

flavour
creations

shape it™

COOKING

Traditional St. Patrick's Day Menu



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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 St. Patrick's Day, enjoy traditional Irish favourites like the hearty Irish lamb stew and the refreshing apple pie with clotted cream.

Happy St Patrick's Day!



Menu

Traditional Irish Lamb Stew

Seared and seasoned lamb stewed with carrots, onions and potatoes in a hearty lamb sauce.

Lamb's Liver and Onions with Caramelised Onion Gravy

Sliced lamb's liver seasoned with mixed herbs and lemon juice, served with onions, bacon, mash, peas and caramelised onion gravy.

Apple Pie with Clotted Cream

Sweet and refreshing apple jelly and pieces inside short crust pastry, served with clotted cream.



Traditional Irish Lamb Stew

Prep Time: 6 hours
Serves: 12



Lamb

1kg raw lamb shoulder, diced
400g chicken stock
50mL olive oil
1 large brown onion, chopped
4 cloves of garlic, chopped
10g dried rosemary
10g dried mint leaves
1 'B' scoop + 4 'A' scoops Shape It
Salt & pepper, to taste

Carrots

250g carrots, peeled
3 'A' scoops Shape It

Potatoes

300g mashed potato
150g full cream milk
4 ½ 'A' scoops Shape It
Salt, to taste

Onions

4 (200g) large brown onions, sliced
20g butter
¼ tsp thickplus
2 ½ 'A' scoops Shape It
Salt & pepper, to taste

Lamb Stew Sauce

400g roasted lamb bones
1 large brown onion, quartered
3 garlic cloves
1 carrot, roughly chopped
2 bay leaves
40g butter
40g plain flour
1L chicken stock
200mL white wine
2 tsp stock powder

Lamb

1. Prepare a square container with cling film and lightly spray with oil.
2. In a large fry pan, add the diced lamb shoulder with the olive oil, sear the lamb on all sides until nicely browned (do this in smaller batches to avoid the meat from stewing too much).
3. Remove the lamb from the pan and set aside (keep the juice in a different container).
4. Add the onion and garlic to the pan, cook on medium heat for 5 minutes, add the stock, reserved cooking juice and Shape It, bring to a boil, whisking constantly.
5. Add the lamb back to the pan, with the rosemary and mint, simmer for 2 minutes, season with salt and pepper.
6. Add the entire mixture to a food processor and blend on high speed for 3-4 minutes until the mixture is completely smooth.
7. Pour into the prepared tray and allow to cool on the bench for 30 minutes, then in the fridge for 2 hours.
8. Once cooled, remove from the tray and cut into desired size pieces.

Carrots

1. Cut carrots into small pieces.
2. Simmer in salted water until soft, drain well.
3. Blend on high speed until smooth.
4. Place back on heat, add Shape It and bring to a boil, whisking constantly.
5. Add to the Shape It Carrots Mould, allow to sit on the bench for 20 minutes, then place in the fridge to set for 2 hours.
6. Once cooled, remove from the mould and cut into desired size pieces.

Potatoes

1. Prepare a square container with cling film and lightly spray with oil.
2. In a medium sized saucepan, add the milk and Shape It, bring this to a boil and simmer gently for 1 minute.
3. Add the mashed potato to the milk, whisk together until the mixture becomes completely smooth.
4. Pour into the prepared lined tray and allow to cool in the fridge for 2 hours until set.
5. Portion into required size pieces.

Onions

1. Prepare the Shape It Half Sphere Mould 5mL with a little spray oil, set aside.
2. In a medium sized saucepan on medium heat, add the butter and sliced onions, cook for 10 minutes until they have slightly turned golden brown, season with salt and pepper.
3. Place into a blender, add the thickplus and blend for 3-4 minutes until completely smooth.
4. Pour back into the pan, add Shape It and bring to a boil.
5. Pour this mixture into the prepared half sphere moulds and allow to set in the fridge for 2 hours.
6. Using a small melon baller, scoop out some of the onion mixture, to make the half spheres resemble small onions.

Lamb Stew Sauce

1. In a large pot, on medium heat, add the butter, onion, carrot, garlic and bay leaves, fry for 2-3 minutes to get a little colour on them, add the lamb bones and flour, coat everything well.
2. Add the white wine and reduce by half.
3. Add the stock and stock powder, bring to a boil, then reduce the liquid by half, strain the liquid and set aside to cool for 2-3 hours.
4. You may need to thicken the liquid depending on the requirements of your clients.

To Assemble and Serve

Steamer Method

1. Turn on oven steamer set at 80°C.
2. Evenly distribute the required amounts of each portion onto a plate and arrange nicely.
3. Add the lamb stew sauce over the top.
4. Cover with cling wrap and place in steamer for 5 -7 minutes, or until a probe thermometer reaches 75°C.

Microwave Method

1. Evenly distribute the required amounts of each portion onto a plate and arrange nicely.
2. Add the lamb stew sauce over the top.
3. Cover with cling wrap and place in microwave on the lowest power setting for 30 second intervals, testing the internal temperature each time.
4. Once the temperature has reached 75°C, it can be served immediately.



Lamb's Liver and Onions with Caramelised Onion Gravy

Prep Time: 6 hours

Serves: 12

Lamb's Liver

500g raw lamb's liver,
thickly sliced
2 tbsp olive oil
2 tbsp butter
2 tbsp mixed herbs
½ lemon, juiced
200g chicken stock
6 'A' scoops Shape It
Salt & pepper,
to taste

Bacon

300g rasher bacon
100g water
4 'A' scoops Shape It

Mash

500g cooked potato
100g butter
50g double cream
Salt & pepper, to taste

Peas

400g frozen peas
5 'A' scoops Shape It

Onions

4 (200g) large brown
onions, sliced
20g butter
¼ tsp thickplus
2 ½ 'A' scoops Shape It
Salt & pepper, to taste

Caramelised Onion Gravy

2 brown onions, sliced
4 garlic cloves, sliced
50mL olive oil
500mL beef stock
150mL red wine
3 tbsp cornflour
5 tbsp water
Salt & pepper, to taste

Lamb's Liver

1. Prepare the Shape It Poultry Mould with a little spray oil and set aside.
2. In a medium sized bowl, add the sliced liver, olive oil, mixed herbs, lemon juice and season well, mix to combine everything together.
3. Add the butter to a fry pan over medium – high heat and fry the liver for 1 – 2 minutes on each side depending on how you like yours cooked.
4. Remove from the pan and add directly to a food processor, blend on high speed until completely smooth.
5. In the same pan, add the chicken stock and Shape It, bring to a boil and whisk to combine, simmer for 1-2 minutes.
6. Pour this directly into the food processor and blend on high speed for 3 minutes until completely smooth.
7. Pour this mixture into the prepared moulds and allow to set for 2-3 hours in the fridge.
8. Once set, slice the liver into 3 across ways to have 3 flat slices of liver.

Bacon

1. Line a shallow square container with cling film and lightly spray with oil, set aside.
2. Cook the bacon over medium heat, being careful not to make it too crispy otherwise it won't blend easily.
3. Place the cooked bacon into a food processor and blend on high speed until smooth.
4. In the same pan, add the water and Shape It, bring to a boil, whisking constantly and simmer for 1-2 minutes.
5. Add this to the food processor and blend on high speed for 3 minutes until completely smooth.
6. Pour this mixture onto the prepared lined tray and spread it out, so it is the same thickness as a bacon rasher.
7. Allow to cool in the fridge for 2 hours, once set, slice the bacon into strips to resemble bacon strips.

Mash

1. Boil the cream and butter with the salt and pepper.
2. Pour over the cooked potato and mash together until smooth.

Peas

1. Prepare the Shape It Peas Mould with a little spray oil and set aside.
2. Boil peas for 3 minutes in water, strain peas and reserve the liquid.

3. Add peas to a blender and blend on high for 3 minutes until smooth.
4. To a separate pan, add 75g of the pea cooking water and Shape It powder.
5. Bring to a boil, whisk constantly and boil for 30 seconds.
6. Add this to the pea mixture, mix well and pass through a sieve.
7. Place mixture in the prepared moulds, cover with mould cover or cling film and set overnight.

Onions

1. Prepare the Shape It Half Sphere Mould 5mL with a little spray oil and set aside.
2. In a medium sized saucepan on medium heat, add the butter and sliced onions, cook for 10 minutes until they have slightly turned golden brown, season with salt and pepper.
3. Place into a blender, add the thickplus and blend for 3-4 minutes until completely smooth.
4. Pour back into the pan, add Shape It and bring to a boil.
5. Pour this mixture into the prepared half sphere moulds and allow to set in the fridge for 2 hours.
6. Using a small melon baller, scoop out some of the onion mixture, to make the half spheres resemble small onions.

Caramelised Onion Gravy

1. In a large pan over medium heat, add the olive oil, onions and garlic, fry for 5-6 minutes until golden, add the red wine and scrape the bottom of the pan, reduce this by half.
2. Add the beef stock and bring to the boil, simmer for 5 minutes.
3. In a separate small bowl, add the cornflour and mix with the water until dissolved, add this to the fry pan and mix well, allow to simmer for 2-3 minutes until it thickens.
4. Add this to a blender, blitz on high speed for 2-3 minutes and pass through a sieve.

To Assemble and Serve

1. Keep mash warm on the stove alongside the gravy.
2. On a serving plate, place the portion of peas, onions, liver and bacon (layer one slice of bacon between each slice of liver), cover with cling film tightly.
3. Microwave on 50% power for 30 second intervals until a core temperature of 75°C has been reached.
4. Finish the plate with some warm mash and drizzle the gravy on top.



Apple Pie with Clotted Cream

Prep Time: 4 hours | Serves: 10

Short Crust Pastry Base & Lattice

200g cooked short crust pastry
500g full cream milk
6 'A' scoops Shape It

Apple Pieces

400g tinned apples
50g AdVital Powder
½ tsp vanilla
½ tsp cinnamon
5 'A' scoops Shape It

Apple Jelly

500g clear apple juice
5 'A' scoops Shape It

Short Crust Pastry Base & Lattice

1. Prepare a square cake tin with cling film and lightly spray with oil.
2. Prepare another layer of cling film on the bench with a light spray of oil to set the other half of the mixture.
3. In a food processor, blitz the short crust into a fine crumb.
4. In a medium sized saucepan, add the milk and Shape It, bring this mixture to a boil and simmer gently for 1 minute.
5. Pour this over the crumbs in the food processor and blitz into a smooth paste.
6. Spread half of this mixture into the bottom of the prepared cake tin to a thickness of 5mm (for the base).
7. Spread the other half of the mixture to the same thickness over the other cling film (for the lattice).
8. Allow to cool in the fridge.
9. To cut the lattice, cut the cooled short crust into 2cm wide pieces the same length as the base.
10. Make a lattice shape with the short crust strips, this will sit on top of the finished product.

Apple Pieces

1. Prepare a square container with cling film and lightly spray with oil.
2. Blitz the apples with vanilla and cinnamon, pour into a medium sized pot and add Shape It.
3. Bring this mixture to a boil, whisking constantly, then pour into the prepared container and allow to set in the fridge for 2 hours.
4. Portion into desired pieces. We recommend 2cm cubes.
5. Place these cubes into the prepared short crust base and set aside.

Apple Jelly

1. In a medium sized pot, add the apple juice and Shape It, whisk to combine and bring to a boil, simmer gently for 1 minute.
2. Allow to sit on the bench for 15 minutes to cool slightly, then gently pour over the apple pieces in the prepared short crust base, only just to cover the apple pieces
3. Allow this mixture to set completely in the fridge for 2-3 hours.
4. Once cooled, place the prepared lattice over the top of the cooled apple jelly, you may then portion this into the sizes which you would like to serve.

To Assemble and Serve

Steamer Method

1. Place your portion on a steaming tray, cover tightly with cling film and steam at 80°C for 5 -7 minutes or until internal temperature of 75°C has been reached.
2. Serve with either ice cream or thickened cream.

Microwave Method

1. Place your portion on a plate and cover tightly with cling film, heat in a microwave on 50% power for 30 second intervals until an internal temperature of 75°C has been reached.
2. Serve with either ice cream or thickened cream.



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.

Microwave

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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