



RE:FRESH

Classics



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RE:FRESHED

“CLASSIC SAUCES - VERSATILE, FLAVOURSOME AND HYDRATING”

Use brown sauce and gravy bases to create exciting new dishes for your Aged Care residents.

Traditionally used as a topping for classic favourites such as roast chicken, lamb and beef, brown sauces and gravy bases can be used in more creative and delicious ways to enhance different kinds of meals with added flavour and increased moisture.

When used as a foundation ingredient, classic brown sauces have the ability to carry a range of additional flavours from savoury herbs such as thyme and rosemary, to the spicier flavours of Asian and Indian cuisine.

TAKE INSPIRATION FOR NEW WAYS TO USE GRAVIES AND BROWN SAUCES IN YOUR AGED CARE MENU

with these 10 delicious recipes your residents will love.

- ✓ **CREATE SLOW-COOKED STYLE MEALS** using a brown sauce as a base for deeper, more developed flavours.
- ✓ **HELP RESIDENTS STAY HYDRATED** by using sauces to increase the moisture content of your meals.
- ✓ **USE GRAVIES AND BROWN SAUCES** as a base and combine with other Knorr World Cuisine sauces to add more flavour to traditional vegetable and meat dishes.
- ✓ **TESTED BY OUR CHEFS**, all recipes are quick and simple to make in Aged Care kitchens.
- ✓ **NUTRITIONAL DETAILS** of recipes are provided for your convenience.
- ✓ **PLATING SUGGESTIONS** are included with each recipe.

These recipes have been developed to provide inspiration to create tasty meals for your menus. Consult your resident dietitian to ensure they are suitable for specific nutritional and dietary requirements.

Stuffed Baked Mushrooms

Beef mince cooked in a smoky chipotle, tomato-based sauce makes for a delicious filling in these stuffed mushrooms. Serve topped with melted cheese and **Knorr Rich Brown Gravy** for added flavour and moisture.



Stuffed Baked Mushrooms

Serves 10

Ingredients

- 20 x Mushrooms, Field or Portobello
- 50ml Oil
- 2 x Onions, chopped
- 800g Beef mince
- 100g Knorr World Cuisine American Chipotle BBQ Sauce**
- 500g Knorr Pronto Napoli**
- Salt and cracked black pepper
- 400g Grated tasty cheese
- 500ml Water
- 50g Knorr Rich Brown Gravy**
- Salad or steamed vegetables, to serve

Method

1. Remove stems from mushrooms and finely chop.
2. Heat oil in a large pan over medium high heat. Add onion, chopped mushroom stems and mince. Cook until mince is sealed then add **Knorr World Cuisine American Chipotle BBQ Sauce** and **Knorr Pronto Napoli**. Season and simmer for 20 minutes or until sauce is reduced.
3. Meanwhile place mushrooms on a large baking tray. Spray or brush with oil. Bake at 180°C for 15 minutes or until just tender.
4. Spoon beef mixture into center of each mushroom and top with cheese.
5. Return mushrooms to oven and bake for another 15 minutes or until mushrooms are tender and cheese is golden.
6. Heat water in a saucepan and add **Knorr Rich Brown Gravy**, whisk and bring to boil, simmer for 2 minutes or until thickened.
7. Transfer to serving plates, spoon over **Knorr Rich Brown Gravy**.

Serving Suggestion

Serve with salad or steamed vegetables.

Nutrition Information

	Per Serve (292g)
Energy (kJ)	1884
Energy (Cals)	451
Protein (g)	33
Total Fat (g)	33
Saturated Fat (g)	15
Carbohydrate (g)	7
Sugars (g)	5
Sodium (mg)	830

Knorr World Cuisine American Chipotle BBQ Sauce 1.95kg



- A smoky rich, tangy and spicy sauce
- Made with tomatoes, onions and spices
- Ideal to serve with burritos, wedges and sour cream, chicken and grilled vegetables

Knorr Pronto Napoli 4.15kg



- Made in Italy from sustainably grown Italian tomatoes
- Authentic Napoli base sauce with 95% tomato content and real tomato chunks throughout

Knorr Rich Brown Gravy 2kg/6kg/13kg

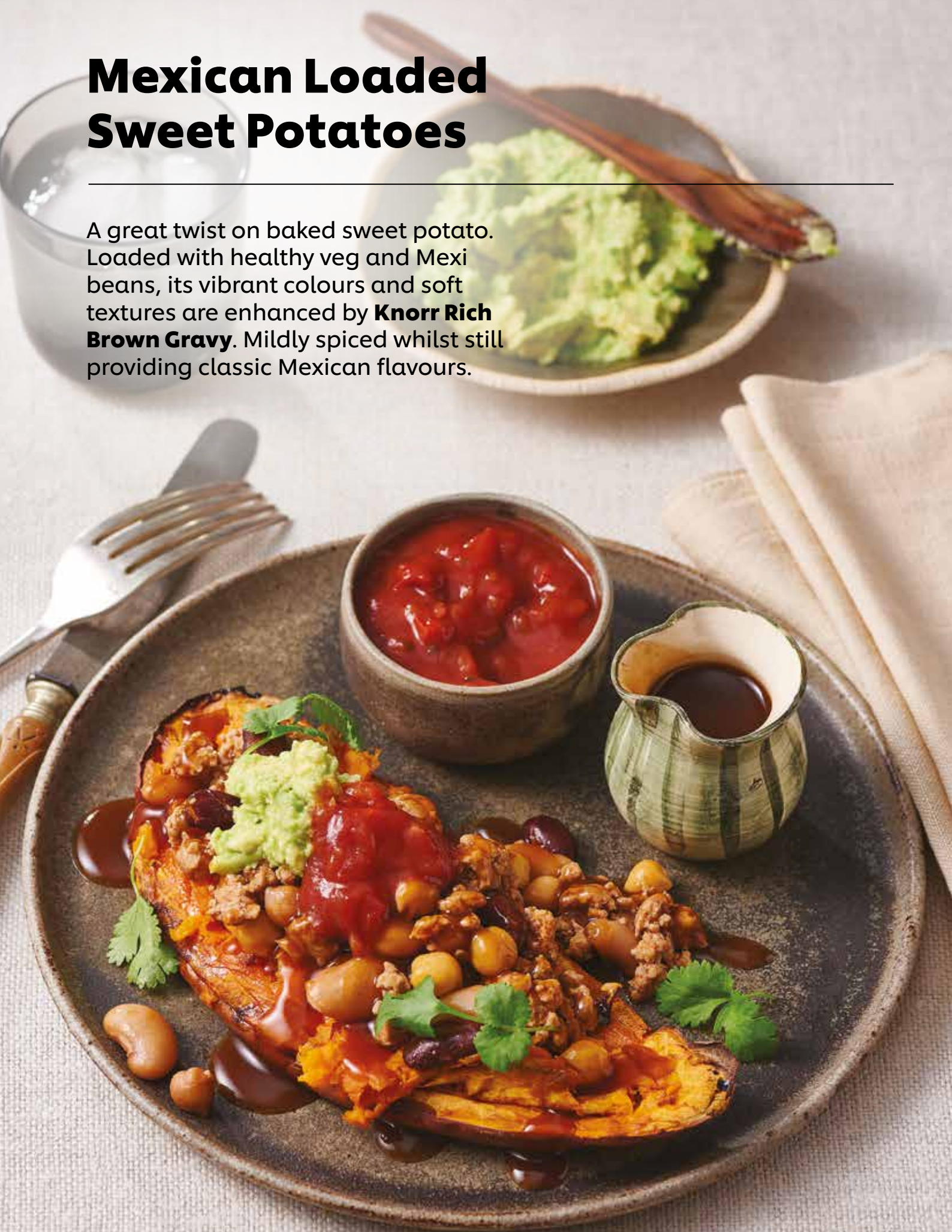


- A vegetarian classic brown gravy adored for its rich, pronounced flavours. Universal for steaks, pies and casseroles



Mexican Loaded Sweet Potatoes

A great twist on baked sweet potato. Loaded with healthy veg and Mexi beans, its vibrant colours and soft textures are enhanced by **Knorr Rich Brown Gravy**. Mildly spiced whilst still providing classic Mexican flavours.



Mexican Loaded Sweet Potatoes

Serves 10

Ingredients

- 5 x 400g Sweet potatoes, halved lengthways
- 50ml Oil
- 2 x Onions, chopped
- 3 x Carrots, grated
- 3 x Zucchini, grated
- 1kg Beef mince
- 50g Knorr Rich Brown Gravy**
- 300ml Water
- 200g Knorr World Cuisine Mexican Chunky Salsa Mild**
- Salt and cracked black pepper
- 300g Mexican bean mix, drained
- 500ml Water
- 50g Knorr Rich Brown Gravy**
- Mashed avocado, to serve

Method

1. Place the halved sweet potatoes on a baking tray and spray or brush with oil. Bake at 190°C for 35-45 minutes or until tender.
2. Heat oil in a large pan over medium high heat. Add vegetables and cook for 5 minutes, then add mince and cook until sealed.
3. Stir in **Knorr Rich Brown Gravy**, 300ml water and **Knorr World Cuisine Mexican Chunky Salsa Mild** and bring to the boil. Season and simmer until sauce has reduced, then stir through Mexican bean mix.
4. Heat 500ml water in a saucepan and add **Knorr Rich Brown Gravy**, whisk and bring to boil, simmer for 2 minutes or until thickened.
5. When tender, transfer sweet potatoes to serving plates. Spoon over Mexican beef mince mixture.

Serving Suggestion

Serve with extra **Knorr Rich Brown Gravy** and mashed avocado.

Nutrition Information

	Per Serve (424g)
Energy (kJ)	2145
Energy (Cals)	513
Protein (g)	33
Total Fat (g)	22
Saturated Fat (g)	7
Carbohydrate (g)	46
Sugars (g)	18
Sodium (mg)	416

Knorr Rich Brown Gravy 2kg/6kg/13kg



- A vegetarian classic brown gravy adored for its rich, pronounced flavours. Universal for steaks, pies and casseroles

Knorr World Cuisine Mexican Chunky Salsa Mild 1.95kg



- A zesty salsa made with jalapeño peppers, onions, seasoned herbs and spices

Pickled Pork with Braised Cabbage and Mustard Sauce

Classic pickled pork and its accompaniments will remind residents of years gone by and no doubt bring back memories. Folding the pork through the smooth mustard sauce makes for an easy-to-eat, highly enjoyable meal. Pickled pork is an economical cut, still widely available and well loved by older diners.



Pickled Pork with Braised Cabbage and Mustard Sauce

Serves 10

Ingredients

1.5kg	Pork neck, pickled
50ml	Oil
2 x	Onions, chopped
3 x	Carrots, chopped
3 x	Celery stalks, chopped
50g	Knorr Golden Roast Gravy
500ml	Water
25g	Dijon mustard
75ml	Oil, extra
500g	Cabbage, purple, shredded
	Salt and cracked black pepper
75g	Red wine vinegar
1kg	Steamed rice, to serve

Method

1. Heat oil in a large pan over medium high heat. Add vegetables and cook for 5 minutes or until starting to soften. Stir in **Knorr Golden Roast Gravy** and water and bring to the boil. Simmer for 1½ hours or until pork is tender. Stir through the dijon mustard until fully combined.
2. Meanwhile heat extra oil in a large pan over medium heat. Add purple cabbage and stir until wilted and tender. Season and add vinegar, cook for another 2-3 minutes then remove from heat, cover and keep warm.
3. Stir chopped pickled pork into mustard sauce mix and warm through.

Serving Suggestion

Serve pickled pork and sauce with braised cabbage and steamed rice.

Nutrition Information

	Per Serve (420g)
Energy (kJ)	2281
Energy (Cals)	546
Protein (g)	32
Total Fat (g)	31
Saturated Fat (g)	10
Carbohydrate (g)	32
Sugars (g)	4
Sodium (mg)	329

Knorr Golden Roast Gravy 1.8kg/6kg



- A light golden gravy with a balanced and versatile taste. Ideal for roasts, white meats and plant-based dishes

Slow Cooked Lamb Shoulder

As an alternative to classic roast lamb, this delicious dish suits all palates. Residents will love the soft velvety texture of the slow-cooked meat, best served flaked, accompanied with simple roasted or steamed vegetables and **Knorr Demi Glace**.



Slow Cooked Lamb Shoulder

Serves 10

Ingredients

50ml	Oil
	Salt and cracked black pepper
2kg	Lamb shoulder
3 x	Onions, roughly chopped
3 x	Carrots, roughly chopped
3 x	Celery stalks, roughly chopped
2 x	Bay leaves, dried
10g	Rosemary, dried
25g	Knorr Beef Booster
1L	Water
500ml	Water
30g	Knorr Demi Glace , to serve
1kg	Roasted vegetables, to serve
500g	Wilted silverbeet, to serve

Method

1. Heat oil on stovetop in a large baking dish over high heat. Season lamb with salt and pepper and cook in baking tray for 10 minutes, or until well browned all over. Remove and set aside.
2. Return baking dish to stovetop. Add vegetables and cook for 5 minutes until browned.
3. Return lamb to baking dish and add bay leaves, dried rosemary and **Knorr Beef Booster** and water, cover and cook in a combi oven at 90°C for 10 hours. When the lamb is falling off the bone, remove from oven and shred the meat roughly.
4. Heat 500ml water in a saucepan and add **Knorr Demi Glace**, whisk and bring to boil, simmer for 2 minutes or until thickened.
5. Transfer to serving plates, spoon over **Knorr Demi Glace**.

Serving Suggestion

Serve with roasted vegetables and sautéed silverbeet or spinach.

Nutrition Information

	Per Serve (567g)
Energy (kJ)	1733
Energy (Cals)	415
Protein (g)	36
Total Fat (g)	27
Saturated Fat (g)	10
Carbohydrate (g)	6
Sugars (g)	4
Sodium (mg)	859

Knorr Beef Booster 2.4kg/8kg



- Create full flavoured bases and tasty sauces
- Perfect for bouillons, soups, casseroles, gravies and pies

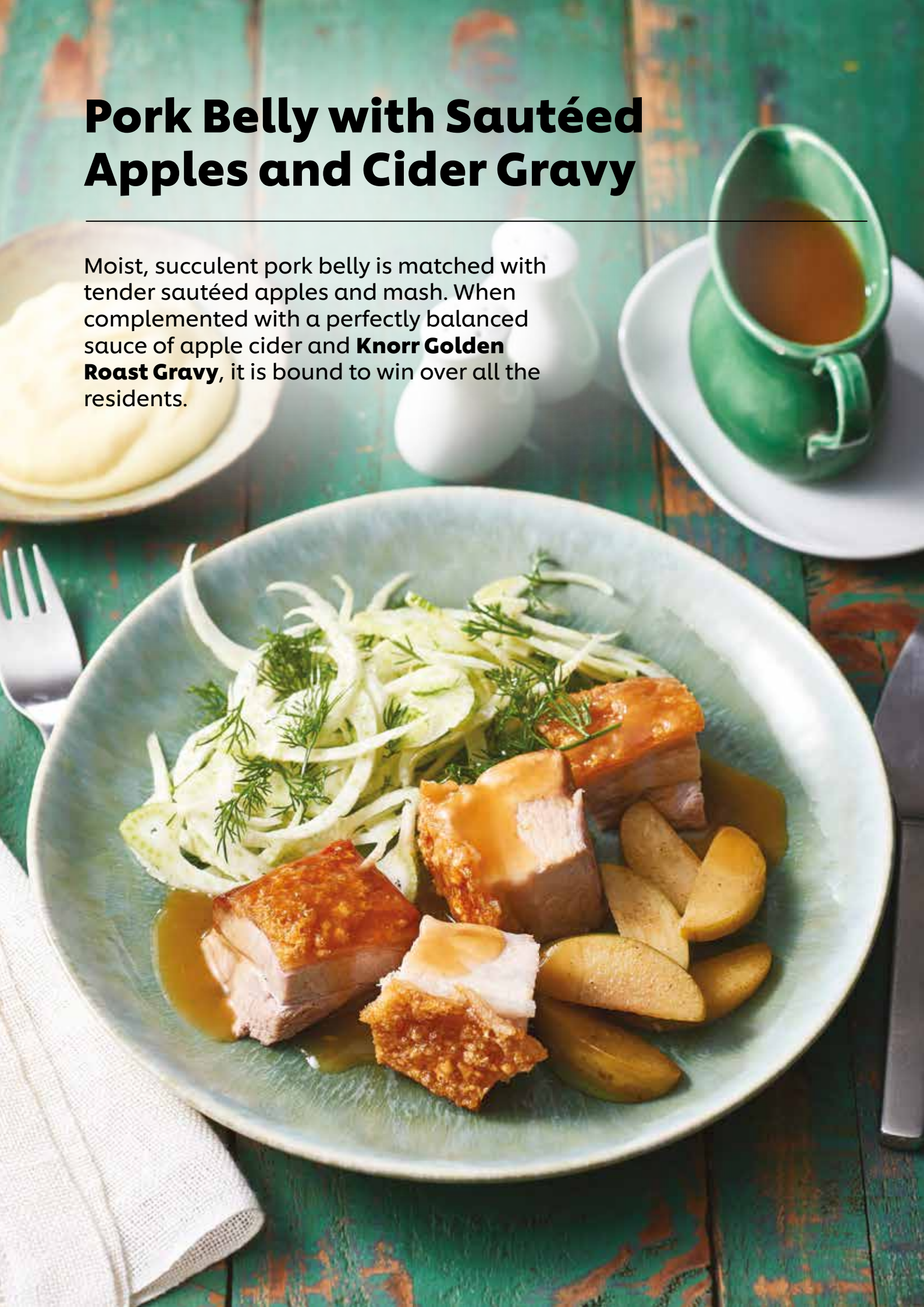
Knorr Demi Glace GF 1.8kg/6kg



- A decadent brown sauce with roasted beef and red wine notes for a signature touch. Ideal for premium cuts and dishes

Pork Belly with Sautéed Apples and Cider Gravy

Moist, succulent pork belly is matched with tender sautéed apples and mash. When complemented with a perfectly balanced sauce of apple cider and **Knorr Golden Roast Gravy**, it is bound to win over all the residents.



Pork Belly with Sautéed Apples and Cider Gravy

Serves 10

Ingredients

- 1.5kg Pork belly
- 75ml Oil
- Salt, for rubbing
- 4 x Apples, green
- 25ml Oil, extra
- 40g Butter, chopped
- 50g Knorr Golden Roast Gravy**
- 100ml Apple cider
- 400ml Water
- 650ml Water
- 300ml Milk
- 160g Knorr Potato Flakes**
- Fennel slaw, to serve

Method

1. Score the pork with a sharp knife, then rub generously with oil. Place in a large baking dish and bake at 220°C for 20 minutes in a combi oven until skin is crisp. Reduce heat and continue cooking for 1 hour or until cooked through.
2. Peel and core apples then cut into wedges. Heat a large pan over medium high heat and add oil and butter. Once butter has melted add the apples. Sauté for 10 minutes or until starting to soften, then stir in cider. Cook for a minute then add **Knorr Golden Roast Gravy** and 400ml of water. Simmer for 3-4 minutes until gravy is thickened and slightly reduced and apples are tender. Keep warm.
3. Bring 650ml of water and salt to the boil, turn off heat and add cold milk. Whisk in **Knorr Potato Flakes**, until well combined. Allow to stand for 2-3 minutes and whisk once more before serving.
4. Cut pork into portions and transfer to serving plates. Spoon over sautéed apples and gravy.

Serving Suggestion

Serve with potato mash and fennel slaw.

Nutrition Information

	Per Serve (396g)
Energy (kJ)	1791
Energy (Cals)	428
Protein (g)	33
Total Fat (g)	27
Saturated Fat (g)	9
Carbohydrate (g)	13
Sugars (g)	9
Sodium (mg)	277

Knorr Golden Roast Gravy 1.8kg/6kg



- A light golden gravy with a balanced and versatile taste. Ideal for roasts, white meats and plant-based dishes

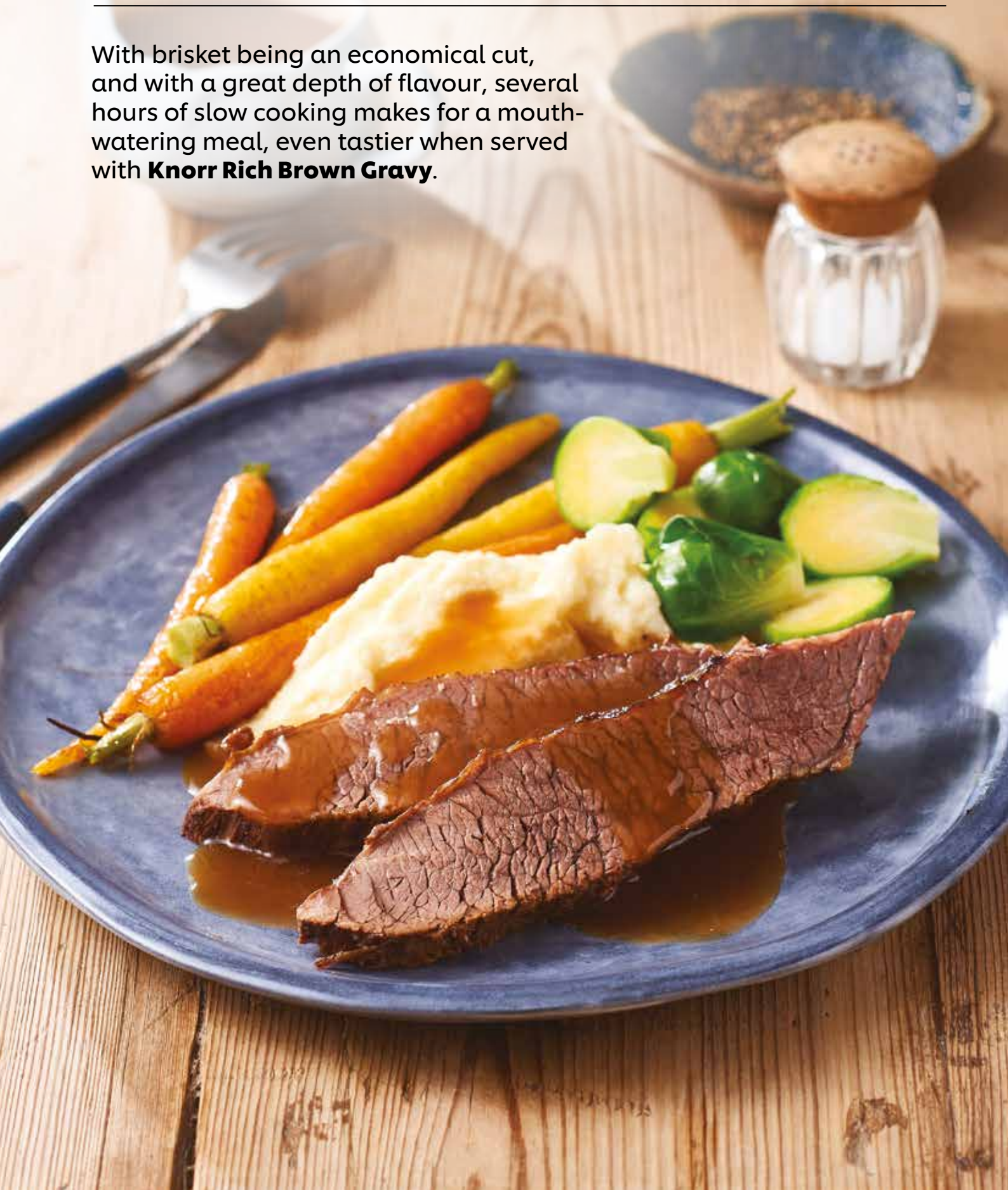
Knorr Potato Flakes GF 4kg



- A versatile ingredient, used to make mashed potato, gnocchi and to use as a crumb coating

Slow Braised Beef Brisket with Cauliflower Puree

With brisket being an economical cut, and with a great depth of flavour, several hours of slow cooking makes for a mouth-watering meal, even tastier when served with **Knorr Rich Brown Gravy**.



Slow Braised Beef Brisket with Cauliflower Puree

Serves 10

Ingredients

50ml	Oil
	Salt and cracked black pepper
1.75kg	Beef brisket
4 x	Onions, roughly chopped
6 x	Garlic cloves, roughly chopped
4 x	Carrots, roughly chopped
4 x	Celery stalks, roughly chopped
50g	Parsley stalks
100g	Knorr Rich Brown Gravy
2L	Water
1kg	Cauliflower
200ml	Knorr Hollandaise Sauce

Method

1. Heat oil on stovetop in a large baking tray over high heat. Season beef with salt and pepper and cook in a baking tray for 10 minutes, or until well browned all over. Remove from tray and set aside.
2. Return baking tray to stovetop. Add vegetables and cook for 5 minutes until browned. Return beef to baking tray and add parsley stalks, water and whisk in **Knorr Rich Brown Gravy**. Place in a combi oven and cook at 90°C, 20% steam for 10 hours, or until brisket is tender.
3. To make cauliflower puree, trim cauliflower then roughly chop stalks and florets. Boil until soft then blend until smooth. Return to pan and stir through **Knorr Hollandaise Sauce**. Season well.
4. Slice beef. Transfer to serving plates, spoon over extra **Knorr Rich Brown Gravy**.

Serving Suggestion

Serve with cauliflower puree and sautéed vegetables.

Nutrition Information

	Per Serve (590g)
Energy (kJ)	1938
Energy (Cals)	464
Protein (g)	42
Total Fat (g)	32
Saturated Fat (g)	9
Carbohydrate (g)	6
Sugars (g)	6
Sodium (mg)	583

Knorr Rich Brown Gravy 2kg/6kg/13kg



- A vegetarian classic brown gravy adored for its rich, pronounced flavours. Universal for steaks, pies and casseroles

Knorr Hollandaise Sauce 1L



- Made with real cage free egg yolks for an authentic, close-to-scratch taste

Pork and Fennel Sausage Rolls with Mustard Gravy

A new flavour twist on a classic sausage roll. Pork and fennel are a great flavour match for the filling, encased in flaky golden pastry and topped with a delicious sauce made with a grain mustard and **Knorr Rich Brown Gravy**, it is a winner.



Pork and Fennel Sausage Rolls with Mustard Gravy

Serves 10

Ingredients

500g	Pork mince
350g	Sausage mince
2 x	Onions, grated
125g	Breadcrumbs, dried
2 x	Eggs
25g	Fennel seeds, ground
20g	Wholegrain mustard
15g	Parsley, chopped
50g	Knorr Rich Brown Gravy
5 x	Puff pastry sheets
1 x	Egg, lightly beaten, extra Fennel seeds, extra
300ml	Water
40g	Wholegrain mustard, extra Red cabbage slaw, to serve

Method

1. Place mince in a large bowl with onion, breadcrumbs, eggs, fennel seeds, wholegrain mustard, parsley and 10g **Knorr Rich Brown Gravy**. Season and mix until fully combined.
2. Place pastry sheets on work surface and slice each in half. Divide the mince mixture along the length of the sheets and roll to enclose.
3. Cut each roll in half, brush with egg wash, score top and scatter with extra fennel seeds. Place sausage rolls on large baking trays.
4. Bake for 25-30 minutes at 180°C or until golden and crispy.
5. Meanwhile pour water in a pan and add remaining **Knorr Rich Brown Gravy**. Bring to the boil then stir through extra wholegrain mustard and whisk until smooth. Keep warm.
6. Transfer sausage rolls to serving plates.

Serving Suggestion

Serve with grain mustard sauce and red cabbage slaw.

Nutrition Information

	Per Serve (254g)
Energy (kJ)	2650
Energy (Cals)	634
Protein (g)	28
Total Fat (g)	38
Saturated Fat (g)	18
Carbohydrate (g)	48
Sugars (g)	3
Sodium (mg)	836

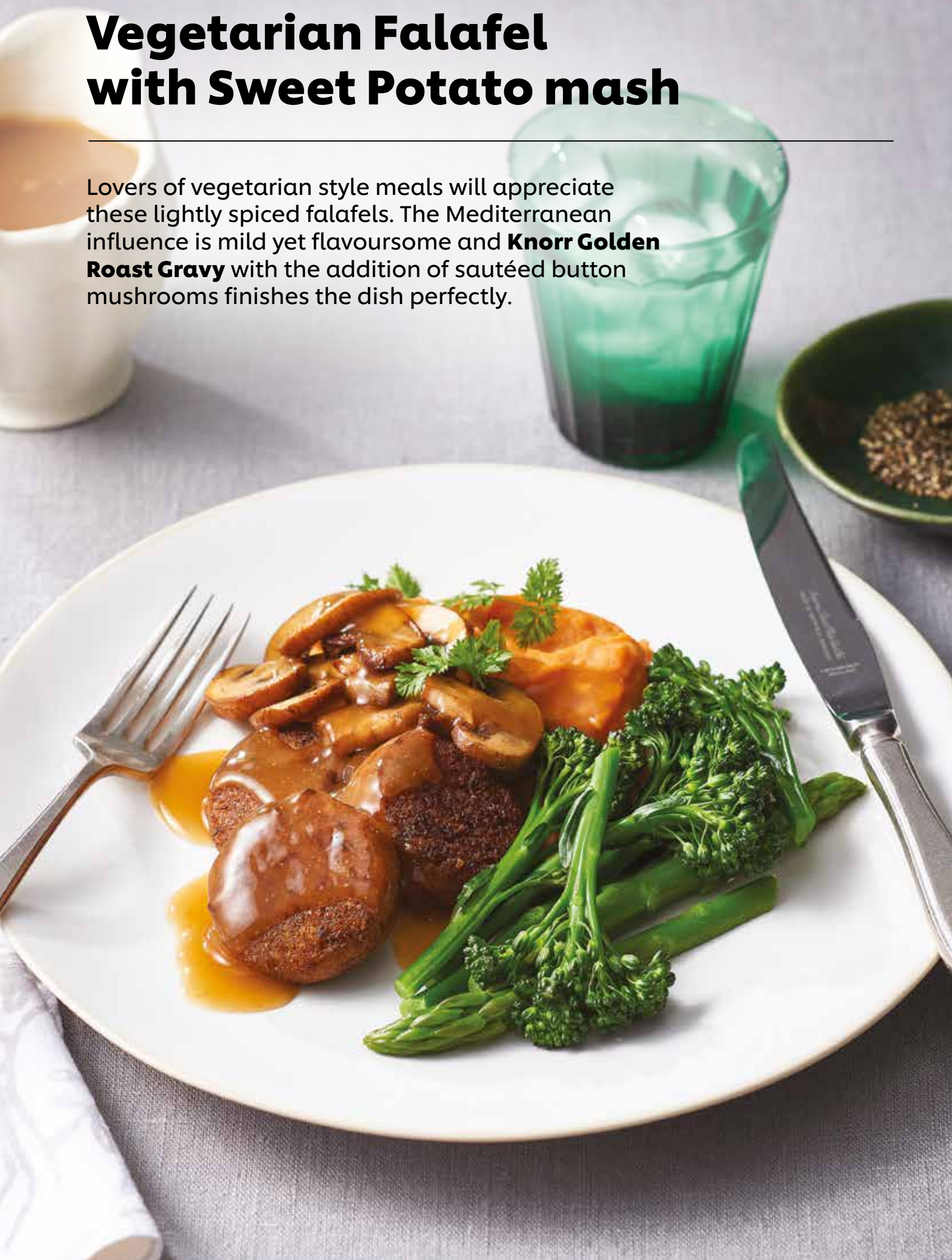
Knorr Rich Brown Gravy 2kg/6kg/13kg



- A vegetarian classic brown gravy adored for its rich, pronounced flavours. Universal for steaks, pies and casseroles

Vegetarian Falafel with Sweet Potato mash

Lovers of vegetarian style meals will appreciate these lightly spiced falafels. The Mediterranean influence is mild yet flavoursome and **Knorr Golden Roast Gravy** with the addition of sautéed button mushrooms finishes the dish perfectly.



Vegetarian Falafel with Sweet Potato Mash

Serves 10

Ingredients

1kg	Chickpeas canned, rinsed, drained & dried
2 x	Onions, medium, finely chopped
30g	Garlic puree
40g	Ground cumin
40g	Ground coriander
50g	Parsley, finely chopped
150g	Plain flour
2 x	Egg whites
	Salt and cracked black pepper
	Oil, for shallow frying
30ml	Oil, extra
400g	Knorr Golden Roast Gravy
400ml	Water
800ml	Water
180g	Knorr Sweet Potato Mash Mix
	Steamed greens, to serve

Method

1. Place chickpeas in a blender or food processor until roughly chopped. Add onion, garlic puree, spices, parsley, flour and egg whites and season well. Process until fully combined.
2. Roll mixture out into small discs and chill for 30 minutes.
3. Heat oil in a large pan over medium heat and shallow fry the mixture discs until golden brown and crisp on the outside. Drain on paper towel. Keep warm.
4. Heat extra oil in a large pan over medium high heat. Add mushrooms and cook for 6-8 minutes until golden. Remove from pan and keep warm.
5. Bring 400ml of water to the boil in the same pan and add **Knorr Golden Roast Gravy**. Whisk until gravy is smooth and thickened then return mushrooms to the pan.
6. Bring 800ml water to the boil. Turn off heat, sprinkle in **Knorr Sweet Potato Mash Mix** and whisk until smooth.
7. Divide falafels between serving plates with the sweet potato mash. Spoon over mushroom sauce.

Nutrition Information

	Per Serve (311g)
Energy (kJ)	1108
Energy (Cals)	265
Protein (g)	12
Total Fat (g)	5
Saturated Fat (g)	2
Carbohydrate (g)	41
Sugars (g)	5
Sodium (mg)	694

Knorr Golden Roast Gravy 1.8kg/6kg



- A light golden gravy with a balanced and versatile taste. Ideal for roasts, white meats and plant-based dishes

Knorr Sweet Potato Mash Mix 4kg



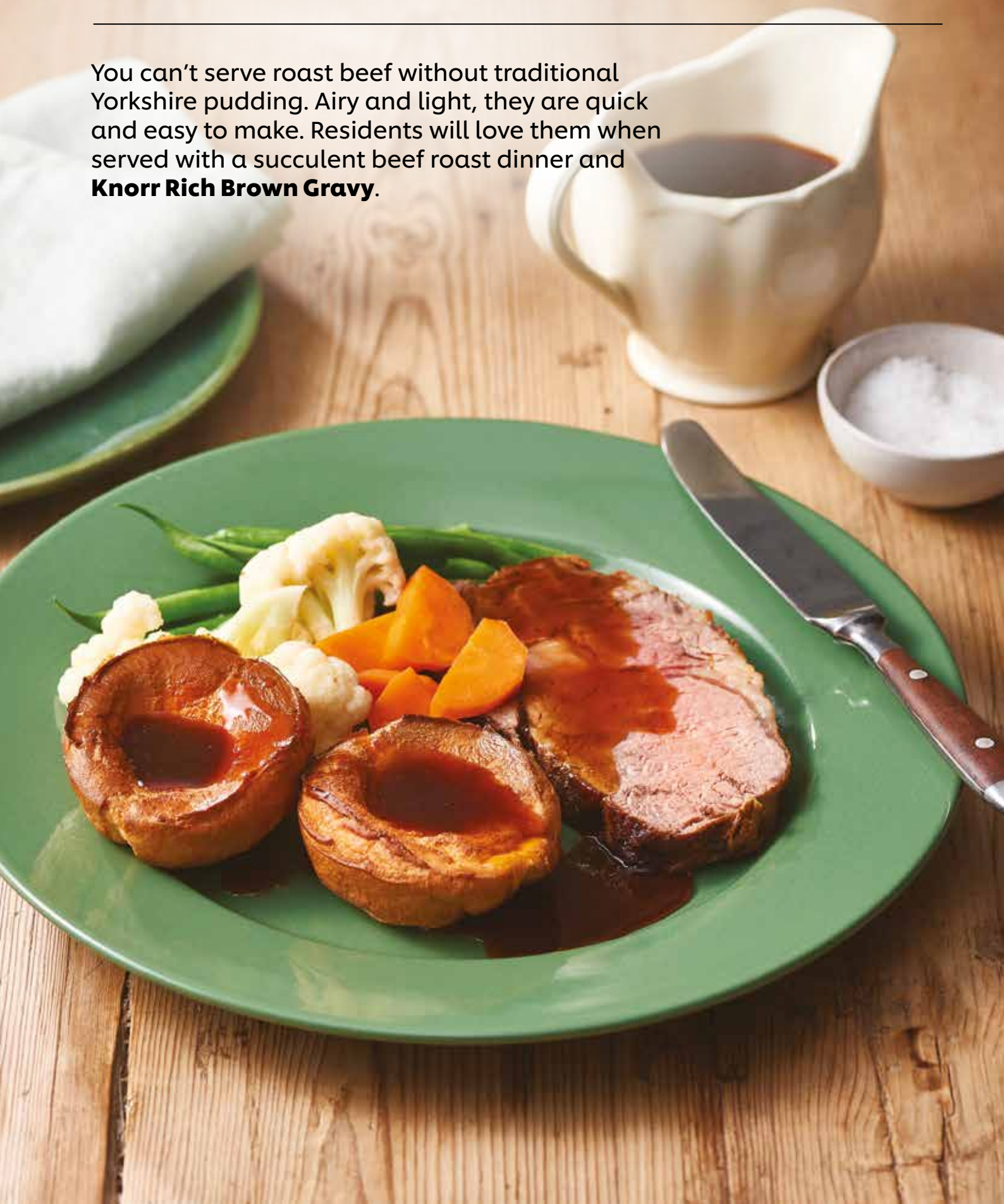
- Made with real potato and sweet potato
- Creates a creamy and delicious mash

Serving Suggestion

Serve with steamed greens.

Classic Roast Beef with Yorkshire Pudding

You can't serve roast beef without traditional Yorkshire pudding. Airy and light, they are quick and easy to make. Residents will love them when served with a succulent beef roast dinner and **Knorr Rich Brown Gravy**.



Classic Roast Beef with Yorkshire Pudding

Serves 10

Ingredients

50ml	Oil
200g	Wholegrain mustard
1.5kg	Blade roast
	Salt and cracked black pepper
6 x	Eggs
400g	Plain flour
600ml	Milk
100g	Lard, for cooking Yorkshire puddings
500ml	Water
50g	Knorr Rich Brown Gravy
	Steamed vegetables, to serve

Method

1. Heat oil on stovetop in a large baking dish over high heat. Season beef with salt and pepper and cook in a baking dish for 10 minutes, or until well browned all over. Rub the wholegrain mustard over beef, transfer to a combi oven and cook until internal temp of 75°C.
2. To make the Yorkshire puddings, place eggs in a large bowl and whisk. Add flour and whisk until smooth then whisk in milk until fully combined. Transfer mixture to a jug.
3. Divide lard between two muffin trays. Place in a combi oven and heat for 10 minutes at 200°C.
4. Remove trays from oven and quickly fill muffin holes with pudding mixture. Return to oven and bake for 20 minutes until risen and golden.
5. While the puddings are cooking, place water in a pan and bring to the boil. Whisk in **Knorr Rich Brown Gravy** and continue whisking until smooth and thickened. Keep warm.
6. Once beef is cooked, remove and allow to rest, then slice and divide between serving plates. Spoon over the gravy and serve with Yorkshire puddings.

Serving Suggestion

Serve with steamed vegetables on the side.

Nutrition Information

	Per Serve (329g)
Energy (kJ)	3690
Energy (Cals)	883
Protein (g)	66
Total Fat (g)	52
Saturated Fat (g)	19
Carbohydrate (g)	41
Sugars (g)	11
Sodium (mg)	516

Knorr Rich Brown Gravy 2kg/6kg/13kg



- A vegetarian classic brown gravy adored for its rich, pronounced flavours. Universal for steaks, pies and casseroles

Turkey, Ham and Mushroom Pie with Cranberry Gravy

Cooked turkey, sliced ham and button mushrooms make for a fantastic flavour combination in this tasty strudel-style pie. A slightly sweet gravy created by combining cranberry sauce and **Knorr Golden Roast Gravy** is a perfect accompaniment.



Turkey, Ham and Mushroom Pie with Cranberry Gravy

Serves 10

Ingredients

50ml	Oil
600g	Button mushrooms, chopped
350g	Chopped leg ham
300g	Chopped cooked turkey
10g	Fresh thyme leaves
700ml	Water
70g	Knorr Golden Roast Gravy
	Cracked black pepper
5 x	Puff pastry sheets
2 x	Eggs, lightly beaten
100g	Cranberry sauce
	Steamed vegetables, to serve

Method

1. Heat oil in a large pan over medium high heat. Add mushrooms and cook for 6-8 minutes or until golden. Remove from heat.
2. In the same pan bring water to the boil. Whisk in **Knorr Golden Roast Gravy** and continue whisking until smooth and thickened. Remove half the gravy from the pan and reserve.
3. Fold ham, turkey and thyme through remaining gravy, and return mushrooms to pan. Stir until fully combined then season. Remove from heat and cool completely.
4. Place pastry sheets on work surface. Cut in half. Divide pie filling along each piece of pastry, and top with the other half and enclose together using a fork, then brush each pie with egg wash. Place on baking trays.
5. Bake pies in a combi oven at 180°C for 25-30 minutes or until puffed and golden.
6. Meanwhile, return the reserved gravy to the pan, add the cranberry sauce and heat, stirring, until warmed through and combined.
7. To serve, place pies on serving plates, spoon over cranberry gravy.

Serving Suggestion

Serve with steamed vegetables.

Nutrition Information

	Per Serve (310g)
Energy (kJ)	2369
Energy (Cals)	567
Protein (g)	23
Total Fat (g)	31
Saturated Fat (g)	16
Carbohydrate (g)	46
Sugars (g)	6
Sodium (mg)	1088

Knorr Golden Roast Gravy 1.8kg/6kg



- A light golden gravy with a balanced and versatile taste. Ideal for roasts, white meats and plant-based dishes