

The SHOPPER

WINTER | AUGUST 2021

Women's Month

THE LIFE OF PIE

Recipes from our Chefs

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WE RECOMMEND

Unilever Food Solutions

BEST BUYS

Bakerville Cakery

TSEBO

Mixed berry compote

Pie



CHEF TSHGOFATSO SEKELE
Regional Executive Chef - TSS



Ingredients

1 sheet	Puff pastry (thawed)
3 cups	Mixed berries (frozen or fresh)
1 Tbsp	Lemon juice
1 tsp	Lemon zest
1 cup	Sugar
1	Egg (for egg-wash)
TT	Icing sugar (for dusting)

Method

1. Preheat the oven to 180 °C.
2. In a saucepan on a medium heat, mix frozen mixed berries, lemon juice, lemon zest, and sugar. Reduce for at least 30 minutes and set aside to cool.
3. Roll out the thawed dough, using a 4-inch round cookie or biscuit cutter, cut the dough into rounds and press into the cavities of a muffin pan. Egg-wash the pastry before baking.
4. Bake the puff pastry using the blind baking method.
5. Once the puff pastry is cooked, scoop the berry mixture into the puff pastry and dust with icing sugar.
6. Serve cold or at room temperature, with home-made ice cream.

Spirit

Cookies



CHEF BOITUMELO NKOSI

Pastry Chef, Old Mutual Insure - TSA



Ingredients

200 g	Margarine
150 g	Sugar
2	Eggs
2 ml	Vanilla essence
300 g	Cake flour
50 g	Cocoa powder

Method

1. Cream the margarine and the sugar, beating until light.
2. Combine the vanilla and eggs and mix well together.
3. Slowly add to creamed sugar beating continuously.
4. Add cake flour to mixture and knead together, do not overwork.
5. Separate the dough in half, then add cocoa powder to one half.
6. Roll the two doughs out separately.
7. Place the vanilla dough on a sheet of foil, place the chocolate dough on top.
8. Roll up like a swill roll, creating a spiral effect.
9. Refrigerate for 1 hour.
10. Slice into ½ cm slices and place onto lined baking sheet.
11. Bake in the oven at 180°C for 25 minutes.

Cherry

Apple pie



CHEF NONHLANHLA ROSE SKOSANA

Exxaro - TSA



Ingredients for pastry

330 g	All-purpose cake flour
½ tsp	Salt
½ cup	Butter
2-3 Tbsp	Ice water
TT	Egg (for egg-wash)

Method for pastry

1. Mix flour and salt.
2. Melt butter and mix into the flour.
3. Add ice water.
4. Mix well until smooth, do not overwork the dough.
5. Wrap with plastic wrap.
6. Rest for 15 minutes in the fridge.

Ingredients for filling

1 tsp	Cinnamon
1 tsp	Nutmeg
5-6	Apples
½ cup	Sugar
½ cup	Flour
1 Tbsp	Lemon juice (freshly squeezed)
½ cup	Glazed cherries

Method for filling

1. Peel apple and cut into wedges.
2. Add spices, sugar, and flour, and combine well.
3. Add glazed cherries and mix well.
4. Marinate mixture in fridge for 1 hour.

Pie assembly

1. Thinly roll out pastry and line pie in a well-oiled baking tin (or spray with Spray & Cook) keeping enough dough for lattice work on top.
2. Fill the tin with the apple filling.
3. Cover the filling with thinly rolled pastry, cut into strips – fold the pastry into a lattice form.
4. Egg-wash the pastry and sprinkle with castor sugar.
5. Bake in a 175°C preheated oven for 20 minutes.

Apple *Crumble*



CHEF TSHEGOFATSO SEKELE
Regional Executive Chef - TSS



Ingredients for pastry

2½ cups	All-purpose flour
1 tsp	Salt
1 tsp	Sugar
16 Tbsp	Cold unsalted butter, cut into pieces
¼-½ cup	Ice water

Method for pastry

1. In a food processor, combine flour, salt, and sugar. Pulse to combine.
2. Add butter and pulse until mixture resembles coarse meal, with just a few pea-size pieces of butter remaining.
3. Sprinkle with ¼ cup ice water. Pulse until dough is crumbly but holds together when squeezed with fingers (if necessary, add up to ¼ cup more water, 1 tablespoon at a time). To help ensure a flaky crust, do not overprocess.
4. Transfer half of dough (still crumbly) onto a piece of plastic wrap. Form dough into a disk ¾ inch thick, wrap tightly in plastic. Refrigerate until firm, at least 1 hour.

Pie assembly

1	Refrigerated pie crust
TT	Apples (cored, diced and sliced)
2 Tbsp	Sugar
1 Tbsp	All-purpose flour
1 tsp	Cinnamon
¼ cup	All-purpose flour
¼ cup	Light-brown sugar
2 Tbsp	Unsalted butter (melted)

Method

1. Preheat the oven to 150°C.
2. Grease a tart pan using butter or alternatively Spray & Cook.
3. Using a round cookie cutter, cut the dough into a round and press into the cavity of the tart pan.
4. In a mixing bowl, stir together the apples, sugar, 1 tablespoon flour, and cinnamon until fully combined. Spoon into the dough round.
5. In a small mixing bowl, stir together the flour and brown sugar. Drizzle with butter and mix well to combine. Spoon over the top of the apple filling.
6. Bake until filling is cooked through and pastry is golden on top.
7. Let cool for 30 minutes before serving.



Red pepper, spinach and Feta

Quiche



CHEF FRANS PHAGO

Head Chef, Murray and Roberts – TSA



Ingredients for crust

1½ cup	Cake flour
½ cup	Unsalted butter (chilled and cubed)
½ tsp	Salt
1	Egg (large)
1 Tbsp	Water (up to a ¼ cup)

Method for crust

1. In a food processor add flour, salt, chilled cubed butter. Pulse for 30 seconds until it resembles coarse breadcrumbs consistency.
2. Combine the egg with cold water and add to the mixture. Pulse or combine for 30 seconds more.
3. Pour mixture onto a work surface. Bring all the crumbs together and shape it into a ball. Then flatten into a disc. Wrap in a plastic wrap and chill for 20-30 minutes or until firm enough to roll.
4. Once firm enough to roll out, roll the dough onto a lightly floured surface. Start with a tapping motion, then roll from the centre out.
5. When you reach the desired size, transfer the dough without cracking into a quiche pan.
6. Remove the excess dough and heaten the edges.
7. Chill the dough for 15 minutes.

Ingredients for filling

½	Onion (sliced)
½	Red pepper (roasted)
300 g	Spinach (wilted and squeezed)
4	Eggs (large)
80 ml	Milk
1 tsp	Parsley (chopped)
TT	Salt and pepper
2 Tbsp	Oil

Quiche assembly

1. Preheat the oven at 200°C.
2. Push the quiche dough into a greased and lined baking tin and make sure to do this evenly.
3. Dock the pastry all over with a fork to prevent the pastry from puffing up. Line the pie with wax paper. Then, fill the centre with a pie weight or baking beans (dry beans).
4. Bake for 15 minutes, then remove the pie weight.
5. While pastry is baking, in a frying pan pour some oil and gently fry the onion on a low heat for 20 minutes until sweet cooked, stirring occasionally.
6. In the pre-baked crust, add a layer of onion, followed by the roasted pepper, spinach, and feta cheese.
7. Whisk the eggs in a jug together with the milk and chopped parsley, season with salt and pepper, and carefully pour over the vegetables and Feta.
8. Bake in the oven for 30-35 minutes. Take out and allow to cool on a rack for at least 10 minutes.
9. Serve warm or cold.



Milkstart



CHEF GARETH DE VILLIERS
Regional Executive Chef



Ingredients for crust

½ cup	Butter or margarine (softened)
1 cup	White sugar
1	Egg
2 cups	Cake flour
2 tsp	Baking powder
1 pinch	Salt

Method for crust

1. Preheat oven to 180°C.
2. In a medium mixing bowl, cream together ½ cup butter or margarine and 1 cup sugar.
3. Add 1 egg and beat until mixture is smooth.
4. In a separate bowl, mix 2 cups flour, baking powder, and salt. Stir flour mixture into sugar mixture just until ingredients are thoroughly combined.
5. Press mixture into bottom and sides of 2 muffin or large cupcake pans.
6. Bake for 10-15 minutes until golden brown.

Ingredients for filling

4 cups	Milk
1 tsp	Vanilla essence
1 Tbsp	Butter (or margarine)
2½ Tbsp	Cake flour
2½ Tbsp	Corn flour
½ cup	White sugar
2	Eggs
½ tsp	Ground cinnamon (for dusting)

Method for filling

1. In a large saucepan, combine milk, vanilla extract, and 1 tablespoon butter or margarine. Bring to a boil over medium heat, then remove from burner.
2. In a separate bowl, mix the flour, corn flour, and half a cup of sugar.
3. Add beaten eggs to sugar mixture and whisk until smooth.
4. Slowly whisk mixture into milk. Return pan to heat and bring to a boil, stirring constantly. Boil and stir for 5 minutes.
5. Pour milk filling into each pastry shell and sprinkle with cinnamon.
6. Allow to cool before serving.



Red cake

Lamington



CHEF GARETH DE VILLIERS
Regional Executive Chef

Ingredients for crust

250 g	Margarine
300 g	Caster sugar
4	Eggs (beaten)
½ tsp	Vanilla essence
500 g	Self-raising flour
1 pinch	Salt
250 ml	Milk

Ingredients for icing

385 g	Icing sugar
125 ml	Milk
20 g	Margarine
TT	Crimson pink food colouring
250 g	Desiccated coconut

Ingredients for filling

250 ml	Fresh cream
15 g	Icing sugar
½ tsp	Vanilla essence
4 Tbsp	Strawberry jam

Method

1. Preheat the oven to 180°C. Grease a 3 cm deep 17 cm X 17 cm baking tin and line the base with baking paper.
2. Place the margarine and sugar in a mixer and mix until fluffy. Add the eggs one at a time, beating well after each addition, then add the vanilla essence.
3. Sift the flour and salt together and fold in alternately with the milk, starting and finishing with the flour. Be careful not to over-mix the mixture.
4. Pour the mixture into the cake tin and level the surface. Bake for 30-35 minutes, until the cake is well risen and golden and springs back when lightly pressed with your finger. Leave to cool in the tin, then remove from the tin and leave in the fridge for 1 hour to firm up.
5. Cut the sponge cake into 12 equal-sized pieces. Sift the icing sugar into a bowl and slowly add the milk, whisking to keep the mixture smooth.
6. Add the margarine. Place the bowl over a double boiler, making sure the water doesn't touch the base of the bowl. Stir continuously for 3-4 minutes, until the icing is hot.
7. Remove the bowl from the heat and stir in a half teaspoon colouring. Dip each piece of cake, one at a time, into the icing, using a spatula to lift them out.
8. Place the desiccated coconut in a mixing bowl. Ensure any excess icing has drained off each piece, then roll them in the coconut. Lift cake pieces onto a tray lined with baking paper and leave for 2 hours to firm and set.
9. To make the filling, place the vanilla essence, icing sugar and fresh cream in a bowl and whisk to form soft peaks. It should be a thick enough consistency to spread.
10. Cut each cake in half and spread a layer of strawberry jam and whipped cream on each half.

Passion fruit Turnover



CHEF GARETH DE VILLIERS
Regional Executive Chef



Ingredients for crust

400 g sheet	Puff pastry
1 Tbsp	Granadilla pulp (heaped)
1	Egg (beaten)
TT	Icing sugar (for dusting)
TT	Whipped cream (to serve)

Method

1. Heat the oven to 200°C.
2. Gently roll the puff pastry on a lightly floured surface. Cut the pastry into six squares.
3. Spoon the granadilla pulp in the center of each pastry square.
4. Fold pastry over and seal the edges by pressing down with a fork and brush with egg.
5. Lay on baking paper and bake for 20 minutes.
6. Dust with the icing sugar and serve with the whipped cream.

Hazelnut Pudding



CHEF ZOLANI RADEBE

Regional Executive Chef, Fedics - East London



Ingredients

1 cup	Self-raising flour
¼ cup	Cocoa powder
½ cup	Caster sugar
1	Egg
½ cup	Milk
50 g	Butter (melted)
½ cup	Chocolate hazelnut spread
½ cup	Soft brown sugar
2 Tbsp	Cocoa powder (extra)
1½ cups	Boiling water
½ cup	Hazelnuts (chopped)
TT	Cream or ice cream (to serve)

Method

1. Preheat oven to 180°C.
2. Combine flour, cocoa powder, and sugar in the base of a 2-litre baking dish.
3. Make a well in the centre and add egg, milk, and melted butter, mixing the wet ingredients until well-combined before stirring into the dry ingredients. Combine until a smooth batter, then stir in the chocolate hazelnut spread.
4. Sprinkle brown sugar and extra cocoa powder over batter, pour boiling water gently over the back of a large spoon into the cake batter.
5. Bake for 30 minutes then keeping pudding in oven, top with hazelnuts and bake for a further 10-15 minutes.
6. Serve with cream or ice-cream.

Fruit Tart



CHEF ZOLANI RADEBE

Regional Executive Chef, Fedics - East London



Ingredients for crust

1½ cup	All-purpose flour
¾ cup	Granulated sugar
½ tsp	Kosher salt
10 tsp	Melted butter
½ tsp	Almond extract

Ingredients for filling

½ cup	Heavy cream or double cream
250 g	Mascarpone cheese (1 container)
125 g	Cream cheese (softened)
½ cup	Castor sugar
½	Lemon (juiced)
½ tsp	Almond extract

Ingredients for topping

1 cup	Strawberries (halved)
1 cup	Blackberries
1 cup	Raspberries
2	Mandarins
½ cup	Blueberries
¼ cup	Apricot jam

Method

1. In a bowl whisk together flour, sugar, and salt.
2. Add melted butter and almond extract and stir until dough forms.
3. Press mixture into a tart pan with a removable bottom, pressing dough all the way up the side until dough is evenly spread.
4. Make filling in a medium bowl using a hand mixer. Beat heavy cream in a large bowl until stiff peaks form. Gently fold in Mascarpone and cream cheese until smooth.
5. Add powdered sugar, lemon juice and almond extract and combine until no lumps remain. Lastly, fold in the whipped cream.
6. Scoop filling into crust and top with fresh fruit.
7. Serve well-chilled.

Pavlova



CHEF ZOLANI RADEBE

Regional Executive Chef, Fedics - East London



Ingredients for crust

4	Eggs
1½ cup	Caster sugar
1 Tbsp	Corn flour
1 tsp	Vinegar
½ tsp	Vanilla
1 Tbsp	Hot water

Ingredients for topping

300 ml	Double cream (whipped)
TT	Mixed fruit

Method

1. Preheat oven to 140°C.
2. Put all ingredients except those for topping, into a mixer, add hot water last.
3. Whisk for ten minutes on a high speed.
4. Line a large flat baking tray, spoon meringue into tray.
5. Bake for 1 hour, then allow it to cool.
6. It should be crunchy on the outside and like marshmallow inside.
7. Serve cold, topped with cream and fruits.

Strawberry Puff Pastry



CHEF ZOLANI RADEBE

Regional Executive Chef, Fedics - East London



Ingredients

1 pack	Frozen puff pastry
5 cups	Fresh strawberries, sliced
6 tsp	Baking chocolate, chopped
1 block	Cream cheese, softened
1 tsp	Vanilla extract
1 cup	Confectioner's sugar
½ cup	Malted milk powder
2 cups	Heavy whipping cream, whipped
TT	Strawberry syrup, optional

Method

1. Thaw one puff pastry, unfold and cut lengthwise into strips
2. Bake at 400°C for 15 minutes
3. Mix strawberries, cream cheese, vanilla and blend it until smooth
4. Place puff pastry to the table and topped with smooth mixture of strawberry, cream cheese
5. Halved strawberries for garnish



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Cakes

BUYER CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
15660	CAKE CHOCOLATE BAKERVILLE CAKERY 1X24CM	NATIONAL	CAK0251	BIDFOOD
15660	CAKE VANILLA BAKERVILLE CAKERY 1X24CM		CAK0252	
15660	CAKE MOCHA BAKERVILLE CAKERY 1X24CM		CAK0253	
15660	CAKE RED VELVET BAKERVILLE CAKERY 1X24CM		CAK0254	
15660	CAKE CARROT BAKERVILLE CAKERY 1X24CM		CAK0255	



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RED VELVET CAKE

Red velvet cake layered with a vanilla infused plant-based cream and garnished with red macaroon crumble.



MOCHA CAKE

Vanilla chiffon cake layered with a mocha infused plant-based cream and a coffee infused biscuit crumble topping and streaks of cocoa ganache.

VANILLA CAKE

Vanilla chiffon cake layered with a vanilla infused plant-based cream and a golden oat biscuit crumble topping.



CHOCOLATE CAKE

Chocolate velvet cake layered with chocolate flavoured plant-based cream and garnished with dark chocolate flavoured flakes.



CARROT CAKE

Moist carrot cake layered with a vanilla infused plant-based cream and garnished with macaroon crumble.





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Deep fried cheesecake

BUYER CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
34049	Instant Cheesecake Mix - CARTE D'OR	NATIONAL	PUD0759	BIDFOOD
30063	Sauce Wild Berry - CARTE D'OR 2LT		PUD0566	

Orange and mixed berry chocolate tart

BUYER CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
34180	Dessert Mousse Chocolate - CARTE D'OR	NATIONAL	PUD0230	BIDFOOD
30063	Sauce Wild Berry - CARTE D'OR 2LT		PUD0566	

Chocolate mousse with ginger crunch and wild berry sauce

BUYER CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
34180	Dessert Instant Chocolate - CARTE D'OR	NATIONAL	PUD0191	BIDFOOD
34180	Dessert Mousse Chocolate - CARTE D'OR		PUD0230	
30063	Sauce Wild Berry - CARTE D'OR		PUD0566	

Rooibos tea-ramisu

BUYER CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
		NATIONAL		BIDFOOD



DEEP-FRIED CHEESECAKE

PHYLLO CIGARS SERVED WITH
WILD BERRY DIPPING SAUCE

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DEEP-FRIED CHEESECAKE PHYLLO CIGARS SERVED WITH WILD BERRY DIPPING SAUCE

INGREDIENTS:



Yield:
16 Cigars



Prep Time:
20 min



Cook Time:
5 min



Serves:
3

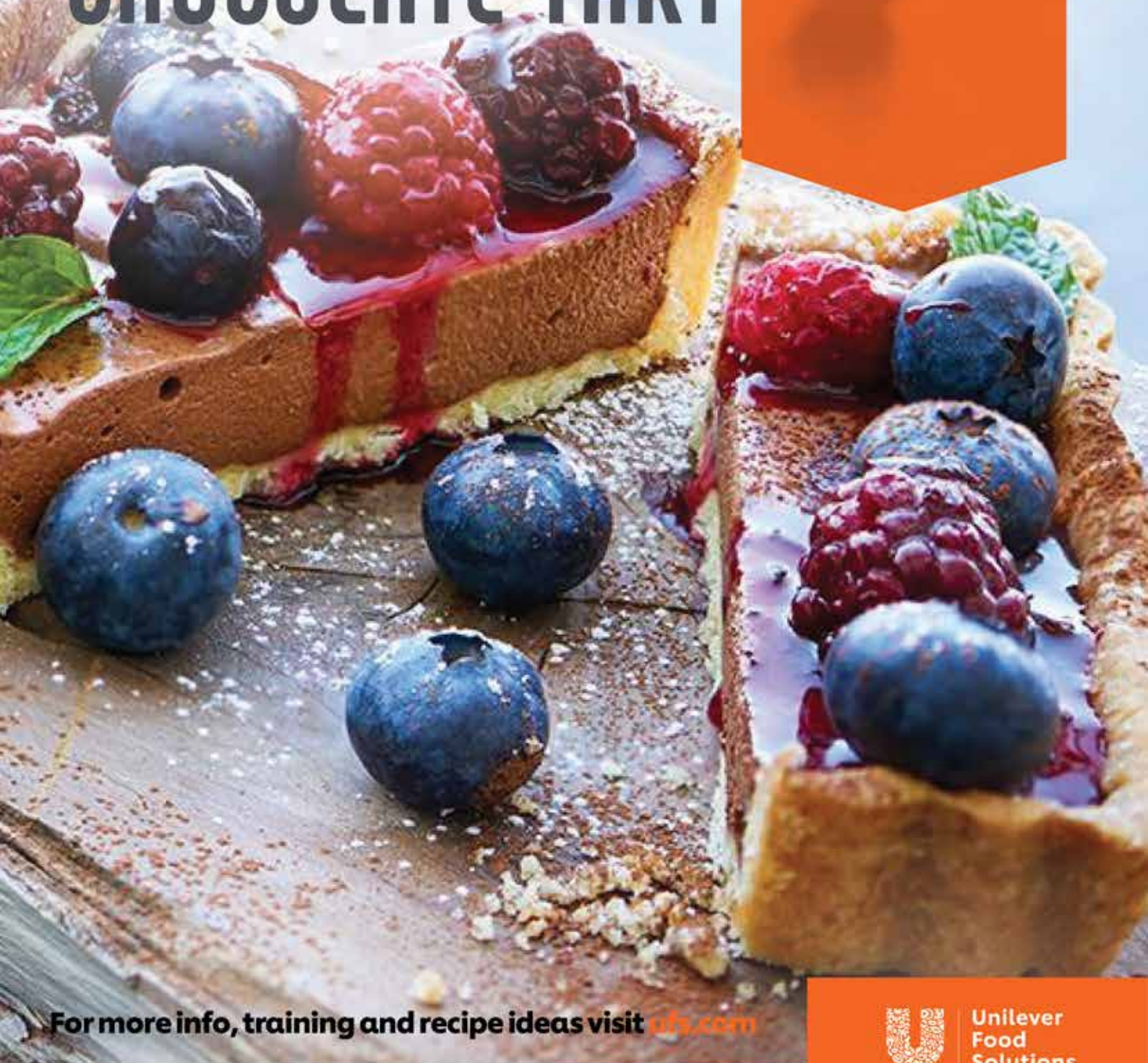
METHOD:

1. For the cheesecake: In an electric mixer, whisk together **Carte d'Or Cheesecake Mix** and cold water, set in a 15 cm x 20 cm baking tray. Allow to set in the fridge for 15-20 minutes.
2. Cheesecake phyllo cigars: Cut each phyllo sheets into 4 pieces, stick two squares together with a brush of melted butter. Cut the cheesecake into finger size length (16 portions) and wrap the cheesecake in the phyllo pastry, closing off each end, and stick down with beaten egg. Refrigerate. Deep fry the phyllo cheesecake rolls at 180 °C until golden brown. Drain off the excess oil onto paper towel. Dust the cheesecake cigars with icing sugar.
3. To serve: Serve with dipping sauce of **Carte d'Or Wild Berry Sauce** and fresh berry and kiwi salsa not shown in ingredients.

CHEF'S TIP:

When working with phyllo pastry, cover with a damp cloth as it dries out quickly.

ORANGE AND MIXED BERRY CHOCOLATE TART



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ORANGE AND MIXED BERRY CHOCOLATE TART



Serves:
15

INGREDIENTS:



METHOD:

1. Shortcrust pastry: Preheat the oven at 180 °C. Mix flour and sugar together. Rub butter into the flour and sugar mixture to form a ball. Leave mixture to rest for 30/40 minutes in the fridge. Grease pastry cases, press pastry into a 34 cm x 9.5 cm tart case. Leave to rest in fridge for 10 minutes. Using grease proof paper and beans blind bake the pastry for 15 minutes.
2. Chocolate filling: In an electric food mixer whisk the **Carte d'Or Chocolate Mousse** and milk for 4 minutes. Once whisked add orange juice and zest along with **Carte d'Or Wild Berry Sauce**. In another bowl whisk cream with castor sugar until firm. Once the cream is firm add it into the mousse mixture. Mix gelatine and hot water together. Allow to cool to room temperature. Fold in gelatine mix into chocolate mousse mixture. Pour mixture into cold pastry shells, allow to set in fridge for 1 hour.
3. Garnish - Candied Orange: Add water and sugar to a pot, whisk and allow to simmer until a slight syrup is formed. Add orange slices into pot and allow to simmer for 45 minutes or until oranges have become translucent. Do not stir as sugar crystals will arise. Shake pot if needed. Remove the orange slices from the pot and place on cooling rack. Allow to dry overnight. One could place oranges in the oven for 2 hours at 70 °C. Garnish with berries, mint and a dusting of icing sugar.

CHOCOLATE MOUSSE WITH GINGER CRUNCH AND WILD BERRY SAUCE



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CHOCOLATE MOUSSE WITH GINGER CRUNCH AND WILD BERRY SAUCE



Yield:
1.4 kg



Prep Time:
10 min



Cook Time:
20 min



Serves:
10

INGREDIENTS:



METHOD:

- 1.** Mousse: In mixer bowl, add in the **Carte d'Or Instant Chocolate Dessert**, **Carte d'Or Chocolate Mousse**, cold water and cream. In the electric mixer whip on high speed for a few minutes until firm and can be piped. Mix together the crushed ginger biscuits and melted butter.
- 2.** To assemble: First layer: Pipe a layer of chocolate mousse, $\frac{3}{4}$ of the way up the dessert jar. Second layer: Sprinkle Ginger Biscuits on the chocolate mousse and pour a teaspoon of **Carte d'Or Wild Berry**. Third layer: Spoon the cream and **Carte d'Or Wild Berry** sauce alternatively into the piping bag, pipe as a last layer. Allow to set in the fridge and garnish with white chocolate shavings and fresh raspberries.

CHEF'S TIP:

You can use Tennis biscuits instead of ginger biscuits. You can pipe into a suitable glass instead of a dessert jar.

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