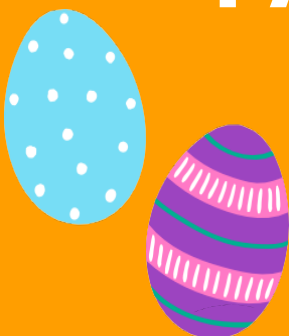




# EASTER ACTIVITY PACK & RECIPES



Resident  
wellbeing  
in action  
Unilever  
Food  
Solutions

# INTRODUCTION



**With Easter just around the corner, our new activity kit is a perfect way to get everyone in your care home involved in some good old-fashioned crafting fun.**

**We've curated a selection of simple, engaging activities that can easily be done as a group or on a one-to-one basis; from making a colourful insect feeder to beautiful flower arrangements. The activities are also accompanied by mouth-watering recipes to complement your Easter roast dinner - including flavourful side dishes and delicious gravies, featuring some of our most well-loved products.**



Resident  
wellbeing  
in action



# CONTENTS

## Activities for your residents

Bring some creative fun to your residents with these Easter themed crafts, we've even included a couple of roast dinner themed activities, sure to get them in the mood for their Easter roast.

4 – Insect Feeder

5 – Marbled  
Eggs

6 – Easter Paper

Plates 7 – Flower

Arranging

## Put on an Easter event

Everyone loves a celebration, so why not hang up our new Easter bunting and showcase the residents craft creations before enjoying some yummy Easter treats.

8– Easter Bunting

## Recipes for the Chefs

In need of some inspiration for your Easter roast dinner? Then look no further. We're sharing a selection of the sensational side dishes and delicious gravy recipes as featured in our guide to Side Dishes, brought to you in collaboration with some of the best chefs in the business and using a great range of seasonal ingredients, we're sure your residents will love.

13 – Side Recipes

15 – Gravy Recipes

17 - Cupcake Recipe





# INSECT FEEDER



## YOU WILL NEED

- Small glass jars with a lid
- Small white or pastel coloured bath sponge cut into pieces
- Small stickers to decorate the jar, such as butterflies
- Thin string
- Rubber band
- Sugar solution (1 part sugar with 9 parts water)

## PREP BEFORE ACTIVITY

Drill or cut a hole in the centre of the lid 0.5-1cm across

## HOW TO MAKE

1. Push the piece of sponge into the jar.
2. Pull the sponge towards the lip so that when you screw the lid on you can pull a piece of the sponge up through the hole.
3. Decorate the jar with suitable small stickers. Metallic edged ones will catch the light and make the jars easier to see.
4. Lay the rubber band out and tie two equal lengths of string onto it. They need to be at least 30cms long as you will use them to tie the jar to hang from a tree branch or shrub.
5. Twist the rubber band around the neck of the jar keeping the strings opposite each other.
6. Mix the sugar solution (1 part sugar with 9 parts of water). Pour this onto the sponges and into the jars to ensure the sponges soak up the solution.
7. Hang the jars in the garden, the sugar solution will attract insects who will land on them to feed.



# MARBLED EGGS

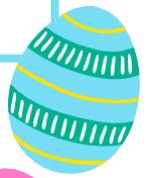


## YOU WILL NEED

Eggs	Disposable bowl
Egg cups	Slotted spoon
Multiple nail varnishes	Metal cake rack

## PREP BEFORE ACTIVITY

Hard boil the eggs



## HOW TO MAKE

1. Half fill a small disposable plastic bowl with cold water. Old food trays are ideal but they need to be deep enough for the water to cover an egg.
2. Drip in several different coloured nail varnishes and swirl the bowl to mix them slightly. Don't try stirring with an implement as the varnish will stick to it.
3. Carefully drop the eggs into the water and turn gently with a slotted spoon to pick up the nail varnish, creating a marbled pattern – you won't be able to use the spoon again for cooking but you can use it for lots more marbled eggs.
4. Lift out the eggs and place on a metal cake rack to dry, which can take a few hours.
5. Use nail polish remover if you need to clean up the cake rack afterwards.
6. The eggs look good in plain egg cups but you can also pass them round as they are very tactile and stimulate lots of conversations.



# EASTER PAPER PLATES



## YOU WILL NEED

Paper plates  
Paints  
Paintbrushes  
Stamps

## HOW TO MAKE

Decorate the borders of the paper plates to suit your Easter theme. Use plates that don't have a gloss or plastic finish as they will resist paints or stamping ink. Keep the decoration close to the outer edge and use them to serve cakes prepared in paper cases.



# FLOWER ARRANGING



## YOU WILL NEED

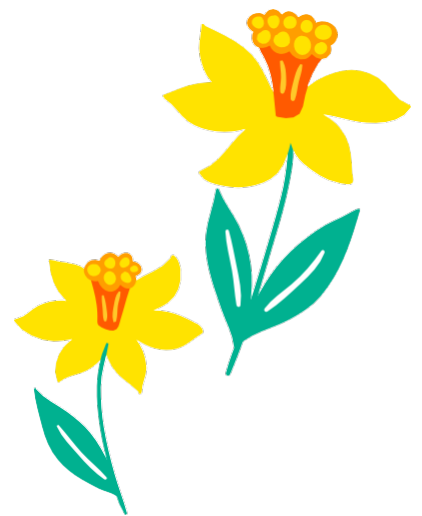
Flowers of any kind  
Greenery  
Scissors  
Vase

## PREP BEFORE ACTIVITY

Prepare any greenery stems beforehand, cutting roughly to the right length, with the lower leaves trimmed off.

## HOW TO MAKE

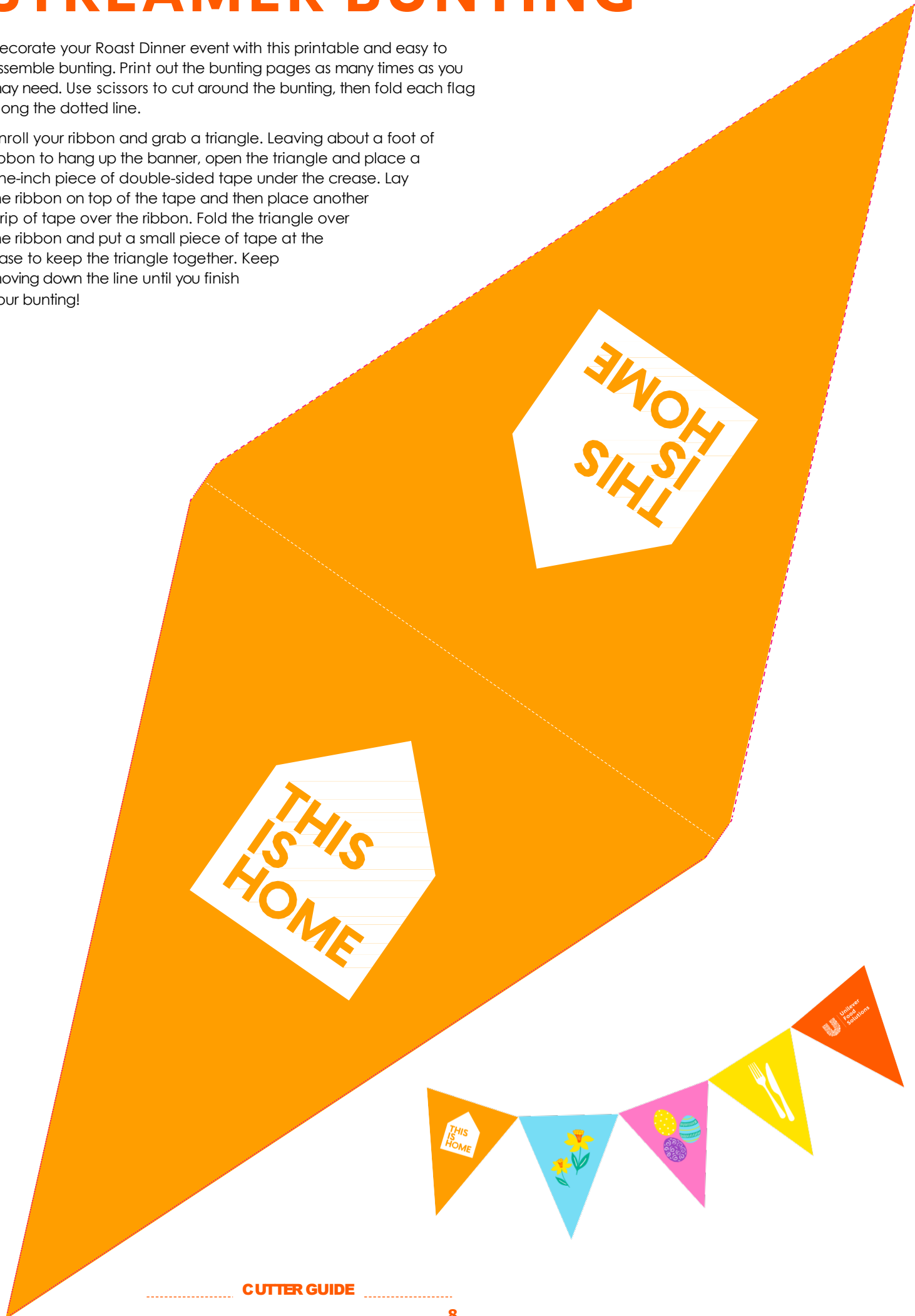
Invite residents to put the greenery stems in first, then introduce the flowers. Allow residents that are able, to trim the flower stems with small scissors to add another element to the activity. When finished, find a well-lit spot to proudly display.



# STREAMER BUNTING

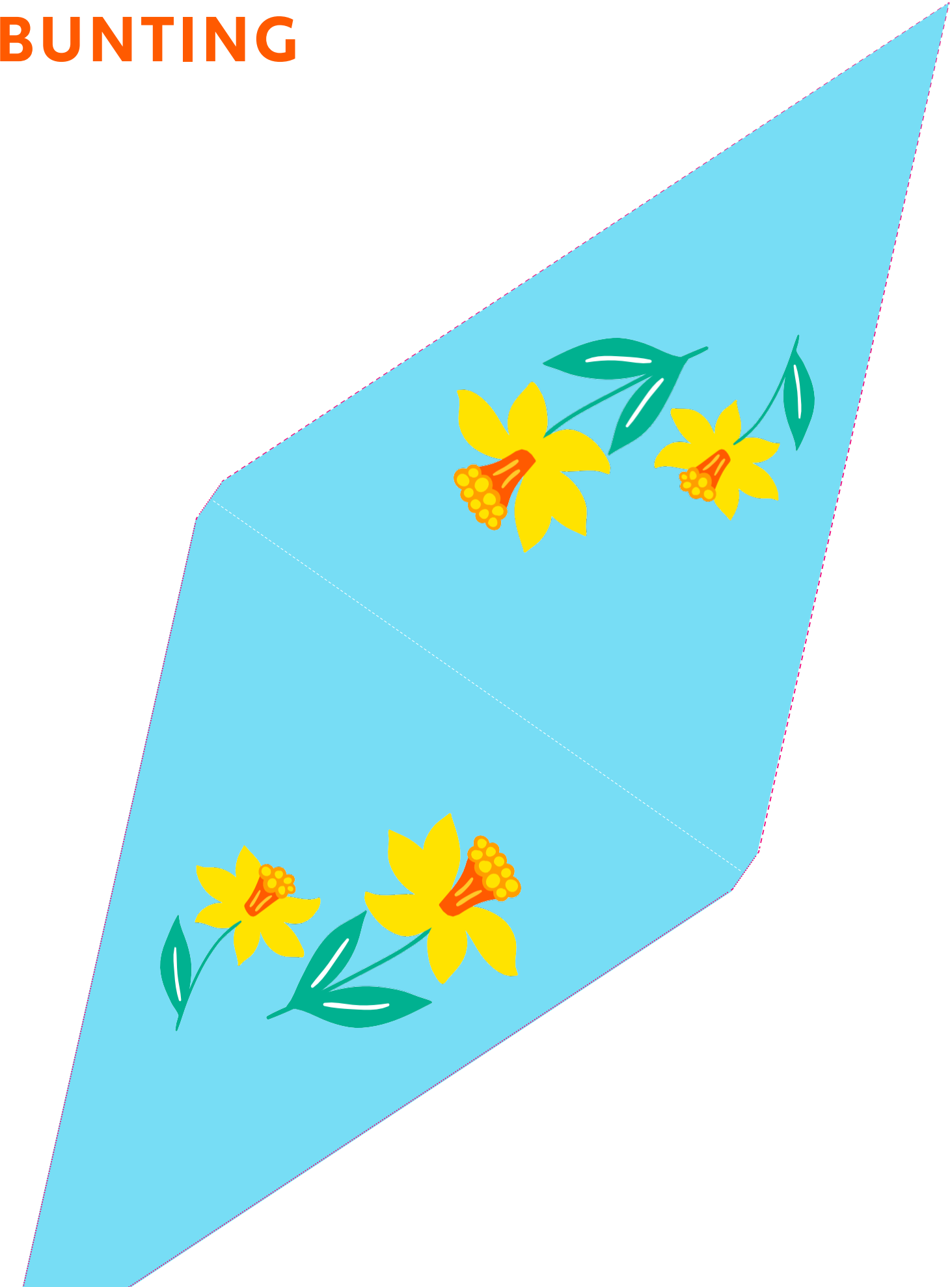
Decorate your Roast Dinner event with this printable and easy to assemble bunting. Print out the bunting pages as many times as you may need. Use scissors to cut around the bunting, then fold each flag along the dotted line.

Unroll your ribbon and grab a triangle. Leaving about a foot of ribbon to hang up the banner, open the triangle and place a one-inch piece of double-sided tape under the crease. Lay the ribbon on top of the tape and then place another strip of tape over the ribbon. Fold the triangle over the ribbon and put a small piece of tape at the base to keep the triangle together. Keep moving down the line until you finish your bunting!

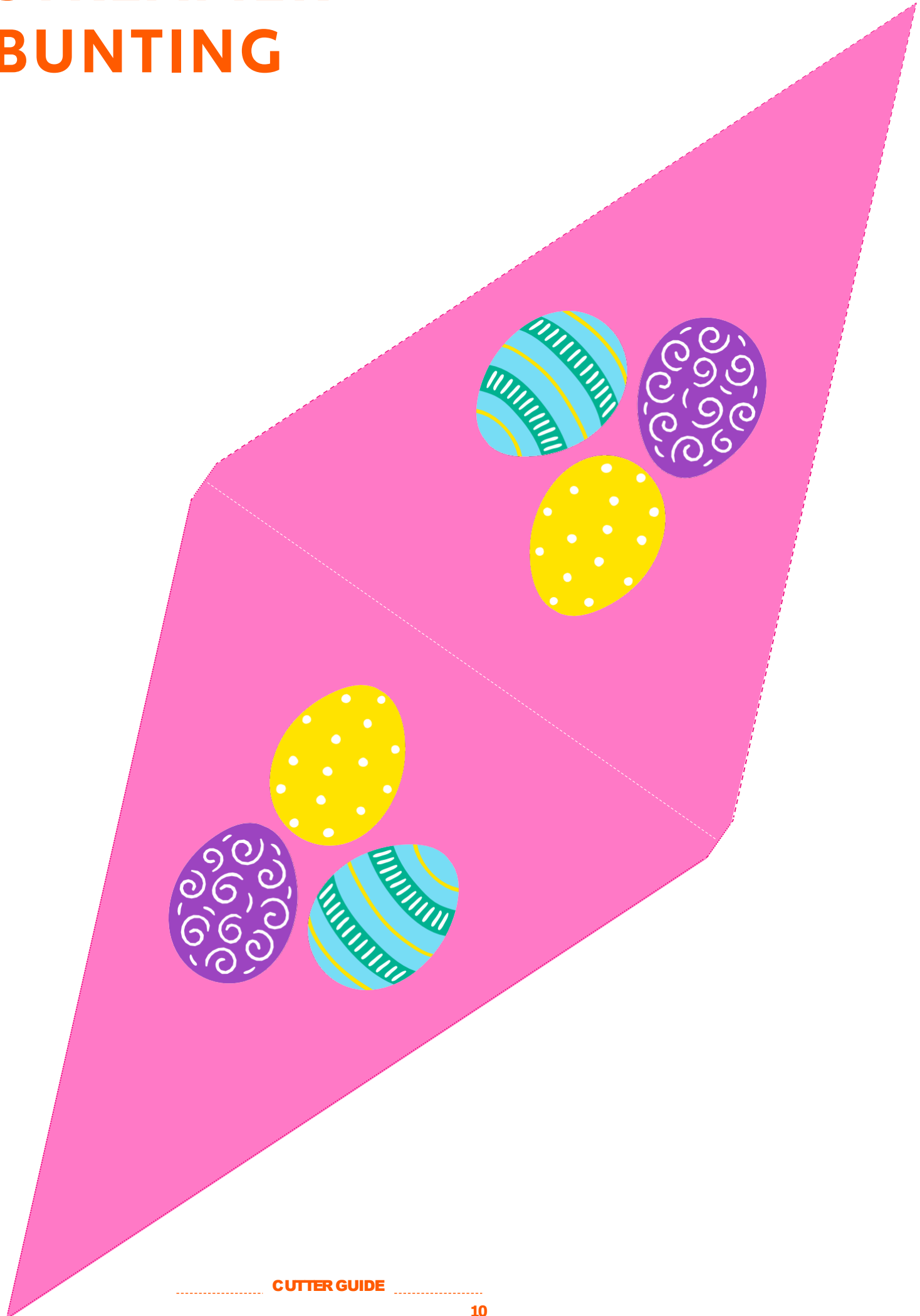




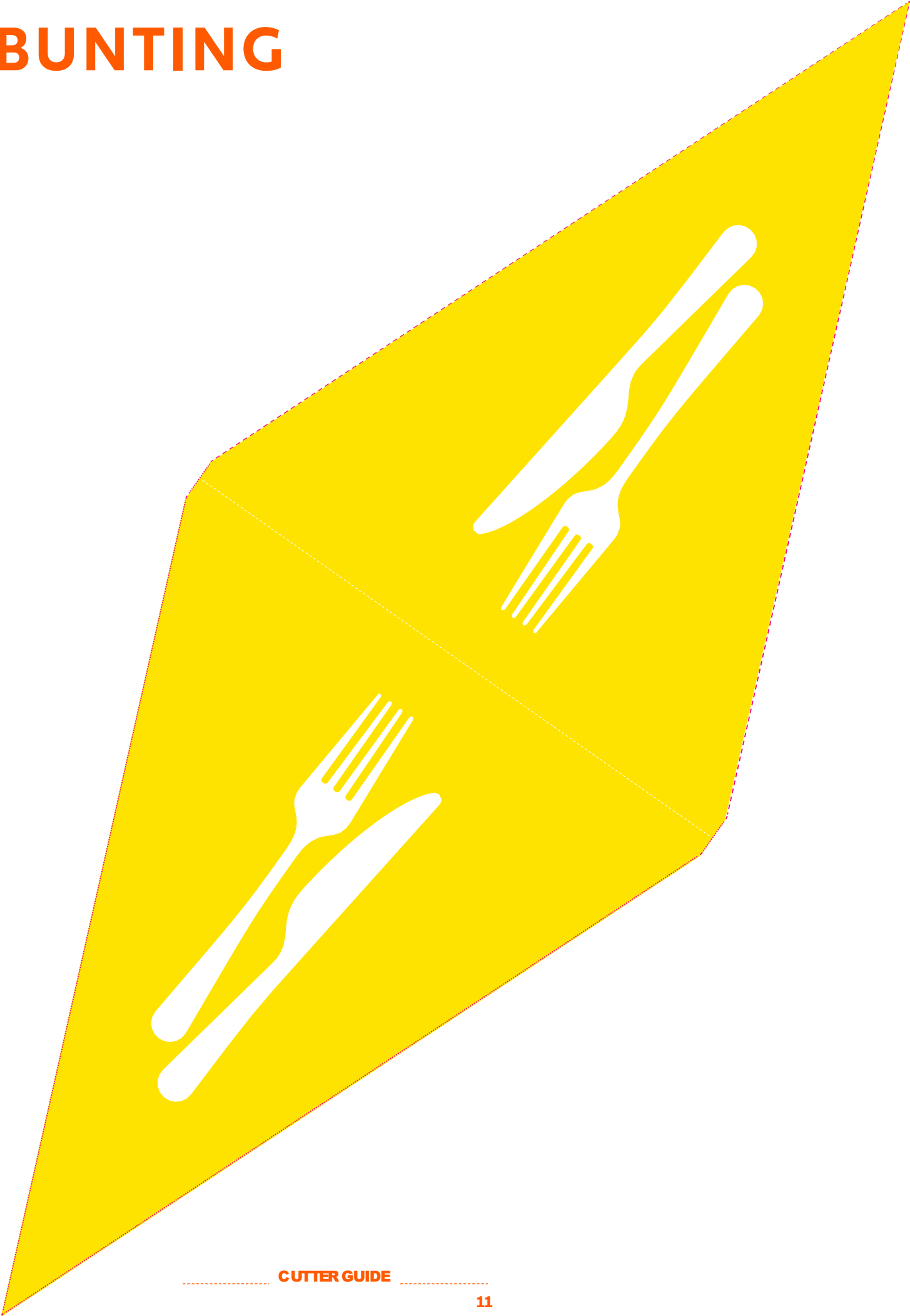
# STREAMER BUNTING



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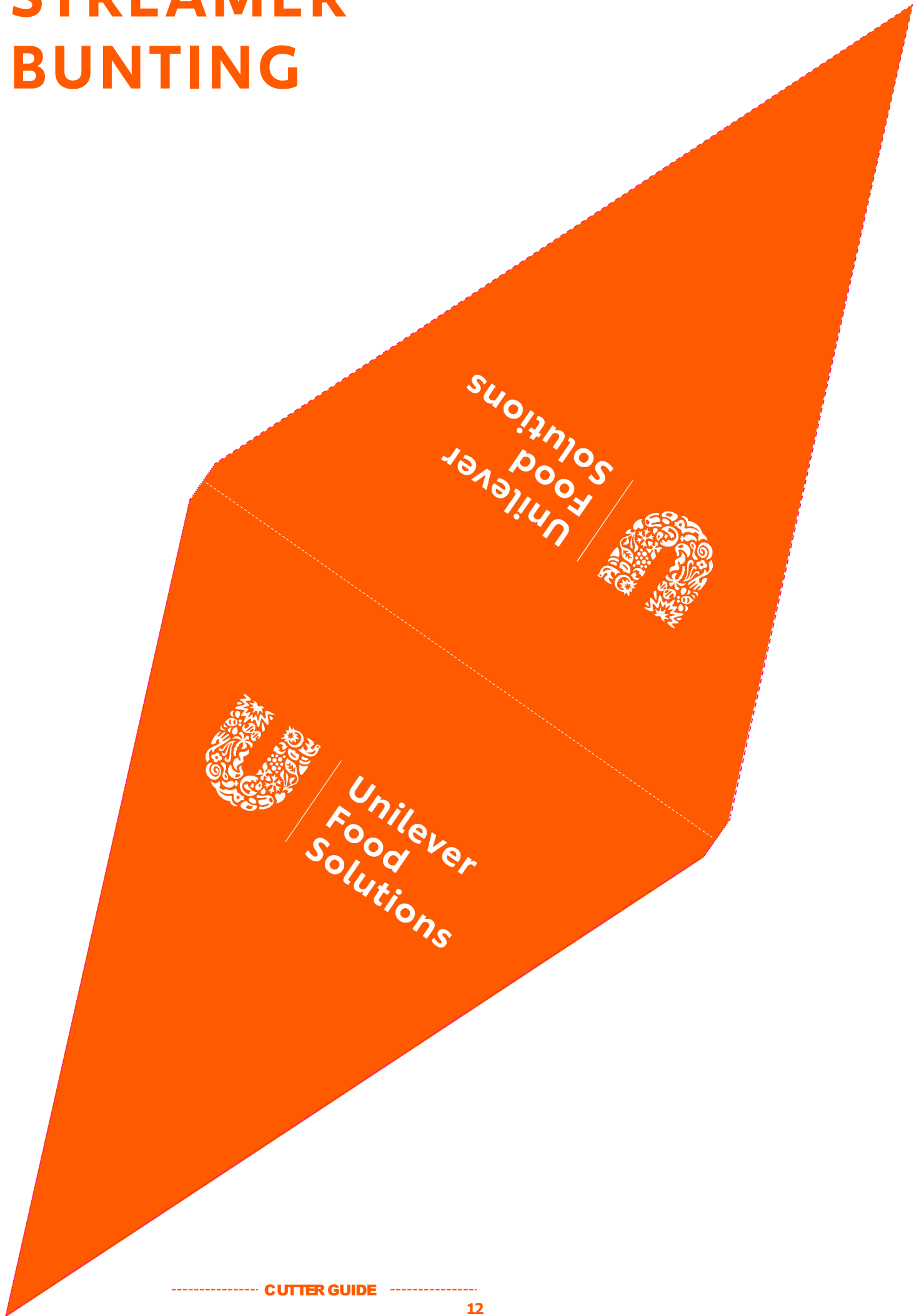


# STREAMER BUNTING





# STREAMER BUNTING



# SIDE RECIPES



## Root Vegetable Mash

### INGREDIENTS FOR 10 PORTIONS

500g Potatoes

500g Rutabaga

400g Savoy Cabbage

**30 ml Knorr® Professional Liquid  
Concentrated Base Vegetable**

100g Butter

50g Grated Cheddar

### METHOD

Peel and dice the potato and rutabaga roughly into cubes.

Place into a saucepan along with the **Knorr® Professional Liquid Concentrated Base Vegetable** then cover with 1L of water.

Bring to the boil and cook for 20-25 minutes or until soft then drain and allow to steam.

Finley shred the cabbage and cook in half the butter for 3-4 minutes then add in the potatoes and rutabaga.

Mash together then place into a baking tray and dot with the remaining butter then cover with cheese.

Bake at 180c for 20-25 minutes or until golden.





# SIDE RECIPES



## Savoury Vegetable Bites

### INGREDIENTS FOR 10 PORTIONS

- 250g Red Lentils
- 625ml Water
- 15ml **Knorr® Professional Liquid Concentrated Base Vegetable**
- 500g Cauliflower stalks
- 500g Broccoli stalks
- 150g Fresh breadcrumbs
- 2 Eggs
- 15g Sage
- 30g Parmesan Cheese



### METHOD

Pour the lentils and water into a saucepan and add the **Knorr® Professional Liquid Concentrated Base Vegetable prepared** and bring to a simmer. Cook for 20 minutes or until soft.

Remove and allow to cool.

Cook the cauliflower and broccoli stalks for 15 minutes or until soft then remove, drain and allow to cool.

Place the lentils, cauliflower, broccoli, sage and eggs into a blender and blitz together.

Remove and mix in the breadcrumbs then chill for 30 minutes.

Roll into walnut size balls and place on to a lined oven tray then bake for 20 minutes at 350°F.

Once cooked, remove from the oven and grate over the parmesan cheese before serving.

Visit [ufs.com/knorrprofessional](https://ufs.com/knorrprofessional) and find your best bases for stock.



# GRAVY RECIPES



## Tomato & Tarragon Gravy

### INGREDIENTS FOR 10 PORTIONS

100g **KNORR® Professional Brown Gravy Mix**

950ml Water

15g **KNORR® Professional Ultimate Beef Base**

200ml White wine

10g Tarragon

20g Tomato puree

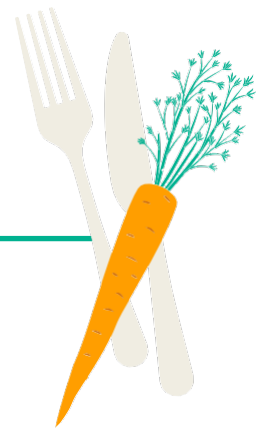
### METHOD

Add tomato puree and white wine in pan. Reduce by half.

Add the water into the pan then bring to the boil and whisk in the **KNORR® Professional Ultimate Beef Base**.

Then whisk in **KNORR® Professional Brown Gravy Mix** and simmer for 30 seconds.

Finish with finely chopped tarragon.



## English Mustard Gravy

### INGREDIENTS FOR 10 PORTIONS

200g Onions

50g Butter

2 Bay leaves

5g Fresh Sage

1L Water

25g English Mustard

100g **KNORR® Chicken Gravy Mix**

### METHOD

Peel and slice the onions.

Melt the butter in a saucepan and sweat the onions with the sage and bay leaf for 10 minutes until slightly golden.

Pour in the water and bring to the boil then reduce the heat and simmer for 10 minutes

Remove from the heat, add in the English Mustard then blend until smooth.

Return to the boil and whisk in the **KNORR® Professional Chicken Gravy Mix** to thicken.

Pass the gravy before serving.

# GRAVY RECIPES



## Lemon & Thyme Gravy

### INGREDIENTS FOR 10 PORTIONS

- 4 Lemons
- 1ltr Water
- 200g Onions
- 10g Thyme
- 100g **KNORR® Professional Chicken Gravy Mix**

### METHOD

Peel and cut the onions in half then place on to a roasting tray. Cut the lemons in half and place into the tray along with the thyme. Sit the chickens on top of the onions and lemons then roast accordingly.

Once the chicken is cooked, remove from the tray and allow to rest.

Remove the lemons and squeeze any juice into tray and remove the thyme stalks then pour in the water.

Place onto the heat and bring to the boil for 10 minutes scraping any sediment from the bottom of the tray.

Remove from the heat and blend until smooth then return to heat and whisk in the **KNORR® Professional Chicken Gravy Mix** to thicken.

Pass the gravy before serving.



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# EARL GREY CUPCAKE

WITH ALMOND BUTTERCREAM  
18 PORTIONS

## YOU WILL NEED

### CUPCAKES

375 ml	Sugar	375 ml	Flour, AP
1	Lemon zest	125 ml	Milk
3	Eggs	½ tsp	Ginger, ground

### EARL GREY INFUSED BUTTER

227 g	Butter, unsalted
3 sachets	Pure Leaf® Hot Tea Earl Grey or TAZO® Hot Tea Earl Grey

### ICING

90 g	Butter, unsalted	240 g	Icing Sugar
15 ml	Milk	5 ml	Almond Extract



## HOW TO MAKE IT

1. Melt butter, combine with tea leaves (removed from sachets), and simmer for 2 minutes. Strain tea leaves and refrigerate butter until no longer liquid.
2. Pre-heat oven to 350°F. Combine sugar and lemon zest in a bowl and let sit for 30 minutes.
3. In another bowl combine lemon sugar and 180 ml of Earl Grey infused butter compound.
4. Add eggs to bowl, one at a time, and then add ginger.
5. Add flour to bowl, one cup at a time, and alternate with milk. Fill cupcake liners and bake for 20 minutes.



## FOR THE ICING

1. Beat butter in a bowl until soft.
2. Add ½ of icing sugar and beat until smooth.
3. Add the remaining icing sugar with milk, adding more if necessary, until the mixture is creamy and smooth.
4. Add the almond essence and beat for 2 minutes.
5. Place in a piping bag.

## TO ASSEMBLE

With a serrated knife, take the top off the cupcake. Cut in half to make the butterfly wings. Slice the cupcake in half. Pipe a dome of the almond butter cream in the centre of the cupcake, then push the two pieces of cake on the top to represent the butterfly wings.





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tools for residents plus culinary support  
for chefs and regular newsletter updates.**

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