



# One flour... A thousand recipes

Your gluten free solution  
in the kitchen



Best in Gluten Free

DrSchär Foodservice

# A versatile multipurpose mix suitable from everything to breads and batters to biscuits, cakes, pastries and sauces.

## That's why we're No.1

The Dr. Schär group, European leader for gluten free foods, is available worldwide, providing the restaurant industry with dedicated products and food solutions. Intensive research has paved the way for the development of specific products for the gluten-free restaurant industry, distinguished by optimal flavour, efficiencies in food preparation and excellent quality. Thanks to the company's proximity to its consumers and its understanding of their specific needs, Dr. Schär has made a significant contribution to improving the quality of life for individuals who are intolerant or sensitive to gluten. From speaking to our consumers, eating out represents the ultimate

challenge to their gluten-free lifestyle. Our commitment to overcoming this challenge began in 2009 with our entry into the Foodservice division, our mission is to continue working alongside caterers to offer a dedicated range which enables restaurants to offer gluten-free meals in complete confidence and with peace of mind, and no compromise on flavour or convenience.



**Best in Gluten Free**

### **Why choose Dr. Schär:**

- European leader in gluten-free food with decades of experience
- An extensive range of safe and innovative products designed specifically for the restaurant industry
- Advice and support in the handling and preparation of safe gluten free food
- A vast database of free from consumers to raise awareness of your gluten free offering

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## Gluten

# Gluten - the “glue” of the dough

Gluten is a protein present in wheat, rye, barley, oats\*, kamut, spelt, triticale, and all their flours and derivatives. In bakery products, gluten

forms an elastic mesh that allows the dough to rise, trapping the carbon dioxide produced during the fermentation process. The gases produced from yeast fermentation remain trapped inside the dough, providing

“pockets” of air and a spongy inner structure. In turn, this provides products with a soft, light texture



and pleasant aroma. For these reasons, gluten is often referred to as the ‘glue’ of the dough. To compensate for the removal of gluten, in gluten-free products, it is necessary to use a combination of thickeners and starches to provide an optimal texture and mouth feel.



\*Standard oats are unsuitable for those intolerant to gluten as they are often contaminated with gluten during food production. Specially manufactured gluten-free oats and oat products are guaranteed to be free from such contamination and considered safe for gluten-free consumers.

# What is coeliac disease?

Coeliac disease is an autoimmune condition which results in a permanent intolerance to gluten, a protein present in wheat, rye, barley and oats, and therefore the many staple foods made from these grains, including bread, pasta, pizza, etc.

Even if consumed in small quantities, gluten provokes an abnormal immune reaction and chronic inflammation of the intestine and intestinal villi, reducing their ability to absorb nutrients and leading to symptoms such as vomiting, diarrhoea and bloating.

Coeliac disease is estimated to affect around 1 in every 100 people. There are therefore around 600,000 people living with coeliac disease in the UK. Today, the number of people officially diagnosed is around 123,000, with four-fold increase in diagnosis rates of the last 20 years\*. A strict, life-long gluten-free diet is the only treatment for coeliac disease. It is therefore necessary for coeliac sufferers to exclude some of the most common food items from their

diet, including bread, pasta, biscuits, cakes, pastry and pizza, and to also eliminate all possible cross-contamination from gluten-containing foods.

## Gluten sensitivity

Non-coeliac gluten sensitivity (NCGS) is a condition that often presents identical symptoms to coeliac disease, however those suffering from this condition do not seem to be at risk of the same long-term health consequences and some may be able to tolerate small amounts of gluten in their diets. NCGS may affect up to 13% of the UK population\*\* and, as for coeliac disease, the only available treatment is a gluten-free diet.



\*Source: West J et al (2014). Incidence and prevalence of coeliac disease and dermatitis herpetiformis in the UK over two decades: population-based study. *Am J Gastro* 109;757-68.

\*\*Source: Aziz I et al (2014). A UK study assessing the population prevalence of self-reported gluten sensitivity and referral characteristics to secondary care. *Eur J Gastro Hepatol* 26(1):33-9

## Safe preparation

# Safe preparation of gluten-free products

Restaurateurs must adapt their self-monitoring plan so that it is in line with HACCP principles for four main procedures: Selection of raw materials, storage of products, preparation of dishes, and table service.

1. Only use suitable foods that are naturally gluten-free or include the term “gluten-free” on the label, or products from the Dr. Schär Food-service range.
2. The workspace in which the gluten-free food is prepared must be clean of any possible traces of previous preparation of foods containing gluten. It is better if the space is used exclusively for the preparation of gluten-free foods.
3. Those preparing the gluten-free food must wear clean uniforms that are not contaminated, either exclusively designated for gluten-free preparation or disposable.
4. After preparing foods that contain gluten, employees must always wash their hands thoroughly.
5. The machinery, facilities, implements and vessels must not be contaminated with foods containing gluten.
6. Gluten-free foods must be cooked in separate vessels to those used for other foods (e.g. they must not be cooked in the same pot).
7. Oil used to fry gluten-free foods must be used exclusively for this purpose.
8. Use a static oven to cook gluten-free and gluten-containing foods at different times, ensuring that you place the dish containing the gluten-free food on a high shelf. Alternatively, use two separate ovens.

## Employee rules

1. Following any contact with foods that contain gluten, employees must always wash their hands thoroughly.
2. Be especially careful with bread, breadcrumbs and bread makers.
3. Be sure that tablecloths are clean and have no traces of breadcrumbs on them, do not place gluten free bread next to gluten containing bread.

# Storage methods

Prepared gluten-free foods and raw ingredients must be stored in bags and/or containers with an airtight seal, in order to avoid the risk of contamination.

This also applies for storage in fridges or freezers.

To avoid getting products mixed up, employees are advised to label gluten-free sauce and condiment con-

tainers. Such containers should also be stored on a designated shelf, preferably the highest, in order to avoid contamination from other products stored above.

Storage should be listed as a critical point in the company's own HACCP. Critical situations should be avoided by separating and clearly defining areas in terms of both raw ingredients and semi-finished products.



## Preparation methods



## Preparation methods

Gluten-free dough can be prepared by hand in specially designated bowls or with a planetary food mixer with hook attachment. The food mixer should preferably be one that is exclusively designated for gluten-free food preparation, in order to ensure that the food is safe for gluten-intolerant customers. If this is not possible, it is essential that the machine is thoroughly cleaned with alcohol-based cleaning products. Equipment, bowls or utensils that are either specifically designated for gluten-free foods or thorough-

ly cleaned between use is recommended.

When using a food mixer, any kind of dough containing gluten-free flour must be mixed much more gently than dough containing normal flour. It must also be mixed for a few minutes more than the time stated in normal recipes. Gluten-free flour is much more hygroscopic and therefore absorbs more water than conventional flour. It is therefore advisable to retain a medium consistency when kneading and ensure that the texture is not too tough.

## Preservation methods



# Preservation methods

**Freezing:** Wrap gluten-free dough in cling film, freeze in a blast chiller and then keep in the freezer inside an airtight container.

Before use, leave the dough to defrost in the fridge at a temperature of between 0 and 4 degrees. After it has been left to rest, work the dough either in your hands, with a rolling pin or with a pasta machine.

**Refrigerating:** Gluten-free dough can be kept in the fridge at a temperature of between 0 and 4 degrees for a maximum of 3 to 4 days before use. Dough used after 3 to 4 days tends to become quite soft, and must therefore be stiffened by adding Foodservice Mix flour to each portion when used.

**Defrosting:** A practical way to properly defrost is to use a microwave on the “defrost” setting. When using this method, make sure that the microwave does not actually cook any part of the product. Put the dough in the microwave for 30 to 40 seconds and check to see if it has defrosted. The best way to defrost and use prepared dough is always to defrost it naturally in the fridge at a temperature above zero. Defrosting dough at room temperature is not advised, as this can affect the quality.



## Cooking methods

# Cooking methods

### **With static ovens and conventional fan ovens:**

Fan ovens help gluten-free products to rise better, but can only be used if the oven is exclusively designated for gluten-free foods, in order to avoid risks of contamination.



Healthcare institutions also require the use of a specifically designated oven or the use of a non-fan oven. Many ovens also have self-cleaning functions. You must ensure that the gluten-free products are cooked first and then those containing gluten after, repeating the self-cleaning process each time. This is particularly useful for school and/or hospital canteens.

Steam helps to make gluten-free products rise and prevents the surface from drying out too much in the first minutes of cooking. After this, the food is cooked by “dry” heat, i.e. without steam.

Cooking with steam is ideal for various kinds of breads or similar products. For those who do not have a steam oven, having a small container (small pot or saucepan) filled with water inside the oven whilst the food is cooking also works. In this case, the fan can still be used, because it is both the steam and the air that help the product to expand in volume.

Dry heat is used for moist dough, i.e. high hydration dough, for example sponges or other cakes.



## Frying

Gluten-free foods must be fried with cooking oil specifically and exclusively designated for the preparation of gluten-free dishes. Given that this kind of cookware is particularly difficult to clean, it is advisable to

fry gluten-free foods in specifically designated deep fryers or in frying pans. The use of specifically designated deep fryers is preferable in cases where such foods are prepared very frequently.

## Cooking in water

Some dishes require gluten-free foods to be cooked in water (fresh pasta, dry pasta or risotto). In this case, they must be cooked in separate vessels to those used for other foods. They must not be cooked in pans that have not been washed and have been used previously to prepare gluten-containing pasta or in water in which gluten-containing pasta has been cooked. It is also advisable to rinse clean dishes be-

fore use. Do not use cooking water that has already been used for gluten-containing pasta to lengthen risotto, cook sauces or other food, or to boil vegetables or rice intended for gluten-intolerant customers. It is essential that you use 1/3 more water than you would use for gluten-containing pasta and it is advisable to add a few tablespoons of oil to ensure that the pasta doesn't stick.



# Brioche loaf

👤👤👤 Servings

## Ingredients:

500g Foodservice Mix  
250ml milk  
80g softened butter  
30g brewer's yeast  
20g acacia honey  
20g sugar  
15g salt  
1 egg  
1 egg yolk

## Preparation:

Dissolve the brewer's yeast in a bowl of tepid milk (approx. 25°C). Sift the flour into a separate bowl and add all the other ingredients. Slowly mix the ingredients in a food mixer with the flat beater. Add the milk and brewer's yeast mixture. Knead until you get a smooth, consistent, fairly soft dough. Divide the dough into three balls and place in a loaf tin. Brush the dough with egg and milk and leave to rise for 20 minutes. Preheat the oven to 190°C and bake for around 20 minutes with the steam percentage set at 10%.

# Shortcrust pastry

 Servings

## Ingredients:

500g Foodservice Mix  
150g softened butter  
150ml water  
50g extra virgin olive oil  
1 egg  
A pinch of salt

## Preparation:

Sift the flour into a bowl, add in all the other ingredients and mix (remember that the amount of water suggested is approximate). Wrap the dough in cling film and leave to rest for 30 minutes before use. After it has been left to rest, work the dough into your chosen shape and bake in a pre-heated oven at 200°C for 20 minutes.



## Desserts/breakfast

# Breakfast muffins

👤👤👤 Servings

### Ingredients:

250g Foodservice Mix  
115g light brown sugar  
115g plain yoghurt  
85g unsalted butter  
10g gluten-free baking power  
2.5g mixed spice  
75g blueberries  
2 medium eggs  
80g cherry conserve

### For sprinkling:

Demerara sugar

### For the topping:

100g butter at room temperature  
250g icing sugar  
1 tbsp milk  
½ tsp lemon extract  
1 tsp berry jam

### Preparation:

Preheat the oven. Put 8 - 9 paper muffin cases in a muffin bun tray.

Sieve the mix it, baking powder and mixed spice into a bowl, stir in the sugar and blueberries (cut large blueberries in half). Melt the butter then lightly beat it together with the yogurt and egg, along with the cherry



conserve, stir until all the ingredients are mixed together. Add the yogurt mixture to the flour mix and carefully fold in, do not over mix.

Place 2 dessertspoon of mix into each muffin case. Sprinkle with the demerara sugar if using. Bake in the preheated oven for approximately 25 minutes until golden brown (190°/170°C Fan/Gas Mark 5). Leave in the tin for 5 minutes before transferring to a cooling rack.

To decorate; beat the butter and icing sugar together in a bowl, add the milk to soften slightly.

Divide mixture in two and add lemon extract to half and the berry jam to the other half. Place each into a piping bag or duo bag and then into a piping bag with nozzle. Decorate the muffins with swirls of the two tone buttercream.

# Italian flatbread

👤👤👤 Servings

### Ingredients:

375g Foodservice Mix  
1 ½ tsp dried yeast  
½ tsp salt  
1 tbsp skimmed milk powder  
1 tbsp olive oil  
350ml tepid water

### For the filling:

1 tbsp olive oil  
1 medium red onion  
½ red bell pepper  
and ½ yellow bell pepper or ½ green  
bell pepper  
6 tomatoes  
8 green olives, chopped or sliced  
4 oregano leaves

### Preparation:

Lightly fry the peeled and sliced red onion and peppers in a frying pan to soften.

Combine the Mix, yeast, salt and skimmed milk powder together in a bowl. Add the oil and tepid water (1/3 boiling, 2/3rds cold) and stir to make a smooth, stiff batter.

Place half the bread batter into the tin and layer on the red onion and

peppers and sprinkle over half the oregano. Spoon over the remaining bread batter and top with the remaining filling ingredients. Cover with oiled cling film. Leave to prove in a warm place for 45 minutes or until mixture has risen by half.

Remove film, drizzle with a little more olive oil and bake in a pre-heated oven for 25 – 30 minutes (170°/150°C Fan/Gas Mark 3).

Serve warm in wedges. Once cool store in an airtight container in a cool place for up to 3 days. Warm before eating for best results.



## Bread/focaccia

# White country loaf

👤👤👤 Servings

### Ingredients:

500g Foodservice Mix  
25g fresh yeast  
300ml water  
40g extra virgin olive oil

### Preparation:

Pour the flour into a bowl and add the water, yeast and then the oil. Mix all the ingredients together, working the mixture well, then form a loaf and let it rise for 30 minutes. Bake at 180°C for 45 minutes.



# Carrot cake

👤👤👤 Servings

### Ingredients:

100g peeled and cored weight cooking apples, sliced  
250g carrots, grated  
85g raisins  
4 tbsp orange juice (save zest for icing)  
200g brown sugar or  
200g Muscovado sugar  
300g Foodservice Mix  
2 tsp baking powder  
1 tsp baking soda  
2 tsp mixed spice  
50g pecans, roughly chopped or  
50g walnuts, coarsely chopped  
175ml sunflower oil  
4 eggs, beaten

### For the icing:

115g full fat cream cheese  
50g butter  
300g icing sugar  
1 orange zest

### For the decoration:

pecan or walnut halves  
sugar carrots

### Preparation:

Place sliced apple, carrot raisins and orange juice in a large dish. Cover and microwave for 4 minutes

to soften the apple and carrot. Mash lightly with a fork and allow to cool. Preheat the oven.

Place all the dry ingredients in a large bowl. In another bowl, beat together the oil and eggs and add to the dry ingredients along with the cooled carrot mixture. Beat together with a wooden spoon.

Pour into the prepared tin (we recommend a round, 20cm wide tin). Bake until golden and just firm to the touch approximately 1¼ - 1½ hrs or until cake is firm to the touch. Once removed from oven cool in tin until cake is cold.

Beat icing ingredients together and spread onto the cake top and sides or cut in half and spread in the middle and on top, decorate with walnut halves, crushed nuts and baby sugar carrots if using and serve.



## Cakes and bakes

# Marble ring cake

👤👤👤 Servings



### Ingredients:

500g Foodservice Mix  
200g caster sugar  
150g butter  
3 eggs  
16g gluten-free baking power  
30g unsweetened cocoa powder  
milk, as required  
zest of an untreated lemon  
½ vanilla pod

### Preparation:

Combine the butter and sugar and mix until smooth. Add the eggs, vanilla, lemon zest and milk, then add the flour and baking powder. Put 3/4 of the mixture into a greased medium-sized baking tray, lightly dusted with flour. Add the cocoa powder to the remaining mixture, mix, and layer on top of what is already in the baking tray. Bake in the oven at 160°C for around 25 to 30 minutes, setting the steam percentage to 10% for the first 10 minutes, followed by dry heat.

# Sponge cake

 Servings

### Ingredients:

325g Foodservice Mix  
4 tsp baking powder  
220g butter at room temperature  
220g caster sugar  
4 large eggs, beaten  
3 tbsp milk  
1 ½ tsp vanilla extract

### For the filling:

4 tbsp strawberry jam  
400g icing sugar  
1 tsp vanilla extract  
150g butter at room temperature  
1-2 tbsps milk

### For the decoration:

buttercream to taste  
fresh berries to taste

### Preparation:

Place the butter and caster sugar into a mixing bowl and beat well for 1 – 2 minutes using an electric mixer until the mixture is light and pale. Add the remaining ingredients and whisk for 2 minutes.

Place into greased, base lined cake tins. Bake in oven 170°/150°C Fan/ Gas Mark 3 oven for 30 minutes,

Leave in the tins for 10 minutes to cool.

Place the butter and half of the icing sugar into a mixing bowl and beat with an electric mixer until smooth. Add the remaining icing sugar, milk and vanilla extract and whisk for a further 2 minutes until smooth. Sandwich together the sponge with a layer of jam and buttercream. To decorate the top, pipe with buttercream and top with fresh fruit.



## Cakes and bakes

# Upside-down apple cake

👤👤👤 Servings

### Ingredients:

125g Foodservice Mix  
400g baking apple  
1 tbsp lemon juice  
160g sugar  
160g butter at room temperature or  
160g margarine  
100g marzipan  
3 eggs  
1 tsp baking powder  
1 tbsp icing sugar  
a little bit of fat for greasing

### Preparation:

Peel the apple and divide it into quarters. Remove the core and thinly slice. Moisten the apple slices with the lemon juice.

Grease a spring-form cake tin and sprinkle with 30 gr of sugar. Distribute 25 gr of diced butter or margarine over the tin. Place the tin in an oven preheated to 180°C and caramelize for 5-6 minutes. Distribute the apple slices in the tin.

Finely grate the marzipan into a mixing bowl, add 125gr of butter/margarine, 130 gr of sugar and the salt. Blend thoroughly until you have a creamy mix. Add and mix in the eggs one at a time. Add the flour and the baking powder and mix well. Distribute the dough over the apples. Cook in the oven at the same temperature for 35-40 minutes with the tin on a lower shelf.

Leave the cake to cool in the tin. Once cold, loosen the edges with a knife and then turn out onto a serving plate. Sprinkle with icing sugar.



## Sauces and condiments

# Gravy

👤👤👤 Servings

### Ingredients:

25g Foodservice Mix  
425ml meat stock  
1 tbsp meat fat  
salt  
pepper

### Preparation:

Remove the meat or bird from the roasting tin and allow to rest before carving. Drain the meat juices from the roasting pan into a bowl or jug and allow to cool slightly.

Skim off any of the meat fat from the meat stock and juices

In small bowl mix together the gluten free flour and 125ml stock/ juices.

Place remaining stock and meat fat in pan and bring to boil, gradually whisk in the combined gluten free flour and stock and heat through.

Reduce heat and simmer for 2 minutes, add seasoning to taste. If too thick add a little more stock or a drizzle of wine. Serve immediately.



## Pizza

# Classic Pizza

 Serving

### Ingredients:

200g Foodservice Mix

5g dried yeast

150ml water

10g butter

### Preparation:

Mix water with yeast, add flour and butter. Combine all until smooth.

Leave the dough for 10 minutes and then roll it out until you get it disc shaped.

If you like you can season it with tomato sauce and mozzarella to get a margherita. You can top it with a range of different options, but be sure to check meats and any ingredients you are unsure of before using that they don't contain gluten or wheat.

Further you can form small discs of dough and season as you like creating

mini pizzas. All types of pizza have to be cooked at 200°C for about 10-15 minutes, depending on sizes.

### Precautions: Special information for the pizzeria

- 1. Prefer the double oven:** this solution allows not to interrupt the production of pizza with gluten, further it guarantees no contamination.
- 2. In the case of using only one oven,** it will be necessary to interrupt the cooking of pizza with gluten and make sure not to put the gluten free pizza directly on the oven surface but to isolate it by using baking trays with raised edges.
- 3. Do not use** the same seasonings as you take when preparing pizza with gluten as they have been in contact with floured hands or spoons (sauce, mozzarella, oregano etc.)





# Calzone

👤👤👤 Servings

## Ingredients:

200g Foodservice Mix  
5g dried yeast  
150ml water  
10g butter

## Preparation:

Mix water with yeast, add flour and butter. Combine all until smooth. Leave the dough for 10 minutes and then stretch out the dough into a classic round pizza base. Layer one side with tomato sauce, mozzarella,

artichokes and ham, then fold the other side over the top, lining the edges up to make a half moon shape. Seal it well by pressing along the edges and cook in a preheated oven at 200°C for 10 to 15 minutes.

Make the edge as thin as possible, spreading the filling across the whole surface of the calzone. This will prevent the edge from drying out too much. Alternatively, you can also rectify this at the end by brushing the dough with oil.

## Pizza



# Chocolate Pizza Base

👤👤👤👤 Servings

### Ingredients:

900g Foodservice Mix  
100g cocoa powder  
600ml water  
25g yeast

### Preparation:

Sift the flour into a bowl or food mixer and add all the cocoa powder, mixing both ingredients until well-combined. Add the yeast and water, and then mix to form a con-

sistent, stiff dough. If necessary, add a bit of water or flour to achieve the perfect consistency.

Divide the mixture into balls of 300g, place on a small aluminium tray and leave to rise. Shape into discs and gently prick with a fork. Bake at 280/320°C for a few minutes. Let the bases cool. Garnish to taste with gluten-free chocolate spread, whipped cream and fresh seasonal fruit like strawberries and serve.

# Fresh Pasta

 Servings

## Ingredients:

220g Foodservice Mix  
2 eggs  
20g extra virgin olive oil  
(approx. one spoon)

## Preparation:

Sieve the flour and make a well in the centre, add oil and eggs in the middle and mix all together. Keep mixing for 10 minutes without stopping. Put the dough in a nylon bag for food use and then in a box with a lid and keep it in the fridge between 0°/4°C. The dough should rest in the fridge 24 hours or at least 4/5 hours before you work it with the rolling pin or the pasta machine. If kept in the refrigerator, it can be stored for a maximum of 3/4 days.



## Pasta



# Potato gnocchi

 Servings

### Ingredients:

250g boiled potatoes  
80g Foodservice Mix  
1 egg  
A pinch of salt

### Preparation:

Mash the potatoes well after boiling them in salted water, then add the flour, salt and the egg. Mix well and shape into long rolls. Cut the rolls into little pieces of around 3 cm. Place the gnocchi in salted boiling water and season to taste. They are ready as soon as they rise to the surface of the water.

## Ravioli

👤👤👤 Servings

### Ingredients:

Fresh pasta dough  
(see page 25)  
100g cow's milk ricotta  
60g boiled and chopped spinach  
50g grated parmesan  
Salt to taste

### Preparation:

Roll out your fresh pasta dough on the work surface with a rolling pin. Ensure you get an even thickness of about ½ cm (make sure it isn't too thin). Mix the ingredients for the filling and make enough little balls to cover half of the fresh pasta. Space the balls across half of the sheet of pasta. Cover with the other half of the pasta sheet and gently press to get rid of excess air. Seal using a serrated dough cutter. Cook the ravioli in boiling salted water and season to taste. Cooking times for gluten-free ravioli are slightly less than for standard gluten-containing ravioli.





# Gluten-free solutions for professional cuisine



An exceptional range of extensive solutions for gluten-free cooking  
Do you want to amaze your customers by going that extra mile?

Thanks to Dr. Schär Foodservice, you can also satisfy the requirements of those who have to exclude gluten from their diet. An exemplary selection of products that will assist you in expanding your clientèle within a steadily growing market.



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## DrSchär Foodservice

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