-heat oven on 140c
2. Place required amount of sponge mix into mixing bowl, mix with enough water, and mix for 10 mins.
3. Add chocolate chips to sponge mix, and mix for two minutes.

4. Weigh into foils using scales and following weights.
  5. Sprinkle chocolate chips on top of cake mixture.
  6. Cook for 25 to 30mins on 140c
  7. Lid foil container using lidding machine.
  8. Place on chiller racks and transfer to the blast freezers until frozen.
  9. Updated 22.10.19 S Lewis (Cwm Taf Recipes)
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# Recipe: Chocolate Sponge Cake

No. of Portions: **50** | Portion size: **100g**

Calories per portion: **297** | Protein per portion: **6g**

approx. Cost per portion: **£0.12**

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## Allergen information

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<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					

## Comments

To be served with custard for a high energy option

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
<a href="#">Chocolate Cake Mix</a>	g	3,500
Water	mls	2,272

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## Method

1. Put oven onto warm 140°.
2. Place cake mix into mixing bowl, using whisk attachment.
3. Add enough of required water to make a thick paste.
4. Whisk until smooth gradually add remaining liquid, whisk for 10 mins.

5. Weigh into foils using scales and following weights.
  6. Cook for 25 to 30 mins on 140.
  7. When cooked remove from oven and lid using lidding machine.
  8. Place onto chiller racks transfer to blast freezer until frozen.
  9. Updated 22.10.19 S Lewis (Cwm Taf Recipes)
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# Recipe: Custard (ABUHB)

No. of Portions: **50** | Portion size: **120g**

Calories per portion: **79** | Protein per portion: **2.39g**

approx. Cost per portion: **unknown**

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## Allergen information

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<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					<b>X</b>

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
Custard Powder	g	375
Milk Powder	g	670
White Sugar	g	300
Water	mls	7500

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## Method

1. Updated on 04/03/2021 by James Marshall (Aneurin Bevan recipes).
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# Recipe: Jam Sponge (ABUHB)

No. of Portions: **50** | Portion size: **100g**

Calories per portion: **182** | Protein per portion: **2.99g**

approx. Cost per portion: **unknown**

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## Allergen information

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<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					<b>X</b>

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
<a href="#">McDougalls cake mix</a>	g	3500
Water	mls	2275
<a href="#">Raspberry Jam</a>	g	700

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## Method

1. Mix cake mix and water, place in preheated oven for approximately 20-30 minutes on 140c.
  2. When cooked, spread jam over the top of the cake.
  3. Updated on 13/01/21 by James Marshall (Aneurin Bevan recipes).
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# Recipe: Lemon Sponge Cake (CTUHB)

No. of Portions: **50** | Portion size: **116g**

Calories per portion: **250** | Protein per portion: **2g**

approx. Cost per portion: **unknown**

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




## Allergen information

**Please note:** This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Contains	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					

### Comments

To be served with custard as a high energy option

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
<a href="#">Cake Mix</a>	g	2,500
Water (to mix cake mix)	ml	1,875
<a href="#">Lemon Essence</a>	ml	100
<a href="#">Lemon Pie Filling</a>	g	3,500

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## Method

1. Decant lemon filling into a bowl following decanting procedure.
2. Mix sponge and water, plus lemon essence to required consistency.

3. Tear each foil container prior to weighing.
  4. Weigh sponge mix onto top of lemon filling using scales.
  5. Pre heat oven, place lemon sponge into oven for approx 30 minutes at 140.
  6. Once cooked, lid each foil with the appropriate machine.
  7. Place onto chiller rack and transfer to blast freezer.
  8. Updated 22.10.19 S Lewis (Cwm taf Recipes)
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# Recipe: Eve's Pudding (08/06/2015)

No. of Portions: **50** | Portion size: **116g**

Calories per portion: **182** | Protein per portion: **3g**

approx. Cost per portion: **unknown**

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## Allergen information

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<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					<b>X</b>

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
<a href="#">Cake Mix</a>	g	1,563
Water	ml	938
<a href="#">Apples (Solid Pack)</a>	g	1,875
Apple Pie Filling	g	1,875

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## Method

1. Mix together the cake mix and water and whisk until smooth
2. Chop up the solid pack apples and mix with the Apple pie filling
3. Divide the Apple mix into foils, allowing 75gr per portion
4. Pour the Sponge mix over the Apples, allowing 50gr per portion

5. Cook in a Pre-heated oven at 140c for aprox. 45 minutes

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# Recipe: Pear & Chocolate Crumble

No. of Portions: **26** | Portion size: **158g**

Calories per portion: **448** | Protein per portion: **5g**

approx. Cost per portion: **unknown**

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## Allergen information

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<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					<b>X</b>

## Comments

NUTRITIONAL ANALYSIS COMPLETED ON NUTRIMEN 03/07/2018 USING THE INGREDIENTS AND QUANTITIES GIVEN FOR RECIPE.

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
Plain flour	g	1020
Margarine	g	510.25
Sugar	g	510.25
Pears (chopped)	g	1687.5
Chocolate chips	g	375

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## Method

1. Put chopped pears & chocolate chips into the trays

2. Mix all the topping together until the correct consistency has been achieved (sand like texture)
  3. Sprinkle on top of the pears & chocolate & bake in the oven until a core temp of 76oc and serve
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# Recipe: Pineapple Sponge Cake (11-06-2015)

No. of Portions: **50** | Portion size: **116g**

Calories per portion: **165** | Protein per portion: **2g**

approx. Cost per portion: **unknown**

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## Allergen information

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<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					

## Comments

To be served with custard as a high energy option

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
<a href="#">Cake Mix</a>	g	1,563
Water	ml	938
<a href="#">Pineapples (Drained)</a>	g	3,750

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## Method

1. Mix together the Sponge mix and the Water (using the drained juice from the pineapples) and beat until smooth
2. Divide the Pineapples into foils, allowing 75gr per portion
3. Pour the Sponge Mix over the Pineapples, allowing 50gr per portion

4. Cook in a pre-heated oven at 140c for aprox. 45 minutes

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# Recipe: Red Fruit Crumble (ABUHB)

No. of Portions: **50** | Portion size: **175g**

Calories per portion: **336** | Protein per portion: **3.76g**

approx. Cost per portion: **unknown**

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## Allergen information

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<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					<b>X</b>

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
Strawberries	g	1406
Raspberries	g	1406
Apples Solid Pack	g	2813
Flour	g	1125
Margarine	g	750
Sugar	g	625
Porridge Oats	g	313
Desiccated Coconut	g	313

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## Method

1. Defrost the strawberries and raspberries.
  2. Chop the apples and mix together with the red fruit.
  3. Divide the fruit mix into tins, allowing 100g of fruit and 60g of crumble/portion.
  4. Mix the remaining ingredients together until you get a crumble consistency.
  5. Cover the fruit base with crumble, allowing 62.5g/portion.
  6. Cook in a preheated oven at 140c for approximately 45 minutes.
  7. Updated on 03/12/2020 by James Marshall (Aneurin Bevan recipes).
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# Recipe: Rhubarb Crumble (11-06-2015)

No. of Portions: **50** | Portion size: **150g**

Calories per portion: **330** | Protein per portion: **5g**

approx. Cost per portion: **unknown**

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




## Allergen information

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<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					

## Comments

To be served with custard as a high energy option

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
Rhubarb	g	5,125
Granulated Sugar	g	500
Flour	g	1,250
Margarine	g	938
Granulated Sugar	g	500
Rolled Oats	g	438

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## Method

1. Mix the Rhubarb with the sugar until the sugar has dissolved
  2. Divide the Rhubarb mix into foils, allowing 112.5gr per portion
  3. Mix the remaining ingredients together until you get a crumble consistency
  4. Cover the Rhubarb base with the crumble, allowing 62.5gr per portion
  5. Cook in a Pre-heated oven at 140c for aprox. 45 minutes
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## Recipe: Rice Pudding (ABUHB)

No. of Portions: **50** | Portion size: **166g**

Calories per portion: **212** | Protein per portion: **8.7g**

approx. Cost per portion: **£0.22**

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### Allergen information

**Please note:** This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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### Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					

### Comments

Potassium - To be incorporated into dairy allowance as per individual hospital guidance.

The warning accompanying the short grain rice states a number of allergens are handled on site; this has resulted in the "may contain" categories.

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### Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
Triple Lion short grain rice	g	750
Milk Powder	g	830
Sugar (Granulated)	g	330
Full cream milk	mls	8,750
Duerrs mixed jam and marmalade portions	g	50

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## Method

1. Warm  $\frac{3}{4}$  of the milk in the boiler add the rice stirring constantly.
  2. With the remainder of the milk mix with the milk powder.
  3. When the rice is almost cooked add the remained of the milk and milk powder to the rice pudding stir well add also sugar.
  4. Bring back to heat until cooked stirring constantly.
  5. Then decant into foils.
  6. Add a jam portion at serving.
  7. Updated on 14/01/2021 by James Marshall (Aneurin Bevan recipes).
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# Recipe: Sticky Toffee Pudding (ABUHB)

No. of Portions: **50** | Portion size: **100g**

Calories per portion: **267** | Protein per portion: **2.91g**

approx. Cost per portion: **unknown**

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## Allergen information

**Please note:** This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					<b>X</b>

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
<a href="#">McDougalls cake mix</a>	g	3000
Water	mls	1600
<a href="#">Butter</a>	g	1040
Demerara sugar	g	800
Cream	g	3000

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## Method

1. Preheat oven to 140c.
2. Mix water with cake mix until smooth.
3. Pour sponge mix into greased baking tin.

4. Place in oven for 45 minutes.
  5. TO MAKE STICKY TOFFEE SAUCE:
  6. Melt butter and demerara sugar and heat until golden and smooth.
  7. Reduce heat, stir continuously and slowly add cream.
  8. Gently simmer, whisking frequently until the sauce thickens.
  9. Pour the toffee sauce evenly over the cooked sponge.
  10. Updated on 14/01/2021 by James Marshall (Aneurin Bevan recipes).
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# Recipe: Sultana Sponge Cake (ABUHB)

No. of Portions: **50** | Portion size: **100g**

Calories per portion: **187** | Protein per portion: **3.22g**

approx. Cost per portion: **£0.12**

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



## Allergen information

**Please note:** This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					

## Comments

To be served with custard as a high energy option

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
<a href="#">Cake mix (McDougalls)</a>	g	2,795
<a href="#">Sultanas (chef selection)</a>	g	725
Water	mls	1,863

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## Method

1. Preheat oven to 140c.
2. Place mix into the mixing bowl.
3. Add sultanas and water to make a thick batter.

4. Mix until smooth and decant into tin.
  5. Sprinkle sultanas on top of cake and bake for 20-25 minutes.
  6. Updated 14/01/2021 by James Marshall (Aneurin Bevan recipes).
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# Recipe: Syrup Sponge

No. of Portions: **50** | Portion size: **163g**

Calories per portion: **437** | Protein per portion: **4g**

approx. Cost per portion: **£0.16**

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## Allergen information

**Please note:** This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					<b>X</b>

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
Cake Mix	g	3,348
Water	ml	2,131
Syrup	g	2,679

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## Method

1. Decant and weigh syrup using weight chart and scales into base of foil following weights.
2. Pre heat oven on 140.
3. Mix sponge mix with enough water to make a paste, add rest of water and mix for 10 minutes.
4. Pour sponge mix onto top of syrup using scales and following weights.

5. Place syrup sponge into oven for approx 25 mins at 140°.
  6. Once cooked, lid each foil with the appropriate machine.
  7. Place on chiller rack into blast freezer until frozen.
  8. Updated 22.10.19 S Lewis (Cwm taf Recipes)
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# Recipe: White Sauce

No. of Portions: **50** | Portion size: **unknown**

Calories per portion: **unknown** | Protein per portion: **unknown**

approx. Cost per portion: **unknown**

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## Allergen information

**Please note:** This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					<b>X</b>

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
Margarine	g	1,134
Plain Flour	g	1,134
Milk Powder	g	1,134
Water	mls	11,365

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## Method

Information unavailable

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