

flavour
creations

shape it

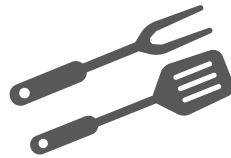
Delicious Australia Day Lunch



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Shape It brings dignity back to dining, transforming any texture modified foods into attractive, enticing dishes that look incredible. Everyone at the table can enjoy the same delicious food, regardless of their diet. This Australia day, enjoy Aussie classics like the quintessential Aussie lamb burger and the mouth-watering pavlova topped with fresh fruit.

Happy Australia Day!



Menu

Grilled Open Lamb Burger with Yoghurt & Red Onion Sauce

Spiced Aussie Lamb patties served in a rustic open burger with a delicious herbed yoghurt and red onion sauce.

Lamb & Feta Meatballs

Australian lamb and feta meatballs flavoured with cumin, coriander and mint served with tzatziki sauce.

Pork & Fennel Sausage Rolls

Classic Australian pork sausage rolls made with garlic and fennel served with traditional tomato sauce.

Golden Syrup Dumplings

Fluffy dessert dumplings coated in a sweet golden syrup served with SCREAMIES no-melt ice cream.

Pavlova topped with Fresh Fruit

A smooth pureed white meringue layer topped with whipped cream and fresh fruit.



Grilled Open Lamb Burger with Yoghurt and Red Onion Sauce

Prep Time: 75 mins

Serves: 4

Grilled Lamb Burgers

500g lamb mince
1 tsp ground cumin
½ tsp ground coriander
200mL beef stock
5 'A' scoops Shape It
½ tsp thickplus
Parisian essence,
to colour
Salt & pepper, to taste

Yoghurt & Red Onion Sauce

2 tsp minced garlic
or garlic powder
1 large diced red onion
1 tsp ground cumin
1 tsp ground coriander
1 tsp crushed red
pepper (optional)
Juice of 1 lemon
2 – 3 tbsp fresh chopped
coriander
1 cup plain yoghurt
Salt & Pepper, to taste

Tomatoes

2 400g diced canned
tomatoes
3 'A' scoops Shape It
1 tsp white sugar, to taste
Salt & Pepper, to taste

Cheese

100mL full cream milk
75g Extra Tasty Cheddar
Cheese
¾ tsp sodium citrate
25g full cream cheese
3 'A' scoops Shape It

Burger Bun

8 slices white or
wholemeal bread,
crusts removed
1L full cream milk
7 'A' scoops Shape It

1 pureed avocado

Grilled Lamb Burgers

1. Place lamb mince, cumin and coriander in a pan and cook.
2. Remove from the pan and place into a food processor.
3. Mix the beef stock and Shape It in saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
4. Pour the simmering liquid into the food processor with the lamb mix and puree until smooth.
5. Add a few drops of Parisian essence until desired colour is reached.
6. Shape puree into patties, place onto a tray and refrigerate until set.

Yoghurt & Red Onion Sauce

1. Pan fry onion and garlic until slightly brown. Add cumin, coriander and pepper and cook for 1 minute or until aromatic.
2. Remove from the pan and place into a food processor.
3. Add lemon juice, salt & pepper and fresh coriander into the food processor and puree until smooth.
4. Blend in the yoghurt and then pour into a serving bowl.
5. Cover and refrigerate until ready to serve .

Tomatoes

1. Puree tomatoes until liquefied, then pass through a fine mesh sieve. Discard seeds. Top up volume to 400mL with water or tomato juice.
2. Place sieved tomatoes in a medium saucepan with Shape It. Bring to boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
3. Season to taste with sugar, salt & pepper. Pour into a prepared tray lined with baking paper, cover with cling film and refrigerate until set.
4. Using a round cutter, cut out tomato slices. Score the top with a fork for appearance.

Cheese

1. Whisk milk, Shape It and sodium citrate in a saucepan until fully dissolved, bring to a boil, reduce heat and continue to simmer.
2. Whisk in one spoon of cheese at a time, melting before adding the next one, repeat until all used.
3. Puree any lumps or separation until smooth.
4. Pour into prepared container. Cover with cling film and refrigerate until set.
5. Turn onto a cutting board, portion as desired and arrange on a plate or platter.
6. Allow the cheese to sit at room temperature for 15 minutes before serving.

Burger Bun

1. Place the bread onto tray with spaces between each piece.
2. Whisk liquid and Shape It in a saucepan, and bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
3. Pour approximately $\frac{3}{4}$ of the hot liquid over the bread, and keep the remaining solution hot. Use a fork to pierce the bread at 1cm intervals to help the solution penetrate, stand for 5 minutes then turn over.
4. Pour remaining hot liquid over any exposed unsoaked parts.
5. Cover and let stand for 10 minutes, then refrigerate for at least 2 hours.
6. Before filling and serving cut off any dried or unsoaked pieces and remove any excess liquid formed around the edges.

To Assemble

- Place patties on a lined oven tray, cover and reheat in oven.
- Place soaked bread onto serving plate, spread avocado then layer with lamb burger, cheese and tomato.
- Drizzle the yogurt sauce on top.



Lamb & Feta Meatballs

With Cumin, Coriander and Mint

Prep Time: 20 minutes

Serves: 4 (12 rolls)



Shape It Food Moulds

The easiest way to give texture-modified foods recognisable forms is with Shape It Food Moulds.

Buy Now at FlavourCreations.com.au

Meatballs

1 tbsp (20mL) vegetable oil

½ (80g) brown onion, finely diced

250g minced lamb

1 tsp ground cumin

1 tsp ground coriander

1 cup (250mL) beef stock

1 'B' scoop + 2 'A' scoops Shape It

1½ tbsp (6g) finely chopped mint leaves

1½ tbsp (6g) finely chopped oregano leaves

50g crumbled feta cheese

½ tsp (1.8g) thickplus

Salt and pepper to taste

Method

1. Lightly spray Shape It Half Sphere Mould, 12mL or 5mL, with cooking spray. Alternatively line a container with cling film or baking paper.
2. Heat oil in a saucepan over medium heat. Add onion and cook for 4 minutes or until soft.
3. Add mince and stir with a wooden spoon to break up any lumps. Cook through.
4. Add cumin and coriander, cook for a minute or until fragrant.
5. Add beef stock and Shape It, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
6. Transfer to a food processor, add mint, oregano, feta and thickplus, puree until smooth, scraping down the sides as required. Season to taste with salt and pepper.
7. Pour into prepared Shape It Mould or container, cover with mould lid or cling film and refrigerate until set.
8. Portion as desired, arrange on skewers and reheat (refer to reheating guide on page 9).

Tip

Prepare the meatballs one day ahead so you only need to skewer, reheat and serve, or simply arrange the meatballs on a plate.



Pork & Fennel Sausage Roll

Prep Time: 45 minutes | Serves: 4 (12 rolls)

Sausage Roll Filling

½ tsp ground fennel
250g minced pork
½ tsp garlic, finely chopped
1½ tbsp (45mL) red wine
¼ cup (60mL) chicken stock
1 tsp honey
1½ tsp fresh sage, finely chopped
1½ tsp fresh oregano, finely chopped
5 'A' scoops Shape It
½ tsp thickplus
Salt & pepper, to taste

Sausage Roll Breeding

100g (6 slices) white or wholemeal bread, crusts removed
800mL full cream milk
5 'A' scoops Shape It

Filling

1. Place the pork, garlic, fennel, and wine into a saucepan over medium-high heat. Cook, stirring with a wooden spoon to break up any lumps for 3 minutes or until the mince has changed colour.
2. Pour mixture into a measuring jug and make the level up to 500mL with chicken stock. Return mixture to pan, add remaining ingredients. Bring to the boil over medium heat, simmer gently for 2 minutes, stirring occasionally.
3. Pour into a food processor, puree until smooth, scraping down the sides as required. Season to taste with salt and pepper.
4. Roll in cling film, twisting ends firmly and refrigerate until set.

Breading

1. Place the bread onto tray with spaces between each piece
2. Whisk liquid and Shape It in a saucepan, and bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
3. Pour approximately ¾ of the hot liquid over the bread, and keep the remaining solution hot. Use a fork to pierce the bread at 1cm intervals to help the solution penetrate, stand for 5 minutes then turn over.
4. Pour remaining hot liquid over any exposed unsoaked parts.
5. Cover and let stand for 10 minutes, then refrigerate for at least 2 hours.
6. Before filling and serving cut off any dried or unsoaked pieces and remove any excess liquid formed around the edges.

To Assemble

- Unwrap sausage filling, cut into slices approximately 4cm wide or as desired.
- Reheat until desired temperature.
- Wrap moulded sausages in a piece of soaked bread to create smooth pureed sausage rolls.



Golden Syrup Dumplings

with SCREAMIES no-melt ice cream

Prep Time: 45 mins

Serves: 4 (12 dumplings)

Golden Syrup

1½ cups brown sugar

½ cup golden syrup

100g butter

Dumplings

1½ cups (225g)
self-raising flour

100g butter

2/3 cup milk

1 tbsp golden syrup

2 'A' scoops Shape It

150mL water,
coconut water or milk

**SCREAMIES Vanilla
no-melt ice cream**

Golden Syrup

1. Combine 4 cups water, brown sugar, golden syrup and butter in a large saucepan. Stir over a low heat until melted.
2. Simmer for 15 – 20 minutes.
3. Set aside and allow to cool until ready to use.

Dumplings

1. Use your fingertips to rub butter into flour. Combine milk and 1 tablespoon golden syrup. Stir into the flour mixture until well combined.
2. Boil 2 cups water then drop heaped dessert spoonfuls of the mixture into it. Reduce the heat to low and simmer, covered for 15-20 minutes or until a skewer comes out clean. Remove dumplings and cool. Place into a food processor and blend until they resemble fine cake crumbs, place into a large bowl.
3. Whisk Shape It with water, coconut water or milk in a saucepan, bring to the boil then simmer for 2 minutes. Pour over dumpling crumbs and gently fold, do not compress them. Form into small dumplings and refrigerate until set.

To Assemble

- Place dumplings into the sauce mix and gently reheat.
- Serve with SCREAMIES Vanilla no-melt ice cream



Pavlova topped with Fresh Fruit

Meringue

1 tbsp (20mL) vegetable oil
4 egg whites
220g caster sugar
1 tsp vinegar
3/4 tsp vanilla extract

Kiwifruit

1 tbsp (20mL) vegetable oil
400g peeled ripe kiwifruit
7 'A' scoops Shape It
1/8 tsp (0.45g) thickplus

Peach

250g tinned peaches
2 'A' scoops Shape It

Meringue

1. Preheat oven to 120°C, line a baking tray with non-stick baking paper, spray with oil or butter, dust cornflour onto oil and shake off any excess.
2. Using a electric mixer, whisk the egg whites until it forms a soft peak form.
3. Gradually add the caster sugar a tablespoon at a time, whisking well between each addition, until sugar dissolved.
4. Once all the sugar has been added, whisk on high for 3 minutes. Fold in vinegar and vanilla essence.
5. Spoon one dollop of meringue onto the baking tray.
6. Cook for one hour or until crisp.
7. Allow to cool.

Kiwifruit

1. Place all ingredients in a food processor and puree until smooth, scraping down sides as required.
2. Remove any seeds by passing through a sieve.
3. Transfer to a saucepan, bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
4. Pour into prepared Shape It Half Sphere Mould, 12mL or 5mL, or container. Cover with mould lid or cling film and refrigerated until set.

Peach

1. Place all ingredients in a food processor and puree until smooth, scraping down sides as required.
2. Transfer to a saucepan, bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
3. Pour into prepared Shape It Sliced Fruit Mould or container. Cover with mould lid or cling film and refrigerated until set.

To Assemble and Serve

1. Remove crust from the top of the meringue and grind into a dust
2. Cut the marshmallow into individual serves or continue with the whole pavlova. Top with whipped cream, shaped fresh fruits and sauces to taste.



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.



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your creations with us!



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