

# THE ALC<sup>He<sup>2</sup></sup>MY OF FO<sup>8</sup>OD



TSEBO  
**50**  
+1  
YEARS  
FROM 1971 - 2022

ISSUE 8  
MARCH 2022  
[www.tsebo.com](http://www.tsebo.com)

**TSEBO**

NICHOLAS MADHURA

# TSEBO'S FOOD FIRST, FUTURE FOCUSED APPROACH TO INSPIRED CATERING

In 2021 Culinary Director, Chef Nicholas Madhura, concentrated on developing a future focused plan by putting structures in place to drive the success of several new initiatives. Watch out 2022! Great things are about to happen.

For Chef Nicholas Madhura, Culinary Director for the Tsebo Solutions Group, the future for the company's catering division rests heavily on food. It might seem obvious, but in contract catering where financial margins, health and safety, and managing the large-scale provision of meals for a variety of nutritional needs and tastes, food can become a commodity that falls to the background. Not so for Tsebo, where Chef Nick has spent the past couple of years building a solid framework to ensure that tasty, fresh, lovingly crafted, and beautifully presented food is always at the front and centre of everything the division does.





"In 2021, we took a twofold approach to the business," says Chef Nick. "It was a year in which we continued to adapt to the challenges brought by Covid-19 but also one in which we adopted a segmental approach designed to deliver the exact catering needs for clients across market segments such as education, healthcare, industry, commercial and retirement estates. This involved a learning curve for our employees and clients, and we had to bring these concepts and their associated values to life while ensuring that everybody was marching forward in the same direction. In doing this we've revived our offering and put food firmly back on the agenda."

The culinary team was the backbone and the true custodians who brought the new concepts to life, says Chef Nick. The team comprises Chef Marko Engelbrecht (Fedics inland), Chef Theo Gqontshi, Chef Luke Reddy, Chef Christopher Seane (Healthwise inland, coastal and outlying), Chef Oliver Reddy (KZN and Head of Business – Industry and Automotive), Chef Gesina Erasmus (Eastern Cape Gqeberha), Chef Zolani Radebe (Eastern Cape East London), Chef Liezl Oosthuizen (Western Cape), Chef Dieter Eberlanz (TsAfrika Corporate National), Chef Gareth De Villiers (TSS Lesotho), Chef Tshogofatso Sekele (TSS National) and Chef Lunga Loketsi who leads the inland class segment. The team and food offerings are supported by Annelize Zeelie, Divisional Dietitian, together with her regional team of passionate, registered dietitians.

Major highlights of the past year include conceptualising Covid related solutions for function catering, with one major event involving pre-packaging and branding to provide fresh, beautifully presented Pack'd meals to 3900 people in East London. Another highlight was the rise of the Tsebo Training Academy, which trains aspiring chefs, cooks, and other culinary employees in Tsebo's high standards of food preparation and service.

"Our academy is bigger than ever, and our classes are full. Historically we had about four classes, but we currently have 13 classes running from last year into 2022. This is only the beginning; once they are formally qualified, we will continue developing them and growing their careers over the next four or five years. It takes time to develop quality and harness the positive energy of learners, so we are taking a future-based approach to developing our teams for 2022 and 2023," says Chef Nick.

This focus on the future has also been adopted in terms of sales and marketing, where the power of collaboration has been harnessed to drive Tsebo's enthusiasm for its reimagined and reinvigorated products and solutions. "A lot of thought and energy went into preparing the business for growth through collaboration, investing in people and appointing the right people to top positions.

“

**Much of the work we did last year is beginning to show results, 2022** has really kicked into gear and our teams are up for the challenge.

”





Much of the work we did last year is beginning to show results, 2022 has really kicked into gear and our teams are up for the challenge. Considering the bold growth plans we have, we are happy to say that the sales team is off to a good start. Over 20 contracts have been signed since the quarter started. Thanks to our business development managers and the partnerships with our operators, our culinary and dietetics teams and of course the dedicated bid designers. Team work! Upwards and Onwards!

It also meant developing several initiatives such as *The Perspective* with Dr Wilfred Bock and the *Nutrition Nudge*, to educate people on the importance of healthy eating for wellbeing and longevity. Essentially, we are building a legacy to inspire the future. "Much of the work we did last year is beginning to show results, and we have already landed about six new contracts as a result of the work we put in." Regarding 2022, Chef Nick says it's important that the division created and secured a foundation from which to move forward.

This year will be more about developing employees' skills to imprint the unique Tsebo style by ensuring that everyone is aligned and fully informed about the added value that Tsebo offers. Chef Nick says clients are asking for cost-effectiveness, but also want value adds and innovation. They want to stand out and be noticed. To achieve this, Tsebo is working across the board to ensure that everyone brings their A-game to work, from employees to suppliers. "By constantly upskilling our staff, we ensure the best value for our clients, which in turn secures jobs and grows employment opportunities. This approach is built around our academy that trains and develops employees, and around our Ideas Hub that encourages everybody to play a role in fresh, innovative thinking. We are not even talking about thinking outside the box; we already moved further than that. We want to tap into our creative ability to come up with out of the jar solutions, which helps to differentiate Tsebo from the rest.

"As we innovate, we also must ensure that we maintain the quality of our product, we cannot drop the ball. But with a framework in place, it means that when we focus on a particular issue in the business, we know exactly why we are focusing on it. We started this year with a Supplier's Festival so that everyone could put names to faces and we could start sharing ideas around how we can all improve and add value. We want our suppliers to start thinking the way we do. We are not asking for the cheapest and the nastiest, no, definitely not! We request them to innovate and reconceptualise to see how they can add further value to our clients.

"We expect the best from ourselves, and the aim is always to be a cut above the rest. In this way, the Tsebo Catering Solutions is playing its part in building a legacy to inspire the future," Chef Nick concluded.



TSEBO'S

# Festival

OF FUSION AND FLAVOUR

WAS A HUGE SUCCESS  
AS WE JOINTLY

*shaped the future of food!*

With more than 50 years in the catering sector, Tsebo Catering Solutions prides itself on being at the forefront of innovation – not only in food preparation, presentation, service and taste, but also in how it procures suppliers to provide premium quality fresh produce, dry goods, quality ingredients as well as equipment and cleaning chemicals.



After nearly two years of extreme social distancing as a result of the Covid-19 pandemic, Tsebo was delighted to have been able to bring together all stakeholders from Tsebo Catering Solutions' units and our supply partners, including SMMEs, in the highly successful Festival of Fusion and Flavour, with the slogan, Jointly Shape the Future of Food. "What an awesome occasion to be face to face with people engaging with food products in an industry that has been devoid of personal contact for two years," said Jane Russel, Quality Risk Executive, Bidfood.

Although Covid-19 protocols were strictly adhered to, the festival took place on 17 February 2022 in Hall 29 at Wits University. The event presented an opportunity for Exco, clients, unit operators, catering teams, district managers, operations managers, catering managers, project managers, senior chefs, and storekeepers to sample what our suppliers have to offer. For suppliers it was an opportunity to pull out the stops and impress their catering peers with offerings of food and drink, as well as the latest innovations in packaging, food preparation and equipment.



# Festival

OF FUSION AND FLAVOUR

*shaping the future of food*



**CLICK HERE TO VIEW**

“At Tsebo we live our nutrition manifesto through our collaboration with our suppliers. “We believe in putting effort into the food on your plate by using the freshest and most natural ingredients we can source from our amazing suppliers,” said Annelize Zeelie, Tsebo Group Dietitian. Tsebo’s supply partners were also able to network and share knowledge with their peers, while also putting faces (albeit a masked one) to some of the names they know only through email.

For Nontwenhle Mchunu who owns and operates Thaba Meats with her sister, the partnership with Tsebo is key to their success. “We started by supplying 12 units and now we supply 57 units. We see ourselves as Tsebo’s partners, we can only grow and improve our business if we work together as partners,” she said. The Tsebo procurement team was on hand to answer questions about Tsebo Source, the innovative procurement platform that ensures all suppliers not only meet Tsebo’s high standards of quality but are also vetted, compliant with health and safety, and industry specifications. The festival presented a wonderful opportunity to celebrate what it truly means to be part of the extended Tsebo family.



**Tsebo Catering Solutions Procurement Team.** From left to right: Renee Vermeulen (Procurement Manager, Pearl Mapholisa (Procurement Administrator), Nandi Shembe (Procurement Administrator), Jackie Searle (Category Manager) and Sue Kirk (Category Manager)



# TWELVE FOOD AND DRINK TRENDS FOR 2022

According to Colman Andrews, an American writer and editor, and authority on food and wine, the following trends in food and drinks are fast emerging.



## Touchless ordering and payment

Table cards with QR codes instead of menus; self-service kiosks at fast-food places; portable payment terminals that you just wave your credit card chip at — innovations like these were introduced in the early days of the Covid-19 pandemic when everybody was afraid of catching the virus from surfaces. That fear has eased, but customers and restaurateurs alike have gotten used to the convenience associated with these innovations, so they will likely increase.

## Robot servers and cooks

Accelerated adoption of robots and other forms of automation in the restaurant industry will be the number one trend for 2022 and for years to come, according to a report from the culinary consulting company Baum & Whiteman. Faced with staff shortages due to the pandemic, restaurants — primarily but not exclusively in the fast-food arena — are testing automated order-takers, servers and bussers, even cooks who can toss salads, flip burgers, and deep-fry wings, among other kitchen tasks. Driverless delivery vehicles and drones are winning popularity.



## More sidewalk dining

Not everyone loves the concept: there are complaints about noise, rats, lost parking spaces, and more. But measures initially adopted to give restaurants a chance to stay in business while their indoor dining rooms were closed or forced to drastically reduce capacity, have revealed to a large segment of the dining public that dining outside, being able to observe the action on the streets and breathe fresh air, is fun and is perhaps more pleasant than being tucked away in some dark interior restaurant corner.





## Streamlined and downsized menus

Not only staff shortages, which have become chronic on all levels of the food service industry, but also supply chain issues have already led to abbreviated and simplified menus, and the trend shows no sign of waning. The USA National Restaurant Association identifies menu streamlining as one of the top ten trends overall for restaurants this year. The good news is that downsizing might also encourage chefs to be more creative in their offerings and draw more on local rather than nationally or internationally sourced ingredients.

## Ever more ghost kitchens

Ghost kitchens, also called virtual or shadow kitchens, are delivery-only 'restaurants' — professional facilities producing foods of many kinds for delivery, with no actual restaurant attached. The phenomenon grew up in the middle of the last decade, but with the advent of the Corona virus and the sudden rise in home delivery of meals, the concept took off and shows no sign of slowing down. If any proof were needed that this is a runaway trend for 2022, consider that TikTok has gotten into the game, with a plan to open as many as 1000 ghost kitchens across the USA to serve dishes that get the most viral hits.



## Alcohol-free beverages

Terms like 'sober curious' and 'mindful drinking' have become commonplace, as consumers, especially those between 21 to 35 years of age, have begun to embrace the idea of cutting down on alcohol consumption without giving it up completely. Alcohol-free and low-alcohol wines and beers have been on the market for years, but now many bars and restaurants are serving imaginative non-alcoholic cocktails made not just with juices but with boozeless bitters, fancy syrups, and other ingredients. Alcohol-free versions of popular spirits such as whisky, tequila, and more, as well as beer and wine — even no-proof artisanal IPAs, a type of pale coloured beer typically with a higher-than-average alcohol and hop content.



## Alcohol-to-go keeps going

Another pandemic-era measure that will probably extend into the future is alcohol-to-go — wine, beer, spirits, even pre-mixed cocktails added to takeout or delivery orders. According to the USA Distilled Spirits Council, some 31 states adopted alcohol-to-go in the early days of Covid-19. Of those, 15 have extended approval of this practice for periods of two to five years, and 16 have passed laws enshrining the practice for good. This trend is sure to expand globally.

## Plant-based everything

Plant-based burgers are old news by now, but seemingly every week brings news of more plant-based meat substitutes, like chorizo made with pea protein. KFC has just introduced Beyond Fried Chicken nuggets. Vegan deli meats like salami, sliced 'turkey' and 'roast beef' and even a plant-based version of ham show up on the market, and a substitute for pulled pork is made out of jackfruit, a tropical tree fruit grown in Asia, Africa and South America. Can plant-based filet mignon be not far behind?



## Sustainable and sometimes edible packaging

Sustainable (meaning reusable and/or recyclable) packaging for food is the USA National Restaurant Association's number one food-service trend for 2022. The more consumers rely on off-premises dining (from ghost kitchens, for instance), the more important this consideration is likely to become. But instead of reusing or recycling packaging, what if you can eat it? The ice cream cone is an age-old example. As long ago as 2014 Stonyfield Farm launched a product called WikiPearls, frozen yogurt wrapped in edible gel, and a year later, KFC in the UK tested edible coffee cups made of cookie dough, white chocolate, and sugar paper.





## More non-dairy milks

'Milk' that does not come from mammals is nothing new: medieval cookbooks freely employ almond milk, valuable in earlier times as a vegan alternative for periods when religious dietary laws forbade the consumption of animal products. Coconut milk has been a constituent of Asian cuisines for centuries. In our own time soy milk has become a commonplace, and milk substitutes made from oats or cashews are increasingly common. Milk-like substances can be made from all kinds of things, including hemp, rice, macadamia, pecans, peanuts, peas, and bananas — all of which are likely to be showing up more and more in packaged foods and on at least some restaurant menus in the months to come.

## Cultured meat

Some futurists predict that cultured (cell-based or cultivated meat grown in laboratories or production facilities from small groupings of animal stem cells) could become commonly available in supermarkets by the end of next year. Upside Foods (formerly Memphis Meats) produced cultured meatballs in 2017 and is now developing laboratory-grown chicken breasts and steak in its 53000-square-foot plant. Other USA companies hope to be able to produce sushi-grade seafood from stem cells. The USDA recently launched the National Institute for Cellular Agriculture to sponsor research into cell-based meat, and just over a year ago, Singapore became the first nation to approve the sale of such products.



## Sea vegetables

Sea vegetables (or sea greens), including numerous varieties of seaweed, have for centuries been an integral part of traditional diets around the world, from Japan to Ireland to northern Mexico. In addition, the commercial food industry has been using carrageenan (aka Irish moss) and other sea vegetables as emulsifiers and gelling agents for decades, and they are also essential tools in avant-garde restaurant cooking. Now these umami-rich substances that need no pesticides or herbicides to grow and require no farmland or irrigation are showing up more and more, in minimally processed forms, as snack foods (like nori chips), pasta, and even imitation seafood like Nestlé's Vrimp, a shrimp substitute made with nori, peas, and konjac root.



ANNELIZE ZEELIE

# REDUCE SALT – YOUR KIDNEYS, HEART & EYES WILL THANK YOU

Fedics dietitian, Annelize Zeelie, is big on salt. Warning people about it, that is – rather than using much of it. In preparing meals for the masses, leading South African outsourced catering company Fedics follows plans set up by registered dietitians, including Zeelie, and ensures salt levels are not unhealthy.

“We consume far more salt every day than our bodies need,” says Zeelie, who also warns that there are some foods that contain salt that we don’t even know about. “To reduce salt in your diet, you’ve got to know it’s there. Avoid canned meat, salted and dried meat as well as smoked meat – like bacon, which all have a very high salt content.” To this list, she adds cold meats, meat spreads, sausages and meat pies. “Then there’s dried fish like bokkoms, smoked fish such as snoek and salted fish including fish paste, sardines and tuna that all have a high sodium count. You would be far better off eating fresh fish. Eating less salt is healthy for the whole family. Salt is an acquired taste, and it can be avoided, especially when you use herbs and low-salt flavouring to spice up your eating.”



## A low-salt menu

### Starter

Grapefruit or fruit cocktail, or salads without salad dressing.

### Fish

Baked, steamed or in batter, no sauces.

### Meat

Roasted or baked without marinades or sauces.

### Vegetables

Baked potato without salt and steamed vegetables with little or no salt added.

### Desserts

Fresh fruit or fruit salad.

## Advice on items we use regularly:

### Dairy products:

Use fresh milk and yoghurt (low fat or fat free is good; no more than 2 to 3 cups a day). Avoid ice cream, buttermilk, coffee creamers and blended milk powders. Cheese contains a lot of salt, limit your intake to a matchbox-sized portion per day. Avoid feta cheese, cheese spread and cheese portions and opt for unsalted Ricotta or cottage cheese instead.

### Starch:

Bread, breakfast cereals and crackers contain a lot of salt, so choose boiled porridge, rice, potato, pasta (macaroni, spaghetti) and salt-free crackers instead. Avoid cakes, rusks and biscuits bought at a shop – make your own where possible, using little or no salt, bicarbonate of soda or baking powder.

### Fruit:

Always choose fresh fruit over any other and avoid fruit with added sodium sulphate (like dried fruit), as well as olives and gherkins.

### Vegetables:

Fresh is best, but if vegetables cannot be eaten raw, prepare with no salt. Limit the use of canned vegetables and vegetables that can be very high in sodium.

### Fats and oils:

Margarine, butter, salad dressing, and mayonnaise contain a lot of salt, so limit your use to no more than three teaspoons a day – and opt for a low salt margarine.

### Sauces, gravy, soup and stock:

Use home-made soup with no or little added salt. Avoid canned or packets of soups or sauces, bouillon and stock.

### Herbs and spices:

Read the labels on dried herbs and spices or use fresh produce. Also use soy sauce, chutney and meat tenderiser sparingly.

### Sugar and other products:

Did you know that many artificial sweeteners (sodium saccharine and cyclamate) contain salt? Limit the use of golden syrup, molasses, sweets and jam that are preserved with sodium benzoate.

Zeelie suggests that you enjoy unsalted popcorn and nuts but avoid highly salted snacks like potato chips and savoury biscuits. "Also, drink water, pure fruit juice, coffee and tea," she says, "but remember that soda water, mineral water, artificially sweetened cold drinks, instant chocolate and flavoured milk drinks all contain salt."

# LEMON ROSEMARY

## *Chicken Skillet*





## INGREDIENTS

<b>500 g</b>	Cherry tomatoes
<b>1½ tsp</b>	Black pepper, divided
<b>1 Tbsp</b>	Grapeseed oil, plus 1 tsp
<b>4</b>	Boneless, skinless chicken breasts
<b>1½ tsp</b>	Dried rosemary, divided
<b>½ cup</b>	White wine
<b>2 cloves</b>	Garlic, minced
<b>1</b>	Lemon, juiced

## METHOD

1. Preheat the oven to 150°C.
2. In a medium bowl, toss the tomatoes with half of the pepper and one teaspoon of grapeseed oil.
3. Place the tomatoes in a cast-iron skillet (or, if you don't have one, a baking dish) and roast for 15 minutes.
4. While the tomatoes are roasting, pat the chicken dry with paper towels. Season with half a teaspoon rosemary and half of remaining pepper.
5. Remove the tomatoes from the oven but keep the oven on. Remove the tomatoes from the skillet and set aside and place the skillet on a burner set to medium-high. If you don't have a cast-iron skillet, switch to a large skillet.
6. Coat the skillet with the remaining grapeseed oil. Once it's hot, place the chicken into the skillet. Let it sear and turn after 2 minutes. Sear for 1 minute. Remove the chicken from the pan and set aside.
7. With the pan still on medium-high heat, pour the white wine in. It will hiss and bubble a bit. Let it settle. While stirring, add the garlic, remaining rosemary, and remaining pepper. Add the juice from the lemon. Stir occasionally, and let it cook for 2-3 minutes.
8. If you're using a cast-iron skillet, return the chicken right to the skillet. If you're using a regular skillet and baking dish, add the chicken to the baking dish and then pour the sauce mixture over the chicken and tomatoes. Place the skillet or dish in the oven.
9. Bake for 30 minutes or until the chicken is cooked through and opaque.
10. Remove from the oven. Serve the chicken topped with the tomatoes.

**Serves:** 4

**Prep time:** 15 minutes

**Cooking time:** 60 minutes

# *Fish* TACOS





## INGREDIENTS

<b>500 g</b>	Hake fillets
<b>2</b>	Limes, 1 juiced and 1 sliced into wedges
<b>1</b>	Garlic clove, minced
<b>½ tsp</b>	Ground cumin
<b>½ tsp</b>	Chili powder
<b>¼ tsp</b>	Black pepper
<b>1 Tbsp</b>	Olive oil
<b>½ cup</b>	Avocado mayonnaise
<b>¼ cup</b>	Sour cream
<b>2 Tbsp</b>	Milk of choice
<b>1 cup</b>	Shredded cabbage
<b>½ cup</b>	Red onion, chopped
<b>½ bunch</b>	Cilantro, freshly chopped
<b>12</b>	Corn tortillas

## METHOD

1. Place fish fillets in a dish. Squeeze lime juice from half a lime over the fish. Sprinkle fish with minced garlic, cumin, chili powder, black pepper, and olive oil. Turn fillets to coat with marinade and refrigerate for 15-30 minutes.
2. Make salsa blanca by combining avocado mayonnaise, sour cream, milk, and juice of half a lime. Stir to combine and place in fridge to chill.
3. Broil fish on high until flesh turns white and fish flakes easily, about 10 minutes.
4. Remove fish from oven, cool slightly, and flake into large pieces.
5. Heat corn tortillas in a pan over low-medium heat until soft and warm. Wrap them in a dish towel to keep them warm.
6. Place a piece of fish on a tortilla. Top with salsa blanca, cabbage, red onion, cilantro, and lime wedges.

**Serves:** 6

**Prep time:** 40 minutes

**Cooking time:** 10 minutes

# GREEK YOGURT

# *Salad Dressing*





## INGREDIENTS

<b>1 cup</b>	Greek yogurt, plain
<b>¼ cup</b>	Mayonnaise
<b>2 Tbsp</b>	Chives, freshly chopped
<b>2 Tbsp</b>	Dill, freshly chopped
<b>2 Tbsp</b>	Lemon juice

## METHOD

Mix all ingredients in a medium bowl and refrigerate until ready to serve.

**Serves:** 8

**Prep time:** 5 minutes

**BAKED**

*Sweet  
Potato*

**FRIES**





## INGREDIENTS

<b>2</b>	Sweet potatoes, sliced into wedges
<b>1 Tbsp</b>	Olive oil
<b>½ tsp</b>	Garlic powder
<b>1 tsp</b>	Black pepper
<b>TT</b>	Lemon juice, to taste

## METHOD

1. Preheat the oven to 200°C. Grease a baking sheet.
2. In a bowl, combine sweet potato wedges with olive oil and garlic powder until coated. Spread them evenly on the baking sheet.
3. Bake the sweet potato fries for about 15 minutes, and then turn them over and bake another 10 to 15 minutes until they are crispy. If you cut smaller fries, they will take less time to cook.
4. Remove from the oven and sprinkle with black pepper to taste. Gently squeeze lemon juice over the fries to give a light citrus flavor.

**Serves:** 2 to 4

**Prep time:** 10 minutes

**Cooking time:** 30 minutes

# SAUTÉED

# Swiss Chard



## INGREDIENTS

- 2 Tbsp** Grapeseed oil
- 6 cloves** Garlic, thinly sliced
- 3 bunches** Rainbow chard (or spinach), well-rinsed, chopped and ends trimmed
- ½ tsp** Red pepper flakes, crushed
- 3 Tbsp** Olive oil
- ½** Lemon, juiced

## METHOD

- 1.** In a large pan, heat the grapeseed oil over medium heat.
- 2.** Add the garlic and sauté for 1 minute. Add the chard and season with the red pepper. Cook for 3 minutes, stirring often.
- 3.** Reduce heat to medium-low and cover. Cook for 3 more minutes and stir.
- 4.** Cook until chard is tender, 1 or 2 more minutes. Remove from heat. Toss with olive oil and lemon juice. Season with salt and pepper.

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 10 minutes

# LEMON

# Vinaigrette





## INGREDIENTS

<b>⅓ cup</b>	Olive oil
<b>¼ cup</b>	Balsamic vinegar
<b>3 Tbsp</b>	Lemon juice
<b>4 cloves</b>	Garlic, minced
<b>½ tsp</b>	Black pepper

## METHOD

1. In a small bowl, whisk dressing ingredients.
2. Serve or refrigerate covered for up to 2 weeks.

**Serves:** 8

**Prep time:** 5 minutes

# SALT-FREE

# Special Gravy





## INGREDIENTS

<b>2.1 L</b>	Water
<b>500 g</b>	Potatoes
<b>500 g</b>	Carrots
<b>150 ml</b>	Cake Flour
<b>30 g</b>	Mixed herbs, dried

## METHOD

1. Peel and cut potatoes and carrots into 1 cm cubes.
2. Bring water to the boil and add potatoes and carrots. Reduce heat, cover and simmer until vegetables are soft.
3. Mix the flour with enough cold water to make a paste and add gradually to boiled vegetables to thicken. Add mixed herbs.
4. Liquidise until smooth. Add more water if the mixture is too thick.
5. Heat before serving.

# HERB

# Shaker





## INGREDIENTS

<b>2 ml</b>	Cayenne pepper
<b>5 ml</b>	Dried sage
<b>12.5 ml</b>	Garlic powder
<b>5 ml</b>	Black pepper
<b>5 ml</b>	Dried basil
<b>5 ml</b>	Onion powder
<b>5 ml</b>	Dried marjoram
<b>5 ml</b>	Mace
<b>5 ml</b>	Dried thyme
<b>5 ml</b>	Dried parsley

## METHOD

1. Combine all ingredients and store in an airtight glass container.
2. Use to season food when cooking, or at the table.

# ACROSS BORDERS WITH TSS

With its strategy of keeping food at the heart of everything we do, TSS has embarked on a variety of projects since January 2022.

We refreshed our meal offerings at Lenmed Bokamoso Private Hospital in Botswana. By reconsidering the presentation of our meals, our clients, employees, and patients are assured of the highest standards. Intensive on-the-job training took place where all food handlers focused on high-end garnishes, while we also ensured that our chefs and cooks understood that we do not need to buy special garnishes to make our food look good but can use our daily ingredients differently. Our refreshed meal offerings include traditional meals under our African Plate line, where dishes like *Seswaa* (ground meat), *Dikgobe* (samp and beans), *Morogo wa Setswana*, *Mokwetjepe*, and *phaphatha* ensure that we live our TSS ethos of “A Taste of Home”.



The TSS team celebrated Valentine's Day in style, with our employees brightening the canteen by wearing the colours of love and decorating the space. Even the meals served on the day spoke the language of love.



TSS is focusing on expanding its business, with the team working tirelessly to secure two new contracts in Eswatini region, namely MTN Eswatini and the new Ezulwini Private Hospital.

# IT'S TIME TO GRADUATE

On 16 and 18 February 2022, we celebrated the success of our Tsebo Academy graduates and hosted a ceremony to honour them.

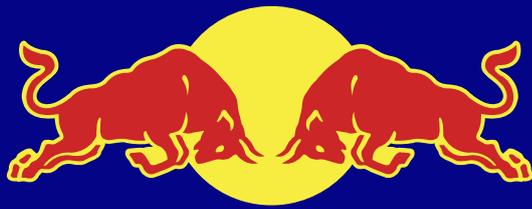
Graduates from the Professional Cookery, Cook Convenience and Food and Beverage programmes were celebrated on the day, some of whom had to work with their disabilities to conquer the programmes, and qualify despite the odds. Their success is in part, thanks to the efforts, dedication and arduous work of the Learning and Development team. The graduation ceremonies were heartfelt and motivational and included speeches from HR Director, Zogan Opperman, Culinary Director, Chef Nicholas Madhura, and Learning and Development Manager, Lizo Nyakwe. Altogether 200 learners received their certificates. We could not be prouder!



# GIVING IT WINGS

Our very first Red Bull activation took place at BASF on Wednesday 16 February.

Catering Manager, Herta Hahn, and the entire team grabbed the opportunity with open arms and ensured a day filled with excitement and awesome specials. BASF clients and customers alike were impressed with the initiative Fedics took in bringing this amazing experience to life. All had a lot of fun, and hopefully next time we will be able to take the car for a test drive.



# Red Bull



# RAISING THE BAR EVEN HIGHER

Fedics Healthwise is determined to create the best possible experience for all the patients we work with.

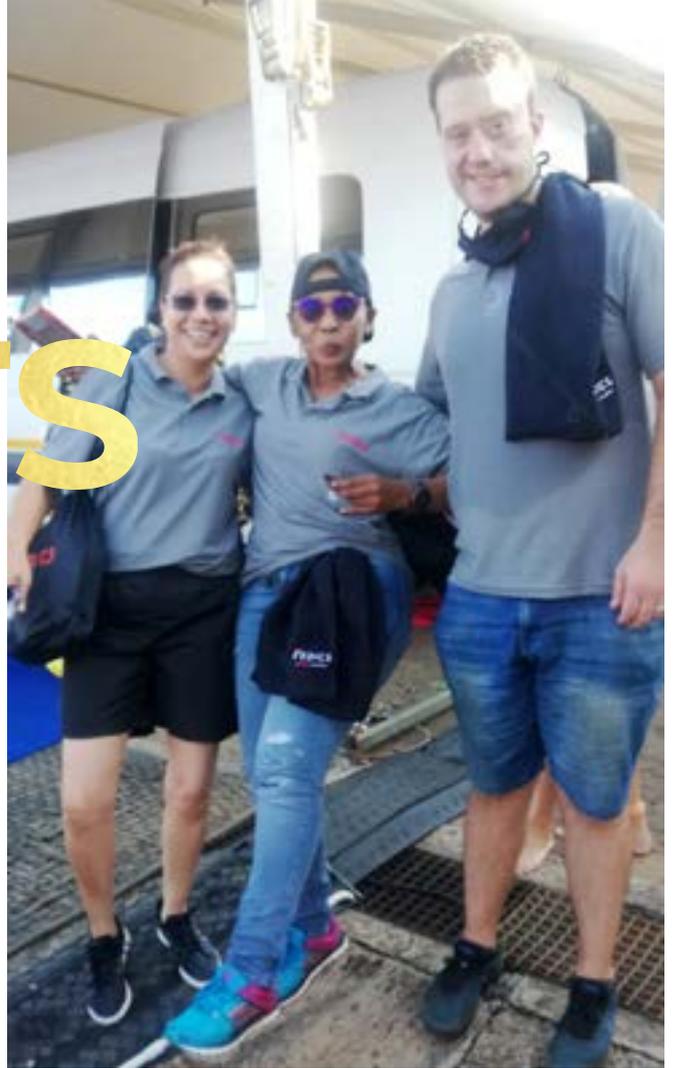
To do this, we need to equip our employees with the necessary tools, which is why we are excited to announce our new Front of House Handbook. The handbook was compiled by national front-of-house trainer Chrize Prinsloo and was launched in the first week of January. It contains 52 modules, one for every week of the year. After every fifth module employees can conduct an assessment to evaluate whether the information is being applied in the workplace. Because all the units will be doing the same modules each week, we hope to create unity among the overarching Healthwise team. So far the feedback from the units has been heartwarming. Not only do the modules empower our teams with new information, but also teaches them how to handle situations better, regardless of whether it's in their professional or personal lives. By the completion of the handbook, our employees will be the very best front-of-house representative Fedics could hope for.



# A DUSI OF EVENTS

The KZN team flew the Fedics flag high at two major sporting events.

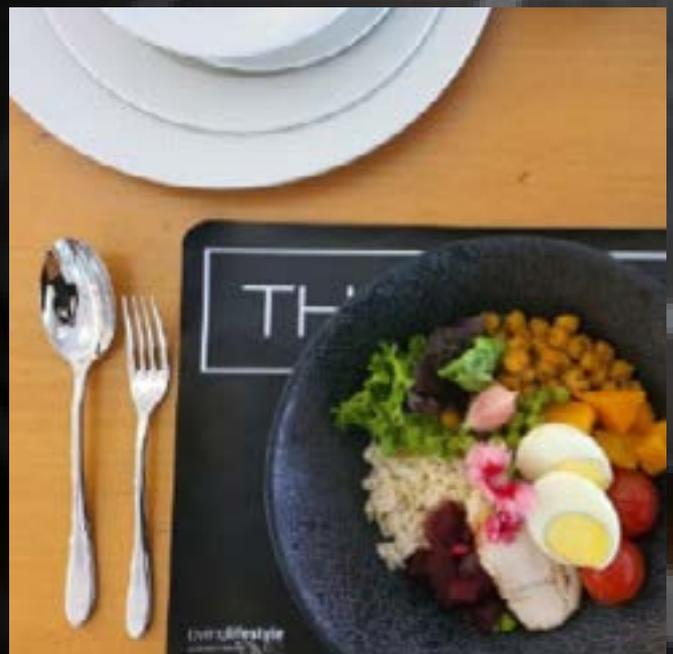
The first was the four-day Midmar Mile in Tweedie, and second was the three-day Dusi Canoe Marathon. We were responsible for catering for the medical staff, as well as for supporting them, sometimes in blistering heat or wind and rain. We had the opportunity to meet and promote our company to Mayor Christopher Papas as well as Olympic medalists like Chad le Clos. The Midmar Mile and Dusi Canoe Marathon are both international events with people from across the globe taking part.



# IN THE SPOTLIGHT

## THE BISTRO

Our retirement segment hit the ground running when **we onboarded four new clients at the start of what promises to be a good year.**





## THE BISTRO

Under the leadership of Managing Director, Eelco Camminga, and Retirement Segment Director, Elize van Zyl, Living Lifestyle looks set to drive the launch of The Bistro for two of the new clients. The drive is led by a strong and dedicated operational team.

The Pinewood Retirement Estate was treated to the power of the Platinum Bistro brand, with the on-site team enjoying our new brand identity and the impact it is having on the retirement space.



# A COMMUNITY EFFORT

Every year medical students from the University of Stellenbosch's Tygerberg Campus celebrate Community Day, with the new first-year intake in partnership with Fedics, the on-site service provider.

This year Fedics Tygerberg contributed equipment, spreads, and protective wear for the Meerhoff students – who delivered more than 1000 sandwiches to Ladles of Love and the Belville MES Night Shelter in the second week of February.

“

On behalf of the social impact committee of Meerhoff residence, I would like to say thank you so much for your willingness to help with the sandwich making for Community Morning! We delivered over 1000 sandwiches to Ladles of Love and the Belville MES Night Shelter. This would not have been possible without your help, facilities, and equipment. We sincerely appreciate it! A special thanks to Franz, Elroy and Angelo for helping us organise this. We hope we can work together in the future to continue this outreach programme.

- Client quote

”

