



# shape it

## A Very Aussie Christmas Feast

Your ultimate Shape It guide to delicious seafood & classic desserts



# A Very Aussie Christmas Feast

The sun is out. It's hot. Christmas jingles are playing. Family and friends have gathered to indulge in a festive feast. Nothing says "Aussie Christmas" quite like mouth-watering prawns, refreshing fruit and creamy desserts.

Shape It brings dignity back into dining transforming any texture modified foods into attractive, enticing dishes that look incredible. Everyone at the table can dig in to the same delicious lunch or dinner, regardless of diet with our Very Aussie Christmas Feast.

Enjoy our Aussie inspired menu showcasing a variety of iconic seafood, our classic greek salad and a family favourite fruit trifle served with SCREAMIES no-melt ice cream and Flavour Creations Custards.

So, this year let's all eat, be merry and finish the day off with an afternoon snooze.  
Tis the season after all.



## Menu

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### Entrée

#### Prawns with a Classic Cocktail Sauce

*Aussie prawns served with a classic rose-coloured Prawn Cocktail Sauce*

#### Thai Fish Cakes with a Sweet and Spicy Chilli Lime Dipping Sauce

*Classic Thai fish cakes, serve with a Thai inspired dipping sauce that is sweet, tangy, and spicy.*

### Main

#### Poached Salmon with Lemon Parsley Sauce and Mediterranean Greek Salad

*Tasmanian grown Atlantic Salmon topped with a zesty lemon and parsley sauce, served with Greek Salad*

### Dessert

#### Summer Fruit Trifle with Custard and Ice Cream

*Seasonal fruit Trifle layered with Flavour Creations Custard and SCREAMIES no-melt ice cream.*







# Prawn Cocktails

Prep Time: 20 mins

Serves: 8 serves (16 prawns), 185mL cocktail sauce

## Prawns

150mL water

3 'A' scoops Shape It

300g cooked prawns

¼ tsp (0.46g) Thick Plus

1 dash tabasco (hot sauce)

Salt & pepper, to taste

## Cocktail Sauce

¼ cup thickened cream

¼ cup mayonnaise

2 tbsp tomato sauce

1 tbsp lemon juice

1 tsp worcestershire sauce

Salt & pepper, to taste

## Prawns

1. Place ingredients into a small saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes.
2. Tip into a food processor, process until smooth, then season to taste with salt and pepper.
3. Pour into the greased mould, cover and refrigerate until set.

## Cocktail Sauce

1. Add ingredients into a bowl and mix until well combined. Season to taste.
2. Cover and refrigerate until ready to serve.

## To Assemble

Arrange on the serving plate. Serve with cocktail sauce. Garnish with parsley dust.



# Thai Fish Cakes

Prep Time: 40 mins

Serves: 8 serves (8 fish cakes)

## Thai Fish Cakes

550g fish meat  
2 tsp onion powder  
1  $\frac{1}{3}$  tbsp lime juice  
1  $\frac{1}{2}$  tsp thai red curry  
1 tbsp fish sauce  
1 tsp ginger powder  
1 tbsp sweet chilli sauce  
1 tbsp soy sauce  
1 'B' scoop Shape It  
200mL water

## Sweet and Spicy Chilli Lime Dipping Sauce

$\frac{1}{2}$  cup brown sugar  
2 tbsp white wine vinegar  
 $\frac{1}{4}$  cup water  
1 lemon (large)  
1 tbsp lemon zest  
 $\frac{1}{2}$  tsp coriander powder  
 $\frac{1}{2}$  tsp chilli powder, to taste

## Thai Fish Cakes

1. Cut fish into bite size pieces, place in a saucepan and cover with water. Cook on low heat for 10 minutes or until just cooked through. Strain fish and reserve poaching liquid, place fish into a food processor with remaining ingredients and puree.
2. Whisk 200mL strained poaching liquid and Shape It in a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
3. Pour Shape It liquid into the food processor and puree until smooth. Season to taste.
4. Pour into prepared tray or container, cover and refrigerate until set.
5. Once set, using a glass or round cookie cutter, cut mixture into circular patties. Shape excess with hands into more patties.
6. Reheat to serve.

## Sweet and Spicy Chilli Lime Dipping Sauce

1. Combine water, brown sugar and white wine vinegar in a saucepan. Bring to a boil, stirring until sugar has dissolved.
2. Reduce heat and cook for 2 minutes.
3. Remove sauce from the heat and stir in lemon juice, lemon zest, coriander powder and chilli powder.
4. Refrigerate until ready to serve.





## Poached Salmon in Lemon Parsley Sauce

Prep Time: 50 mins

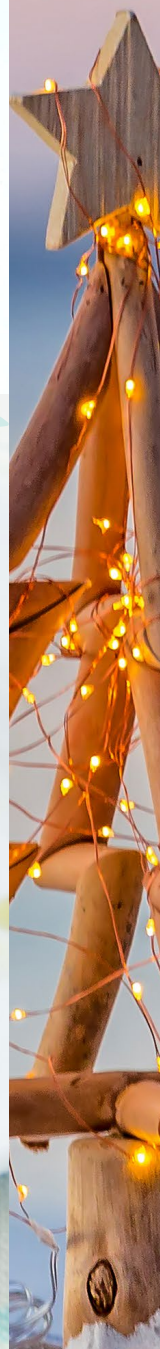
Serves: 8 serves



## Greek Salad

Prep Time: 30 mins

Serves: 8 serves



### Salmon

2L water

½ cup (125mL) dry white wine

2 dried bay leaves

½ tsp whole black peppercorns

1 medium lemon, thinly sliced

1 ½ tsp salt

1.2kg salmon

1 ½ 'B' scoop Shape It

Salt & pepper, to taste

### Lemon and Parsley Sauce

¼ cup thickened cream

¼ cup lemon juice

1 tsp parsley dust

½ tsp Thick Plus

Salt & pepper (to taste)

1.2kg salmon

1 ½ 'B' scoop Shape It

Salt & pepper, to taste

### Salmon

1. Place water, wine, bay leaves, peppercorns, lemon and salt in a pan over medium heat. Bring to a gentle simmer.
2. Reduce heat to low and add salmon. Cook, covered, for 10 minutes or until just cooked through. Remove salmon from liquid and place into a food processor.
3. Whisk 300mL strained poaching liquid and Shape It into a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
4. Pour the simmering liquid into the blender with the salmon and puree until smooth. Season to taste.
5. Pour into the prepared container, cover with cling film. Refrigerate until set.
6. Once set, press a cylindrical object (around 5cm in diameter) down to create undulations in the puree that help it resemble a fillet of salmon.

### Lemon Parsley Sauce

1. Add cream and parsley dust to a saucepan and bring to a simmer.
2. Whisk in Thick Plus and cook for 2 minutes. Take off the heat.
3. When the temperature drops below 70°C add the lemon juice and puree until smooth. Season to taste.

### Greek Salad

1. Vegetable preparation:

**Olives:** Combine olives and 80mL of olive brine, puree until smooth. To remove lumps, push through a sieve. Place in a small saucepan.

**Cucumber:** Remove the skin and seeds of the cucumber and puree until smooth. Place in a small saucepan.

**Tomatoes:** Place passata in a medium saucepan. Add sugar, salt and pepper to taste.

2. Add Shape It to each saucepan.
3. Bring to boil over medium heat and simmer gently for 2 minutes, stirring constantly.
4. Pour into the greased mould, cover and refrigerate until set.

### To Assemble

- Remove shaped foods from moulds or containers and cut set cucumber into 1.5cm cubes. Cut set olives and tomatoes in half.
- Arrange the cucumber, tomatoes and olives on plates. Add the Persian fetta. Drizzle with lemon juice and olive oil to dress and sprinkle with oregano dust.
- Season to taste.

### Greek Salad

80mL Brine water from olives

100g Kalamata olives (in brine)

300g cucumber

400mL passata

1 tsp sugar

100g persian fetta

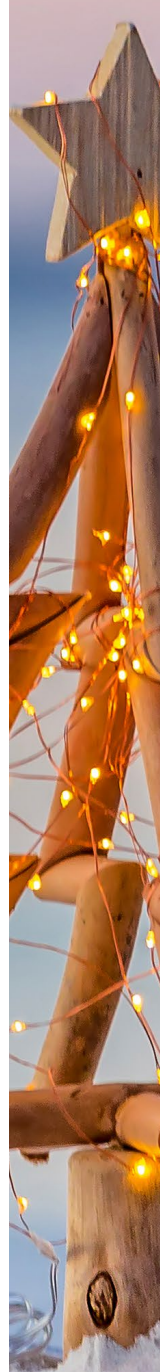
Salt & pepper, to taste

### Shape It Dosage Guide

Olives - 4 'A' scoops

Cucumber - 3 'A' scoops

Tomatoes - 1 'B' scoop





# Fruit Trifle

## with Custard & Ice Cream

Prep Time: 12 mins per fruit  
Serves: 8 serves



### Fruit Trifle with Custard & Ice Cream

800g kiwifruit (skin removed)  
800g canned sliced apples (in juice)  
1kg raspberries  
1kg blueberries  
600g canned apricots (in syrup)  
600g canned mango (in syrup)  
1½ cup sugar  
SCREAMIES No-Melt Ice cream  
- Choice of Strawberry, Chocolate & Vanilla  
Flavour Creations Custard  
- Choice of Vanilla and Banana

### Shape It Dosage Guide

Kiwifruit - 4 'A' scoops + 1 'B' scoop  
Apples - 1 'B' scoop  
Raspberries - 6 'A' scoops  
Blueberries - 8 'A' scoops  
Apricots - 5 'A' scoops  
Mangoes - 3 'A' scoops + 1 'B' scoop

### Thick Plus Dosage Guide

Kiwifruit ¼ tsp  
Raspberries 2 tsp  
Blueberries 1 tsp  
Mangoes ¼ tsp

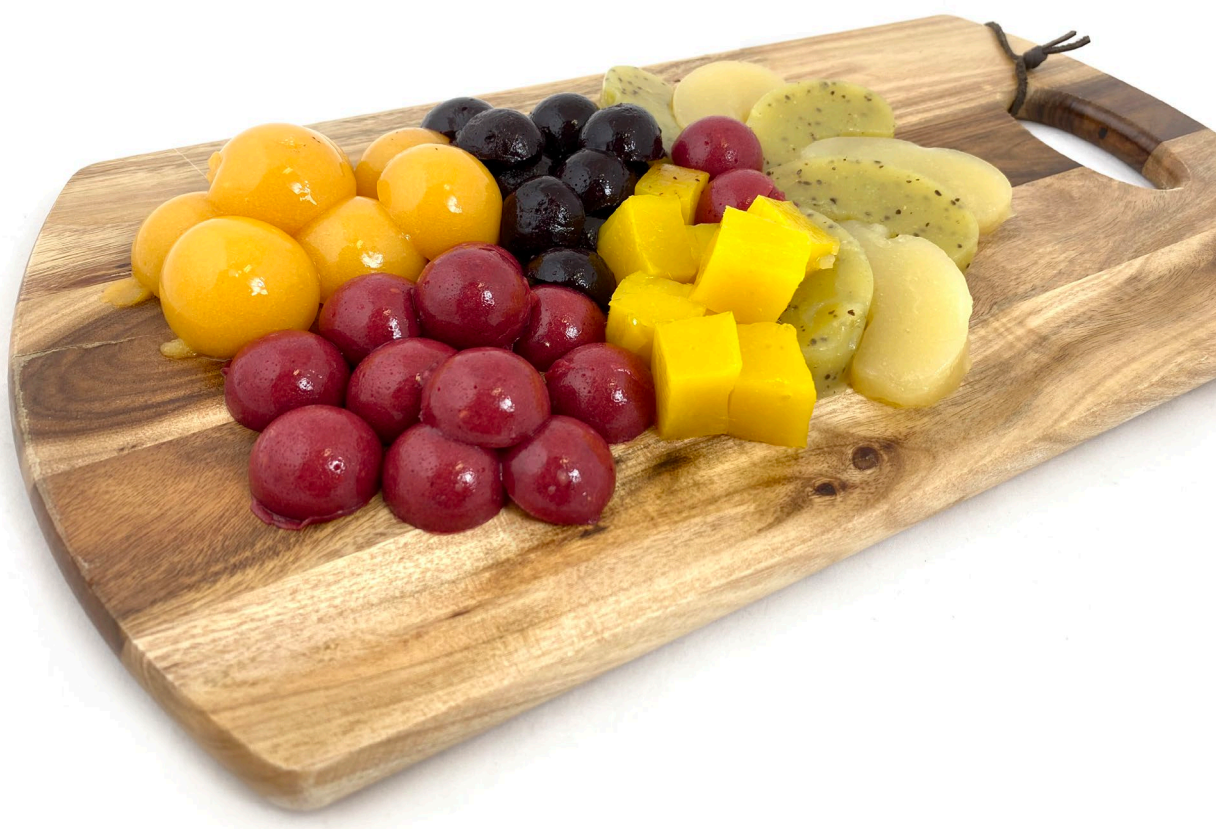
### For Kiwifruits, Apples, Raspberries, Blueberries, Apricots and Mangoes

1. Place fruit in a food processor.  
**Raspberries:** Add ½ cup sugar to taste.  
**Blueberries:** Add 1 cup sugar to taste.  
**Apricots:** Add 300mL syrup from can.  
**Mangoes:** Add 300mL syrup from can.
2. Puree until smooth. Remove any seeds by passing through a sieve.
3. Transfer each fruit puree to a saucepan. Add Shape It and Thick Plus and bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
4. Pour into greased mould, cover and refrigerate until set.

### To Assemble

- Cut the shaped fruit.
- In a cup, create alternating layers of fruit, custard and/or ice cream.
- Top with fruit.





Get shaping and share  
your creations with us!



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For more on Shape It  
visit [FlavourCreations.com.au](http://FlavourCreations.com.au)  
or call +61 7 3373 3000

