

Bega
Foodservice

flavour passport



EDITION 3:
Spring 2025

**Recipe inspiration from
your trusted food partner**

Welcome

to the Spring edition of the Bega Foodservice Flavour Passport

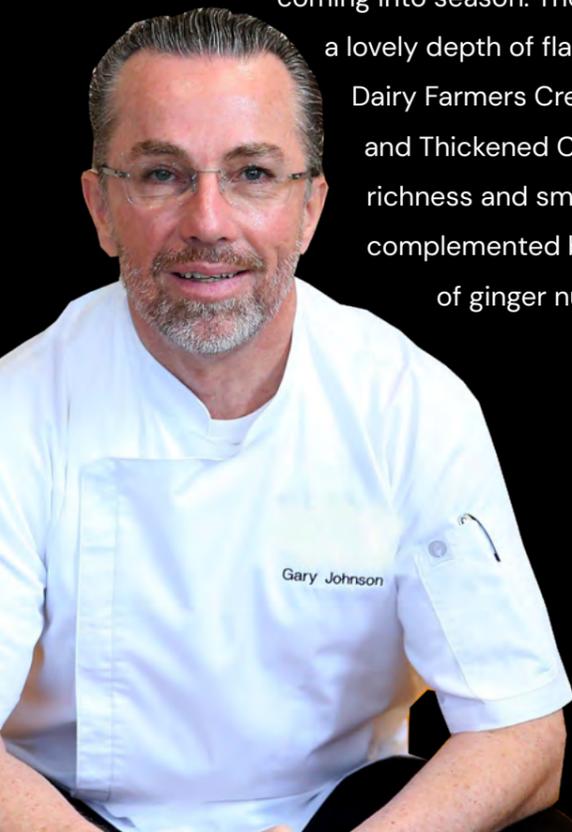
Welcome to the Spring edition of the Bega Foodservice Flavour Passport – your toolkit to ignite creativity, reduce prep time and deliver exceptional flavour with every dish.

Spring is typically a time to spotlight lighter proteins with sharp flavours. I've focused on native ingredients, sustainability driven choices and fresh seasonal produce such as citrus fruits. These recipes also incorporate some of Bega Foodservice's premium products, showcasing how they can cut down your labour and preparation without compromising on quality.

Finger Lime and Gingernut Cheesecake Trifle, for example, showcases beautiful Australian finger limes as well as regular limes, both of which are now coming into season. These impart a lovely depth of flavour, with Dairy Farmers Cream Cheese and Thickened Cream adding richness and smooth texture, complemented by the crunch of ginger nut biscuits.

Australian Spring Lamb is at its very best right at the start of the season, making it an ideal menu showcase. Our delicious Coconut and Tomato Lamb Shank Curry and accompanying Pineapple Raita delivers some tart and tasty flavour notes, blending fresh ginger and Indian spice garam masala with fresh Australian pineapple and Farmers Union Greek Style Natural Yoghurt.

With flexitarian dining continuing to rise in popularity, we've included a Mexican Pizza recipe which features tasty chorizo and ham as the primary proteins, but which can be easily 'swapped out' with grilled corn ribs or other plant-based protein for those customers seeking a Vegetarian option. This is highlighted in the Chef Tip section – which is designed to encourage your own creativity by suggesting variations on the basic recipe and ways of adding your own distinctive signature touch to each dish. For example you might take the Cheesecake Trifle recipe and replace the Finger Lime with pink grapefruit, add some Campari or shiraz gin and turn it into a Negroni Cheesecake!



Gary Johnson

Bega Foodservice
Chef Ambassador



Spring is typically the time to spotlight lighter proteins with sharp flavours.

Main Course (share)



CHEF TIP

If using a par-baked pizza base instead of a "raw" dough, decrease the impinger temperature to 230 – 240°C and cook for 4 – 5 minutes. (The same time and temperature may also work in a combi oven). For a Vegetarian version, replace the chorizo and ham with grilled "corn ribs" or with plant-based proteins seasoned with a little taco spice.

Pizza Mexicana



Ingredients

250g pizza dough ball (frozen – raw)
40g tomato sugo (pizza sauce)
80g Dairy Farmers Shredded Mozzarella
30g roast red capsicum
20g pickled jalapeno, sliced
30g red onion, halved and sliced
½ ripe avocado (8 slices – one per piece)
40g leg ham, torn or shredded
40g Chorizo sausage, sliced
20ml Chipotle barbecue sauce
30g Dairy Farmers Light Sour Cream
10g corn chips (8 pieces)
5g coriander leaves
Salt and pepper to taste

Method

1. Thaw pizza dough ball to room temperature. Dust bench with a little fine semolina or flour, dredge both sides of the dough ball and pull out to 28cm diameter. Place on an oiled pizza screen or an oiled and flour-dusted aluminium pizza tray.
2. Using the back of a cook's spoon, spread the tomato sugo thinly over the pizza base, leaving 2cm clean around the edge.
3. Scatter half (40g) of the Dairy Farmers Shredded Mozzarella evenly over the sauced base. Build the toppings in the following sequence in "eighths" (cut slice pattern) so toppings are distributed evenly across each piece.
4. **The Build:** 8 pieces of chorizo; 8 slices of avocado; then evenly distribute the torn leg ham, red onion, capsicum and jalapenos. Scatter the remaining 40g of Dairy Farmers Shredded Mozzarella evenly over the toppings. Lightly season with salt and pepper.
5. Preheat the impinger pizza oven to 280 – 300°C and cook for 3 to 4 minutes (very hot; very fast) until browned and slightly charred around the crust. Remove from the oven and stand on a rack to air for one or two minutes so the toppings set before cutting.

TO SERVE

- Using a pizza cutter, slice into 8 pieces. Drizzle chipotle barbecue sauce over top from a squeeze bottle.
- Using a disposable piping bag, garnish each slice with a small dollop of sour cream. Stick a corn chip in the dollop and dust the pizza with rough-cut coriander.

Featured in this recipe

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Dairy Farmers
Lite Sour Cream



Dairy Farmers
Shredded Mozzarella

Snack / Main Course

Korean Fried Chicken Sandwich



Ingredients

2 slices super thick (2.5cm) white bread
150g (1 - 2 pieces) chicken thigh – boneless/skinless
40ml **Dairy Farmers Buttermilk**
Flour & eggwash crumb: ½ panko crumb + ½ fine breadcrumbs
15ml Korean Barbecue Sauce
15ml **ZoOsh real mayonnaise**

Sesame creamed paste (10 portions)

400g **Dairy Farmers Cream Cheese**
80g sesame seeds, toasted
30ml sesame oil, toasted

Pickled vegetables (10 portions)

1 English cucumber, washed
1 medium carrot, peeled and julienned
1 medium daikon, peeled and julienned
2 spring onions, cut on an angle
5g minced garlic (optional)
1tspn Gochugaru or red chili paste
100ml rice wine vinegar
30g castor sugar
5g salt (to taste)

To Serve: Cut in half diagonally, arrange on a serving plate and garnish with a small dish of barbecue sauce mix on the side.

Method

1. Portion the chicken thighs, removing any remaining cartilage or bone and marinate chilled in the buttermilk for two hours. Coat with flour, eggwash and crumb before service (or as required to order).
2. Deepfry the crumbed chicken thighs at 175 - 180°C for 3 - 4 minutes until golden brown and cooked through.
3. For the barbecue sauce: mix one part **ZoOsh Real Mayonnaise** to one part Korean Barbecue Sauce, put into a squeeze bottle and chill.
4. For the sesame creamed paste: toast sesame seeds lightly, then combine with sesame oil and crush using a mortar and pestle. Fold through **Dairy Farmers Cream Cheese** and chill.
5. For the pickled vegetables: mix the sugar, rice vinegar, garlic, salt and red chilli paste together. Chop the spring onions and slice the vegetables on a mandolin. Then steep in the pickle liquid and chill until required.

Build: Toast the bread slices on both sides. Coat the top of the bottom slice with 20g sesame paste, place the fried chicken on top and squeeze 30ml of barbecue sauce mix over it. Drain a cook's spoon of the pickled vegetables and add on top of the sauced fried chicken. Coat the remaining bread slice with another 20g of sesame paste and place coated side down on top of the build to complete the sandwich.

CHEF TIP

It's best to make the pickled vegetables every 3 - 4 days to keep the colours bright. You can pre-crumble and freeze the chicken thigh in between baking paper layers, then fry from frozen at 160°C for 6 - 7 minutes until golden brown and cooked.

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Dairy Farmers
Cream Cheese



ZoOsh Real
Mayonnaise



Dairy Farmers
Buttermilk

Main Course

Coconut and Tomato Lamb Shank Curry

 **Portions**
10 (Average)

 **Preparation**
3 hours

 **Average Cost per serve**
\$9.50

Ingredients

Meat (10 portions)

3.5kg lamb shanks, French trimmed.
Rub in ginger, garlic and olive oil then marinate overnight.
(Approximate weight. Smaller are best so they fit in the tray but still make a good portion).

Paste

40g **Dairy Farmers Unsalted Butter**
20ml olive oil (for frying)
2 large brown onions, finely diced
50g curry powder
30g garlic, chopped
30g ginger, chopped
2 pieces star anise
2 pieces cinnamon sticks

Sauce

50g brown sugar
60ml soy sauce
1 litre coconut cream
1 litre strong chicken stock
500ml **Dairy Farmers Cooking Cream**
500g tinned crushed tomatoes
10 to 12 curry leaves
Juice and zest of one lime

Garnish (optional)

Pappadams, coriander, mint, crispy fried onions, pineapple raita

Pineapple raita (10 portions)

3g (1tspn) grated ginger
1 pinch garam masala
150g fresh pineapple, drained and finely diced
300g **Farmers Union Greek Style Natural Yoghurt**
Salt and pepper to taste

To make the raita: Press the pineapple in a strainer to remove some of the juice and dry slightly. Gently fold all the ingredients together and chill covered in the fridge until needed.

Turmeric rice (10 portions)

4 cups basmati rice
6 cups water
2 x 5cm pieces fresh turmeric, peeled and finely grated
½ teaspoon salt

To make the turmeric rice (1 cup of rice to 1.5 cups of water): wash, rinse and drain basmati rice. Add the well-drained rice to a thick based pot then add the water, grated turmeric and salt. Cover with a firm-fitting lid and bring to a boil. Reduce down to very low heat and cook for another 20 minutes. Do not remove lid during this time. When finished, turn off the heat, lift the lid and cover with a tea towel. Replace the lid on top of the tea towel and allow to stand for another 10 minutes before serving.

[Full method over page >](#)

CHEF TIP

The cooked and portioned lamb shanks also work well under sous-vide and reheated using a thermo-circulator. The turmeric rice can be pre-cooked and portioned to be reheated in the microwave or sous vide (thermocirculator) or held in the bain marie at a food safe temperatures (65°C+). Freeze the ginger and turmeric roots in a sealed plastic container to make them easy to grate finely when required.

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Dairy Farmers Unsalted Butter



Farmers Union Greek Style Natural Yoghurt



Dairy Farmers Cooking Cream

Main Course



Method

1. Preheat a combi (fan forced) oven to 200°C. Arrange lamb shanks in a gastronorm tray, season with salt and pepper and roast for 15 minutes until lightly browned.
2. Heat Dairy Farmers Unsalted Butter and olive oil in a thick based saucepan and cook onions, curry leaves and spices until fragrant. Reduce heat and add curry powder, ginger and garlic. Cook for another 3 minutes then add the stock, crushed tomatoes, sugar, coconut cream, Dairy Farmers Cooking Cream, lime and soy sauce. Cook for another 3-5 minutes. Taste to correct seasoning. Set aside to cool slightly.
3. Remove lamb shanks from oven and drain excess fat. Pour sauce over shanks, cover in tray with a sheet of silicon baking paper topped by foil to seal (or a flat fitting lid). Return to oven at 160°C and cook for 1 hour 45 mins - 2 hours until soft. When finished, leave shanks in the cooking tray and cool in a blast chiller. Then portion as required in vacuum bags (single or double) or plastic portion containers with equal amounts of the sauce.

To Serve:

- Reheat the shanks to order in a frypan and finish in the oven, basting with the sauce. Reduce sauce to desired consistency. Add a little Dairy Farmers Cooking Cream if desired. Correct seasoning.
- Serve with a portion of turmeric rice, dollop of pineapple raita, crisp fried onions, torn mint and coriander leaves, accompanied by a pappadam on the side.

Dessert

CHEF TIP

Finger limes come in three different colours ranging from a deep green to yellow and then a very pretty pink; you can choose what looks best as they taste the same. They store well in the freezer in a sealed plastic container. Thaw out when you need them in the fridge overnight.

Finger lime and gingernut cheesecake trifle

**Preparation**
2hrs 30 mins**Average Cost per serve**
\$3.90

Ingredients

750g **Dairy Farmers Cream Cheese**, softened
150g caster sugar
150g white baking chocolate, melted and cooled slightly
100g finger limes (approx 10 fruits, depending on size)
4 limes, juiced and zested
60ml white rum
60 ml water
1 bunch mint leaves, washed
500ml **Dairy Farmers Thickened Cream**, softly whipped
250g ginger nut biscuits, broken into pieces
50g **Dairy Farmers Unsalted Butter**
Finger lime beads and mint sprig to garnish

To Serve

Slice finger limes down one side and gently dig out the beads. Top the cheesecakes with a dollop of the whipped and chilled Dairy Farmers Thickened Cream, finger lime beads and a mint sprig to garnish.

Method

1. Combine sugar and water in a saucepan over a medium heat. Stir until sugar is dissolved. Bring to a boil and remove from heat, add half the mint leaves (keeping the best sprigs for garnishing later), lime juice and zest, white rum and cover. Allow to steep and cool for 20 minutes.
2. Place the white chocolate in a heatproof bowl over a pot of simmering water and stir until melted.
3. Beat the softened Dairy Farmers Cream Cheese until smooth. Then softly whip the Dairy Farmers Thickened Cream and fold 75 per cent of the whipped Thickened Cream through the Cream Cheese mixture. Whip the remaining 25 per cent of the Thickened Cream until firm, cover and chill (to keep for the garnishing later).
4. Add the strained mint sugar syrup to the melted white chocolate and combine through the Cream Cheese/ Thickened Cream mixture to make the cheesecake filling.
5. Place the ginger nut biscuits in a sealed plastic bag and bash to crumble into small pieces using a mallet or small saucepan base. Combine the crushed biscuits and melted Dairy Farmers Unsalted Butter and stir.
6. Divide the biscuit mixture in half and line the base of 10 -12 parfait glasses, pressing gently into the bottom.
7. Divide the cheesecake filling in half and use a disposable piping bag to top the biscuit layers with the first layer of the filling.
8. Repeat this process, using the remaining biscuit mix, then the cheesecake filling across each of the glasses.
9. Refrigerate for 2 hours to set.

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Dairy Farmers
Cream Cheese



Dairy Farmers
Unsalted Butter



Dairy Farmers
Thickened Cream



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for a better future*

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