

Filset is a special, and cold process, modified starch designed for use with both sweet and savoury fillings as a stabiliser to prevent boil out during baking, frying or cooking. It increases the viscosity of the filling to allow easier depositing and imparts a creamy smooth mouthfeel. **Filset** should be sprinkled onto cold sauce and other ingredients and beaten in quickly and thoroughly prior to cooking.

CHICKEN AND SWEETCORN PIE

RECIPE	kg	lb	oz	MAKE UP INSTRUCTIONS
Highland Kitchen Sauce Blanche	1.000	2	4	<ul style="list-style-type: none"> • Combine Highland Kitchen Sauce Blanche, chicken and sweetcorn together. • Sprinkle Filset over ingredients and beat in quickly and thoroughly. • Top with pastry and glaze and bake at 200-215°C (390-420°F) until golden brown.
Chicken - cooked and diced	0.700	1	8	
Sweetcorn - drained	0.250	0	9	
Filset	0.060	0	2	
Seasoning - To taste				
Total	2.010	4	7	

MACARONI CHEESE PIE

RECIPE	kg	lb	oz	MAKE UP INSTRUCTIONS
Highland Kitchen Sauce Blanche	1.000	2	4	<ul style="list-style-type: none"> • Blend Highland Kitchen Sauce Blanche and macaroni together. • Sprinkle Filset over ingredients and beat in quickly and thoroughly. • Fill Scotch pie shells and sprinkle with grated cheese. • Bake at 215-225°C (420-440°F) for approximately 12-15 minutes.
Macaroni - cooked	1.000	2	4	
Cheddar Cheese- grated	0.250	0	9	
Filset	0.050	0	1¾	
Seasoning - To taste				
Total	2.300	5	2¾	

FRUIT PIE FILLINGS

RECIPE	kg	lb	oz	MAKE UP INSTRUCTIONS
Fruit - Rhubarb, Apple, Blackcurrants, etc.	1.000	2	4	<ul style="list-style-type: none"> • Combine fruit and water/juice. • Blend sugar and Filset together and sprinkle over fruit. • Mix in well and use as desired.
Juice/Water* (approx.)	0.100-0.200	0	3½-7	
Sugar	0.250	0	9	
Filset	0.050	0	1¾	

*This may vary depending on type of fruit and consistency of filling required.

Please note:

Every care has been taken to ensure that the information detailed on this sheet is correct at the time of issue. However, your recipe, other ingredients and processing are outside our control. Therefore, we advise that you carry out prudent trials to check the product makes goods of a satisfactory quality and complies with current legislation.