

Bega
Foodservice

flavour passport



EDITION 1:
Autumn 2025

**Recipe inspiration from
your trusted food partner**

Welcome

to the inaugural edition of the Bega Foodservice Flavour Passport

The Bega Foodservice Flavour Passport is your toolkit to ignite creativity, reduce prep time and deliver exceptional flavour with every dish. Each season we will bring you a fresh selection of recipes designed to keep you ahead of the flavour trends and encourage innovation on the menu.

At the same time, we'll be showcasing the best of Bega Foodservice's premium products and how they can help you cut down on labour and kitchen prep without compromising on quality.

In recognition of the fact that in commercial kitchens a picture really is worth a thousand words, we have ensured each recipe is accompanied by photography which highlights how to present the

finished meal at its best. Garnishing and serving suggestions have also been included as the final step in each method, along with average cost per serve* to help you identify cost-effective choices for the menu.

I believe most chefs are fast learners and the kitchen is often a hotbed of creativity. To that end I've included Chef's Tips with each recipe to encourage you to make your own variations on the basic recipe or add a distinctive signature touch to the dish.

Autumn is a transitional time as we move from lighter summer fare towards the warming 'comfort foods' of the winter months. It's a time to highlight seasonal produce – as in Pork Schnitzel with Autumn Salad – and add some richer, indulgent dishes to the menu – like Rum Raisin Bread and Butter Pudding. Each dish has been designed to inspire your creativity!



Gary Johnson

Bega Foodservice
Chef Ambassador



* Average cost per serve as at April 2025

“This is more than a collection of recipes – it's a toolkit to ignite creativity.”



Entree/Shareplate

Chargrilled Prawn Cocktail



Preparation
18 mins



Average Cost per serve
\$5.90

Ingredients

600g 16/20 green prawn cutlets – tail on (30 pieces)
60ml olive oil (for grilling)
1 medium head iceberg lettuce – washed (cut into 6 x wedges)
2 ripe avocados (cut into 12 x wedges)
1 bunch chives (chopped or long) for garnish
2 small limes (cut into cheeks)
Sea salt for seasoning

Cocktail Sauce

100g Dairy Farmers Cream Cheese
100ml tomato sauce
50ml Dairy Farmers Thickened Cream
5ml Worcestershire sauce
Few drops of Tabasco
Salt and pepper to taste

Method

1. Thread 5 x prawns in a “U-shape” on a 20cm wooden (or stainless steel) skewer for an entrée or individually to share.
2. Brush the prawns with olive oil and season with the salt. Chargrill on both sides for 2–3 minutes each side until just cooked.
3. Arrange the lettuce and avocado wedges on the plates. Add the cooked prawn skewer, dollop with the cocktail sauce and serve with chives and lime.
4. **For the cocktail sauce** (oil free): soften the cream cheese in the microwave for 20 seconds (or a warm place). Add the tomato sauce and mix to smooth. Then add the thickened cream, Worcestershire, Tabasco and seasoning. Gently mix to sauce consistency and keep chilled.

CHEF TIP

If using bamboo or wooden skewers, soak for one hour before using to prevent the skewers burning on the grill during cooking. Using cream cheese instead of mayonnaise in the cocktail sauce gives it stability on a hot dish (and is an oil free condiment).

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Dairy Farmers
Cream Cheese



Dairy Farmers
Thickened
Cream

Entree/Shareplate

Fish Tacos with Rainbow Slaw and Lime Crema

 **Portions**
6 (12pc)

 **Preparation**
14 mins

 **Average Cost per serve**
\$5.20

Ingredients

600g white reef fish fillet/s (snapper, cod, etc)
3g taco seasoning (or ground cumin)
60ml olive oil
Sea salt (fine)
12 x 6 inch flour tortillas

Rainbow Slaw

60g finely shredded white cabbage
30g finely shredded red cabbage
30g grated carrot
1 stalk of spring onion, finely sliced
1 red banana chilli, finely sliced and deseeded (or red capsicum)
Small handful coriander leaves (for garnish)
2 ripe avocados, diced (add last when serving)
60ml vinaigrette dressing
Sea salt and fresh ground pepper to taste

Lime Crema

250g **Dairy Farmers Lite Sour Cream**
Juice and zest of one lime
Sea salt and fresh ground pepper to taste

Method

1. Dice or cut the fish into goujons and toss with olive oil. Season with the sea salt and cumin or taco spice, then grill or panfry to cooked.
2. Combine all the slaw ingredients together (without the coriander). Dress with the vinaigrette, toss together in a bowl and add the avocado last.
3. To prepare the lime crema: in a bowl add the sour cream, lime juice, zest and seasoning. Turn gently to combine with a dessert spoon.
4. Warm the tortillas slightly on the flat or chargrill then divide the slaw into the centres of the tortilla (use a stand if you have one), garnish with the coriander leaves.
5. Add the portioned grilled fish, skewer the tacos closed and then dollop generously with the lime crema.
6. Serve with a little more lime crema on the side and a cheek of fresh lime.

To Serve (Garnish)

- 2 limes cut into 6 cheeks
- 12 bamboo skewers to close the tacos

CHEF TIP

Use a tortilla stand during service to speed up the build when you are busy. Make the lime crema fresh every service for the best results. You can use Dairy Farmers Lite or Regular Sour Cream. You can also swap out fish with chicken breast or green prawn cutlets if desired.

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**Dairy Farmers
Lite Sour Cream**

Main Course

Classic Cheese Burger



Ingredients

150g quality beef burger pattie (raw)
5ml olive oil (for grilling)
1 burger bun (split)
1 slice **Dairy Farmers Hi-Melt Burger Slices**
10g thinly sliced dill pickle
20g thinly sliced red onion
2 leaves of butter lettuce (washed)
20ml **Zoosh tomato sauce**
20ml American mustard
Salt and ground pepper to taste

Method

1. Brush the burger pattie with olive oil and season with salt on both sides.
2. Cook on a char or flat grill for 2 minutes each side turning 3 times. On the last turn, place the Dairy Farmers Hi-Melt Burger Slice on top of the burger pattie, remove from the grill and allow to rest and melt for another 1 minute.
3. Lightly toast the inside of the burger bun on the grill for a minute. On the bottom bun half, add the tomato sauce then place a lettuce leaf (or two) and then the sliced red onion.
4. Top the burger salad with the cheese enveloped burger pattie and then the sliced dill pickles. Then add the American mustard on the inside of the remaining bun half and top the burger off to close.
5. Garnish with a portion of potato chips and a side of tomato sauce and serve.



Play Video



Why Jake from Mary's Burgers chooses Dairy Farmers Burger Slices

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CHEF TIP

Criss cross a second slice of Dairy Farmers Hi-Melt burger cheese to add extra creamy flavour to your classic cheese burger and rest for an extra minute in a warm place (about the grill or on the pass).

Watch Chef Gary make this burger



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Dairy Farmers Hi-Melt Burger Slices

Main Course

CHEF TIP

The lemon is best squeezed over the schnitzel just before you eat it. The schnitzels are cooked in a slightly cooler deep fryer to allow for better browning with the Dairy Farmers Parmesan Cheese. The schnitzels can be cooked from frozen but will need 6 – 7 minutes in the fryer at 160°C (core temperature 75°C).

Pork Schnitzel with Autumn Salad



Ingredients

1.2kg pork fillet (clean; silver skin removed)
150g fine breadcrumbs
150g panko (coarse) breadcrumbs
100g plain flour
2 whole eggs (beaten)
50ml milk
30g **Dairy Farmers Parmesan Cheese**
Fine salt and ground white pepper to taste

Salad

200g white beans (cooked)
1 bunch asparagus (blanched, cut into 5cm batons)
1 punnet rainbow cherry tomatoes (halved)
1 small red onion (finely sliced)
20ml extra virgin olive oil
Fine salt and ground white pepper to taste

Dressing

150g **Farmers Union Greek Style Natural Yogurt**
10ml sherry vinegar
20ml honey

To Serve

½ bunch Chives (to garnish)
1 lemon (cut into 6 wedges)

Method

1. Portion the pork fillet into 180–200g steaks. Place between two sheets of clear plastic and bat lightly with a meat mallet to approximately 1cm thick. Season pork steaks lightly with fine salt and ground white pepper and layer pack in a meat tub between baking paper sheets. Refrigerate for 1 hour.
2. Use three bowls to crumb the steaks. 1st bowl, add the plain flour. 2nd bowl, beat the eggs and milk together. 3rd bowl, combine the panko and fine crumbs with the Dairy Farmers Parmesan Cheese.
3. Dredge the pork steaks one by one through the flour, egg wash and breadcrumb bowls. Pat the crumb stage firmly on the steaks. Layer on a paper lined tray (maximum two layers deep) and refrigerate until service.
4. Prepare the salad; combine the white beans, asparagus, cherry tomatoes and red onion with the olive oil and a little seasoning. Toss together and divide onto the plates (ensure the asparagus is evenly shared).
5. Prepare the dressing: blend the yoghurt, honey and sherry vinegar together well. Add a few drops of water to get consistency right. Drizzle the dressing over the salad and sprinkle with the chopped chives.
6. Cook the schnitzels in a deep fryer for 3 minutes at 165 – 170°C. Drain well in the fryer basket for a few minutes before serving with the Autumn salad and wedge of lemon (as per photo).

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Farmers Union
Greek Style
Natural Yogurt



Dairy Farmers
Shredded
Parmesan
Cheese

Side Dish



CHEF TIP

A great side dish or accompaniment with all steaks and grills. Use the same baking tray and paper that the bacon was cooked on for the potatoes to keep the flavour and save on washing up!

Smashed Caesar Potatoes

 **Portions**
6 (2/serve)

 **Preparation**
45 mins

 **Average Cost per serve**
\$2.20

Ingredients

1.2kg medium chat potatoes (12 pcs)
60ml olive oil
1 clove garlic (paste or finely chopped)
Salt and freshly ground black pepper to taste
120g streaky bacon (diced)
40g **Dairy Farmers Shredded Parmesan Cheese**
120g **Dairy Farmers Lite Sour Cream**
¼ bunch chives (chopped)

Method

1. Chop the bacon into ½ - 1cm dice and spread over a baking paper lined oven tray. Cook for 12 – 15 minutes @ 200°C until browned. Remove from the oven and keep warm or cool and chill ready for service.
2. Wash and dry the potatoes. Combine the salt, garlic, potatoes and only half the olive oil in a bowl and toss to coat well. Place them evenly on the oven tray lined with baking paper. Cook in a fan forced oven for 20 – 25 minutes @ 200°C.
3. Remove the potatoes from the oven and squash them slightly with a handheld potato masher. Brush with the remaining olive oil and sprinkle with half the Dairy Farmers Parmesan Cheese. Put them back in the oven for another 20 – 25 minutes @ 200°C and cook until tender and the cheese has browned.
4. **To serve:** Top with the hot bacon pieces, a dollop of Dairy Farmers Lite Sour Cream, the remaining half of the shredded Dairy Farmers Parmesan Cheese, a sprinkle of chopped chives and a fresh grind of black pepper.

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Dairy Farmers Lite Sour Cream



Dairy Farmers Shredded Parmesan Cheese

Dessert

CHEF TIP

Can be made in advance and reheated to order in the microwave (or the combi oven). You can add some cooking cream to the custard to adjust the consistency when heated for a richer creamy flavour. The puddings are bain marie stable for a busy service.

Rum Raisin Bread and Butter Pudding



Ingredients

125ml Bundaberg Dark Rum
100g raisins
450ml **Dairy Farmers Full Cream Milk**
450ml **Dairy Farmers Cooking Cream**
1/2 vanilla bean
Pinch ground cinnamon
5 eggs, plus 4 extra egg yolks
125g Demerara (brown) sugar, plus 30g extra for the crust
100g unsalted butter, softened (including for the ramekins)
400g stale brioche loaf, cut into 12 thick slices, then 24 triangles
600ml **Dairy Farmers Thick Vanilla Custard**
vanilla ice cream to serve - optional

Method

1. Preheat oven to 160°C. Butter the inside of 6 x 350ml ceramic ramekins (10cm x 6cm) or a ½ ceramic gastronorm tray and set aside.
2. Place 60ml of the rum in a small saucepan over low heat with the raisins and bring to a simmer. Remove from the heat and set aside to soak and cool slightly for 15 minutes.
3. Place the milk, cream, vanilla seeds and pod, cinnamon and remaining ¼ cup (60ml) rum in a medium saucepan over medium heat and bring to just below a simmer. Discard the vanilla pod.
4. Place eggs, yolks and sugar in a large bowl and, using a whisk, gently stir to combine (try not to incorporate too much air). Pour over the hot milk mixture, whisking constantly until combined.
5. Butter both sides of the brioche and place 4 x triangles in each ramekin, layering each slice so that they overlap. Scatter over the raisins and any soaking liquid, then evenly pour over the egg mixture, making sure all the brioche is covered. Set aside for 15 minutes to soak.
6. Place the ramekins into a baking dish with 2cm of boiling water on the bottom and cover with foil and bake for 25 - 30 minutes. Remove foil and sprinkle with the extra Demerara sugar, then cook for a further 7-8 minutes until custard is just set, but still a little wobbly. Remove from the oven and stand on a cooling rack for 15 minutes.
7. Serve warm with Dairy Farmers Thick Vanilla Custard and ice cream or blast chill in the fridge, cover and date until required.

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Dairy Farmers
Thick Vanilla
Custard



Dairy Farmers
Cooking Cream



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for a better future*

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