



You Don't Know
PHILLY

Discover a world beyond bagels & cheesecake



Healthcare Recipe Book

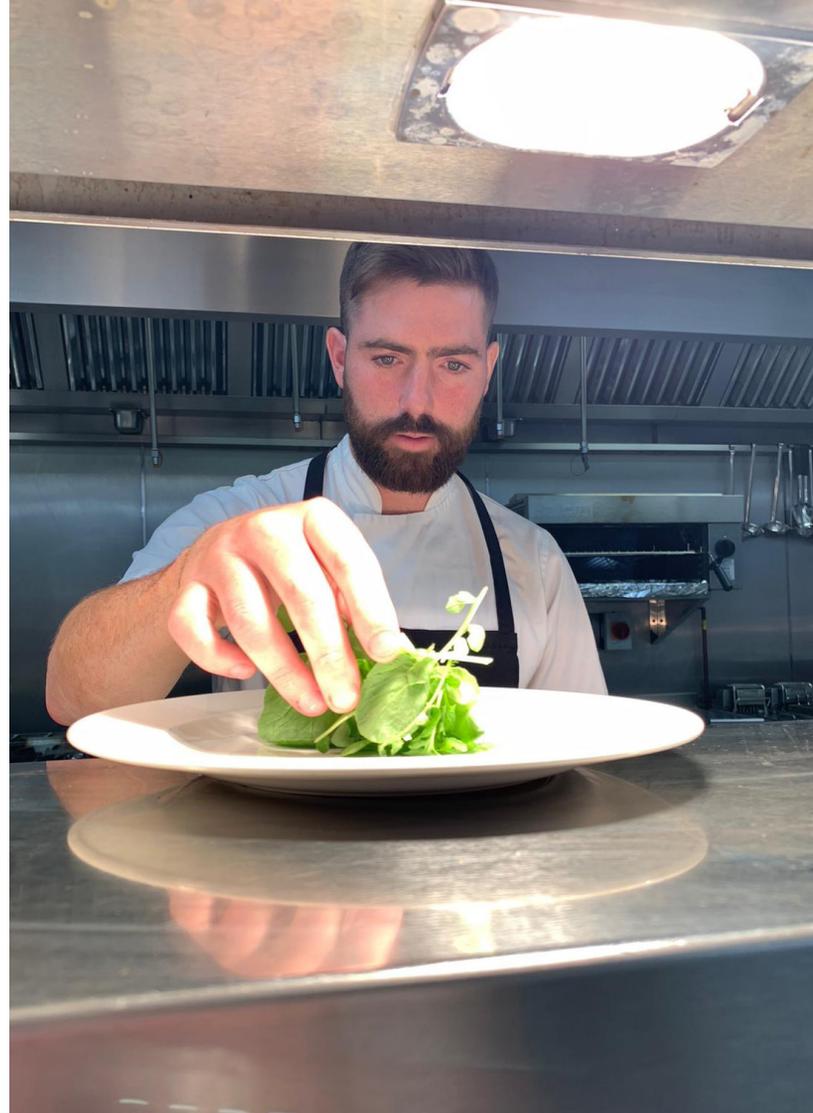
Hi Chef,

Thanks for the download!

In a recent study, chefs said that **Philly performs better than other cream cheeses**[^], but the ways in which it's being used remains limited. So, to inspire chefs across the industry we enlisted the help of the brilliant **Gareth O'Hara**, Head Chef at Sunrise Senior Living, Cardiff to bring you a bespoke collection of recipes inspired by the versatility of Philly. The brief was simple – show fellow chefs how there is so much more to Philly than cheesecake and bagels.

From a rich roasted vegetable soup, to a decadent coconut rice pudding the resulting recipes demonstrate Gareth's skills in the kitchen and showcase his focus on **fortification and enrichment**.

So, whether you are just looking for a few hints and tips or to add a new dish to your menu, dig in and be sure to let us know your thoughts [@PhillyChef](#) on Instagram and Twitter.



Our Healthcare Ambassador

Gareth O'Hara, Head Chef, Sunrise of Cardiff

Gareth prides himself on providing food and dining services which meet each resident's individual needs (no mean feat). He is a well admired member of the chef community and has previously been awarded the prestigious Catering Hero gong at the NACC awards.

"Philly offers a superior taste and has excellent fortification properties, essential in healthcare cooking."

The Healthcare Recipes



Main
Pea, Asparagus
and Philly Frittata



Main
Roast Cod & Thai Green
Philly Curry Sauce



Main
Honey Roast
Squash, Philly &
Red Pepper Soup



Dessert
Vanilla Panna Cotta,
Poached Plums &
White Chocolate



Main
Chestnut Mushroom
& Nutmeg Lasagne



Dessert
Baked Philly and
Coconut Rice Pudding
with Blueberry Compote
and Shortbread

Put **PHILLY** to work, it can handle it



Cook

8 out of 10 chefs say
Philly does not split
during cooking¹



Bind

Chefs say Philly is significantly
creamier than competitors, with
9/10 chefs rating it highly²



Pipe

Chefs say Philly **works better**
than other cream cheeses
when piped³



Bake

8/10 chefs agree that Philly
does not release too much
liquid⁴

MAIN



Pea, Asparagus & Philly Frittata



10

Servings

10

Prep time
(mins)

10

Cook time
(mins)

V

Suitable for
vegetarians

£2.03

Cost per
serving*

Why PHILADELPHIA?

This nutrient packed dish is full of fresh flavours and bound together with pockets of creamy, oozing Philly.

Typical values Per serving

Energy	1710kj 409kcal
Fat	27g
Carbohydrates	18.4g
Protein	24.6g
Saturated fat	9.9g
Salt	0.95g
Dietary fibre	7.4g
Sugars	5.8g

Allergens: milk, egg

Ingredients

- 1kg Frozen Peas
- 800g Asparagus Spears
- 4tbsp Olive Oil
- 20g Garlic Cloves, Minced
- 20 Medium Free-Range Eggs
- 50g Chives, Chopped
- 400g Philadelphia Original
- Salt & Black Pepper
- Garden Salad, For Serving

Method

1. Bring the peas to the boil over a medium heat in a heavy based saucepan. Refresh the peas by placing the pan under a cold tap to stop the cooking process.
2. Prepare the asparagus by removing the woody end. Blanch the asparagus and refresh in the same way as the peas.
3. While the vegetables are cooling, heat the olive oil in a large, heavy based frying pan.
4. Drain the vegetables and add to the pan along with the minced garlic, sweat on a low heat for 2-3 minutes.
5. Beat the eggs in a mixing bowl and add to the pan. Sprinkle with the chopped chives, season and cook for 2-3 minutes until the edges start to cook.
6. Remove from the heat and dollop spoonfuls of the Philadelphia around the pan.
7. Finally place the pan under a medium grill and cook until the egg is set and slightly browned.
8. Slice the frittata into wedges and served with a garden salad of your choice.



Tip

Mix things up by trying this recipe with different, seasonal vegetables and with fresh chilli added into the mix.



MAIN



Honey Roast Squash, Philly & Red Pepper Soup



10

Servings

10

Prep time
(mins)

50

Cook time
(mins)

V

Suitable for
vegetarians

£0.67

Cost per
serving*

Why PHILADELPHIA?

Philly is heat resistant making the soup suitable for hot holding which is very handy. It also gives the dish a creamy taste and velvety finish which people really enjoy.

Typical values Per serving

Energy	1373kj 328kcal
Fat	19.4g
Carbohydrates	35.7g
Protein	5.3g
Saturated fat	5.2g
Salt	0.47g
Dietary fibre	4.2g
Sugars	10.3g

Allergens: gluten (wheat), milk

Ingredients

- 1.25kg Butternut Squash, Peeled, Deseeded and Diced into Cubes
- 1 Large Onion, Roughly Chopped
- 2 Large Carrots, Peeled and Roughly Chopped
- 2 Red Peppers, Deseeded and Roughly Chopped
- 6 tbsp Olive Oil
- 1.5 tbsp Clear Honey
- 130g Slices White Bread
- 3 tbsp Dried Mixed Herbs
- 5cm Fresh Root Ginger, Peeled and Roughly Chopped
- 1.7 Litres Vegetable Stock
- 175g Philadelphia Original
- Salt & Black Pepper

Method

1. Preheat the oven to 180°C.
2. Place the diced squash, chopped onion, carrots and peppers into a roasting tray and cover with 3tbsp of olive oil, making sure all the ingredients are generously coated.
3. Drizzle over the honey and roast for 30 minutes until golden brown and caramelised.
4. Tear the bread slices into small pieces over a roasting tray and drizzle with 3tbsp olive oil. Add the herbs and season to taste with salt and pepper.
5. Bake in the pre-heated oven for 10 minutes.
6. Heat the remaining 2 tbsp olive oil over a medium heat in a heavy based saucepan of at least 4 litre capacity. Fry the ginger for 1-2 minutes then add the vegetable stock and bring to the boil.
7. Add the roasted vegetables to the stock and blitz until smooth.
8. Add the Philadelphia and continue to blitz until velvety and smooth.
9. Season with salt and pepper and top with herbed croutons.



Tip

Try leaving the carrot skins on for even more essential dietary fibre and to enhance fortification simply add more Philly into the mix.



MAIN



Chestnut Mushroom & Nutmeg Lasagne



10

Servings

10

Prep time
(mins)

35

Cook time
(mins)

V

Suitable for
vegetarians

£1.60

Cost per
serving*

Why PHILADELPHIA?

The Philly binds the mushrooms in a silk like coating and cooks the pasta perfectly.

Typical values Per serving

Energy	1956kj 468kcal
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Fat	33.2g
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Carbohydrates	26.7g
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Protein	14.4g
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Saturated fat	12.9g
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Salt	0.80g
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Dietary fibre	2.6g
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Sugars	4.8g
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Allergens: gluten (wheat), milk, egg

Ingredients

- 5 tbsp Olive Oil
- 25g Garlic Cloves, Chopped
- 750g Chestnut Mushrooms, Sliced
- 1 tbsp Thyme
- 750g Philadelphia Original
- 300ml Vegetable Stock
- 2tsp Ground Nutmeg
- 2tsp Paprika
- 200g Vegetarian Hard Cheese, Grated
- 300g Dried Lasagne Sheets

Method

1. Preheat an oven to 180°C.
2. Heat the olive oil in a pan over a medium heat. Fry the garlic and mushrooms for 3 minutes until soft.
3. Stir the thyme and Philadelphia into the mushrooms and continue to cook for 1 minute until the Philadelphia has melted to create a sauce. Add 3tsp of the grated hard cheese along with the nutmeg and paprika. Season to taste.
4. Put a quarter of the sauce into a baking dish and place 2 lasagne sheets on top. Repeat this until all the lasagne sheets have been used and you have 3 layers.
5. Finally, top with the remaining quarter of the sauce mix and sprinkle over the remaining hard cheese. Cook for 35 minutes or until the pasta is soft.



Tip

You could try experimenting with different cheeses and adding some sautéed spinach into the sauce for a more nutrient dense meal.

MAIN



Roast Cod & Thai Green

Philly Curry Sauce



10

Servings

20

Cook time
(mins)

10

Prep time
(mins)

£2.33

Cost per
serving*

Why PHILADELPHIA?

Philadelphia Original is the only choice as it melts to the right consistency and holds perfectly, making it ideal for high volume serving.

Typical values Per serving

Energy 3110kj
743kcal

Fat 32.9g

Carbohydrates 75.5g

Protein 37.4g

Saturated fat 18.5g

Salt 1.15g

Dietary fibre 4.7g

Sugars 8.9g

Allergens: fish, milk

Ingredients

- 2 Onion, Diced
- 2 Red Pepper, Diced
- 100g Green Thai Curry Paste
- 600ml Coconut Milk
- 300g Philadelphia Original
- 50g Butter
- 2 Red Chilli, Diced with Seeds Removed
- 2 tbspc Ground Ginger
- 2 tbspc Ground Coriander
- 750g Jasmine Rice
- 1.5l Vegetable Stock
- 750g Sugar Snap Peas
- 10 x 150g Cod Fillets or Tails, Skinned and Boned
- 5 tbspc Olive Oil
- 4tbspc Fresh Coriander (Optional)

Method

1. Preheat oven to 180°C.
2. Heat some oil over a medium heat and soften the onion and pepper in the pan for 1-3 minutes.
3. Turn the heat down to low and fry the curry paste to release the flavours. Add the coconut milk and Philadelphia and reduce to desired thickness.
4. Melt the butter in a separate pan, fry the chilli and dried spices to again release the flavour and then add the rice. Fry for a few minutes stirring constantly so the rice doesn't burn.
5. Cover the rice with vegetable stock and simmer on a medium heat for 10 minutes or until the rice has cooked through.
6. Blanch the sugar snap peas in boiling water for 5 minutes.
7. Place the cod onto a roasting tray and drizzle with olive oil. Bake in the oven for 8 minutes until cooked.
8. Finally drain the rice and plate with the cooked cod, top with the curry sauce and garnish with sugar snap peas and fresh coriander (optional).



Tip

If you're looking to reduce the price per portion, simply swap out the cod for an alternative firm white fish.





Vanilla Panna Cotta,

Poached Plums & White Chocolate



10

Servings

5

Prep time (mins)
3-6 hours chill time

10

Cook time
(mins)

V

Suitable for
vegetarians

£1.05

Cost per
serving*

Why PHILADELPHIA?

The heat resistant properties of Philly means it can be melted into the panna cotta mix without any separation and will also speed up the setting process, which makes it the only choice.

Typical values Per serving

Typical values	Per serving
Energy	2667kj 638kcal
Fat	42.8g
Carbohydrates	70.4g
Protein	7.0g
Saturated fat	26.8g
Salt	0.34g
Dietary fibre	0.8g
Sugars	69.5g

Allergens: milk

Ingredients

- 625ml Whole Milk
- 625ml Double Cream
- 400g Caster Sugar
- 40ml Vanilla Essence
- 250g Philadelphia Original
- 15g Vege-Gel
- 10 Plums, Halved and Stones Removed
- 250ml Cranberry Juice
- 125g White Chocolate Callets

Method

1. Pour the milk and cream into a heavy based pan along with 300g of the sugar and the vanilla essence. Heat the mixture over a medium heat and bring to a gentle simmer.
2. Whisk the Philadelphia into the hot mixture until fully incorporated. Pour in the Vege-Gel powder and whisk until dissolved.
3. Preheat oven to 180°C.
4. Allow the mixture to cool slightly before pouring into glass tumblers and setting in the fridge.
5. Place the plums into a roasting tray and cover with the cranberry juice and remaining sugar, cover the tray tightly with foil.
6. Cook the plums for 15 minutes until soft and just holding their shape and then cool.
7. Finally, once the panna cotta has set, top with the cooled plums and sprinkle with the white chocolate callets.



Tip

Check the plums after 10 minutes as cooking time will depend on their ripeness and seasonality of the fruit. If you can't get hold of decent plums, simply swap out for another seasonal fruit – berries would work very well also.





Baked Philly and Coconut

Rice Pudding with Blueberry Compote & Shortbread



10

Servings

20

Prep time
(mins)

2

Cook time
(hours)

V

Suitable for
vegetarians

£1.03

Cost per
serving*

Why PHILADELPHIA?

The silky-smooth consistency of the Philadelphia Original adds fortification and flavour to this dish and is an essential ingredient in the recipe due to its heat resistant properties.

Typical values	Per serving
Energy	3048kj 728kcal
Fat	51.9g
Carbohydrates	64.6g
Protein	9.1g
Saturated fat	32.5g
Salt	0.84g
Dietary fibre	3.5g
Sugars	27.8g

Allergens: milk, nuts

Ingredients

- 50g Butter
- 300g Pudding Rice
- 400ml Semi Skimmed Milk
- 400ml Double Cream
- 200g Philadelphia Original
- 100g Desiccated Coconut
- 100g Granulated Sugar
- 1tbsp Ground Nutmeg
- 250g Blueberries
- 50g Caster Sugar

For the shortbread

- 150g Butter
- 70g Caster Sugar
- 150g Plain Flour
- 70g Ground Almonds

Method

1. Grease a baking dish with the butter and add the rice. Preheat an oven to 130°C.
2. Heat the milk, cream, Philadelphia, desiccated coconut and granulated sugar in a pan over a low heat, stirring gently until all the cheese has melted.
3. Pour the mixture over the rice and sprinkle with the ground nutmeg.
4. Bake in the oven for 2 hours.
5. Place the blueberries in a pan with 100ml of water and the caster sugar and cook on a low heat until the blueberries are soft and falling apart, set aside for later.
6. For the shortbread, mix together the butter and sugar until pale and fluffy.
7. Add the flour and ground almonds and mix until it all comes together.
8. Place the mixture into a lined baking tray and flatten out.
9. Cover with cling film and smooth the mixture until there are no cracks, place in the fridge for 30 minutes or up to 24 hours if making in advance.
10. Mark the biscuit mix with a fork and bake in a preheated oven on 180°C for 20-25 minutes.
11. Leave to cool in the tin before cutting to desired shape.
12. Finally serve the warm rice pudding and top with blueberry compote and shortbread.



Tip

Try adding some lemon zest or pistachios to the biscuit mix for added freshness.





Get to know the rest of The PHILLY Five

Check out inspiring dishes created by our team of hero chefs, specifically for you sector.



Nicole Pisani
Education



Dean Crews
Hotels



Jessica Ayling
Food-to-Go



Jonny Pons
Restaurants &
Pubs



Gareth O'Hara
Healthcare

[^]Based on independent performance testing carried out with Philadelphia Original and 3 competitor products by Good Sense Research with 101 chefs in July 2020. The majority of chefs stated that Philadelphia performed better when creating a sauce, icing a cake and spreading on a bagel. ¹89% of chefs stated that Philadelphia Original did not split with heated in a pan. Independent blind tests conducted by Good Sense Research in July 2020 with 101 chefs with 3 competitor products. ²93% of chefs stated that Philadelphia Original was either creamy or very creamy. Independent blind tests conducted by Good Sense Research in July 2020 with 101 chefs with 3 competitor products. ³33% of chefs feel Philadelphia Original performed best out of a total of 4 cream cheeses when used in an icing and piped onto a cake which is a majority share versus the other three competitors in the independent research conducted by Good Sense Research in July 2020 with 101 chefs. ⁴86% of chefs said Philadelphia Original's liquid release during the cooking process is just about right or slightly too dry during independent blind tests conducted by Good Sense Research in July 2020 with 101 chefs, performing significantly better than the other 3 competitor products tested.

*Approximate ingredient costs are based on Bidfood list price as of August 2020.