

Lightening the load



8 fantastic Spring  
recipes for schools using  
new Bladen Lighter

**BLADEN**  
*Lighter*

No compromise on taste, flavour and cookability.

# BLADEN

## Lighter

Bladen is extremely excited about the launch of the Bladen Lighter range. Bladen Lighter has 30% less fat than standard cheddar. We have worked hard with our chefs to develop cheeses that perform in the kitchen with no compromise on taste, flavour and cookability.

The Bladen Lighter range is available in Mild 5kg, Mature 5kg, Grated Mature 1kg and Grated Mozzarella Mix 1kg.



We hope that you are inspired by the following series of Spring recipes which have been created to be nutritional balanced. Each recipe has been assessed using the Saffron software to allow you to have confidence in your menus. We have included traffic lights on each recipe and a full nutritional breakdown is available on request.

### Look at the difference

Switching to Bladen Lighter will make a significant improvement to the nutritional value of your menu offering without any compromise on flavour.

Bladen Mature		Bladen Lighter Mature	
Energy	1700kJ	Energy	1354kJ
	410kcal		325kcal
Protein	25.0g	Protein	28.3g
Carbohydrate	0.1g	Carbohydrate	2.1g
of which sugars	0.1g	of which sugars	0.1g
Fat	34.4g	Fat	22.0g
Of which saturates	21.7g	Of which saturates	14.4g
Sodium	0.76g	Sodium	0.68g
Equivalent as salt	1.90g	Equivalent as salt	1.70g

## Romeo & Juliette Pizzette



### Ingredients

- 1kg Pizza base, raw
- 200g Onions, raw
- 5g Fresh thyme
- 1 Dried bay leaf
- 300g Tinned mangos in syrup
- 150g Strawberries
- 200g Raspberries
- 150g Bladen Lighter Mature



### Method

1. Make the pizza dough following the manufacturers instructions.
2. Cook the onions with the thyme and bay leaf over a low heat until they are lightly coloured and the liquid has all evaporated.
3. Divide the dough into 20 x 50gm portions, two per portion.
4. Roll out thinly and top one pizzette per person with the onion mix, tomatoes and Bladen Lighter Mature, and one with the raspberry sauce topped with mango and strawberry.
5. Preheat an oven to 200c, and cook the pizzettes until the cheese is coloured and dough is cooked, around 8 minutes.

*Juliette pizza is great with tinned peaches or pears instead of mango*

Sugars  
2.2g

Salt  
0.9g

Fat  
8.3g

Saturates  
2.2g

## Potato, Ham & Broccoli Soup with Cheesy Dumplings

### Ingredients

- 5g Garlic
- 1litre Vegetable stock
- 2g Ground Cayenne pepper
- 2g Fresh thyme
- 3g Dried parsley
- 100g Ham, chopped
- 500g Skimmed milk
- 300g Broccoli
- 1 Free range eggs
- 50g Bladen Lighter Mature
- 150g Plain white flour
- 5g Baking powder
- 5g Dried mixed herbs



### Method

1. In a large pan over a medium heat, cook and stir celery, onion, carrot and garlic until the onion is translucent.
2. Stir in potatoes, chicken stock, cayenne, thyme, and parsley. Bring to a boil, then cover and reduce heat. Simmer until the potatoes are tender, about 15 minutes.
3. Meanwhile, mix the cheese, flour and baking powder together in a bowl using a fork, add the egg and some water until the mixture comes together.
4. Divide into small dumplings, three per portion.
5. Stir ham and milk into the stock pot and allow the soup to return to a simmer.
6. Add the small dumplings into the soup, stirring gently to keep separate. Simmer for 10 minutes, or until the dumplings are cooked.
7. Stir in broccoli into the soup.
8. Cook until the broccoli is tender about 5 minutes. Do not boil.
9. Serve with a cheese or herb bread

Sugars  
4.3g

Salt  
0.8g

Fat  
3.4g

Saturates  
1.3g

WEEK  
03

## Bean, Ham & Cheese Pancake



### Ingredients

- 100g Ham, chopped
- 10 Savoury pancakes made with skimmed milk
- 100g Dried skimmed milk
- 50g Cornflour
- 600g Bladen Lighter Mature
- 200g Reduced sugar baked beans in tomato sauce
- 100g Onions, cooked



### Method

1. Mix the cheese into the white sauce (made with warm skimmed milk and cornflour) along with the ham and onions.
2. Take the pancakes and spread on a thick layer of the cheese and ham mix, spoon a row of beans in the first quarter of the pancake.
4. Roll pancakes up so the beans are enclosed in the white sauce.
3. Place the pancakes in a baking dish sprinkle a little cheese over and cook in the oven for 15 minutes until heated.

Sugars  
6.1g

Salt  
1.4g

Fat  
13.9g

Saturates  
8.7g

*Ideal main course for Shrove Tuesday!*

*...or serve with a green salad or jacket potato!*

## Corn, Jalapeno & Cheese Bread

WEEK  
04

### Ingredients

- 500g Plain bread mix
- 80g Tinned sweetcorn
- 20g Jalapeno peppers, raw
- 125g Bladen Lighter Mature



### Method

1. Place the bread mix ingredients in a mixer and add the water (follow the pack instructions).
2. Once mixed, add the corn and mix gently. Then add the Bladen Lighter Mature and jalapeno and stir gently
2. Bake according bread mix instructions, allow to cool before serving.



Sugars  
2.1g

Salt  
0.9g

Fat  
4.1g

Saturates  
2.0g

*Ideal for Tex Mex theme days served with chilli and rice.*

*Great on salad bars*

WEEK  
05

## Spicy Chicken & Cheese Wraps



### Ingredients

- 20g Tortilla wraps, made with wheat flour
- 500g Strips grilled skinned chicken breast, cooked in fajita sauce
- 150g Refried beans
- 150g Bladen Lighter Mature
- 100g Mild salsa



### Method

1. Place some of each of the fillings on to the centre of each wrap.
2. Fold one side to the centre line of the wrap, then fold over the other.
3. Take each corner and pull it to the centre.
4. Then turn it over so the folds are on the bottom, cook either in a clamp grill or in the oven until crisp and golden.

Great served with spicy potato wedges and coleslaw

Create Mardi Gras themed menu with dishes such as Jambalaya, Rice and beans or Gumbo

Sugars  
0.3g

Salt  
0.4g

Fat  
5.7g

Saturates  
2.7g

WEEK  
06

## Broad Bean, Pea & Spinach Frittata

### Ingredients

- 12g Spring onions, bulbs and tops, raw
- 2g Garlic, raw
- 300g Frozen peas
- 250g Spinach, raw
- 300g Broad Beans, raw
- 2 Free range chicken eggs
- 100g Bladen Lighter Mature
- 50ml Dried skimmed milk



### Method

1. Remove the skins from the broad beans so the green is more prominent.
2. Fry the garlic with the washed spinach.
3. Mix all the vegetables together.
4. Mix the eggs with the milk, season well and mix with the cheese.
5. Stir in the vegetables.
6. Pour into greased tray and bake for about 10 minutes at 180c.

Replace broad beans with soya beans.

Ideal for St Patrick's day on Wednesday 17th March with all the green vegetables in the tart

Sugars  
1.3g

Salt  
0.3g

Fat  
4.1g

Saturates  
1.9g

WEEK  
07

## Chicken, Leek & Mature Cheddar Macaroni Bake



### Ingredients

- 600g Chicken breast, casserole - meat only
- 150g Leeks, boiled in salted water
- 500g Macaroni, boiled
- 300g Bladen Lighter Mature
- 10g Mustard, smooth
- 150g Plain white wheat flour
- 90g Onions, raw
- 1500g Skimmed milk
- 150g Fat spread (40% fat), not polyunsaturated

### Method

1. Cook the leeks in boiling water until just tender. Refresh in very cold water and drain well.
2. Meanwhile, cook macaroni in a saucepan of fast boiling water until tender, but not soft. Drain well.
3. Melt the fat spread in a pan, stir in the flour and cook gently for 1 minute, stirring. Remove pan from the heat and gradually stir in the milk.
4. Gently stir the bite size pieces of leeks and chicken and macaroni into the sauce. Season and spoon into an ovenproof dish.
5. Top with grated cheese
6. Bake in the oven at 190°C (375°F) mark 5 for about 35 minutes. Cover if the top is becoming too brown.

Bring to the boil, and continue to cook, stirring, until the sauce thickens, then add grated cheese and seasoning to taste.

*Don't throw away the leek top, it's ideal for soups as an alternative to onions.*

Sugars  
8.0g

Salt  
1.1g

Fat  
16.5g

Saturates  
6.8g

WEEK  
08

## Spring Spinach, Bacon & Cheese Salad



### Ingredients

- 450g Spinach, raw
- 100g Rashers back bacon, grilled
- 100g Mushrooms, fried in corn oil
- 5 each Boiled eggs
- 90ml Olive oil
- 30ml Vinegar
- 5g Dried mixed herbs
- 5g Salt
- 5g Black pepper
- 200g Bladen Lighter Mature

### Method

1. Cook the mushrooms with the bacon pieces.
2. Quarter the boiled eggs.
3. Mix the oil with the vinegar, herbs and season well.
4. Mix all the other ingredients together, and serve with the dressing on the side.

*Lovely fresh salad with high iron content from spinach.*

*It is a hearty main meal served with brown bread roll.*

Sugars  
0.7g

Salt  
1.4g

Fat  
20.0g

Saturates  
5.9g



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