



shape it™

COOKING

Easter Menu



Easter Menu

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 Easter, come together with your loved ones and celebrate with these Easter favourites, featuring warm hot cross buns, hearty slow cooked lamb shanks and sweet assorted chocolates – so tasty the Easter Bunny might steal them!

Happy Easter!



Menu

Assorted Hot Cross Buns

*Assorted hot cross buns, topped with icing crosses.
Choice of traditional, fruit or chocolate hot cross buns.*

Slow Cooked Lamb Shanks

*Delicious Aussie lamb shanks slow cooked and marinated
in a hearty tomato and red wine sauce, served with carrots.*

Easter Chocolates

*Assorted chocolates, including Salted Caramel Dark Chocolate,
Lemon & Thyme White Chocolate, Strawberries & Cream Dark Chocolate
and Plain White & Dark Chocolate Swirl.*



Hot Cross Buns

Assorted Flavours

Prep Time: 15 mins

Serves: 6

Plain & Fruit Hot Cross Buns

100g fruit free hot cross buns

250mL full cream milk

1 'A' scoop Shape It

A dash of orange or lemon
juice (optional)

Sultanas (for fruit hot cross
buns)

Pre-made icing tube

Chocolate Hot Cross Buns

100g chocolate hot cross buns

250mL full cream milk

1 'A' scoop Shape It

Pre-made icing tube

Fruit

1. Whizz sultanas.
2. Pass the sultanas through a sieve. Some very tiny seeds may still be present.
3. Roll the sieved mixture into tiny balls.

Hot Cross Buns

1. Remove and discard the white cross from the buns.
2. Crumb the buns in a food processor.
3. Whisk milk and Shape It in a saucepan, bring to a boil over medium heat, simmer gently for 2 minutes while stirring occasionally.
4. Combine liquid with crumbs, mix well and pour into a mould or container.
5. Refrigerate until set. Please note, do not blast chill. The crumbs need a longer time to absorb all the liquid.
6. For fruit hot cross buns, fold the prepared sultana balls into the hot cross buns mixture before the buns mixture completely sets.

To Assemble and Serve

1. Decorate buns with crosses using the pre-made icing.
2. (Optional) Cut buns in half using a knife. Spread softened butter on the buns.



Slow Cooked Lamb Shanks in a Rich Tomato and Red Wine Sauce

Prep Time: 30 mins

Serves: 4

Lamb Shanks and Sauce

4 lamb shanks

50mL olive oil

1 cup diced carrots

1 cup diced celery

1 cup diced brown onions

3 cloves minced garlic

800g crushed tomatoes

2 tbsp tomato paste

2 ½ cups red wine

5 thyme sprigs

2 dried bay leaves

2 cups chicken stock

Shape It

thickplus

Salt and pepper, to taste

Carrots

300g carrots

3 'A' scoops Shape It

Tomato and Red Wine Sauce

1. Heat olive oil in a heavy based pan on high heat.
2. Sprinkle the lamb shanks with salt and pepper and sear until brown all over.
3. Remove the lamb shanks, drain excess oil and place it in a casserole dish.
4. Turn heat down to medium-low. Add onion and garlic, cook for 2 minutes.
5. Add carrots and celery, cook for 5 minutes or until onion is translucent.
6. Add wine, stock, tomatoes, tomato paste, thyme and bay leaves. Stir to combine.
7. Pour mixture over the lamb shanks and keep them submerged.
8. Cover with lid, place in oven and cook for 2 – 4 hours or until meat is very tender.
9. Discard thyme and bay leaves and remove the lamb shanks from casserole dish.
10. Strain the sauce into a pot, press to extract all the sauce from the veggies and simmer until it becomes a syrupy consistency.
11. To thicken sauce, start with 1 teaspoon of thickplus and whizz in with a stick mixer. Add additional thickplus to reach desired thickness.

Lamb Shanks

1. Weigh the required amount of lamb shanks to be shaped. Generally, it is two moulded shanks out of one lamb shank.
2. For every 100g of lamb meat, measure 45mL of stock and 1 'A' scoop of Shape It. Once measured, add the stock and Shape It into a saucepan.
3. Bring to a boil and simmer for 2 minutes while stirring.
4. Place the lamb shank meat and the Shape It liquid into a blender, and blitz until smooth, scraping down the sides as required. Season to taste.
5. Pour into a container and cover with cling film. Refrigerate until set.
6. Portion as required and shape into desired form of a shank.
7. (Optional) For an authentic look, insert cooked and sterilized chicken bones into the end of the meat. Make cut marks into the meat and pull open in places to give it the "meat falling off the bone" look!

Carrots

1. Cook carrots until tender and drain well.
2. Blitz the carrots until smooth, scraping down the edges as required.
3. Place the blitzed carrots and Shape It into a saucepan and bring to a boil, simmer for 2 minutes while stirring constantly.
4. Place mixture into prepared moulds or container, cover with mould lid or cling wrap and refrigerate until set.

To Assemble and Serve

1. Reheat the moulded shanks, sauce and carrots (refer to reheating guide on Page 8).
2. Pour the sauce over the shanks and serve with the carrots.



Easter Chocolates

Prep Time: 7 mins

Serves: 15

White Chocolate

40g white chocolate buttons

100mL cream

15g icing sugar

1 'A' scoop Shape It

Dark Chocolate

40g dark chocolate buttons

100mL cream

15g icing sugar

1 'A' scoop Shape It

Lemon & Thyme White Chocolate

½ tsp lemon juice

dried thyme (for thyme dust)

lemon peel (for lemon dust)

Salted Caramel Dark Chocolate

½ tsp salted caramel flavour

Strawberries & Cream Dark Chocolate

½ tsp Queen's Strawberry
& Cream Flavour



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

Any Chocolate Flavour

1. Combine all white chocolate or dark chocolate ingredients in a saucepan.
2. If making flavoured chocolates, add the lemon juice, salted caramel flavouring or strawberry & cream flavouring to the saucepan.
3. Bring to a boil over low-medium heat, simmer gently for 2 minutes while stirring continuously.
4. Pour into Shape It Half Sphere Mould 5mL or container, cover with mould lid or cling film and refrigerate until set.

White & Dark Chocolate Swirl

1. Create the white and dark chocolate but do not refrigerate.
2. Pour the dark chocolate into base of Shape It Half Sphere Mould 5mL or container.
3. Once it has cooled for a few minutes, pour white chocolate to fill the mould.
4. Run a skewer through the chocolates to make a swirl pattern.
5. Cover with mould lid or cling film and refrigerate until set.

To Assemble and Serve

1. To achieve a full sphere shape, take two half spheres and press together. Rub along the seam to seal.
2. Serve chilled or at room temperature.

For Lemon & Thyme Chocolates: Decorate with a pinch of thyme and lemon peel dust.

Thyme Dust

1. Spread the dried thyme on a baking tray and place another tray on top leaving a small gap.
2. Place tray in oven at 180°C for 2 minutes.
3. Place in a coffee bean grinder and blitz until the leaves are dust.
4. Sieve into a container.

Lemon Dust

1. Using a peeler, peel the skin of the lemon.
2. Spread the peel on a baking tray.
3. Place tray in oven at 150°C until the peel has dried out.
4. Place in a coffee bean grinder and blitz until the peel is dust.
5. Sieve into a container.



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.



Get shaping and share
your creations with us!



For more on Shape It
visit FlavourCreations.com.au
or call +61 7 3373 3000