



shape it

A Traditional Australian Christmas

• Mouth-Watering Prawns • Succulent Roast • WOW Desserts



A Traditional Australian Christmas

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, traditional roast ham and turkey, 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 Traditional Aussie Christmas.



Menu

Entrée

Prawns with a Classic Cocktail Sauce

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

Main

Rolled Roast Turkey served with Classic Vegetables

Succulent rolled roast turkey served with breaded herb and lemon stuffing, steamed green beans, and roasted potato and pumpkin.

Honey Glazed Ham served with Classic Vegetables

Mouth-watering glazed ham with steamed green beans, and roasted potato and pumpkin.

Dessert

White Chocolate Pudding

Creamy white chocolate pudding topped with whipped cream.

Summer Fruit Trifle with Custard and Ice Cream

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

Assorted Chocolates

Homemade assorted chocolates, including Rum and White Chocolate; and Traditional Dark Chocolate.





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) thickplus

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.



Roast Turkey & Ham Roll

Served with green beans, pumpkin & potato

Turkey

500g hot cooked turkey meat
100mL stock
6 'A' scoops Shape It
1tsp thickplus

Ham

400g ham
80mL stock
3 x 'A' scoops Shape it
1/4 tsp thickplus

Roast Pumpkin

1kg cooked pumpkin
1 'B' scoop Shape It
2 'A' scoops Shape It

Roast Potato

800g hot mashed potato
150mL milk
5 'B' scoops Shape it

Steamed Green Beans

500g cooked green beans
100mL vegetable stock
8 'A' scoops Shape It
Salt and pepper to taste

Dye Solution (per 100g):

10g yellow + 0.5g green +
0.5g red + 89g water
Mix together, pour in spray
bottle for use or brush on
with pastry brush.

Roast Turkey & Ham Roll

Served with green beans, pumpkin & potato

Turkey

1. Activate Shape It with stock, bring to the boil and simmer for 2 minutes.
2. Pour into a food processor with hot turkey and puree until smooth.
3. Place mixture into cling wrap and form into a roll shape. Refrigerate until set.
4. To serve, thinly slice turkey placing onto serving plate.

Ham

1. Activate Shape It with stock, bring to the boil and simmer for 2 minutes.
2. Pour into a food processor with hot ham and puree until smooth.
3. Place mixture into cling wrap and form into a roll shape. Refrigerate until set.
4. To serve, thinly slice ham placing onto serving plate.

Green Beans

1. Place stock or milk and Shape It into a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
2. Place hot steamed beans into a food processor, pour in hot liquid, and puree until smooth. Season to taste.
3. Pass through a fine sieve. Pour into the prepared mould, cover with lid and refrigerate until set.
4. Remove from mould and reheat before serving (See page 9).

Roast Pumpkin

1. Puree ingredients together then place into a pot. Bring to boil over medium heat then simmer for 2 minutes
2. Pour into a lined high sided container to the depth you want the final portions to be. We used 2cm.
3. Cover and refrigerate until set.

Roast Potato

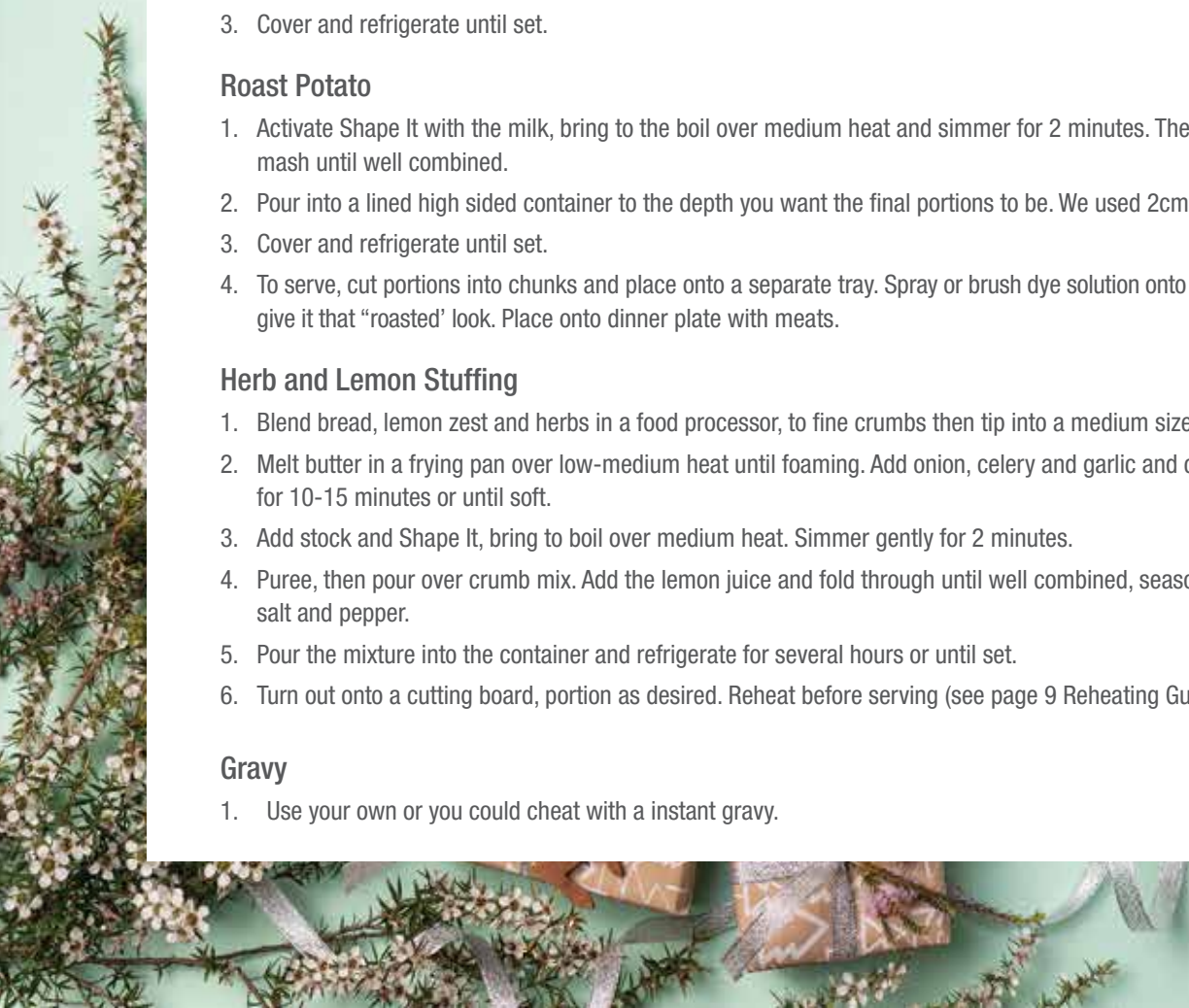
1. Activate Shape It with the milk, bring to the boil over medium heat and simmer for 2 minutes. Then stir into hot mash until well combined.
2. Pour into a lined high sided container to the depth you want the final portions to be. We used 2cm.
3. Cover and refrigerate until set.
4. To serve, cut portions into chunks and place onto a separate tray. Spray or brush dye solution onto each piece to give it that "roasted" look. Place onto dinner plate with meats.

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.
6. Turn out onto a cutting board, portion as desired. Reheat before serving (see page 9 Reheating Guide).

Gravy

1. Use your own or you could cheat with a instant gravy.





White Chocolate Pudding

White Chocolate Pudding

400g butter

500g white chocolate

400mL water

2 cups caster sugar

2 tsp vanilla extract

4 eggs, lightly beaten

2 cups plain flour

2 cups self-raising flour

Soaking Liquid

600mL milk

6x 'A' scoops Shape It

White Chocolate Ganache

400g white chocolate

1/2 cup thickened cream

Pudding

1. Preheat oven to 150°C. Grease and line an 8.5cm deep, 22.5cm square cake pan.
2. Combine butter, chocolate and water in a large heat-proof bowl or pot. Place over a double boiler until melted and combined.
3. Stir in sugar and vanilla, add egg and mix well. Stir in flour.
4. Pour mixture into prepared pan and place in the oven. Allow to cool completely in pan. Carefully turn cake out. Wrap in plastic wrap and foil. Store at room temperature.
5. In a food processor crumb 400g cake.
6. In a saucepan, add Shape It and 600mL milk. Bring to the boil and then simmer for 2 minutes.
7. Stir through cake crumbs and stand for 5 minutes. Stir until milk is absorbed.
8. Pour mixture into muffin trays or set as a block in a cake tin. Refrigerate until set.
9. Remove pudding from tray or slice into desired size and plate.

Ganache

1. Combine cream and chocolate in a large heat-proof bowl or pot. Place over a double boiler until melted and combined.
2. Cool off slightly then pour over plated puddings.

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
- Strawberry, Chocolate &/or Vanilla
Flavour Creations Custard
- Vanilla, Chocolate, Strawberry &/or 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

thickplus 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 thickplus 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.



White Chocolate with Rum and Dark Chocolates

Indulge with these decadent creamy chocolates

White Chocolate

60g Cadbury Dream white chocolate

240g thickened cream

1 tsp rum essence

30g icing sugar

2 x 'A' scoops Shape It

Dark Chocolate

60g dark (70% cocoa) chocolate

240g thickened cream

40g icing sugar

2 'A' scoops Shape It

White Chocolate with Rum

1. Combine all ingredients in a small saucepan. Bring to the boil over low-medium heat, stirring continuously, then simmer gently while stirring for 2 minutes.
2. Pour into prepared mould or tin, cover with cling film or mould lid and refrigerate until set.
3. Serve chilled or at room temperature.

Dark Chocolate

1. Combine all ingredients in a small saucepan. Bring to the boil over low-medium heat, stirring continuously, then simmer gently while stirring for 2 minutes.
2. Pour into prepared mould or tin, cover with cling film or mould lid and refrigerate until set.
3. Serve chilled or at room temperature.



Moulded Food Reheating Guide

Storage

Once prepared, food and drinks should be handled and stored according to your Food Safety protocols.

Flavour Creations recommends use of the '2 hour/4 hour rule' for serving vulnerable persons.

Refrigerate between serving, and discarding any leftover product after 24 hours.

Oven or Hot Box / Retherm Trolley

1. Cover food securely to prevent drying out. A light spray of cooking oil over the food may be helpful.
2. Low temperatures are preferable to avoid food overheating or forming a crust or skin. Oven/hot box temperatures around 120°C conventional (100°C fan-forced) are recommended.
3. Heating time will depend on portion size and amount of food being heated – check the internal food temperature with a probe to determine when the food has reached a suitable temperature.

Steamer or Combi Oven

1. Follow the oven directions above.
2. If steam is being used ensure the food is well-sealed. If steam reaches the food it will add additional moisture and may cause it to lose its shape.

Steamer or Combi Oven

1. Cover food securely to prevent drying out. A light spray of cooking oil over the food may be helpful.
2. Use a low power setting.
3. Heating time will depend on portion size and amount of food being heated – check the internal food temperature with a probe to determine when the food has reached a suitable temperature.



Get shaping and share
your creations with us!



For more on Shape It
visit FlavourCreations.com.au
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