



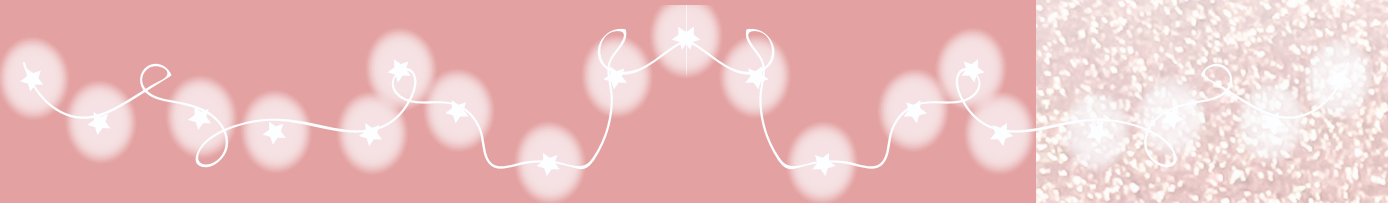
shaped

Christmas Lunch



Contents

Christmas Lunch



Prawns with Cocktail Sauce or Tomato and Mango Chutney

Christmas Turkey with Herb and Lemon Stuffing

Fortified White Chocolates with rum

Lemon Curd & Blueberry Trifle

Recipes for Tomato & Mango Chutney, moulded peas, carrots, sweet potato, pumpkin, baked potatoes, texture modified gravy plus many more refer to **shaped: your essential guide to shaped cuisine.**

For a great Christmas gift order a copy today for \$19.95 from www.flavourcreations.com.au



Prawns with Cocktail Sauce or Tomato and Mango Chutney

Using cooking spray, lightly spray Shape It Mould #8 or line a container with cling film.

Yield:

18 Prawns (400g)
185mL Cocktail
sauce

Prep Time:

20 minutes

Ingredients

Prawns

150mL water

3 x scoop A **Shape It**

300g cooked, peeled and deveined prawns,
roughly chopped

¼ tsp (0.92g) **Thickplus**

Salt & freshly ground black pepper

Cocktail Sauce

1 ¾ tbsp (35ml) tomato sauce

½ cup (125mL/115g) mayonnaise

1 ½ tsp (7.5mL) Worcestershire sauce

1 tbsp (20mL) fresh lemon juice, or to taste

⅛ tsp (0.46g) **ThickPlus**

Dash of red Tabasco sauce, or to taste

Salt & freshly ground black pepper

Method

Prawns

1. Place all 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 mould or container and refrigerate for several hours or until set.

Cocktail sauce

1. Puree all ingredients together until smooth and thick, then adjust seasoning as desired.

To Serve

1. Thread the prawns onto skewers or lay on the serving plate. Serve with cocktail sauce or tomato and mango chutney. Garnish with pureed parsley.

Hints & Tips

Serve with a Mango and Tomato Chutney

Equal quantities of shaped tomatoes and mangoes chopped finely.

Pureed mango chutney.

Gently mix tomatoes and mango through chutney,
use straight away or refrigerate.

Refer to **shaped: your essential guide to shaped cuisine** for recipes



Christmas Turkey with Herb and Lemon Stuffing

Prepare a double layer of cling around 45cm in length for the Christmas Turkey. Line a container with baking paper or a double layer of cling film for the stuffing.



Turkey
Unfortified
Yield:
1.3kg

Fortified
Yield:
1.5kg

Prep Time:
15 minutes

Stuffing
Yield: 750g

Prep Time:
30 minutes

Ingredients

Christmas Turkey Roll

Unfortified

1kg cooked boneless and skinless turkey meat,
cut into rough 1cm cubes

400mL chicken poaching liquid or chicken stock

1 x Scoop B + 7 x Scoop A **Shape It**

3 tsp (11.1g) **ThickPlus**

Salt and pepper to taste

or

Fortified

1kg cooked boneless and skinless turkey meat,
cut into rough 1cm cubes

400mL chicken poaching liquid or chicken stock

2 x Scoop B + 3 x Scoop A **Shape It**

1 tsp (3.7g) **ThickPlus**

5 x Scoop (200g) **AdVital**

Salt and pepper to taste

Herb and Lemon Stuffing

140g (4-5 slices) wholemeal bread (including crusts)

Zest of 2 lemons, finely chopped

1 tbsp (5g) finely chopped fresh thyme leaves

1 tbsp (5g) finely chopped fresh sage leaves

40g butter

1 (160g) brown onion, finely chopped

2 (100g) celery sticks, finely chopped

1 tbsp crushed garlic

450mL salt-reduced chicken stock

1 ½ x scoop B **Shape It**

2 tsp freshly squeezed lemon juice, or to taste

Salt & freshly ground black pepper

Method

Christmas Turkey Roll

Small Quantities

1. Whisk liquid and **Shape It** in a saucepan, add turkey, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
2. Pour into a food processor. Add **ThickPlus**, and **AdVital** if fortifying, and puree until smooth, scrape down sides as required and blend thoroughly. Season to taste with salt and pepper.
3. Pour along the centre of the prepared cling film and roll up tightly to form a log. Tie both ends and refrigerate until set.
4. Portion as desired and heat before serving

Bulk Quantities

1. Place hot turkey into a food processor and only cook the liquid and **Shape It**. Pour the hot **Shape It** liquid over the turkey and follow from step 2 above.

Herb and Lemon Stuffing

1. Blend bread, lemon zest and herbs in a food processor, to fine crumbs then tip into a medium sized mixing bowl.
2. Melt butter in a frying pan over low-medium heat until foaming. Add onion, celery and garlic and cook, stirring, for 10-15 minutes or until soft.
3. Add stock and **Shape It**, bring to boil over medium heat. Simmer gently for 2 minutes.
4. Puree, then pour over crumb mix. Add the lemon juice and fold through until well combined, season to taste with salt and pepper.
5. Pour the mixture into the container and refrigerate for several hours or until set.

To Serve

6. Turn out onto a cutting board, portion as desired.
7. Refer to the reheating guide on our website www.flavourcreations.com.au



Hints & Tips

For the traditional stuffing look, break the hot stuffing up with a fork before serving.

Fortified White Chocolates *with Rum*

Using cooking spray, lightly spray **Shape It Mould** #9, or spray a loaf tin and line base with baking paper.

Yield:
300g

Prep Time:
3 minutes

Cook Time:
4 minutes

Ingredients

60g Cadbury Dream white chocolate

240g thickened cream

1 ½ tsp rum essence

30g icing sugar

2 x Scoop A **Shape It**

2 scoops (80g) **AdVital**

Method

1. Place all ingredients, except **AdVital**, in a small saucepan. Stir continuously, melt chocolate and bring to the boil over low-medium heat, then simmer gently for 2 minutes. Remove from heat.
2. Cool for 5 minutes, stirring occasionally and whisk in **AdVital**, pour into prepared mould or tin, cover with cling film or mould lid and refrigerate until set.
3. When set place tow together to make a ball, place into chocolate patti cups and decorate.
4. Can be serve chilled or at room temperature.

Hints & Tips

For our other delicious chocolate recipes refer to
shaped: your essential guide to shaped cuisine



Lemon Curd & Blueberry Trifle

Line a container with cling film or baking paper.

Yield:
9 x 5.5cm
square portions

Blueberries
Yield: 600mL
Prep Time:
25 minutes
Set Time:
1.5-2 hours

Lemon Curd
Yield: 200mL
Prep Time:
5 minutes
Cook Time:
5 minutes

Prep Time:
25 minutes

Ingredients

Blueberries

Blueberries recipe page 43, hot, refer to
shaped: your essential guide to shaped cuisine

Sponge Cake

450g plain sponge cake in rough chunks

200mL cream

3 x Scoop A **Shape It**

Lemon Curd

1 large (59g) egg, plus 1 egg yolk

5 tbsp (80g) caster sugar

2 tbsp (40g) chopped butter

Zest and juice of 1 large lemon (65mL)

Method

Prepare Blueberry and Sponge Layer at least 2 hours before assembling the trifles.

Blueberry and Sponge Layer

1. Place sponge into food processor, process to fine crumbs, pour into large bowl.
2. Prepare the Blueberries according to recipe (if cold place in a saucepan, heat to a simmer) and pour around 5 tbsp (100 mL) of hot blueberries into a small lined container, refrigerate to set (this is for the garnish).
3. Pour remainder of hot blueberries over sponge crumbs and mix well, ensuring all crumbs are saturated, pour mixture evenly into prepared container, smooth top, then cover with cling film and refrigerate until set.

Lemon Curd

1. Whisk eggs and sugar in a saucepan until smooth, add butter, zest and juice. Cook over a low heat whisking continuously until thickened, 3-4 minutes or coats the back of a spoon.

Moulded Lemon Curd

1. Pour hot lemon curd through a sieve into bowl and cover to keep warm (if cold place in a heatproof bowl over pan of simmering water, whisking constantly until curd is hot, remove from heat). Start next step immediately.
2. Whisk cream and **Shape It** in a saucepan, bring to boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
3. Fold cream mix through hot Lemon Curd and stir until smooth. Pour mixture evenly over Blueberry and Sponge Layer, cover with cling film and refrigerate for several hours or until set.

To Serve

1. Make small melon balls from garnish mix or dice into a size that suits.
2. Use the cling film or baking paper to gently lift trifle out of the container and place onto cutting board, portion as desired, arrange on plate or platter and garnish with 'blueberries'.

*Serve with Flavour Creations
Vanilla Flavoured Ice Cream!*

**Hints
&
Tips**

The Blueberry mix and Sponge Layer can be prepared one day ahead of assembly.

Cut into smaller squares and serve as petit fours.