

RECIPE BOOK

# SERVE YOUR CUSTOMERS A TRUE TASTE OF AMERICA

On-trend  
recipes  
inside



FRANK'S  
**RedHot**

**French's**  
SINCE 1894

# A TRUE TASTE OF AMERICA

...we've got a wild bunch of recipes all made using our super tasty products, Frank's RedHot Cayenne Pepper Sauce and French's Classic Yellow Mustard.

Our sauces can be used in tons of exciting ways to mix up your menu. We've got oozing cheese and spicy vegan recipes to take your fancy and serve up to your customers.

We cater to a variety of operators, ranging from casual dining to quick service and we have put together a handy recipe book to give you a few ideas to get started!

## GO ON TAKE A PEEK!



### Meet Frank's® RedHot® Original Cayenne Pepper Sauce

Drench their taste buds with the perfect blend of heat and flavour, made using premium aged cayenne peppers. Give your dirty burgers, loaded hot dogs, sticky chicken wings and more, an added kick with America's No.1 hot sauce\*.



### Meet French's® Classic Yellow Mustard®

America's No.1 mustard brand\*\* is made using our secret blend perfected over 100 years. Serve this iconic yellow mustard alongside dirty burgers, messy hot dogs and stacked sandwiches, and jump into the growing craze for all things Americana.



## OUR SAUCES ARE

Suitable for vegetarians and vegans

Free from artificial colours & preservatives

Used as a topper sauce or in range of dishes and drinks

## MAINS

|                                      |       |
|--------------------------------------|-------|
| Classic Beef Rarebit Burger          | 4-5   |
| Pulled Jackfruit Buffalo Burger      | 6-7   |
| Hot Mustard Buttermilk Baked Chicken | 8-9   |
| Black Bean And Squash Quesadillas    | 10-11 |
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## SIDES

|   |       |
|---|-------|
| Halloumi Fries                                      | 14-15 |
| Buffalo Cauliflower Wings With Blue Cheese Dressing | 16-17 |
| Honey And Sesame Wings                              | 18-19 |
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## SAUCES

|  |       |
|--|-------|
| Maple & Mustard Sauce                        | 22-23 |
| Southern Style Hot Mustard & Honey BBQ Sauce | 24-25 |
| Comeback Sauce                               | 26-27 |



# Classic Beef RAREBIT BURGER

It's official; premium burgers are big business, with interesting takes making their way onto menus across hospitality – from street food to fine dining, and everything in between.\* Take a trip to flavour town with this unique and delicious rarebit beef burger slathered with cheesy mustard and thank us later.

## Nutritional information per serving (1 bun)

|              |                |
|--------------|----------------|
| Energy       | 1807kJ/432kcal |
| Fat          | 30g            |
| saturates    | 14g            |
| Carbohydrate | 6.5g           |
| sugars       | 4.1g           |
| Fibre        | 0.7g           |
| Protein      | 33g            |
| Salt         | 0.93g          |

## INGREDIENTS

### Beef Burger:

- 1.25kg minced beef
- 50ml Worcestershire Sauce
- 1tsp garlic powder

### French's Classic Yellow Mustard Rarebit:

- 25g butter
- 25g plain flour
- 150ml lager
- 40g French's Classic Yellow Mustard**
- 100g cheddar, grated
- 200 green lettuce leaves
- 200g tomato slices
- 100g sliced gherkins
- 75ml tomato ketchup
- 10 rolls

## METHOD

1. Combine the beef, Worcestershire Sauce and garlic powder. Split into 10 burger patties.
2. For the rarebit, melt the butter in a pan and mix in the flour. Cook over a low heat for 4-5 minutes until the mixture is a lovely golden colour.
3. Glug in the lager until you have a smooth sauce and then add in the star of the show, French's Classic Yellow Mustard. Throw in the cheddar and stir.
4. Pour this cheesy goodness into a tray and wait for it to set. When it's done cut it into 10 squares.
5. Cook the burgers over a high heat. Whack a rarebit slice on the top and grill on high for 2-3 minutes until bubbling.
6. Now you can add to a crusty roll with the lettuce, tomato, gherkins and a squirt of ketchup.

\*<https://tftrendhub.com/documents/read/2349/3>



Prep Time  
10 MINUTES



Cook Time  
20 MINUTES



Serves  
10 PEOPLE







Prep Time  
5 MINUTES



Cook Time  
20 MINUTES

10

Serves  
10 PEOPLE



## MAINS

# Pulled Jackfruit BUFFALO BURGER

It's not just vegetarians and vegans that are demanding more meat-free dishes, the rise of ethical 'flexitarianism' is a trend also worthy of serious consideration.\* It's clear that modern meat-free menu options need to win on taste and not just tick a box, and with a meaty texture and ability to take on flavours, jackfruit provides the perfect tapestry, especially when pulled. The end result? A hearty burger with a fiery finish, courtesy of our Frank's RedHot Cayenne Pepper Sauce.

### Nutritional information per serving (1 bun)

|              |                |
|--------------|----------------|
| Energy       | 1409kJ/337kcal |
| Fat          | 9.8g           |
| saturates    | 0.8g           |
| Carbohydrate | 46g            |
| sugars       | 13g            |
| Fibre        | 3.9g           |
| Protein      | 9.1g           |
| Salt         | 2.9g           |

## INGREDIENTS

1kg drained jackfruit  
(in water or brine after drained weight)  
2 tbsp rapeseed oil  
3 red onions, peeled and sliced  
½ tsp sea salt  
¼ tsp freshly ground black pepper  
2 garlic cloves, crushed  
**250g Frank's RedHot Original Cayenne Pepper Sauce**, plus extra for serving  
10 brioche burger buns  
300g baby gem leaves  
300g tomatoes, sliced

## METHOD

1. Pop the jackfruit into a sieve, rinse under cold water and let it drain. Use a sharp knife to shred the jackfruit into pieces.
2. Heat the oil in a pan and sauté two thirds of the sliced onions for 3–4 minutes over a medium heat. Add in the jackfruit and season with salt, pepper, and garlic.
3. Slide a lid on the pan and let it cook slowly for about 15 minutes until the onion and jackfruit are soft. Check throughout cooking and add a drop of water if the mixture begins to dry out.
4. Add in the Frank's RedHot Original Cayenne Pepper Sauce, stir until the onions and jackfruit are generously coated, and remove from the heat.
5. Slightly toast the sliced brioche bun under the grill until it's nice and crispy.
6. Grab your bottom bun and layer up 30g each of lettuce and hot steamy jackfruit. Bung in the tomato slices and the remainder of raw onion and close him up with the top bun ...voila!

\*MCA Menu & Food Trends 2018 Report



# Hot Mustard BUTTERMILK BAKED CHICKEN

Premium chicken is seen as a key growth area in the next few years\* and its astronomic rise has been helped in no small way by buttermilk, a traditional US staple now taking UK menus by storm. Buttermilk and chicken are best buddies; and our combination is baked rather than fried, resulting in a healthier take packed with heat and flavour.

## Nutritional information per serving (175g)

|              |               |
|--------------|---------------|
| Energy       | 980kJ/234kcal |
| Fat          | 9.6g          |
| saturates    | 1.8g          |
| Carbohydrate | 3.8g          |
| sugars       | 2.7g          |
| Fibre        | 0.6g          |
| Protein      | 33g           |
| Salt         | 1.4g          |

## INGREDIENTS

- 1.5kg chicken pieces
- 500ml buttermilk
- 50ml vegetable oil
- 1 tbsp garlic granules
- 1 tbsp crushed peppercorns
- 1 tbsp sea salt
- 1 tsp ground cumin
- 2 tbsp French's Classic Yellow Mustard**
- 100ml Frank's RedHot Original Cayenne Pepper Sauce to serve**

## METHOD

1. Put the chicken pieces in a large bowl. Pour in the buttermilk and oil and sprinkle in the garlic, peppercorns, salt and cumin.
2. Now add the famous French's Classic Yellow Mustard and coat the chicken in the mix.
3. Make sure to leave the buttermilk-marinated chicken in the fridge for at least 30 minutes.
4. To cook, preheat the oven to 220°C, Gas Mark 7.
5. Shake off the excess marinade from the chicken, and stick in a roasting tin.
6. Roast in the oven for about 30 minutes until brown (or even a little charred in parts for a smoky taste), and juicily cooked.
7. Serve drizzled with Frank's RedHot Original Cayenne Pepper Sauce to finish this perfect combo.

\*MCA Menu & Food Trends 2018 Report



Prep Time  
35 MINUTES



Cook Time  
30 MINUTES

10

Serves  
10 PEOPLE







Prep Time  
15 MINUTES



Cook Time  
15 MINUTES

10

Serves  
10 PEOPLE

### Serve

With fresh salad and extra Frank's RedHot Original Cayenne Pepper Sauce



## MAINS

# Black Bean & SQUASH QUESADILLAS

From Wahaca to Chipotle, modern Mexican cuisine is fast becoming one of the UK's favourites\* as consumers search for more adventure and authenticity from their meals. These vegetarian quesadillas are oozing with cheesy goodness and bursting with flavour, and benefit from a fiery kick, courtesy of Frank's RedHot Original Cayenne Pepper Sauce. Ay, caramba!

### Nutritional information per serving (250g)

|              |                |
|--------------|----------------|
| Energy       | 2774kJ/663kcal |
| Fat          | 22g            |
| saturates    | 12g            |
| Carbohydrate | 84g            |
| sugars       | 8.8g           |
| Fibre        | 14g            |
| Protein      | 28g            |
| Salt         | 2.3g           |

## INGREDIENTS

- 2 tbsp oil, plus extra for cooking the quesadillas
- 2 onions, finely diced
- 500g butternut squash, peeled and flesh grated
- 450g black beans, drained
- 20g fresh coriander, chopped
- 300g cheddar cheese, grated
- 100ml Frank's RedHot Original Cayenne Pepper Sauce**
- Salt and freshly ground black pepper
- 20 Mexican tortilla wraps

## METHOD

1. Heat 2 tbsp of oil in a frying pan. Throw in the diced onion and cook for 5 minutes until soft.
2. Toss in the grated butternut squash and cook for another 5 minutes.
3. Slightly mash the black beans and then add to the pan. Remove from the heat and let it cool.
4. Now add to the mix the coriander, cheese, Frank's RedHot Original Cayenne Pepper Sauce, salt and freshly ground black pepper.
5. Split and spread the mixture between 10 of the tortillas and top with the others. These can be left in the fridge and cooked to order.
6. To cook, heat 1 tsp of oil in a frying pan and pan-fry the quesadilla for 2-3 minutes on each side until they are crispy and golden.



# Buffalo Chicken SANDWICH

Created in Buffalo, NY, over 100 years ago, Frank's RedHot Original Cayenne Pepper Sauce has inspired a million menus, with Buffalo-style chicken now established as one of the most popular menu styles globally.\* An ode to its humble origins, this spicy Buffalo Chicken Sandwich is a hot and hearty sando to keep customers coming back for more.

## Nutritional information per serving (1 sandwich)

|              |                |
|--------------|----------------|
| Energy       | 2248kJ/537kcal |
| Fat          | 16g            |
| saturates    | 4.8g           |
| Carbohydrate | 56g            |
| sugars       | 11g            |
| Fibre        | 3.4g           |
| Protein      | 43g            |
| Salt         | 3.0g           |

## INGREDIENTS

- 10 x 125g chicken breast pieces flattened into a thin piece
- 100g plain flour
- 1 tsp fresh ground black pepper
- 125g Frank's RedHot Original Cayenne Pepper Sauce**
- 2 eggs
- 200g panko breadcrumbs
- 10 slices cheese
- 300g tomatoes, sliced
- 200g lettuce leaves (romaine or iceberg), shredded
- 150g Frank's RedHot Original Cayenne Pepper Sauce**
- 100g mayonnaise
- 20 slices crusty bread

## METHOD

1. First preheat the oven to 175°C, Gas Mark 4.
2. Grab a bowl and mix together the flour and pepper.
3. In a separate bowl, whisk the Frank's RedHot Original Cayenne Pepper Sauce with the eggs.
4. Now pour the panko crumbs on a plate.
5. Toss each chicken piece in the flour mixture, then over to the egg mixture for a few seconds and lastly coat in the panko crumbs.
6. The chicken pieces are now ready to place on a baking sheet and cook in the oven for 20–25 minutes.
7. Stack the lettuce and cooked chicken on a piece of bread. Dribble Frank's RedHot Original Cayenne Pepper Sauce over the top to spice things up, then the cheese, juicy tomato and finally a dollop of mayonnaise. Top with another piece of bread to complete the winning sandwich.

\*2017 Technomic Inc, "Flavor in Focus: Consumer Preferences & Drivers"



Prep Time  
15 MINUTES



Cook Time  
25 MINUTES



Serves  
10 PEOPLE







Prep Time  
15 MINUTES



Cook Time  
10 MINUTES

10

Serves  
10 PEOPLE



## SIDES

# Halloumi FRIES

The nation's love for halloumi shows no sign of slowing with demand for the squeaky Cypriot cheese on the up.\* The perfect combo of heat and texture, this highly popular menu item is the ideal side or sharer. Salty and firm on the inside, crisp and spicy on the outside and best served with Frank's RedHot Original Cayenne Pepper Sauce.

### Nutritional information per serving (160g)

|              |                |
|--------------|----------------|
| Energy       | 2271kJ/545kcal |
| Fat          | 41g            |
| saturates    | 22g            |
| Carbohydrate | 15g            |
| sugars       | 5.0g           |
| Fibre        | 0.7g           |
| Protein      | 29g            |
| Salt         | 3.9g           |

## INGREDIENTS

- 125g plain flour
- 100ml Frank's RedHot Original Cayenne Pepper Sauce, plus extra for serving
- 2 eggs
- 5 x 250g blocks of halloumi
- Oil for deep frying

## METHOD

1. Pop the flour in a shallow bowl.
2. In another bowl, stir together Frank's RedHot Original Cayenne Pepper Sauce and the eggs.
3. Next, cut the halloumi into chunky chip shapes (about 12 per block) and dab them with kitchen roll.
4. Toss each halloumi chip in the flour, then in the Frank's RedHot Original Cayenne Pepper Sauce and egg mix.
5. Heat the oil to 190°C. Add the chips in 2 groups and cook for 1-2 minutes turning once until golden. Once they're done put them on some kitchen paper to absorb excess fat.
6. That's it! They're ready, why not serve with a bowl of Frank's RedHot Original Cayenne Pepper Sauce for dunking.

\*<https://www.businesswire.com/news/home/20181107005350/en/Global-Halloumi-Cheese-Market-2019-2023-Growth-Global>



# Buffalo Cauliflower WINGS WITH BLUE CHEESE DRESSING

As consumers become more health conscious, low-carb substitutes, vegetarian options and nutrient packed produce become key menu considerations. Once maligned, the humble and versatile cauliflower has surged into popularity, satisfying not just one, but all three of those needs.\* Get creative and serve these Buffalo 'wings' – delicious and crispy on the outside and soft and tender on the inside – with a tangy blue cheese dressing for a superior side.

## Nutritional information per serving (225g)

|              |                |
|--------------|----------------|
| Energy       | 1668kJ/399kcal |
| Fat          | 22g            |
| saturates    | 5.8g           |
| Carbohydrate | 39g            |
| sugars       | 11g            |
| Fibre        | 3.9g           |
| Protein      | 11g            |
| Salt         | 2.2g           |

## INGREDIENTS

2 large heads of cauliflower or  
1kg of prepared florets  
350g plain flour  
1 tsp paprika  
2 tsp garlic powder  
Salt & pepper to taste  
350ml sparkling water  
**200ml Frank's RedHot Original  
Cayenne Pepper Sauce**  
100g blue cheese, grated  
100g mayonnaise  
100g natural low fat yogurt  
300g celery, washed and cut into sticks

## METHOD

1. Pre-heat oil in a fryer to 180°C.
2. Chop the cauliflowers into florets.
3. In a bowl, whack in the flour, paprika, garlic, salt, and pepper, and whisk in the water to make a smooth batter, making sure the batter is nice and thick so it sticks and coats the florets nicely.
4. Dunk the cauliflower florets into the batter mix, shaking off any excess batter and then fry in batches in the hot oil for 5-6 minutes or until you have lovely crispy florets.
5. While the cauliflower is cooking, prepare the blue cheese dressing by mixing together the blue cheese, mayonnaise, and yogurt.
6. Toss the crispy cauliflower florets with the Frank's RedHot Original Cayenne Pepper Sauce until they're generously coated in the good stuff and serve drizzled with blue cheese dressing and fresh celery sticks.

\*<https://www.plated.com/morse/trending-cauliflower-new-kale/>



Prep Time  
10 MINUTES



Cook Time  
15 MINUTES

10

Serves  
10 PEOPLE

## Note

You can oven bake the battered florets if you don't fancy frying them. This will take about 18-20 minutes, just put the florets on some baking parchment and turn them from time to time to make sure they crisp up evenly







Prep Time  
10 MINUTES



Cook Time  
45 MINUTES

10

Serves  
10 PEOPLE



## SIDES

# Honey & SESAME WINGS

The nation's new-found love for honey has inspired a multitude of restaurants to champion sustainability with the installation of their own hives. Naturally sweet and full of flavour honey lends itself to being used in multiple ways\* which is great news for the 51% of consumers who favour sweet or smoky combination of flavours.\*\* Jump on the bandwagon and upgrade your wings with this honey drenched, nutty coating.

### Nutritional information per serving 225g (6 wings)

|              |                |
|--------------|----------------|
| Energy       | 1497kJ/465kcal |
| Fat          | 29g            |
| saturates    | 7.5g           |
| Carbohydrate | 12g            |
| sugars       | 12g            |
| Fibre        | 0.9g           |
| Protein      | 39g            |
| Salt         | 3.8g           |

## INGREDIENTS

- 100ml honey
- 100ml Frank's RedHot Original Cayenne Pepper Sauce
- 50ml sesame oil
- ½ tsp cracked black pepper
- 2kg chicken wings, split and tips discarded
- 15g sesame seeds, toasted

## METHOD

1. Pre-heat the oven to 200°C, Gas Mark 6.
2. Combine the honey, Frank's RedHot Original Cayenne Pepper Sauce, cracked black pepper and sesame oil to make a marinade.
3. Roast the prepared wings for 20 minutes, drain off any fat and juice and add half the marinade and cook for 20 more minutes or until tender and cooked through.
4. Toss the wings in the remaining marinade and sprinkle with sesame seeds. Serve with extra Frank's RedHot Original Cayenne Pepper Sauce on the side for those who like their wings extra hot. They're good to go!

\*<https://www.greatbritishchefs.com/features/food-trends-2019>. \*\*<http://www.therail.media/stories/2019/1/21/for-restaurants-chicken-wing-trends-take-flight-infographic> (2017 Technomic Inc, "Flavor in Focus: Consumer Preferences & Drivers")



# Buffalo COLESRAW

The classic BBQ side is due a timely upgrade. With consumers becoming more adventurous,\* move away from the traditional slaw and enhance with a healthy dose of our Frank's RedHot Original Cayenne Pepper Sauce. Crunchy, tangy and hot, it'll leave your customers wanting more.

## Nutritional information per serving (130g)

|              |               |
|--------------|---------------|
| Energy       | 981kJ/234kcal |
| Fat          | 20g           |
| saturates    | 3.5g          |
| Carbohydrate | 9.6g          |
| sugars       | 8.4g          |
| Fibre        | 4.1g          |
| Protein      | 4.7g          |
| Salt         | 1.0g          |

## INGREDIENTS

4 carrots, peeled and grated  
 1 white cabbage, shredded  
 ½ red cabbage, shredded  
 1 onion, peeled and sliced  
**100g Frank's RedHot Original Cayenne Pepper Sauce**  
 200g mayonnaise  
 100g strong cheddar, grated  
 50g rocket leaves, washed  
 Salt and pepper to taste

## METHOD

1. Mix the carrots, cabbages, and onion together in a large bowl.
2. For the dressing, combine the Frank's RedHot Original Cayenne Pepper Sauce and the mayonnaise.
3. Add the cheese and rocket to the bowl of vegetables, then add the dressing and stir to combine. Season to perfection and voila!



Prep Time  
10 MINUTES



Cook Time  
N/A

10

Serves  
10 PEOPLE







Prep Time  
**5 MINUTES**



Cook Time  
**N/A**

**10**

Serves  
**10 PEOPLE**



## SAUCES

# Maple & MUSTARD SAUCE

Adopted by America as one of its own (although technically Canadian) maple is appearing in a host of products and on menus with casual dining leading the way.\* Sweet and versatile, combine with French's Classic Yellow Mustard for an effortlessly rich maple mustard sauce – perfect paired with chicken, pork and vegetables.

### Nutritional information per serving (50g)

|              |               |
|--------------|---------------|
| Energy       | 513kJ/123kcal |
| Fat          | 7.9g          |
| saturates    | 0.8g          |
| Carbohydrate | 11g           |
| sugars       | 9.8g          |
| Fibre        | 0.9g          |
| Protein      | 1.3g          |
| Salt         | 0.85g         |

## INGREDIENTS

300g French's Classic Yellow Mustard  
150ml maple syrup  
75g rapeseed oil

## METHOD

1. Stir together all the ingredients in a small bowl.
2. Its good to go, or cover it up and store in the fridge for up to a week.

*Pair*

With our Rarebit  
Burger on page  
4 and 5

\*<https://www.fona.com/flavor-insight-maple-by-the-numbers/>



# Southern Style HOT MUSTARD & HONEY BBQ SAUCE

The tables have turned on traditional Tommy K, with ketchup on menus declining whilst mustard grows in popularity.\* Highly versatile, use of mustard in recipes has been steadily rising as more chefs realise its potential as more than just a condiment. Mix up a batch of our silky smooth French's Classic Yellow Mustard with Frank's RedHot Original Cayenne Pepper Sauce for the ultimate southern style sauce – perfect for dipping or coating.

## Nutritional information per serving (30g)

|              |              |
|--------------|--------------|
| Energy       | 307kJ/73kcal |
| Fat          | 1.1g         |
| saturates    | 0.2g         |
| Carbohydrate | 15g          |
| sugars       | 13g          |
| Fibre        | 0.7g         |
| Protein      | 0.8g         |
| Salt         | 0.71g        |

## INGREDIENTS

- 100g French's Classic Yellow Mustard
- 100g honey
- 50g Frank's RedHot Original Cayenne Pepper Sauce
- 25g brown sugar
- 7ml cider vinegar
- 10g ketchup
- 10ml Worcestershire Sauce
- 10g garlic powder
- Salt and ground black pepper, to taste

## METHOD

1. Throw all the ingredients in a bowl and whisk.
2. Put the mixture into a small saucepan over a medium heat. Simmer for 7-10 minutes.
3. Slather your meats in the sauce or use as a dipping sauce.

### Note

This sauce is great brushed on grilled meat (chicken, pork, beef) or grilled vegetables, or you can just use it as a dipping sauce

\*<https://www.restaurantbusinessonline.com/food/whats-trending-burgers#page=2>  
Technomic's Burger Consumer Trend Report



Prep Time  
5 MINUTES



Cook Time  
10 MINUTES

10

Serves  
10 PEOPLE







Prep Time  
5 MINUTES



Cook Time  
N/A

10

Serves  
10 PEOPLE



## SAUCES

# Comeback SAUCE

As the nation becomes more adventurous when eating out, consumers, hell bent on a heat fix, are calling for more spice.\* Give customers the best of both worlds with this Comeback Sauce - a traditional Mississippi staple packed full of spice. Best served as a dipping sauce for fish, crudités and battered goodies.

### Nutritional information per serving (30g)

|              |               |
|--------------|---------------|
| Energy       | 688kJ/164kcal |
| Fat          | 16g           |
| saturates    | 1.3g          |
| Carbohydrate | 4.2g          |
| sugars       | 3.3g          |
| Fibre        | 0.3g          |
| Protein      | 0.5g          |
| Salt         | 0.58g         |

## INGREDIENTS

- 200g mayonnaise
- 50g ketchup
- 50g Frank's RedHot Original Cayenne Pepper Sauce**
- 2 tsp Worcestershire sauce
- 1 tsp garlic powder
- ½ tsp black pepper

## METHOD

1. Mix all the ingredients together until you have a nice smooth sauce.
2. Cover and store in the refrigerator until ready to serve.

### Note

Serve with chicken, prawns, vegetables, or wedges

\*<https://www.marketwatch.com/press-release/sauces-condiments-and-dressing-market-2019--worldwide-industry-forecast-with-trends-size-share-statistics-competition-strategies-application-region-and-analysis-2023-2019-04-09>



# HIGH QUALITY AND FULL OF FLAVOUR

Suitable for vegans and vegetarians

Free from artificial colours & preservatives



More recipes can be found on our website at  
[www.franksandfrenchs.co.uk](http://www.franksandfrenchs.co.uk)

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