

Pro-Cal[®] powder

Catering Style Recipes

A selection of recipes incorporating Pro-Cal Powder



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Introduction

Pro-Cal Powder[®] is a powdered, neutral tasting food fortifier. A blend of protein, fat and carbohydrate, which can be added to a variety of food and drink to enhance the energy and protein content with minimal effect on taste, volume and texture.

Pro-Cal *powder* can help boost the calorie and protein content of food and drink and is an easy way to fortify meals for people who are at risk of becoming malnourished or are malnourished. This recipe book contains simple recipe and drinks ideas which incorporate Pro-Cal *powder* to provide additional calories and protein.

These recipes have been developed and trialled by our dietitians and in-house Chef, specifically for large scale catering such as care homes and hospitals.

Pro-Cal *powder* is a food for special medical purposes and must be used under medical supervision. Pro-Cal *powder* is suitable from 3+ years of age.

These recipes have been specifically designed for the dietary management of disease related malnutrition, malabsorption states and other conditions requiring fortification with a fat/ carbohydrate supplement (with protein).

Refer to labels for allergens and other product information.

N.B. The nutritional information provided for each recipe has been calculated using Nutrimen nutritional analysis tool. Nutrimen is based on United Kingdom nutritional values for foods¹.

Reference

1. Finglas PM., Roe MA., Pinchen HM, Berry R., Church SM., Dodhia SK., et al., McCance & Widdowson's The Composition of Foods. Cambridge: Royal Society of Chemistry, 2015.



White Sauce

White Sauce

Preparation time: 5 -10 minutes

Cooking time: 15 - 20 minutes

Recipe makes: 35 portions

Calories (kcal) per portion	Protein per portion (g)
155	5

Ingredients:

- 3.55L Whole milk
- 375g (25 x 15g) **Pro-Cal powder**
- 220g Cornflour
- 75g Butter

Method:

1. Mix 500ml of milk with **Pro-Cal powder** .
2. Mix 500ml of milk with cornflour.
3. Gently heat the remaining milk in a large pan to boiling point, then add butter and Pro-Cal mix. Heat and stir to combine.
4. Add the cornflour mix and heat until thickened to a sauce consistency.

Top Tip:

To make a cheese sauce follow method as above, then add 1Kg of grated mature cheddar cheese and 500ml of milk, stirring to a smooth sauce consistency.



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Chocolate Sponge Cake

Chocolate Sponge Cake

Preparation time: 5 - 10 minutes
Cooking time: 30 - 35 minutes
Recipe makes: 16 slices
Equipment: Baking tray 28cm x 35cm

Calories (kcal) per portion	Protein per portion (g)
336	6

1 portion = 1 slice

Ingredients:

- 240g (16 x 15g) **Pro-Cal powder**
- 1kg Chocolate cake mix
- 500ml Water

Method:

1. Preheat oven to 220°C/200°C fan/gas mark 7.
2. Using an electric whisk, mix **Pro-Cal powder**, cake mix and water.
3. Pour mixture into a baking tray lined with greaseproof paper.
4. Bake for 30-35 mins.

Serving Suggestion:

Serve with Pro-Cal Custard (see recipe for details).



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Classic Scones

Classic Scones

- Preparation time: 20 minutes
Cooking time: 15 - 20 minutes
Recipe makes: 8 large scones
Equipment: 5cm diameter cutter

Calories (kcal) per portion	Protein per portion (g)
403	8

1 portion = 1 scone

Ingredients:

- 350g Self-raising flour (plus extra for dusting)
- 120g (8x15g) **Pro-Cal powder**
- 1tsp Baking powder
- 85g Butter, cut into cubes
- 60g Caster sugar
- 50g Raisins
- 190ml Whole milk
- 1tsp Vanilla extract
- One egg, beaten

Method:

1. Preheat oven to 220°C/200°C fan/gas mark 7.
2. Add flour, **Pro-Cal powder** and baking powder into a large bowl and mix. Add butter and rub in with your fingertips until the mixture resembles breadcrumbs. Stir in sugar and raisins.
3. Make a well in the centre of the dry mixture and add milk and vanilla extract. Combine and knead well with your hands until it forms a dough (add more flour if the dough is too sticky).
4. Dust the work surface with flour and roll out the dough to about 4cm thickness.
5. Dip the cutter into some flour and stamp out rounds. Place onto a baking sheet and brush the tops with the beaten egg.
6. Bake for 15-20 mins until risen and golden on the top. Eat just warm or enjoy cold.

Serving Suggestion:

Top with jam and clotted cream.



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Coconut Slices

Coconut Slices

Preparation time: 10 - 15 minutes

Cooking time: 25 - 30 minutes

Recipe makes: 12 large slices

Equipment: Baking tray 28cm x 35cm

Calories (kcal) per portion	Protein per portion (g)
421	5

1 portion = 1 slice

Ingredients - sponge:

- 110g Self-raising flour
- 1 pinch Salt
- 150g Caster sugar
- 100g Desiccated coconut
- 125g Butter, melted
- 180g (12 x 15g) **Pro-Cal powder**
- 125ml Whole milk
- 2 Eggs, beaten
- 1 tsp Vanilla extract

Ingredients - icing:

- 167g Icing sugar
- 1 tbs Butter
- 2 tbs Water, boiling
- 1 drop Pink food colouring
- 50g Desiccated coconut to decorate

Method:

1. Preheat oven to 180°C/160°C fan/gas mark 4.
2. Add flour, salt, sugar, coconut, butter and **Pro-Cal powder** into a bowl. Mix with fingertips until the mixture resembles breadcrumbs.
3. Stir in the milk, eggs and vanilla extract and pour mixture into a baking tray lined with greaseproof paper. Bake for 25-30 minutes then remove from the oven to cool.
4. Meanwhile, to make the icing, place icing sugar and butter into a bowl.
5. Pour in boiling water and mix to make a thick paste and then stir in the pink food colouring.
6. Spread the icing evenly over the top of the cooled cake and sprinkle with coconut.



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Creamy Mashed Potato

Creamy Mashed Potato

Preparation time: 20 minutes

Cooking time: 45 minutes

Recipe makes: 57 portions

Calories (kcal) per portion	Protein per portion (g)
258	5

1 portion = 168g (approx 3 scoops)

Ingredients:

- 8Kg Maris piper potatoes, peeled and quartered
- 855g (57 x 15g) **Pro-Cal powder**
- 428ml Whole milk
- 285g Butter
- Salt & pepper to taste

Method:

1. Bring a pot of salted water to the boil. Add potatoes and cook until soft, then drain.
2. Add **Pro-Cal powder** to 200ml of the milk and mix well.
3. Add remaining milk and butter to the potatoes. Using an electric whisk, slowly add the Pro-Cal mixture into the potatoes until smooth and creamy.

Top Tip:

Stir in cheese before serving for a cheesy mash.



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Creamy Custard

Creamy Custard

Preparation time: 5 minutes

Cooking time: 15 minutes

Recipe makes: 25 portions

Calories (kcal) per portion	Protein per portion (g)
260	7

1 portion = 175g

Ingredients:

- 3.55L Whole milk
- 375g (25 x 15g) **Pro-Cal powder**
- 220g Custard powder
- 220g Sugar

Method:

1. Add 2L of milk to a large saucepan and heat gently – do not allow to boil.
2. Meanwhile, mix **Pro-Cal powder** into 550ml milk and mix custard powder into remaining 1000ml milk.
3. Add **Pro-Cal powder** mix to saucepan of milk and stir in well.
4. Once simmering, add custard mix and sugar. Stir and heat through.

Note:

Custard thickens upon standing. If a thinner consistency is preferred add more milk.



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Quick Chicken Soup

Quick Chicken Soup

Preparation time: 5 minutes

Cooking time: 20 minutes

Recipe makes: 50 portions

Calories (kcal) per portion	Protein per portion (g)
139	3

1 portion = 195ml

Ingredients:

- 750g (50 x15g) **Pro-Cal powder**
- 500g of Chicken soup powder
- 2.25L Cold water
- 6.25L Boiling water
- Salt & pepper to taste

Method:

1. Mix **Pro-Cal powder** and soup powder with the cold water and add to the boiling water in a large pan. Stir occasionally until cooked and thickened slightly.
2. Add salt and pepper to taste.



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Gravy

Gravy

Preparation time: 5 minutes

Cooking time: 10 minutes

Recipe makes: 25 portions

Calories (kcal) per portion	Protein per portion (g)
66	1

1 portion = 58ml

Ingredients:

- 195g (12 x 15g) **Pro-Cal powder**
- 1.17L Water
- 84g Gravy granules
- 2tsp of Gravy browning

Method:

1. Add **Pro-Cal powder** and water to a pan and mix. Bring to the boil, stirring occasionally.
2. Once boiling, add in gravy granules and gravy browning and stir, simmering gently for a couple more minutes.

Top Tip:

Add more water if a thinner gravy is preferred.



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Fortified Milk

Fortified Milk

Preparation time: 5 minutes

Recipe makes: 10 x 200ml portions

Calories (kcal) per portion	Protein per portion (g)
226	8.8

1 portion = 215ml

Ingredients:

- 150g (10 x 15g) **Pro-Cal powder**
- 2L Whole milk

Method:

1. Add **Pro-Cal powder** into 2L of milk and mix well.



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Porridge

Porridge

Preparation time: 5 minutes

Cooking time: 10 - 15 minutes

Recipe makes: 30 portions

Calories (kcal) per portion	Protein per portion (g)
376	13

1 portion = 296g

Ingredients:

- 1Kg Porridge oats
- 7.5L Whole milk
- 375g (25 x 15g) **Pro-Cal powder**
- Pinch of salt

Method:

1. Add oats, milk, **Pro-Cal powder** and salt into a large pan.
2. Bring to the boil and simmer for 5-10 minutes, stirring occasionally to prevent it sticking to the bottom of the pan.
3. Once porridge is thickened remove from the heat and serve.

Top Tip:

Top with milk or cream and serve with fruit and honey.



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Rice Pudding

Rice Pudding

Preparation time: 5 - 10 minutes

Cooking time: 2 hours

Recipe makes: 30 portions

Equipment: Oven proof casserole dish

Calories (kcal) per portion	Protein per portion (g)
338	9

1 portion = 257g

Ingredients:

- 150g Butter
- 700g Pudding rice (or Spanish paella rice)
- 300g (20 x 15g) **Pro-Cal powder**
- 6L Whole milk
- 1 tsp Vanilla extract
- 1 tsp Grated nutmeg
- 550g Caster sugar

Method:

1. Preheat oven to 200°C/180°C fan/gas mark 6.
2. Melt the butter in the casserole dish over a medium heat. Add the rice and stir to coat.
3. Add **Pro-Cal powder** to 500ml of whole milk and mix well, then add to casserole dish.
4. Gradually add remaining milk to the casserole dish and stir continuously. Add vanilla extract and nutmeg and simmer.
5. Bake in the oven for 1 hour, stirring occasionally. After 1 hour, stir in the sugar, cover with foil and bake for a further 30 minutes.

Top Tip:

Serve with jam, honey or fruit.



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Semolina

Semolina

Preparation time: 5 - 10 minutes

Cooking time: 20 - 25 minutes

Recipe makes: 20 portions

Calories (kcal) per portion	Protein per portion (g)
303	8

1 portion = 183g

Ingredients:

- 2.84L Whole milk
- 300g (20 x 15g) **Pro-Cal powder**
- 300g Semolina
- 75g Butter
- 150g Caster Sugar

Method:

1. Add milk to a pan and heat.
2. Add **Pro-Cal powder** to the milk and stir.
3. Add semolina and butter, stir and heat until semolina has thickened and milk reduced.
4. Add sugar and stir through once heated.

Top Tip:

Top with jam or golden syrup.



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Simple Beef Stew

Simple Beef Stew

Preparation time: 15 - 20 minutes

Cooking time: 2 hours

Recipe makes: 10 portions

Calories (kcal) per portion	Protein per portion (g)
342	24

Ingredients:

- 3 tbsp Vegetable oil
- 900g Stewing steak, diced
- 4 Beef stock cubes
- 1L Water, boiling
- 1 tsp Dried rosemary
- 1 tsp Dried parsley
- 1/2 tsp Ground black pepper
- 3 Large potatoes, peeled and cubed
- 4 Carrots, cut into 2.5cm pieces
- 4 Celery sticks, cut into 2.5cm pieces
- 1 Large onion, chopped
- 150g (10 x 15g) **Pro-Cal powder**
- 200ml Water
- 4 tbsp Gravy granules
- 2 tsp Gravy browning

Method:

1. Heat the oil in a large pan over a medium heat then add the beef and cook until browned.
2. Meanwhile, dissolve the stock cubes in boiling water and pour into the pan.
3. Stir in the rosemary, parsley and pepper. Bring to the boil, then reduce heat, cover and simmer for 1 hour.
4. Add potatoes, carrots, celery and onion into the pan.
5. Mix **Pro-Cal powder** in 200ml of water, then add to the stew and stir thoroughly.
6. Add gravy granules and gravy browning to the stew, cover and simmer for a further hour.

Top Tip:

Serve with dumplings or buttered bread.



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Yorkshire Puddings

Yorkshire Puddings

Preparation time: 5 minutes

Cooking time: 20 - 25 minutes

Recipe makes: 8 - 12 puddings

Equipment: Yorkshire pudding tray or non-stick muffin tin

Calories (kcal) per portion	Protein per portion (g)
167	6

1 portion = 1 large pudding

Ingredients:

- Oil (1 tbsp) for lining tin
- 100g Plain flour
- 75g (5x15g) **Pro-Cal powder**
- 4 Eggs, medium, beaten
- 200ml Whole milk
- Salt and pepper (to season)

Method:

1. Heat oven to 230°C/210°C fan/gas mark 8.
2. Drizzle a little oil evenly into two 4-hole Yorkshire pudding tins or a 12-hole non-stick muffin tin and place in the oven to heat through.
3. To make the batter, tip the flour and **Pro-Cal powder** into a bowl and beat in 4 eggs until smooth.
4. Gradually add 200mls of milk and carry on beating until the mix is completely lump-free. Season with salt and pepper.
5. Pour the batter into a jug. Remove the hot tins from the oven. Carefully and evenly pour the batter into the holes. The mixture makes 8 larger or 12 smaller puddings.
6. Place the tins back in the oven and leave undisturbed for 20-25 mins until the puddings have puffed up and browned. Serve warm.



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Spinach & Cheese Savoury Muffins

Spinach & Cheese Savoury Muffins

Preparation time: 5 - 10 minutes
Cooking time: 20 - 25 minutes
Recipe makes: 12 muffins
Equipment: 12 muffin cases

Calories (kcal) per portion	Protein per portion (g)
216	7

1 portion = 1 muffin

Ingredients:

- 2 Medium eggs
- 150ml Whole milk
- 75g Butter, melted
- 150g Cheddar cheese, grated
- 1 Spring onion, finely chopped
- 75g Baby spinach, fresh, chopped
- ½ (75g) Red pepper, de-seeded & diced
- 160g Self-raising flour
- 90g (6 x 15g) **Pro-Cal powder**
- ½ (4g) Vegetable stock cube
- Salt and pepper to taste (optional)

Method:

1. Preheat the oven to 180°C /160°C fan/gas mark 4 and line a muffin tin with 12 muffin cases.
2. Gently whisk the eggs in a large bowl and stir in milk and melted butter. Mix in grated cheese, spring onion, baby spinach and diced pepper.
3. Finally, add in the flour, **Pro-Cal powder**, salt and pepper and crumble in stock cube and mix just enough until all the ingredients have combined.
4. Divide mixture between the 12 muffin cases and bake in oven for 20-25 minutes until cooked through.



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Shepherd's Pie

Shepherd's Pie

Preparation time: 15 minutes

Cooking time: 1 hour

Recipe makes: 8 portions

Calories (kcal) per portion	Protein per portion (g)
418	18

1 portion = 312g

Ingredients - Mince:

- 1 tbsp Sunflower oil
- 1 Onion, large, finely chopped
- 180g Carrots, medium, chopped
- 500g Lamb mince
- 60g (4 x 15g) **Pro-Cal powder**
- 2 tbsp Tomato puree
- 1 tbsp Worcestershire sauce
- 500ml Beef stock
- 2 tbsp Gravy browning

Ingredients - Mash:

- 900g Potato, cut into chunks
- 85g Butter
- 45ml Whole milk
- 60g (4 x 15g) **Pro-Cal powder**
- 40g Cheddar cheese, grated

Method:

1. Heat oil in a medium saucepan, add the onion and carrots and cook for a few minutes to soften them.
2. Add mince to a bowl along with 60g **Pro-Cal powder** and mix in well using hands.
3. When the onions and carrots are soft, turn up the heat, crumble in the mince mix and brown it. Tip off any excess fat. Add tomato puree and Worcestershire sauce, cover and fry for 2-3 minutes.
4. Pour in the beef stock and gravy browning, bring to a simmer, cover and cook for 20 minutes, remove the cover and cook for a further 20 minutes.
5. Meanwhile, heat the oven to 180°C/160°C fan/ gas mark 4, then make the mash. Boil potatoes in salted water for 15-20 minutes until soft. Drain the potatoes and mash with the butter, milk and 60g **Pro-Cal powder**.
6. Place mince filling into an ovenproof dish, top with mash and ruffle the top with a fork. Sprinkle grated cheese over the top. Bake for 20-25 minutes until the top is starting to colour and the gravy is bubbling through at the edges. Leave to stand for 5 minutes before serving.



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Sausage Rolls

Sausage Rolls

Preparation time: 20 - 30 minutes

Cooking time: 30 minutes

Recipe makes: 6 jumbo or 12 average sausage rolls

Calories (kcal) per portion	Protein per portion (g)
621	16

1 portion = 1 jumbo sausage roll

Ingredients - filling:

- 450g Sausage meat
- 90g (6 x 15g) **Pro-cal powder**
- A pinch of Salt & white pepper
- 1 tbsp Thyme leaves, finely chopped
- 60g Pickle (optional)
- 1 Egg, medium, lightly beaten

Ingredients - pastry:

- 400g Puff pastry or rough puff pastry

Method:

1. Preheat oven to 200°C/180°C fan/gas mark 6.
2. Roll out pastry to a rectangle 60x20cm. Trim edges to tidy. Cut into six even rectangles (or 12 smaller pieces).
3. Mix the sausage meat, **Pro-cal powder** and thyme in a bowl and season with salt and pepper. Divide sausage meat into six (or 12) even portions. Roll each portion into a sausage shape.
4. Spread a teaspoon of pickle along each pastry rectangle, leaving the edges clear. Place the sausage filling across the top of each pastry rectangle. Roll pastry to enclose filling. Brush pastry edges with beaten egg to seal.
5. Place sausage rolls on a tray lined with parchment. Bake for 30 minutes, or until golden-brown and cooked through.



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Onion Bhajis

Onion Bhajis

Preparation time: 15 - 20 minutes

Cooking time: 5 - 6 minutes

Recipe makes: 6 large or 10 small onion bhajis

Equipment: Deep fat fryer

Calories (kcal) per portion	Protein per portion (g)
226	6

1 portion = 1 large bhaji

Ingredients:

- 2 Eggs, medium
- 3 (120g) Onions, finely sliced
- 120g Plain flour
- 60g (4 x 15g) **Pro-Cal powder**
- 1 tsp Coriander, ground
- 20g Coriander, fresh, finely chopped
- 1 tsp Cumin seeds
- 3 tbs Vegetable oil, plus extra if required

Method:

1. Beat eggs in a bowl.
2. Add onions and mix well.
3. Add flour, **Pro-Cal powder**, ground coriander, fresh coriander and cumin seeds. Stir well to combine.
4. Heat oil in a deep-sided frying pan over a medium heat (~180°C or heat deep fat fryer as per manufacturers instructions). When hot, add a large spoonful of the bhaji mixture and fry for 45-60 seconds, until golden-brown.
5. Turn the bhaji over and fry for a further 45-60 seconds, until crisp and golden-brown all over. Remove and drain on kitchen paper.
6. Repeat with remaining bhaji mixture, replenish the oil in the deep fat fryer if it runs low and allow it to heat up again.



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Meatballs

Meatballs

Preparation time: 30 minutes

Cooking time: 30 minutes

Recipe makes: 10 portions

Calories (kcal) per portion*	Protein per portion* (g)
374	22

1 portion = 3 meatballs

* Analysis for meatballs not including spaghetti

Ingredients:

- 300g Pork mince
- 500g Beef mince
- 1 Onion, finely chopped
- 83g Parmesan, grated
- 100g Fresh breadcrumbs
- 75g (5 x 15g) **Pro-Cal powder**
- 2 Eggs, medium, beaten
- Olive oil for roasting
- Pinch of mixed herbs
- 1 tsp Garlic puree
- 1 tsp Tomato puree

Method:

1. To make the meatballs, place the pork mince and beef mince in a large mixing bowl. Add the onion, parsley, parmesan, breadcrumbs, beaten eggs, **Pro-Cal powder** and lots of seasoning. Get your hands in and mix together well – the more you squeeze and mash the mince, the more tender the meatballs will be.
2. Heat oven to 220°C/200°C fan/gas mark 7.
3. Roll the mince mixture into 30 golf-ball-size meatballs. Set aside any meatballs for freezing, allowing 2-3 per portion. Spread the rest of the meatballs out in a large roasting tin – they will brown better if spaced out.
4. Drizzle with a little oil (about 1 tsp per portion), shake to coat them in oil, then roast for 20-30 mins until browned.

Top Tip:

Serve with meatball sauce - see recipe card.



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Meatball Sauce

Meatball Sauce

Preparation time: 5 minutes

Cooking time: 15 - 20 minutes

Recipe makes: Enough to cover 10 portions

Calories (kcal) per portion*	Protein per portion* (g)
140	3

1 portion = approx 180g

* Analysis for sauce only

Ingredients:

- 3 tbsp Olive oil
- 4 Garlic cloves, finely chopped
- 4 x 400g Cans of tinned chopped tomatoes
- 50g Fresh parsley finely chopped or 1 tbsp dried parsley
- 3 tbsp Caster sugar
- 75g (5 x 15g) **Pro-Cal powder**

Method:

1. To make the sauce. Heat the oil in a large pan. Add the garlic and sizzle for 1 minute. Stir in the tomatoes, sugar, parsley and seasoning.
2. Simmer the sauce for 15-20 minutes until slightly thickened. Spoon out any portions for freezing. Add the cooked meatballs to the pan to keep warm while you boil the spaghetti.
3. Serve the sauce and meatballs over cooked spaghetti.

Top Tip:

Serve with extra parmesan and a few basil leaves.



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Lamb Samosas

Lamb Samosas

Preparation time: 20 minutes

Cooking time: 30 minutes

Recipe makes: 15 samosas

Equipment: Deep fat fryer

Calories (kcal) per portion	Protein per portion (g)
206	7.4

1 portion = 1 samosa

Ingredients:

- 100g Plain flour
- 225g (15 x 15g) **Pro-Cal powder**
- ½ tsp Salt
- 60g Butter - salted
- 4 tbsp (50ml) Water
- Vegetable oil for deep fat fryer amount (as per manufacturers' instructions)
- 1 Onion, small, finely chopped
- 2 Garlic cloves, finely chopped
- 2 Green chillies, finely chopped
- 1 tbsp Fresh root ginger, finely chopped
- 1 tsp Ground turmeric
- ½ tsp Chilli powder
- 350g Minced lamb
- 1 tsp Salt
- 2 tsp Garam masala
- 1½ tsp Fresh lemon juice

Method:

1. In a medium bowl, mix flour, 150g **Pro-Cal powder**, ½ tsp salt and 30g butter until the mixture resembles fine breadcrumbs. Pour in water (approx. 50ml), to make a smooth dough. Pat into a ball. Place on a lightly floured surface and knead for 10 minutes, or until dough is smooth and elastic. Return to the bowl, cover and set aside.
2. Heat oil in a large, deep frying pan to 190°C.
3. Melt 30g butter in a medium saucepan over medium to high heat. Stir in onion, garlic, green chillies and ginger. Cook for 5 minutes, or until onions are golden brown. Stir in turmeric, chilli powder, lamb and salt. Cook until the lamb is evenly brown, for about 10 minutes. Add 75g **Pro-Cal powder** to the mince mix and mix thoroughly. Stir in garam masala and lemon juice. Continue cooking for 5 minutes, then remove from the heat.
4. Divide the dough into 15 equal portions. Roll portions into balls, then flatten into 10cm circles. Cut each circle in half. Dampen the edges and form semicircles into cones. Fill the cones with equal portions of the lamb mixture. Dampen top and bottom edges of cones, and pinch to seal.
5. Carefully lower the cones into preheated oil a few at a time. Fry until golden brown, 2-3 minutes each. Drain on kitchen roll. Serve warm.



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Blueberry Muffins

Blueberry Muffins

Preparation time: 20 minutes

Cooking time: 20 minutes

Recipe makes: 12 muffins

Equipment: 12-hole muffin tin, 12 muffin cases

Calories (kcal) per portion	Protein per portion (g)
233	4.6

1 portion = 1 muffin

Ingredients:

- 100g Butter, unsalted, softened
- 140g Golder caster sugar
- 2 Large eggs
- 140g Natural yoghurt
- 1 tsp Vanilla extract
- 2 tbsp Whole milk
- 160g Plain flour
- 90g (6 x 15g) **Pro-Cal powder**
- 2 tsp Baking powder
- 1 tsp Bicarbonate of soda
- ¼ tsp Salt, fine
- 125g Blueberries

Method:

1. Preheat oven to 200°C/180°C fan/gas mark 6.
2. Line a 12-hole muffin tin with paper cases. Beat the butter and caster sugar together until pale and fluffy. Add the eggs and beat for 1 minute, then mix in the yogurt, vanilla extract and milk. Combine flour, **Pro-Cal powder**, baking powder and bicarbonate of soda in a bowl with 1/4 tsp salt. Tip this into the wet ingredients and mix well. Finally, fold in blueberries and divide the mixture between muffin cases.
3. Bake for 5 minutes, then reduce oven to 180°C/160°C fan/gas mark 4 and bake for 15-18 mins more until risen and golden.
4. Cool in the tin for 10 minutes, then carefully lift out onto a wire rack to finish cooling.



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