

# The SHOPPER

AUTUMN | MARCH 2022

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pure



■ Real food ■ Natural goodness

*Recipes from our Chefs*

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**TSEBO**

# The basics of *Healthy* eating habits

A vast number of foods are both healthy and tasty. By filling your plate with fruits, vegetables, quality protein sources, and other whole foods, you'll have meals that are colorful, versatile, and good for you.



**ANNELIZE ZEELIE**  
Divisional Dietitian, Tsebo Catering



## Eat a wide variety of foods

It is important to choose different foods from all the different food groups to ensure your body obtains a variety of vitamins and minerals. Choose foods from these five food groups:

- Milk and dairy products
- Meat and meat substitutes
- Fruits and vegetables
- Grain products
- Fats and oils

## Eat less fat

Most South Africans obtain 35-40% of their daily energy intake from fats, and fats contain almost twice the number of kilojoules per gram as the same amount of carbohydrates and proteins. Total fat intake should not exceed 30% of the total energy intake. It is particularly important to limit fats if you are overweight or obese or have an elevated blood cholesterol. The following lifestyle changes will help you to take in less fat:

- Limit the amount of fats and oil that is used while cooking, as well as in dressings, spreads and sauces.
- Remove all visible fat from meat and the skin of chicken before it is cooked.
- Avoid deep fried foods, take away foods, processed meat products and confectionary.
- Choose lean meat, fish, skinless poultry and more legumes.
- Choose low fat or fat free milk and dairy products.
- Read food labels and go for products that contain less than five grams of fat per 100 gram.

## Reduce cholesterol intake

Cholesterol is found only in animal products. It should be limited to a maximum of 300 mg per day. This can be achieved by only having 3 to 4 egg yolks per week, limiting organ meats (offal, hearts, kidney, chicken livers, etc.), as well as avoiding or limiting prawns.

## Eat more fibre rich carbohydrates

Fibre rich carbohydrates, like whole wheat bread, pasta, high fibre cereals and brown rice, are always good choices. Water soluble fibres, found in oats, oat bran, fruits and vegetables (especially apples, pears, oranges and carrots) and all dried beans, peas and lentils will help lower total blood cholesterol and the bad LDL cholesterol.

### Replace saturated fats with unsturated fats

Of the 30% of total fat providing your daily energy, less than 10% should be from saturated fat, no more that 10% from polyunsaturated fats and preferably more that 10% should be from monounsaturated fats. The sources of these fats are:

Saturated fats (<10%)	Polyunsaturated fats (10%)	Monounsaturated fats (>10%)
Lamb, pork, beef Butter Hard margarines (bricks) Cream Full cream milk and dairy Coconut oil* Palm kernel oil*	Sunflower oil Oily fish like tuna, salmon, pilchards, sardines Tub margarines	Olive oil Canola oil Avocado Nuts

*\* Found in non-dairy coffee and tea creamers*







## Have regular meals

Have at least three balanced meals with snacks in between. This will help to maintain your weight, prevent low blood sugar and diabetes, and will lower cholesterol levels.

## Maintain an ideal body weight

A healthy eating plan with regular exercise will help maintain this. Your ideal body weight can be calculated using the Body Mass Index (BMI) formula. A healthy BMI is between 20 and 25. So take the square of your height in metres and multiply this first by 20 and then by 25. This gives you your healthy ranges of weight (if your height is 1.68 m, the square of 1.68 is 2.82, multiply this by 20 and then by 25, giving you a 56.5 kg to 70.5 kg – this is your healthy weight range). Or simply take your height in centimetres minus 100, plus or minus 10% is your ideal weight ranges.

## Moderate alcohol intake

One alcohol portion for women and two portions for men is considered a moderate intake of alcohol per day. One alcohol portion is equal to 120 ml of wine, one tot of spirits (25 ml), one beer or two light beers. And unfortunately, this cannot be saved up for the weekend.

## Reduce your salt intake

Salt is a mineral that contains sodium, and sodium is found in almost all foods we consume. It is an essential mineral in lesser amounts but in larger amounts it leads to high blood pressure and water retention. To reduce your sodium intake:

- Reduce your total salt intake to one teaspoon (5 g) per day.
- Remove the salt cellar from the dining table, it is pure habit adding salt before tasting.
- Start limiting the amount of salt you use in cooking bit by bit.
- Avoid foods with a high sodium content, anything in a tin or packet (like soup powder), bacon, processed meats and sausages, potato chips, salted nuts, salted biscuits, stock powders, sauces and dressings.
- Rather use herbs and spices to flavour foods instead of salt or salt substitutes.



Named for its big, round Buddha belly shape, a “Buddha bowl” is a one-dish meal consisting of rice or whole grains, roasted veggies, a dressing and protein.

# Asian Persuasion

## THE CRUNCH & POWER BOWL

BUYER CODE	ITEM	REGION	CODE	SUPPLIER
26445	Robertsons BBQ Spice	INLAND	1263	ON THE RUN
26192	Robertsons Paprika		1366	
26524	Robertsons Steak & Chop Spice		2104	
30595	Hellmann's Tangy Mayonnaise		366-1	
26104	Robertsons Cajun Spice		1257	
26445	Robertsons BBQ Spice	COASTAL	SPH0151	BIDFOOD
26192	Robertsons Paprika		SPH2547	
26524	Robertsons Steak & Chop Spice		SPH3532	
30595	Hellmann's Tangy Mayonnaise		PIC2673	
26104	Robertsons Cajun Spice		SPH0454	







# THE CRUNCH BOWL



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# THE CRUNCH BOWL

## INGREDIENTS:

### BROWN RICE:



500 g  
Brown Rice



Water as required

### SLAW:



1 kg  
Red slaw mix



20 g  
Vinegar



10 g  
**ROBERTSON'S  
BARBECUE SPICE**



30 g  
Basil  
(torn)

### CAULI & CHICKPEA MIX:



50 g  
Oil



1 kg  
Cauliflower florets



10 g  
**ROBERTSON'S  
PAPRIKA**



10 g  
**ROBERTSON'S STEAK  
& CHOP SPICE**



400 g  
Chickpeas  
(liquid drained)

### GUACAMOLE:



4  
Avocados  
(stoned and skin removed)



100 g  
**HELLMANN'S  
TANGY MAYONNAISE**



### CARROTS:

200 g  
Carrots  
(top and tail and peeled)



250 g  
**HELLMANN'S  
TANGY MAYONNAISE**



20 g  
**ROBERTSON'S  
CAJUN SPICE**

### CAJUN MAYO:

1. Brown rice: Rinse the brown rice under cold water, pour into a pot and add the water. Bring to a boil then reduce to a simmer and allow to cook for 30 min or until soft. Remove from the heat, drain and rinse under cold water. Set aside to drain excess water.
2. Slaw: Mix together all the ingredients and set aside.
3. Cauli & chickpea mix: Toss the oil, cauliflower, **Robertson's Paprika Spice**, **Robertson's Steak & Chop Spice** and chickpeas together. Heat a pan and fry for 5 min, always tossing. Remove from the heat and set aside.
4. Guacamole: Slice the avocado in half, mash or blend in a liquidiser. Add the **Hellmann's Tangy Mayonnaise**. Mix well.
5. Carrots: Using a vegetable peeler, slice the carrots into ribbons (strips) and cover in cold water until needed.
6. Cajun mayo: Mix together the **Hellmann's Tangy Mayonnaise** and **Robertson's Cajun Spice** and leave to stand for flavours to improve.
7. Building the Bowl: Toasted sunflower seeds (optional) Edible flowers or fresh herbs (optional). Use the picture as a guide, fill the poke bowl with cooked brown rice creating a base. Followed by the slaw, cauli and chickpea mix, guacamole and carrots. Top with the dressing, garnish with edible flowers/fresh herbs and toasted sunflower seeds. Seal and serve.



**Yield:**  
5.17 kg



**Prep Time:**  
30 min



**Cook Time:**  
40 min



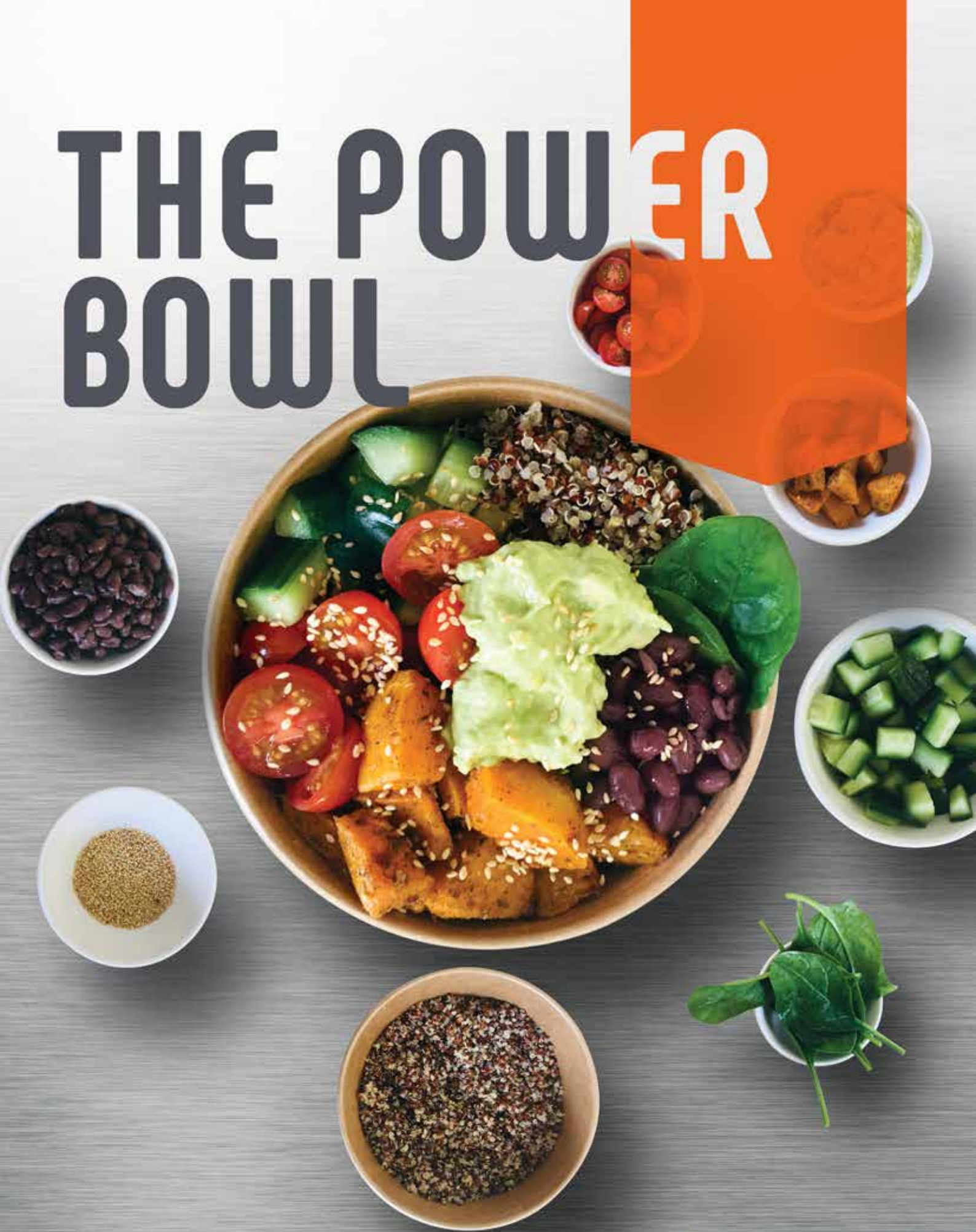
**Serves:**  
10

## CHEF'S TIP:

For an extra crunch add roughly chopped toasted pecan nuts to the cajun mayo.



# THE POWER BOWL



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# THE POWER BOWL

## INGREDIENTS:

### BUTTERNUT MIX:



### CAJUN AVO DRESSING:



### TOMATOES, CUCUMBER, BABY SPINACH & BLACK BEANS:



### QUINOA:



### GARNISH:



## METHOD:

- 1.** Butternut mix: Preheat the oven to 160 °C , make sure the butternut has been rinsed well, mix the butternut with the oil, **Robertsons Veggie Seasoning**, and **Robertsons Barbecue Spice** together, pour into a roasting dish and roast in an oven for 30 min until the butternut is soft.
- 2.** Cajun avo dressing: Liquidise the avocados, chickpeas, **Robertsons Cajun Spice** and **Hellmann's Tangy Mayonnaise** together until smooth. Set aside.
- 3.** Tomatoes, cucumber, baby spinach & black beans: Cut the cucumber into even cubes and tomatoes in half and set aside. Wash and drain the baby spinach and black beans. Set aside.
- 4.** Quinoa: Pour all the ingredients in a pot, bring to the boil, reduce to a simmer for 30 min, strain, rinse under cold water and allow to drain. Set aside.
- 5.** Building the Bowl: Use the picture as a guide. Spoon the quinoa to create a base, then add the butternut, baby spinach, black beans, tomatoes, cucumber, lastly top with the cajun avo dressing and garnish with the sesame seeds. Seal and serve.



**Yield:**  
4.96 kg



**Prep Time:**  
30 min



**Cook Time:**  
60 min



**Serves:**  
12

## CHEF'S TIP:

Replace the butternut with roast veg mix or replace the black beans with red kidney beans.



# Tabouleh Salad & Roasted Peppers



**CHEF THEO QQONTSHI**  
Regional Executive Chef, Healthwise Inland





## Ingredients for the Tabbouleh

<b>250 g</b>	Bulgur wheat (this will double in size)
<b>200 g</b>	Tomatoes
<b>200 g</b>	Cucumber
<b>30 g</b>	Spring onions (chiffonade)
<b>40 g</b>	Parsley (fresh)
<b>1</b>	Lemon grated zest
<b>90 ml</b>	Olive oil
<b>30 ml</b>	Lemon juice (from the grated lemon)
<b>7 g</b>	Garlic clove (crushed )
<b>300 g</b>	Red peppers (roasted)

## Ingredients for the roasted peppers

<b>30 ml</b>	Oil (sunflower)
<b>7 g</b>	Salt
<b>10 g</b>	Thyme
<b>300 g</b>	Peppers (red and yellow)
<b>30 ml</b>	Balsamic vinegar
<b>60 ml</b>	Olive oil
<b>5 g</b>	Kosher salt

## Method for the roasted peppers

1. Preheat the oven to 200°C.
2. Wash peppers and arrange in a baking tray. Season with salt and pepper and drizzle with sunflower oil . Bake in a preheated oven for 20 minutes. When roasted evenly take them out of the oven and immediately cover with cling wrap and let them cool down.
3. 20 minutes later pull off the skin and deseed the peppers thoroughly.
4. Place in a clean bowl, add olive oil and balsamic vinegar, thyme and kosher salt to taste.
5. Refrigerate.

## Method for the Tabbouleh

1. Put bulgur wheat into a large bowl. Pour over the boiling water or stock and stir. Cover with cling wrap and leave to stand for 20 minutes until all the liquid has been absorbed. Separate the grains by roughing them up with a fork.
2. Finely cut the tomatoes and the cucumber into brunoises. Slice the spring onions and finely chop the parsley, then add everything to the bulgur wheat with the grated zest of the lemon.
3. Whisk the olive oil, lemon juice and the garlic and season well to taste, so taste as you season, drizzle over the tabbouleh. Toss well.
4. Arrange neatly in a craft range. Serve with marinated roasted peppers and garnish with steamed Bok choi (optional).



**Summer Bean**

# Salad

**with spinach and  
sweet corn bites**



**CHEF THEO GQONTSHI**

Regional Executive Chef, Healthwise Inland





## Ingredients for summer salad

410 g	Black-eyed peas (tinned)
410 g	Cannellini beans (tinned)
410 g	Black beans (tinned)
410 g	Corn kernels (tinned)
1	Mango, fresh and whole (or avocado)
15 g	Green onions
15 g	Cilantro
100 g	Olive oil
100 g	Apple cider vinegar
60 g	Sugar
14 g	Garlic
1	Lime (whole, juiced and zested)
5 g	Cumin
7 g	Salt
5 g	Pepper (ground)

## Ingredients for corn & spinach bites

400 g	Corn (fresh, blanched)
400 g	Baby spinach leaves
14 g	Garlic crushed
30 g	Spring onion (chopped)
50 g	Flour (plain)
7 g	Baking powder
1	Egg
50 ml	Milk
30 ml	Oil (for grilling)

## Method for summer salad

1. In a large colander, empty cans of beans and corn and rinse. Once drained, move to a large bowl. Add cubed mango, chopped onion and chopped cilantro.
2. Whisk together oil, vinegar, sugar, crushed garlic, lime juice and zest and spices. Adjust spices to taste, adding a little more or little less depending on how spicy or sweet you want the salad.
3. Drizzle oil mixture over salad ingredients.
4. Chill in the refrigerator.

## Method for corn & spinach bites

1. Mix all the ingredients except the oil in a blender or Robocop until crushed but not completely smooth. Form small bite-size fritters.
2. Heat a little oil in a pan until hot and spoon the mixture into the pan leaving space around them. Fry for just under 1 minute on each side until lightly golden. When you flip the bite, flatten with a spatula if desired to ensure even cooking the whole way through. Cook in batches, placing the cooked fritters on a plate.
3. You can freeze any fritters you do not require immediately. Lay them on a baking sheet, then once frozen, transfer to a freezer bag. Reheat the frozen fritters in the oven (180°C) for around 10 minutes until piping hot. Allow to cool before packaging.
4. Arrange neatly with the summer bean salad in a craft box and place in your grab-and-go fridge.
5. Making sure the correct brand sticker and eating instructions are visible to the customer.



# 5 a Day

**All things  
fruit, dairy,  
seeds and  
nuts**

Nuts and dried fruits are healthful foods because of their nutrient profiles. They provide dietary fiber, potassium (K) and a variety of health protective bioactive compounds.







# Apple, Goji Berry & Cinnamon Overnight

# Oats



**CHEF JACKIE GELUK**

Senior Executive Chef, TSA Food Team





### Ingredients for the oat layer

<b>65 g</b>	Oats
<b>1</b>	Vanilla protein powder (optional)
<b>180 g</b>	Greek yogurt or dairy free yogurt
<b>160 ml</b>	Vanilla flavoured almond milk
<b>1 Tbsp</b>	Chia seeds
<b>1 Tbsp</b>	Creamed honey
<b>½ tsp</b>	Cinnamon

### Apple and goji berry layer

<b>1</b>	Green apple (peeled and diced)
<b>1 tsp</b>	Coconut oil
<b>½ tsp</b>	Cinnamon
<b>¼ tsp</b>	Goji berries
<b>TT</b>	Ground clove
<b>1 Tbsp</b>	Sunflower seeds (and peanut butter for serving)

### Method for the oat layer

1. Combine all ingredients for the oats and mix thoroughly. You will see that the mixture is very liquid. This is normal. It will have already firmed up by the time you are done with the apples. Put to one side.

### For the apple and goji berry layer

2. Wash and dice the peeled green apples. Add the coconut oil to a pan and let heat. Add apples along with the cinnamon, goji berries, and a dash of clove. Fry off until the apples are soft, evenly coated in the spices, and juices are pulling off at the bottom, more or less 5 minutes on medium to high heat.
3. Assemble the spiced apples, goji berries and overnight oats by starting with a layer of oats and then adding the apples and goji berries. Then repeat for a second layer. Store in the fridge overnight.
4. In the morning, top with sunflower seeds and enjoy!



# Banana & Egg

# Pancakes



**CHEF JACKIE GELUK**

Senior Executive Chef, TSA Food Team



## Ingredients

<b>1</b>	Banana (ripe)
<b>2</b>	Eggs (large, lightly beaten)
<b>TT</b>	Spray & Cook (or coconut oil)
<b>TT</b>	Maple syrup, jam, powdered sugar, or any other toppings, for serving

## Optional mix-ins (choose a few)

<b>⅓ tsp</b>	Baking powder (for fluffier pancakes)
<b>⅓ tsp</b>	Salt
<b>¼ tsp</b>	Vanilla extract
<b>1 Tbsp</b>	Cocoa powder (unsweetened)
<b>1 Tbsp</b>	Honey
<b>½ cup</b>	Nuts, chocolate chips, or a mix thereof
<b>½ cup</b>	Granola
<b>1 cup</b>	Fruit (fresh e.g., blueberries, raspberries, or kiwi fruit)

## Method for the oat layer

1. Peel the banana and break it up into several big chunks in a medium bowl. Use a dinner fork to thoroughly mash the banana. Continue mashing until the banana has a pudding-like consistency and no large lumps remain; a few small lumps are okay. You should have ⅓ to ½ a cup of mashed bananas.
2. Add flavourings if desired. These pancakes are pretty great on their own, but a few extras never hurt. Add a ⅓ teaspoon of baking powder for fluffier, lighter pancakes, and whisk in salt, vanilla, cocoa powder, or honey to flavour the pancakes. Save any chunky, heavy ingredients — like nuts or chocolate chips — for when the pancakes are on the griddle.
3. Stir in the eggs. Pour the eggs over the banana and stir until completely combined. The batter will be very loose liquid, more like whisked eggs than regular pancake batter.
4. Heat a pan over medium heat. Heat a cast iron pan, non-stick frying pan, or griddle over medium heat. Melt a little butter or warm a little vegetable oil in the pan if desired.
5. Drop the batter on hot griddle. Drop about 2 tablespoons of batter into the pan. It should sizzle immediately — if not, turn up the heat slightly. Repeat with dropping more batter into the pan, leaving at least an inch or two between pancakes.
6. Cook for about 1 minute. Cook the pancakes until the bottoms look browned and golden when you lift a corner, about 1 minute. The edges should also be starting to look set, but the centre will still be loose, like barely set Jell-O.
7. Sprinkle with toppings. Sprinkle any loose toppings, like nuts or chocolate chips, over the top of the pancakes as the first side cooks.
8. Flip the pancakes. I've found it best to do this very gently and slowly — the opposite of regular pancakes. Gently work a thin, flat spatula about halfway under the pancake, then lift until the unsupported half of the pancake is just barely lifted off the skillet. Flip the pancake. Some of the loose batter will probably spill onto the skillet as you do this; just be sure to lay the pancake on top of the spill and nudge any excess back under the pancake.
9. Cook for another minute or so. Cook until the other side is also golden-brown, about 1 minute more. You can flip the pancakes a few times if you need to get them evenly browned. (Flipping is much easier once the second side is set!)
10. Continue cooking the pancakes. Transfer the cooked pancakes to a serving plate and cook the rest of the batter. Keep the finished pancakes warm in the oven if cooking more than a single batch.
11. Serve warm. These pancakes are best when eaten fresh off the griddle and still warm. Serve with maple syrup, honey, jam, or any extra toppings you like.



# Quinoa

## Breakfast Bowl



**CHEF JACKIE GELUK**

Senior Executive Chef, TSA Food Team





## Ingredients

<b>1 cup</b>	Quinoa (rinsed)
<b>1½ cups</b>	Water
<b>½ tsp</b>	Salt
<b>1 cup</b>	Broccoli florets
<b>1 cup</b>	Edamame beans
<b>1</b>	Avocado (diced)
<b>1 cup</b>	Cherry tomatoes (halved)
<b>4</b>	Eggs (fried)

## Ingredients for the dressing

<b>2 Tbsp</b>	Lemon juice
<b>1</b>	Zest of 1 lemon
<b>¼ cup</b>	Olive oil
<b>2 tsp</b>	Parsley (freshly minced)
<b>1 Tbsp</b>	Dill (freshly minced)
<b>1 tsp</b>	Dijon mustard
<b>1 clove</b>	Garlic
<b>¼ tsp</b>	Salt
<b>¼ tsp</b>	Pepper

## Method for the oat layer

1. In a large pot, bring the water to a simmer. Add in the quinoa and salt. Reduce the heat to a simmer and cover. Cook for 8 minutes.
2. Add the edamame to the top of the pot. Cover and cook for another 7 minutes, or until the quinoa has absorbed all the water and the veggies are tender.
3. Lightly blanch broccoli in salt water.
4. In a bowl, whisk together all the dressing ingredients.
5. Add the dressing into the pot with the quinoa and veggies and stir to combine.
6. Ladle the quinoa mixture into bowls and top with cherry tomatoes, broccoli, and avocado.
7. Top with a fried egg and serve. Makes 4 bowls.



# Fluffy

## Egg white omelette



**CHEF JACKIE GELUK**  
Senior Executive Chef, TSA Food Team





## Ingredients

<b>4</b>	Egg whites
<b>¼ tsp</b>	Salt
<b>⅛ tsp</b>	Black pepper (freshly ground)
<b>⅛ tsp</b>	Garlic powder (optional)
<b>1 Tbsp</b>	Parmesan cheese (grated)
<b>¼ cup</b>	Spring onion (chopped)
<b>⅓ cup</b>	Yellow and red cherry tomatoes (firm, mixed and halved)
<b>TT</b>	Spray & Cook

## Method

1. Heat a non-stick 8-inch pan over medium heat, 2-3 minutes.
2. Vigorously whisk the egg whites with the salt, pepper, until frothy. Whisk in the parmesan (optional).
3. Using a spatula, fold the spring onion and tomatoes into the egg whites. You can also scatter the vegetables on top of the eggs after you pour them into the pan.
4. Lightly spray the pan with olive oil spray, then pour the egg whites in and start cooking them, tilting the pan to spread them evenly.
5. As soon as the edges start to set, reduce the heat to medium-low. Gently and repeatedly lift the edges of the omelette and tilt the pan to allow the still-runny egg whites to slide to the bottom of the pan, where they will cook faster.
6. When the bottom of the omelette is cooked and the top is not runny anymore but still wet, carefully flip the omelette.
7. Fold the omelette, slide onto a plate and serve.
8. Instead of the Parmesan, you can use a variety of other cheeses or crumbled feta. If using a cheese other than Parmesan, you can use a little more of it, up to a ¼ cup.



# Halloumi & Orange Couscous

# Bowl



**CHEF JACKIE GELUK**

Senior Executive Chef, TSA Food Team





## Ingredients

<b>1 Tbsp</b>	Sesame seeds
<b>75 g</b>	Couscous
<b>1 can</b>	Chickpeas
<b>200 g</b>	Halloumi
<b>50 g</b>	Wild rocket
<b>5 g</b>	Mint (freshly chopped)
<b>1 tin</b>	Orange segments
<b>2 Tbsp</b>	Cider vinegar
<b>3 tbsp</b>	Olive oil (extra virgin)
<b>1 Tbsp</b>	Honey (running)
<b>1 tsp</b>	Fennel seeds (optional)

## Method

1. Toast the sesame seeds in a dry frying pan until just starting to brown. Then tip into a small bowl and leave to cool down.
2. Cook couscous following packet instructions. For 75 g of couscous, you will normally pour 90-100 ml of boiling water and keep covered for 5 minutes.
3. After 5 minutes, fluff the couscous up with a fork, add the drained rinsed chickpeas, mix and cover to keep warm.
4. Cut the Halloumi into approximately 8 slices or sticks. Heat a large frying pan with a drizzle of olive oil over high heat. Add the halloumi and fry for approximately 3-4 minutes on each side until brown and starting to crisp up.
5. In the meantime, make the dressing. In a small bowl, mix the honey, vinegar, olive oil and a generous pinch of salt to a small bowl and mix.
6. Add to your couscous and chickpeas, orange segments, mint, rocket and the dressing and mix.
7. Divide the couscous mixture between bowls, top with Halloumi, sprinkle with toasted sesame and fennel seeds and serve.



# Bread Bed

## Tortillas and bagles

### ALBANY

BUYER CODE	ITEM	REGION	CODE	SUPPLIER
15430	Albany Superior What Wraps White (6x45g)	NATIONAL	25-1510	ALBANY
	Albany Superior What Wraps Brown (6x45g)		25-1511	
	Albany Superior What Wraps Garlic & herb (6x45g)		25-1512	

### ROASTED CHICKEN MAYO WRAP

BUYER CODE	ITEM	REGION	CODE	SUPPLIER
26273	Robertsons Veggie Seasoning	INLAND	1272	ON THE RUN
30595	Hellmann's Tangy Mayonnaise		366-1	
26273	Robertsons Veggie Seasoning	COASTAL	SPH0134	BIDFOOD
30595	Hellmann's Tangy Mayonnaise		PIC2673	



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# ROASTED CHICKEN MAYO WRAP



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# ROASTED CHICKEN MAYO WRAP

## INGREDIENTS:



**Yield:**  
8 wraps



**Prep Time:**  
5 min



**Cook Time:**  
10 min



**Serves:**  
8



1 kg  
Roasted chicken  
(shredded)



15 g  
**ROBERTSON'S  
VEGGIE SEASONING**



600 g  
**HELLMANN'S TANGY  
MAYONNAISE**



8  
Large wraps



250 g  
Carrots  
(grated)



500 g  
Cucumber  
(sliced)



80 g  
Rocket leaves

## METHOD:

1. Remove skin from chicken and shred meat from carcass. Place in a bowl.
2. Add the **Robertson's Veggie Seasoning** and **Hellmann's Tangy Mayonnaise** and mix.
3. To assemble for consistency: Heat the wrap. Fill with chicken mayo, grated carrots, sliced cucumber, and rocket leaves. Package, seal, price and serve refrigerated.

### RECIPE TIP:

Repurpose your leftover chicken to create a range of sandwiches your customers will love! Use it as a chicken mayo base or as a hot base chicken mix.



*The perfect*

# Bagel



**CHEF LUKE REDDY**

Coastal Regional Chef, Healthwise



## Ingredients for the dough

<b>1 Tbsp</b>	Maple syrup (or barley malt syrup)
<b>1 Packet</b>	Active dry yeast (2¼ teaspoons)
<b>1¼ cup</b>	Warm water
<b>540 g</b>	Bread flour
<b>2 tsp</b>	Sea salt

## For the poaching water

<b>1½ Tbsp</b>	Syrup
<b>2 tsp</b>	Baking soda
<b>½ Tbsp</b>	Salt

## For the toppings

<b>1</b>	Egg white (plus 1 tablespoon water)
<b>TT</b>	Everything Bagel Seasoning (for sprinkling)

## Method

1. Prepare the dough: In a small bowl, combine the maple syrup, yeast, and water, and proof for 5 minutes or until foamy.
2. In the bowl of a mixer fitted with a dough hook attachment, place the flour, salt, and the yeast mixture. Mix on medium-low speed for 5-7 minutes, until the dough is well-formed around the hook. If the dough is very dry after 3 minutes, add 1 tablespoon water.
3. Transfer the dough to a clean work surface and knead 2-3 minutes, until smooth and barely tacky, then form into a ball and place into a large bowl. Cover with plastic wrap and set aside in a warm spot for 60-90 minutes, until the dough has risen (it may double in size or slightly less).
4. Line 2 baking sheets with parchment paper, grease them very lightly with oil, and set aside. Turn the dough out onto a clean, un-floured, work surface and divide into 8 pieces. Form each piece into a ball by rolling on the countertop with a cupped hand. As you work with each piece through the next few steps, keep the dough that you're not working with covered in plastic wrap.
5. Sprinkle a few drops of water onto the countertop. Take each dough ball and roll into a rope about 9 inches long. Place one hand palm up so that your four fingers are centred on top of the rope. Fold each side of the dough over your fingers, so that the ends overlap by about 2 inches. Holding the dough, turn your hand over and roll your hand on the countertop to seal the two ends together.

6. Place each finished piece onto a baking sheet. Dust the tops with a very slight amount of flour to keep the plastic wrap from sticking to the dough. Cover with plastic wrap and refrigerate overnight.
7. The next morning, remove the pans from the fridge and let sit at room temp for 1 hour.
8. Preheat the oven to 230°C.
9. Place one bagel into a small bowl of water to make sure it floats. If it sinks, let the dough prove for an additional 30 minutes or until it floats.
10. Prepare the poaching water: In a large pot, bring two quarts of water to a boil with the maple syrup, baking soda, and salt.
11. Add 3 bagels (or as many that comfortably fit) to the pot, reducing the heat if the water starts to boil over. Boil for 1 minute per side. Transfer the bagels back to the baking sheet, flipping them over so the smooth side is on top. Repeat with remaining bagels.
12. Prepare the toppings: Beat the egg white and water together in a small bowl, if desired. Brush the bagels with the egg wash and sprinkle with the seasoning. Alternatively, you can skip the egg wash and dip the top of the bagel straight into the seasoning, but the egg wash helps the seasoning adhere better to the bagel.
13. Bake for 14-18 minutes or until lightly golden brown.

## Various filling options

**Protein:** 60-80 g

**Salad or leaves:** 25-35 g

**Dressing:** 30-50 g

- Smoked salmon and cream cheese
- Smoked salmon with cream cheese and cucumber ribbons
- Smoked salmon, cucumber, cream cheese and pickled beets
- Mozzarella, tomato, and basil with a honey cream cheese
- Bacon, lettuce, and tomato
- Chopped chicken salad bagel
- Smoked chicken, avocado, sweet chilli mayonnaise with rocket
- Salami, Mozzarella, and tomato
- Pulled beef and dill pickle with wholegrain mustard bagel

## Packaging

- Craft paper (to be wrapped)
- Polypropylene (to encase bagel)
- 50 mm Simply Pure sticker (to seal packaging)



*Peppadew, beef,  
feta and rocket*

# Wrap

*with sweet chili*



**CHEF LUKE REDDY**

Coastal Regional Chef, Healthwise





## Ingredients

100 g	Beef strips (cooked)
10 g	Peppadew
5 g	Rocket
30 ml	Mayonnaise
20 ml	Sweet chili sauce
1	Tortilla wrap
15 g	Feta cheese

## Method

1. Mix mayonnaise and sweet chili sauce together, spread half the mixture on the wrap, lay the rocket on the wrap, add beef strips, add peppadew, add Feta, and finally add the rest of the mayonnaise mixture.
2. When adding ingredients remember to layer, this will create a layered effect when cutting.
3. Wrap the tortilla tight and allow to rest before cutting.
4. Cut through at an angle, and package.

## Packaging

- Wrap box with window
- Simply Pure 50 mm sticker
- Date label

*Grilled chicken, avo,  
feta, baby spinach*

# Wrap

*With cream  
cheese dressing*



**CHEF LUKE REDDY**

Coastal Regional Chef, Healthwise





## Ingredients

100 g	Grilled chicken
30 g	Avocado
5 g	Baby spinach
30 ml	Mayonnaise
20 ml	Cream cheese
1	Tortilla wrap
15 g	Feta cheese
50 g	Tomato (sliced)

## Method

1. Mix mayonnaise and cream cheese together, spread half the mixture on the wrap, lay the baby spinach on the wrap, add grilled chicken, add avocado, add Feta, add tomato, and finally add rest of the cream cheese dressing mixture.
2. When adding ingredients remember to layer, this will create a layered effect when cutting.
3. Wrap the tortilla tight and allow to rest before cutting,
4. Cut through at an angle, and package.

## Packaging

- Wrap box with window
- Simply Pure 50 mm sticker
- Date label




# French Connection

## Baguettes & Croissants



Je t'aime





When it bakes, the butter melts and creates steam because butter has a good percentage of water. The steam gets trapped in the individual layers and that causes the flakiness, tender layers. **Butter is melting and the dough is absorbing that melting butter, attributing to the delicious flavor of the croissant.**

The simplicity of a baguette is what makes it special despite the time-consuming steps of preparation. **One only needs four simple ingredients to make a regular baguette: flour (preferably French flour), water, salt, and yeast.**



# French Croissants

Je t'aime

**CHEF ZOLANI RADEBE**  
MBSA Production, Fedics EL





## Ingredients

<b>½ cup</b>	Milk (lukewarm)
<b>½ cup</b>	Water
<b>2 tsp</b>	Dry yeast
<b>5 g</b>	Honey (or sugar)
<b>25 g</b>	Butter (melted)
<b>2 cups</b>	All-purpose flour
<b>1 tsp</b>	Salt
<b>1</b>	Egg yolk
<b>2 Tbsp</b>	Cream (or full cream milk)

## Method

1. Mix honey with milk and yeast in a mixing bowl, then whisk.
2. Add all ingredients into the bowl and stir with a spatula or spoon, mix well.
3. Knead for 2 minutes until a scraggly dough formed.
4. Place dough on a work surface and knead until smooth, about 5 minutes.
5. Place dough back in the bowl and cover it with plastic wrap.
6. Keep bowl in a warm place and proof until at least doubled in size, about 1 hour.
7. Roll dough with rolling pin, cut and cover with plastic wrap.
8. Freeze overnight or for at least 2 hours before baking.
9. Heat the oven to 180°C. Bake for 18 to 20 minutes or until golden brown.



# Croissant

## Bread & Butter Pudding



**CHEF ZOLANI RADEBE**  
MBSA Production, Fedics EL



## Ingredients

5	Croissants
2	Eggs
1 cup	Milk
2 Tbsp	Sugar
1 Tbsp	Vanilla extract
TT	Chocolate chips
¼ cup	Maple syrup
TT	Butter (melted, or coconut oil)
TT	Raisins (optional)

## Method

1. Preheat oven to 160°C.
2. Cut croissants in half and place in a baking tray.
3. Mix milk, vanilla, sugar, and eggs, then whisk until combined.
4. Pour milk mixture over croissants and add chocolate chips.
5. Bake for 45 minutes.
6. Mix butter and maple syrup and pour over the hot bread pudding.
7. Serve hot or cold.

Je t'aime  
PARIS



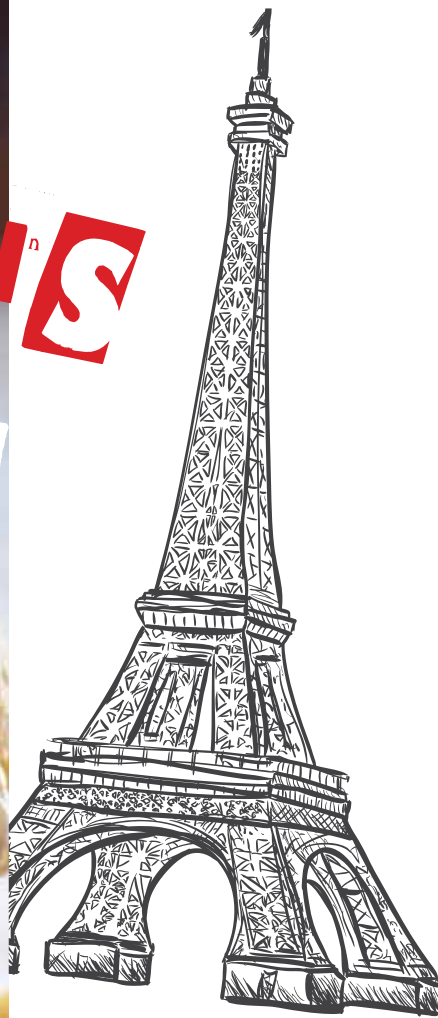


# Scones



**CHEF ZOLANI RADEBE**  
MBSA Production, Fedics EL





### Ingredients

250 g	Plain flour
3 tsp	Baking powder
1 g	Salt
25 g	Butter
1 tsp	Caster sugar
150 ml	Milk
1	Egg

### Method

1. Preheat oven 160°C.
2. Sift together the flour, baking powder and salt in a mixing bowl.
3. Mix well and rub in the butter cube using the tips of your fingers.
4. Add sugar and mix with milk to form a soft, non-sticky dough.
5. Roll dough on a floured surface or board, flatten slightly and cut into rounds with cutter.
6. Spray baking tray with non-stick cooking spray and place dough rounds on the baking tray.
7. Brush tops with beaten egg, using a soft brush.
8. Bake for 15 to 20 minutes.



# Glazed Doughnuts



**CHEF ZOLANI RADEBE**  
MBSA Production, Fedics EL



## Doughnuts

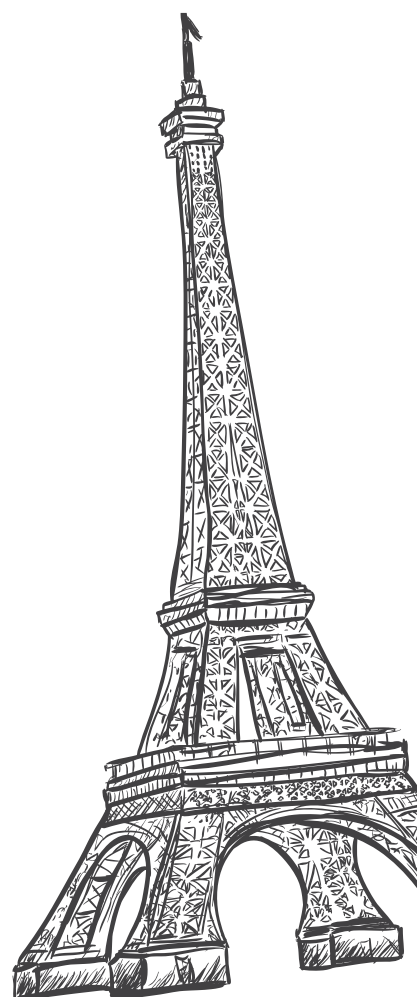
1 cup	Milk (warm)
2 Tbsp	Sugar
½ cup	Butter (melted)
1 sachet	Dry yeast
3 cup	Bread flour

## Glaze

1 ½ cups	Icing Sugar (sifted)
3 ½ Tbsp	Milk

## Method

1. Preheat a deep fryer.
2. Mix all dry ingredients.
3. Add wet ingredients then whisk together.
4. Roll on floured board and cut it into rounds.
5. Deep fry in medium heat oil until cooked through and golden brown.
6. Drain on paper kitchen towel.
7. Mix through glaze ingredients using a fork, until smooth.
8. Dip the donuts into the glaze and allow to drip onto a draining rack.



Je t'aime

PARIS



# Death of the Triangle Sandwich



## CHICKPEA BASIL COLESLAW, AVO MAYO SALAD SARMIE

BUYER CODE	ITEM	REGION	CODE	SUPPLIER
26273	Robertsons Veggie Seasoning	INLAND	1272	ON THE RUN
30595	Hellmann's Tangy Mayonnaise		366-1	
26473	Robertsons Chicken Spice		1353	
26273	Robertsons Veggie Seasoning	COASTAL	SPH0134	BIDFOOD
30595	Hellmann's Tangy Mayonnaise		PIC2673	
26473	Robertsons Chicken Spice		SPH0658	



**Gone are  
the days  
of triangle  
sandwiches!**



# CHICKPEA BASIL COLESLAW, AVO MAYO SALAD SARMIE



For more info, training and recipe ideas visit [ufs.com](https://www.ufs.com)



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# CHICKPEA BASIL COLESLAW, AVO MAYO SALAD SARMIE



**Yield:**  
4 sandwiches



**Prep Time:**  
20 min



**Serves:**  
8

## INGREDIENTS:

### SLAW:



### AVO MAYO:



## METHOD:

1. To prepare the slaw: Mix all the ingredients together and set aside.
2. To prepare the avo mayo: Mash the avo, mix with the **Hellmann's Tangy Mayonnaise** and **Robertsons Chicken Spice**, and set aside.
3. To assemble: Spread the slices of bread with the avo mayo, top with rocket or salad leaves, and then coleslaw mix and top with the slice of bread. Slice in half, package, seal, price and serve refrigerated.

### CHEF'S TIP:

Use rye bread, low GI bread and add bacon chips or steak to the sarmie.



# BRINJAL SALSA, CHICKPEA MAYO AND ROCKET BAGUETTE



For more info, training and recipe ideas visit [ufs.com](https://ufs.com)



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# BRINJAL SALSA, CHICKPEA MAYO AND ROCKET BAGUETTE

## INGREDIENTS:

### BRINJAL FRY:



50 ml  
Sunflower oil



450 g  
Brinjal  
(cubed)



50 g  
**KNORR PROFESSIONAL  
ORIGINAL CHICKEN  
BREEDING**

### SALSA:



150 g  
Cucumber  
(diced)



100 g  
Tomato  
(diced and deseeded)



50 g  
Red onion  
(diced)



100 g  
Whole corn kernels



10 g  
**ROBERTSONS  
VEGGIE SEASONING**



5 g  
Coriander  
(chopped)

### CHICKPEA MAYO:



244 g  
Chickpea  
(drained)



200 g  
**HELLMANN'S  
TANGY MAYONNAISE**



5 g  
**ROBERTSONS  
VEGGIE SEASONING**



80 g  
Rocket leaves



2  
French loaves

### BAGUETTE:

## METHOD:

1. To prepare the brinjal fry: Heat the oil in a pan. Coat the brinjal in the **Knorr Chicken Breeding** and toss together. (It will be sticky and tacky). Fry the brinjal until golden brown. Drain on paper towel, set aside to cool.
2. To prepare the salsa: Mix all the salsa ingredients together and set aside.
3. To prepare the chickpea mayo: Blitz all the ingredients together until smooth.
4. To assemble the baguettes: Cut the french loaf into 4 equal parts, spread with chickpea mayo on both sides, top with rocket leaves, salsa and brinjal fry, ending off with the top of the french loaf baguette. Package, seal, price and serve refrigerated.



**Yield:**  
4 baguettes



**Prep Time:**  
20 min



**Cook Time:**  
10 min



**Serves:**  
8

### CHEF'S TIP:

Add tuna or chicken strips to create a delectable salad on the go!



# Club Sandwich



**CHEF ROBERT TWALA**  
Consol Nigel, Fedics Inland





## Ingredients

<b>2 strips</b>	Bacon
<b>3 slices</b>	Bread (wholewheat or rye)
<b>2 Tbsp</b>	Mayonnaise
<b>2 slices</b>	Cheddar cheese
<b>2 slices</b>	Ham
$\frac{1}{2}$	Chicken breast (grilled)
<b>1 leaf</b>	Lettuce
$\frac{1}{2}$	Tomato (sliced)

## Method

1. Preheat oven to 200°C. Line a baking sheet with aluminium foil. Lay bacon strips on baking sheet and cook for 20 minutes until crispy. Transfer to a paper towel-lined plate to drain.
2. When bacon is almost done baking, toast bread until golden brown.
3. Lay one piece of bread on a plate, spread with a  $\frac{1}{2}$  tablespoon mayonnaise. Top with cheese, ham, and chicken breast.
4. Spread one side of another piece of toast with a  $\frac{1}{2}$  tablespoon mayonnaise and place mayonnaise side down on the ham. Spread other side of the same toast with a  $\frac{1}{2}$  tablespoon mayonnaise.
5. Top with lettuce, tomato, bacon, and avocado. Spread one side of the last piece of toast with remaining mayonnaise and place mayonnaise side down on the sandwich.
6. Insert a frilled toothpick into each quarter of the sandwich. Use a sharp knife to cut the sandwich into equal squares and serve.



# Classic BLT



**CHEF JABU PHOLO**  
Consol Wadeville, Fedics Inland





## Ingredients

400 g	Bacon (thick cut)
8 slices	Sandwich bread (thick)
100 g	Mayonnaise
10 g	Salt
15 g	Black pepper
8	Tomatoe (cut into thick slices)
TT	Lettuce (washed and shredded)

## Method

1. Cook bacon in batches in a large skillet on medium high heat until chewy and crispy, about 4-5 minutes.
2. Toast sandwich bread.
3. Spread mayonnaise on one side of bread slices.
4. Layer with sliced tomatoes, salt, pepper, lettuce and four slices of bacon.
5. Top with second slice of toasted bread.
6. Press down gently. Cut into squares and wrap with wax paper tie or with butcher string.
7. Garnish with low sodium craps. Serve immediately.





# Caprese Salad Panini



**CHEF PULLEN**

Consol Head Office, Fedics Inland



## Ingredients

1	Panini
50 g	Mozzarella cheese (sliced)
60 g	Tomatoes (sliced)
20 g	Kale or arugula leaves
15 g	Basil leaves
10 g	Basil pesto
15 g	Butter
TT	Balsamic glaze
1 cup	Balsamic vinegar
1 tsp	Honey (or sugar)
TT	Salt and pepper

## Method

1. Bring the vinegar and honey to a simmer in a small pot over medium heat until reduced by half. Do not boil, turn heat to medium-low if needed.
2. Set balsamic glaze aside to cool.
3. Prepare the basil pesto per recipe instructions.
4. Spread pesto on both pieces of bread. Place kale or arugula, basil, tomatoes, and Mozzarella cheese on top and sprinkle with salt and pepper.
5. Drizzle a little balsamic glaze and top with the other piece of bread.
6. Heat a panini grill or grill pan and butter the outside of the sandwich. Grill until golden.
7. Serve immediately.

## Tips

To bulk up this sandwich even more, add some sliced chicken to your panini. Leftovers can be kept in the refrigerator for only one day.





# Go Green

***Leafy salads and seasonal  
seeded vegetable salads  
with light proteins***



**A diet rich in vegetables** and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check.

**Leafy green vegetables** are an important part of a healthy diet. They're packed with vitamins, minerals and fibre but low in calories.



# Seasonal *Vegetable* Salad



**CHEF GESINA ERASMUS**

Regional Executive Chef, Fedics Eastern & Southern





## Salad

½	Cucumber (cut into ribbons)
100 g	Broccoli florets
100 g	Patty pans (sliced and divided)
100 g	Baby marrow (sliced and divided)
100 g	Green beans, topped and tailed
100 g	Mange tout
160 g	Chickpeas
20 g	Garlic
40 ml	Olive oil
6	Eggs (soft boiled and peeled)
100 g	Peas
20 g	Raisins
20 g	Pumpkin seeds (toasted)
10 g	Chives (chopped)

## Dressing

20 g	Mustard
80 g	Cream cheese
40 ml	Lemon juice
2 g	Salt
10 g	Chives (chopped)

## Method

1. To make dressing, whisk together mustard, cream cheese, lemon juice, salt and chopped chives.
2. Heat oil in a pan. Add garlic and chickpeas. Fry until crispy.
3. Blanch in salted water the broccoli, half of the patty pans, half of the baby marrow, beans, mange tout and peas.
4. Fry in a little oil the remainder of the patty pans and baby marrow until crispy.
5. Arrange on a plate the cucumber ribbons, broccoli florets, patty pans two ways, baby marrow two ways, beans, mange tout, peas.
6. Top with the eggs, scatter the chickpeas, pumpkin seeds and raisins on top. Drizzle with the dressing. Sprinkle with chopped chives.
7. Serve immediately.



# Beetroot & Haddock Salad



**CHEF GESINA ERASMUS**  
Regional Executive Chef, Fedics Eastern & Southern





## Salad

140 g	Lettuce leaves
40 g	Rocket
200 g	Beetroot spaghetti
160 g	Beetroot (steamed and cut into cubes)
320 g	Haddock (steamed and pulled into pieces)
20 g	Pumpkin seeds (toasted)
20 g	Sunflower seeds
40 g	Radish (thinly sliced)
80 g	Feta cheese (crumbled)
8 g	Spring onion (thinly sliced)

## Dressing

80 g	Cream cheese
40 ml	Lemon juice
8 g	Spring onions (thinly sliced)
2 g	Salt
TT	Edible flowers (for garnish)

## Method

1. To make the dressing, whisk together the cream cheese, lemon juice, spring onions and salt.
2. Arrange on a plate the frilly lettuce, rocket, beetroot spaghetti, cooked beetroot cubes and haddock pieces.
3. Top with the pumpkin seeds, sunflower seeds, radish, feta cheese and spring onion.
4. Drizzle with the cream cheese dressing and garnish with the flowers.
5. Serve immediately.



# Smoked *Chicken* Salad



**CHEF GESINA ERASMUS**

Regional Executive Chef, Fedics Eastern & Southern





## Salad

400 g	Smoked chicken (sliced)
180 g	Frisly lettuce (or baby spinach)
20 g	Mint leaves (fresh)
8 g	Sesame seeds (toasted)
40 g	Coconut flakes (toasted)
40 g	Almonds flakes (toasted)
40 g	Sunflower seeds

## Dressing

60 ml	Honey
20 g	Hot English mustard
40 ml	Lemon juice
TT	Lemon zest (grated)
TT	Edible flowers and mint leaves to garnish

## Method

1. To make the dressing, combine the honey, mustard, lemon juice and zest. Whisk together.
2. Arrange the lettuce and baby spinach on a plate, top with smoked chicken, mint, sesame seeds, coconut and almond flakes and sunflower seeds.
3. Drizzle with the dressing and garnish with the edible flowers and mint leaves.
4. Serve immediately.



# Sugar & Spice

*Danishes,  
muffins  
& tarts*

## BIDFOOD - SCHULSTAD

BUYER CODE	ITEM	REGION	CODE	SUPPLIER
15500	Danish Apple Crown FTO Schulstad 48x98.8gr	NATIONAL	CON1255	BIDFOOD
15503	Danish Vanilla Crème Crown FTO Schulstad 48X98.8gr		CON1256	





PROUDLY PART OF LANTMÄNNEN UNIBAKE

## 87% are Tempted to Buy a Danish Pastry\*

Don't miss out with these  
**NEW Danish Pastry Crowns**



### Vanilla Crème Crown

A light, flaky Danish pastry crown, filled with crème pâtissière and topped with hazelnut slices.

**Features:** 24 layers of light and flaky Danish pastry, with a ring of almond remonce added before the vanilla crème filling for a traditional Danish flavour. Supplied ready glazed.

**Baking guide:** 18 minutes @190°C **Weight:** 98.8g

**Pieces Per Case:** 48 **Inclusions:** Icing bag.



### Apple Crown

A light, flaky Danish pastry crown, with a Bramley apple filling.

**Features:** Bramley apple peices in the filling for a familiar and popular fruit flavour. Supplied ready glazed.

**Baking guide:** 18 minutes @190°C **Weight:** 98.8g

**Pieces Per Case:** 48 **Inclusions:** Icing bag.

**36%** say Vanilla is their favourite flavour of Danish Pastry

**29%** say Fruit is their favourite flavour of Danish Pastry

According to consumers a good Danish Pastry is **Crispy Flaky Pastry** (59%), **Delicious Filling** (52%) and **Soft Centre** (45%)

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# Cherry Almond *Tart*



**CHEF CHRIS SEANE**

Regional Executive Chef, Fedics Inland





## Ingredients

<b>150 g</b>	Plain flour
<b>35 g</b>	Rice flour
<b>2 Tbsp</b>	Caster sugar
<b>90 g</b>	Butter (cold and chopped in cubes)
<b>1</b>	Egg (lightly beaten)
<b>2 tsp</b>	Water (cold)
<b>500 g</b>	Cherries (fresh and seeded)

## Filling

<b>70 g</b>	Butter
<b>80 g</b>	Caster sugar
<b>1</b>	Egg
<b>80 g</b>	Ground almonds (packaged)
<b>1 Tbsp</b>	Plain flour

## Glaze

<b>2 Tbsp</b>	Apricot jam
<b>1 Tbsp</b>	Water

## Method

1. Grease a 20 cm round loose-based flan tin. Sift flours and sugar into a medium bowl, rub in butter with fingertips. Add egg and enough water to make ingredients cling together. Knead dough on floured surface until smooth. Cover with plastic wrap and refrigerate 30 minutes.
2. Roll pastry between sheets of baking paper until large enough to line prepared tin. Lift pastry into tin, ease into sides, trim edges, lightly prick base with fork then refrigerate for 30 minutes.
3. Cover pastry with baking paper, fill with dried beans or rice. Place tin on oven tray, bake in moderately hot oven for 10 minutes. Remove paper and beans, bake another 10 minutes or until pastry is lightly browned. Set aside to cool down.
4. To make the filling, beat butter, sugar and egg in small bowl with electric mixer until light and fluffy. Add almonds, beat until thick and in stir the flour.
5. Spread filling into pastry case, top with cherries, press gently into almond mixture, bake in moderate heated oven for 40 minutes. Let cool down and brush tart evenly with hot glaze.
6. To make the glaze, combine jam and water in small pan, stir over heat until mixture comes to the boil.



# Portuguese *Tart*



**CHEF CHRIS SEANE**

Regional Executive Chef, Fedics Inland





## Ingredients

<b>2 cups</b>	Sugar
<b>2 cups</b>	Milk (warm, microwave for 30 seconds)
<b>3 tbsp</b>	Butter (melted)
<b>3</b>	Eggs (room temperature)
<b><math>\frac{2}{3}</math> cup</b>	All-purpose flour

## Method

1. Preheat oven to 350°C. Generously grease muffin tins with non-stick cooking spray (recipe will fill 18 cups of a muffin tin).
2. In a large bowl beat the eggs, sugar and melted butter with a fork or whisk until smooth.
3. Add in the flour and mix until smooth.
4. Add in the warm milk and mix until smooth. The batter will be very thin and runny.
5. Pour into the greased muffin tins filling each cup a quarter of the way full.
6. Bake 20-30 minutes, or until golden brown, on the middle rack of the oven.
7. Note: While baking the tarts will puff up and when cooling, they will go down.
8. Remove from oven. Sprinkle cinnamon on top of each tart (optional).
9. Allow tarts to cool in the pan for 5-10 minutes and then carefully remove from pan. Use a knife or cake spatula to loosen the edges of the tart from the pan to remove.





# Cavacas



**CHEF CHRIS SEANE**  
Regional Executive Chef, Fedics Inland



## Ingredients

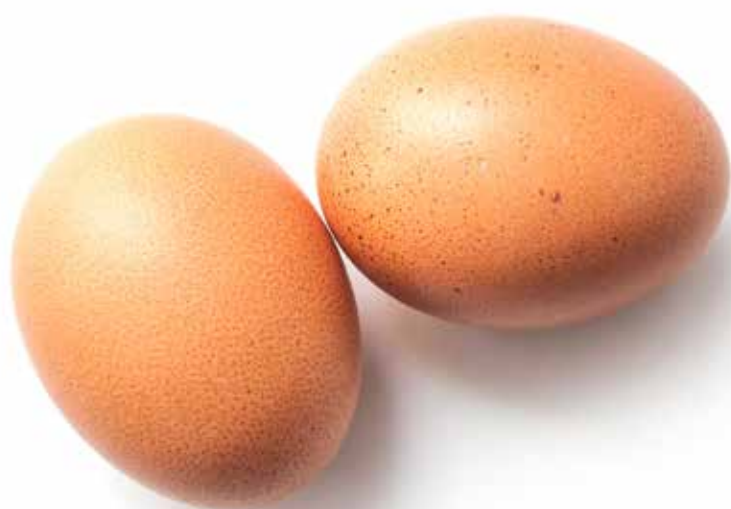
8	Eggs (large, room temperature)
1½ cup	Vegetable oil
2 cups	All-purpose flour
TT	Vegetable oil

## Icing

2 cups	Icing sugar (sifted)
TT	Hot water (enough to make icing drizzle)

## Method

1. Preheat oven to 190°C and grease 24 Pyrex dishes.
2. Beat all of the ingredients together at medium speed for about 10 minutes.
3. Place 1 teaspoon of oil in each Pyrex dish, then pour 1 tablespoon of batter in each dish.
4. Bake for 20 minutes. Let cool slightly, then drizzle the each cavaca with the icing sugar. Let the icing harden before serving.
5. To make the icing, mix the icing sugar and the hot water to a thick consistency.





# Bacon & *Spinach* Danish



**CHEF CHRIS SEANE**  
Regional Executive Chef, Fedics Inland





## Ingredients

<b>1 sheet</b>	Frozen puff pastry (thawed and cut in half the long way)
<b>1 cup</b>	Baby spinach
<b>1 cup</b>	Crispy bacon pieces
<b>15 g</b>	Mozzarella cheese (hard grated)
<b>1 Tbsp</b>	Maple syrup (pure)
<b>TT</b>	Sea salt (coarse)

## Method

1. Place the thawed pastry sheets on a parchment paper lined tray.
2. Make a light cut (not all the way through the pastry) all the way around the inside of the pastry dough, about a quarter of an inch in. This will allow the edge to nicely rise around the filling.
3. Spread a bit of pure maple syrup around the edges of the dough.
4. Place a layer of the baby spinach on the bottom, and then add the crispy bacon, cheese and salt.
5. Bake at 400 degrees for about 16-18 minutes or until the entire pastry has puffed up significantly and is golden brown.





# Chips

## N1 RESTAURANTS

BUYER CODE	ITEM	REGION	CODE	SUPPLIER
100236	Chips Frozen Rustic 15mm (Potato Skin On)	INLAND & WC	POTCI006	N1 REST
101278	Chips Frozen Shoestring 5mm		POTCI005	







\*NEW TRENDS  
FROM EUROPE

# POTATO CHIPS CUT TO *perfection*



## *Rustic* 15mm Chips

*skin on*  
12KG BOX  
POTCI006



## *Modern* 5mm Chips

*shoestring*  
7.5KG BOX  
POTCI005



# HEALTHY OPTIONS AVAILABLE VEGETARIAN

AVAILABLE NATIONALLY

VIEW BELOW

1



Vegan Traditional Sausages

2



Plant-Based Traditional Burgers

3



Plant-Based Crumbed Schnitzels



4



Meat Free Chicken Style Strips

5



Meat Free Chicken-style Burgers

6



Vegan Chicken-Style Nuggets

7



Meat Free Mince with Vegan Gravy

	CODE	BRAND	DESCRIPTION	SIZE	BASE OF UNIT MEASURE
1.	VEZ0230	FRY'S	Vegan Traditional Sausages	80 x 62.5 g	case
2.	VEZ0253	FRY'S	Plant-Based Traditional Burgers	40 x 80 g	case
3.	VEZ4508	FRY'S	Plant-Based Crumbed Schnitzels	40 x 80 g	case
4.	VEZ0226	FRY'S	Meat Free Chicken Style Strips	3.8 kg	case
5.	CHI0525	FRY'S	Meat Free Chicken-style Burgers	40 x 80 g	case
6.	VEZ0225	FRY'S	Vegan Chicken-Style Nuggets	3.8 kg	case
7.	VEZ0158	FRY'S	Meat Free Mince with Vegan Gravy	3.8 kg	case



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