

SPRING | SEPTEMBER 2022

The SHOPPER

The many colours of

Spring

BEST BUYS

NI

NEW LAUNCH

Soma Milk

TSEBO
50+1
YEARS
FROM 1971 - 2022

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TSEBO

LEMON

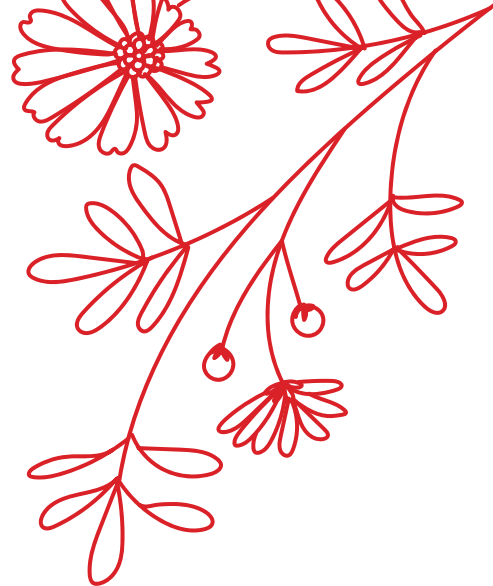
Cheesecake

WITH LEMON
CURD AND FRESH
RASPBERRIES



CHEF GESINA ERASMUS

Regional Executive Chef: Fedics Eastern and Southern Cape



Method

Base:

1. Lightly grease a spring form cake tin and line the base and sides with greaseproof paper.
2. Mix all the ingredients for the base and press over the bottom of the tin.
3. Chill for 10- 15 minutes while you make the cheesecake mixture.

Cheesecake:

1. Put the butter, sugar, cream cheese, cornflour, vanilla extract, lemon rind and egg yolks into a large bowl and beat together until completely smooth, then fold in the sour cream.
2. Whisk the egg whites until stiff then fold into the mixture. Pour on to the chilled base and bake at 160°C for about 1 hour or until lightly set.
3. Turn off the oven, leaving the cheesecake inside for 1 hour to cool. Then open the oven door and allow the cheesecake to stand and cool completely for another 1 hour.

Lemon curd:

1. Whisk the eggs and sugar together. Place over medium heat. Continue whisking until fully mixed.
2. Continue whisking and add the juice, zest, and a pinch of salt. When well incorporated, add the butter one piece at a time while whisking continuously. Let each piece partially melt before adding more.
3. Continue to cook the curd, whisking occasionally until it thickens, about 10 minutes in total from the start of cooking. Remove from heat. (The curd will continue to thicken as it cools.)
4. Strain the curd through a sieve to remove the zest and any cooked egg bits. Use a spatula to push the curd through, then stir for another two minutes to help it cool down more quickly.
5. Transfer the curd to a jar with an airtight lid, but first leave it uncovered to cool down, about 15 minutes. Once at room temperature, cover tightly with the lid and transfer to the fridge.
6. Serve with the cheesecake and fresh raspberries.

Ingredients

Base:

85 g	Crunchie biscuits, crushed
45 g	Butter, melted
30 g	Brown sugar

Cheesecake:

55 g	Butter, softened
170 g	Caster sugar
450 g	Cream cheese
30 g	Corn flour
TT	Vanilla extract
TT	Zest from 2 lemons
3	Large eggs, separated
125 ml	Sour cream

Lemon curd:

4	Large eggs
1 cup	Sugar
¾ cup	Lemon juice (4 lemons)
TT	Zest from 4 lemons
1/2 cup	Butter, cut into cubes
TT	Salt

SMOKY

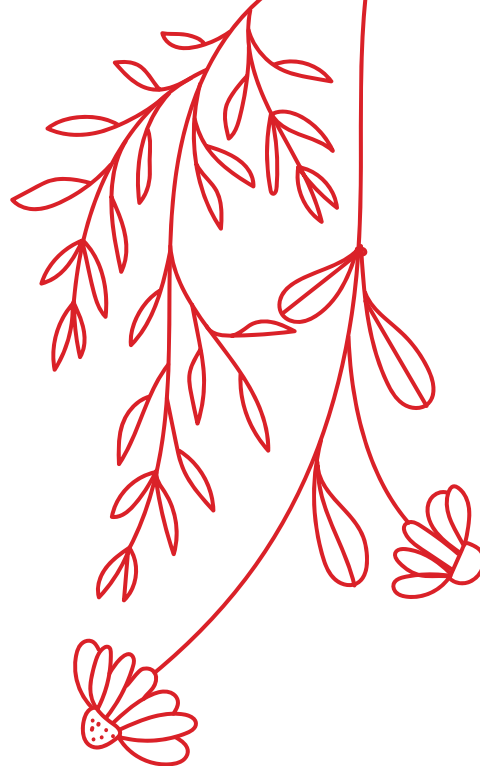
Pine Fish

WITH ROCKET
AND CORN



CHEF CHRIS SEANE

Regional Executive Chef: Healthwise - Inland



Ingredients (Serves 4)

2	Mielies, husks removed
2,5 ml	Olive oil
TT	Salt and freshly ground black pepper
4 x 200 g	Kabeljou portions, boned and filleted
30 ml	Smoked Spanish paprika
80 g	Fresh rocket
125 g	Sugar snap peas, sliced
1	Large chili, seeded and thinly sliced
TT	Lemon wedges, to serve

Method

1. Blanch the mielies in rapidly boiling water for 10 minutes, drain and pat dry with paper towel.
2. Heat a griddle pan. Brush the mielies with the oil and cook over medium heat until char-grilled on all sides. Remove from the pan and slice the corn off the cob. Set aside.
3. Season the fish and dust with the smoked paprika. Pan-fry in a large frying pan over medium heat until cooked through, about 4 minutes on each side. Remove from the heat and set aside to keep warm.
4. In a large bowl, toss together the rocket, sugar snap peas, corn, and chili. Divide the salad between 4 plates, top with a portion of fish and serve immediately, with lemon wedges on the side.

QUINOA
ASPARAGUS

Salad



CHEF MARKO ENGELBRECHT
Regional Exec Chef: Business, Industry and
Automotive - Inland



Ingredients (Serves 4-6)

Salad:

1 cup	Quinoa (dry)
1½ cup	Water
TT	Salt
1 bunch	Asparagus, chopped into 2 cm pieces
2 cups	Shelled fresh English peas (or shelled edamame, radishes, cucumber, snow peas or spring greens)
3	Red onions, thinly sliced diagonally
½ cup	Fresh dill, chopped
½ cup	Italian parsley, chopped
¼ cup	Slivered almonds, toasted (or other nut or seeds of choice), optional

Dressing:

⅓ cup	Olive oil
TT	Zest of 1 lemon
⅓ cup	Fresh lemon juice from 1-2 lemons
½-1 tsp	Kosher salt
TT	White pepper
TT	Crumbled goat cheese or feta, sliced avocado, sunflower sprouts or pea shoots, flower petals (chive petals) to garnish, optional

Method

1. Rinse the quinoa and place it in a pot with the water and a pinch of salt. Bring to a boil, cover, lower heat, and allow to simmer on low heat for 12-15 minutes. Turn off the heat, and let it sit covered for 5-10 minutes, then uncover, fluff with a fork and let it cool.
2. While the quinoa is cooking, blanch the peas and asparagus in salted boiling water for just a few minutes, until bright and tender. Rinse under cold water.
3. Place the cooled quinoa and blanched vegetables in a bowl. Add the dill and almonds and give a toss. Add the oil, lemon zest, lemon juice and salt, pepper and stir again.
4. Taste, adjust salt and lemon, adding more if you like. If you are making this ahead, be sure to taste before serving as flavours will mellow.
5. Serve with optional avocado, feta, goat cheese, sunflower sprouts.

STICKY

Chicken



CHEF MARKO ENGELBRECHT

Regional Exec Chef: Business, Industry and Automotive - Inland



Ingredients

Chicken:

600 g	Chicken drumsticks
2 Tbsp	Corn starch (or flour), seasoned to taste
2 Tbsp	Vegetable oil (or olive oil)
1	Red bell pepper, thinly sliced

Sticky sauce:

150 ml	Soy sauce
75 ml	Honey
1 Tbsp	White wine vinegar
1 sachet	Oyster sauce, optional
2 cloves	Garlic
2 cm piece	Ginger, grated

For serving:

TT	Peanuts, chopped
TT	Green onion, sliced

Method

Sauce:

Combine the sauce ingredients in a small mixing bowl and set aside while you prepare the chicken.

Chicken:

1. Toss the chicken with the seasoned starch and set aside while you heat the oil in a skillet. Once the oil shimmers and is hot, add in the chicken and brown all over on 140°C until crispy, about 8-12 minutes. Ensure chicken is cooked to the bone.
2. Add the thinly sliced bell pepper and cook for 2-3 minutes. Pour the prepared sauce into the pan and bring to a boil. Toss to coat the chicken and peppers and continue to simmer the sauce until thickened.
3. Serve over fluffy rice and top with chopped peanuts and thinly sliced green onion.

Milk



- chilled** find us in the fridge
- local** made in Cape Town
- vegan** 100% plant-based
- unsweet-ened** No added sugars
- barista quality** made for coffee
- real food** made from whole grain oats
- gluten-free** certified gluten-free



ESL
 • ESL (Extended Shelf Life) processing means SOMA products will last 5 weeks from the production date, unopened in the fridge.
 • This means buying less often, and more time to enjoy!

Free From
 • Preservatives
 • Artificial flavours
 • Added Sugars
 • Gluten
 • Dairy
 • Lactose
 • Carrageenan

Ingredients
 Purified Water, Whole Grain Rolled Oats [13%], Vegetable Oil (Sunflower Seed), Chicory Root Fibre, Potassium Phosphates, Acacia Fibre, Salt, Gellan Gum.

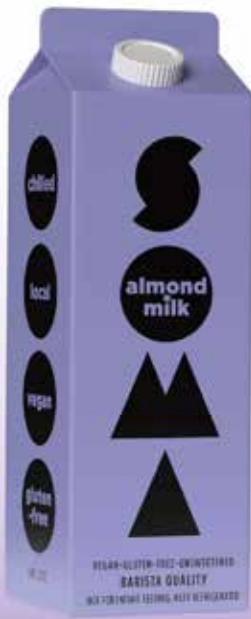
Allergens
 May contain tree nuts.

Plant-based Goodness!
info@drinksoma.co.za

BUYER CODE	ITEM	REGION	CODE	SUPPLIER
FTO	SOMA Almond Milk 1L	NATIONAL	Z7AL010	SIR JUICE
FTO	SOMA Gluten Free Oat Milk 1L		Z7GF010	
FTO	SOMA Oat Milk 1L		Z7OT010	



- chilled** find us in the fridge
- local** made in Cape Town
- vegan** 100% plant-based
- unsweet-ened** No added sugars
- barista quality** made for coffee
- activated** almonds soaked to activate
- gluten-free** certified gluten-free



ESL

- ESL (Extended Shelf Life) processing means SOMA products will last 5 weeks from the production date, unopened in the fridge.
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Free From

- Preservatives
- Artificial flavours
- Added Sugars
- Gluten
- Dairy
- Lactose
- Carrageenan

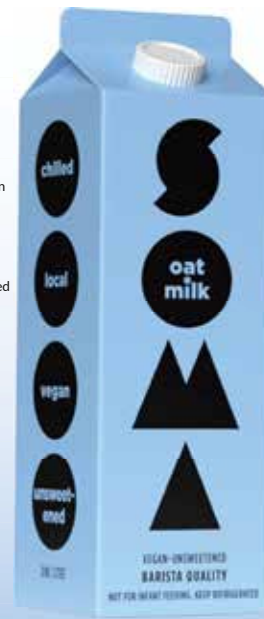
Ingredients
Almond Milk (Purified Water, Almonds [3%]), Oat Base (Water, Oats), Vegetable Oil (Sunflower seed), Chicory Root Fibre, Potassium Phosphates, Sunflower Lecithin, Acacia Fibre, Pea Protein, Salt, Vanilla Extract, Gellan Gum.

Allergens
Contains tree nuts.

Plant-based Goodness!
info@drinksoma.co.za



- chilled** find us in the fridge
- local** made in Cape Town
- vegan** 100% plant-based
- unsweet-ened** No added sugars
- barista quality** made for coffee
- real food** made from whole grain oats



ESL

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- This means buying less often, and more time to enjoy!

Free From

- Preservatives
- Artificial flavours
- Added Sugars
- Dairy
- Lactose
- Carrageenan

Ingredients
Purified Water, Whole Grain Rolled Oats (Gluten) [13%], Vegetable Oil (Sunflower Seed), Chicory Root Fibre, Potassium Phosphates, Acacia Fibre, Salt, Gellan Gum.

Allergens
Contains Gluten. May contain tree nuts.

Plant-based Goodness!
info@drinksoma.co.za

Pulled Pork

AND
ASIAN
SLAW
SLIDERS



CHEF OLIVER REDDY
Regional Executive Chef: Fedics KZN



Ingredients

1,5 kg	Pork shoulder
20 g cube	Beef stock
100 g	Whole tomato
10 g	Garlic, chopped
150 g	White onion, sliced in quarters
10 g	Rosemary
100 g	Carrot, chopped
TT	Salt and pepper
30 ml	Light soy sauce
20 ml	Rice wine vinegar
12 ml	Oil
1 kg	Red cabbage
800 g	Bok choy
100 g	Spring onion, sliced
10	Slider buns

Method

1. Preheat the oven to 170°C preheat and preheat stove top.
2. In a sauce pot or pan add oil. Heat up and add quartered onion and cook until lightly brown. Add garlic and rosemary and cook through, then add whole tomato and carrots. Cook this down for 8-10 minutes, add salt and pepper to season. Check seasoning, then place the cooked vegetables in a half insert baking dish.
3. Season the pork shoulder with salt and pepper. In a hot skillet, sear the pork on all sides, then add pork to the cooked ingredients.
4. Prepare stock by adding cube to boiling water, stir to dissolve and fill halfway up the insert. Seal the insert tightly with foil and place in the preheated oven for 4 hours.
5. Chiffonade Bok choy and red cabbage, add in sliced red onion, soy sauce and rice wine vinegar and mix through.
6. Once pork is out of the oven allow to cool and pull with a fork. Put braising liquid into a pot and reduce to half, then add to the pulled pork and set aside.
7. Assemble by slicing the buns, add the pork and top with the slaw.

Chicken

COBB SALAD



CHEF GARETH DE VILLIERS
Regional Executive Chef: TSS



Ingredients

1,5 kg	Pork shoulder
20 g cube	Beef stock
100 g	Whole tomato
10 g	Garlic, chopped
150 g	White onion, sliced in quarters
10 g	Rosemary
100 g	Carrot, chopped
TT	Salt and pepper
30 ml	Light soy sauce
20 ml	Rice wine vinegar
12 ml	Oil
1 kg	Red cabbage
800 g	Bok choy
100 g	Spring onion, sliced
10	Slider buns

Method

1. Preheat the oven to 170°C preheat and preheat stove top.
2. In a sauce pot or pan add oil. Heat up and add quartered onion and cook until lightly brown. Add garlic and rosemary and cook through, then add whole tomato and carrots. Cook this down for 8-10 minutes, add salt and pepper to season. Check seasoning, then place the cooked vegetables in a half insert baking dish.
3. Season the pork shoulder with salt and pepper. In a hot skillet, sear the pork on all sides, then add pork to the cooked ingredients.
4. Prepare stock by adding cube to boiling water, stir to dissolve and fill halfway up the insert. Seal the insert tightly with foil and place in the preheated oven for 4 hours.
5. Chiffonade Bok choy and red cabbage, add in sliced red onion, soy sauce and rice wine vinegar and mix through.
6. Once pork is out of the oven allow to cool and pull with a fork. Put braising liquid into a pot and reduce to half, then add to the pulled pork and set aside.
7. Assemble by slicing the buns, add the pork and top with the slaw.

TOMATO, BASIL
AND MOZZARELLA

Tart



CHEF LUKE REDDY
Coastal Regional Chef: Healthwise



Ingredients

200 g	Puff pastry (1 sheet)
250 g	Mozzarella cheese
300 g	Whole peeled tomato
10 g	Garlic chopped
80 g	White onion, chopped
80 g	Red onion, sliced
12 g	Basil
1	Egg, for coating pastry
TT	Salt and pepper
12 g	Chives, optional
12 ml	Oil
5 g	Flat leaf parsley
TT	Marinara sauce
TT	Basil pesto, optional

Method

1. Preheat oven to 180°C and preheat stove top.
2. In a sauce pot or pan add oil, heat up and add chopped onion. Cook onion until lightly browned, then add garlic and cook through. Add whole peeled tomato and cook this down for 8-10 minutes, add salt and pepper to season, and a pinch of sugar to balance taste, and add half the basil. Check for extra seasoning and set aside.
3. Slice Mozzarella cheese into finger length pieces and set aside.
4. Place puff pastry sheet on a greased baking tray.
5. Smear marinara sauce over the pastry sheet and leave 2 cm pastry exposed from the rim
6. Top pastry with Mozzarella cheese and egg wash the exposed rim.
7. Bake at 180-200°C. Once Mozzarella is caramelized and bubbly and pastry is golden brown, remove and add rest of the basil. Serve hot or at room temperature.
8. Optional: Drizzle with basil pesto. May also use a medley of assorted cherry tomatoes.

LEMON, HONEY AND
MUSTARD EARLY SPRING

Chicken Thigh

SALAD



CHEF LUKE REDDY
Coastal Regional Chef: Healthwise



Ingredients

1	Lemon, zest and juice (plus 1 Tbsp lemon juice, extra)
2 Tbsp	Honey
60 ml	Extra virgin olive oil
1 cup	Mint leaves, half the leaves finely chopped
4 x 180 g	Chicken thighs, uncooked
200 g	Green beans, fresh or frozen
200 g	Bread, cut into crouton size pieces (preferably ciabatta)
TT	Baby spinach, large handful
400 g can	Chickpeas, rinsed and drained
125 g	Cherry tomatoes, halved
½	Cucumber, finely chopped
¼ cup	Flat-leaf parsley leaves, chopped
2 tsp	Wholegrain mustard

Method

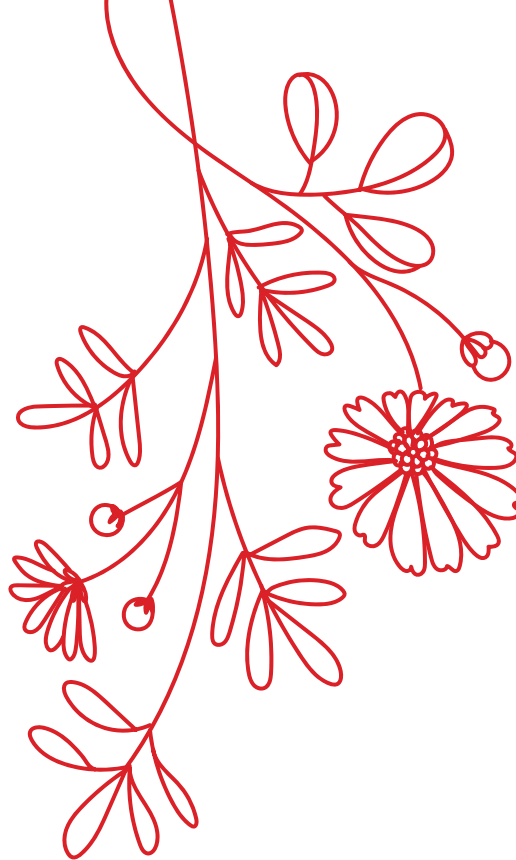
1. Preheat the oven to 180°C.
2. Combine lemon zest and juice, honey, 1½ tablespoons oil and chopped mint in a large bowl. Season with sea salt and freshly ground black pepper. Add raw chicken thighs, stir to coat, then place in the refrigerator for 10 minutes to marinate.
3. Blanch green beans in boiling water for 1-2 minutes. Drain and refresh under cold running water. Set aside.
4. Place bread pieces on a baking tray and grill for 4-5 minutes until golden and crisp.
5. Oven bake chicken thighs until cooked through and crispy. Cool to room temperature.
6. Toss green beans, croutons, baby spinach, chickpeas, tomatoes, cucumber, parsley and whole mint leaves in a large bowl.
7. Place salad mix on a salad bowl, baste chicken thigh in pan juices and place on top ensuring chicken is room temperature so that salad leaves do not wilt.

BEET AND
CHICKPEA

Salad



CHEF ZOLANI RADEBE
Regional Executive Chef: Fedics East London



Ingredients

Salad:

2-3	Beetroots, peeled and grated
1 cup	Chickpeas, cooked or canned
3 Tbsp	Peanuts
TT	Feta cheese
TT	Precooked beetroot cubes
TT	Fresh coriander leaves, for garnish

Dressing:

1 Tbsp	Lime juice
1 tsp	Chili sauce
1 Tbsp	Olive oil
TT	Salt and pepper

Method

1. Peel raw beets, removing the stems then shred the beets with a grater. Place the beets in a bowl along with the chickpeas and peanuts.
2. Mix up the dressing ingredients in another small bowl and stir to combine. Taste and adjust the salt and pepper to your liking.
3. Add the dressing to the bowl with salad ingredients and mix well. Let it sit for about 5 minutes for the flavours to soak into the vegetables and the beet juices to mingle with the dressing.
4. Top with chopped fresh coriander leaves and serve.



Fire it up!

ALMIGHTY OINK

BUYER CODE	ITEM
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26001	Knorr Chicken Stock Granules
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30017	Fine Foods BBQ Sauce
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GRILLED CHUCK STEAK

BUYER CODE	ITEM
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26417	Knorr Beef Stock Granules
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CHAKALAKA BEAN SALAD

BUYER CODE	ITEM
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30459	Fine Foods Fruit Chutney
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26273	Robertsons Veggie Seasoning
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ALMIGHTY PORK



For inspiration and recipe ideas visit [ufs.com](https://www.ufs.com)



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ALMIGHTY OINK



Yield:
800 g



Serves:
2

INGREDIENTS:



10 g
**KNORR PROFESSIONAL
CHICKEN STOCK
GRANULES**



Hot water
(as needed)



800 g
Pork ribs



500 ml
**FINE FOODS
BARBECUE SAUCE**

METHOD:

1. Mix the **Knorr Professional Chicken Stock Granules** with water. Place the ribs in a pot, cover with water and boil. Cook until soft and almost falling off the bone.
2. Coat the ribs with **Fine Foods Barbecue Sauce** until fully coated and grill. Continue to baste while grilling.
3. Serve immediately with a side of your choice.

CHEF'S TIP:

Pork ribs can be substituted for lamb ribs or chicken pieces.

GRILLED CHUCK STEAK



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GRILLED CHUCK STEAK

INGREDIENTS:



150 g
KNORR PROFESSIONAL
BEEF STOCK GRANULES



130 ml
Oil, Sunflower



4 kg
Chuck steaks



Yield:
3 kg



Prep Time:
5 min



Cook Time:
10 min



Serves:
10

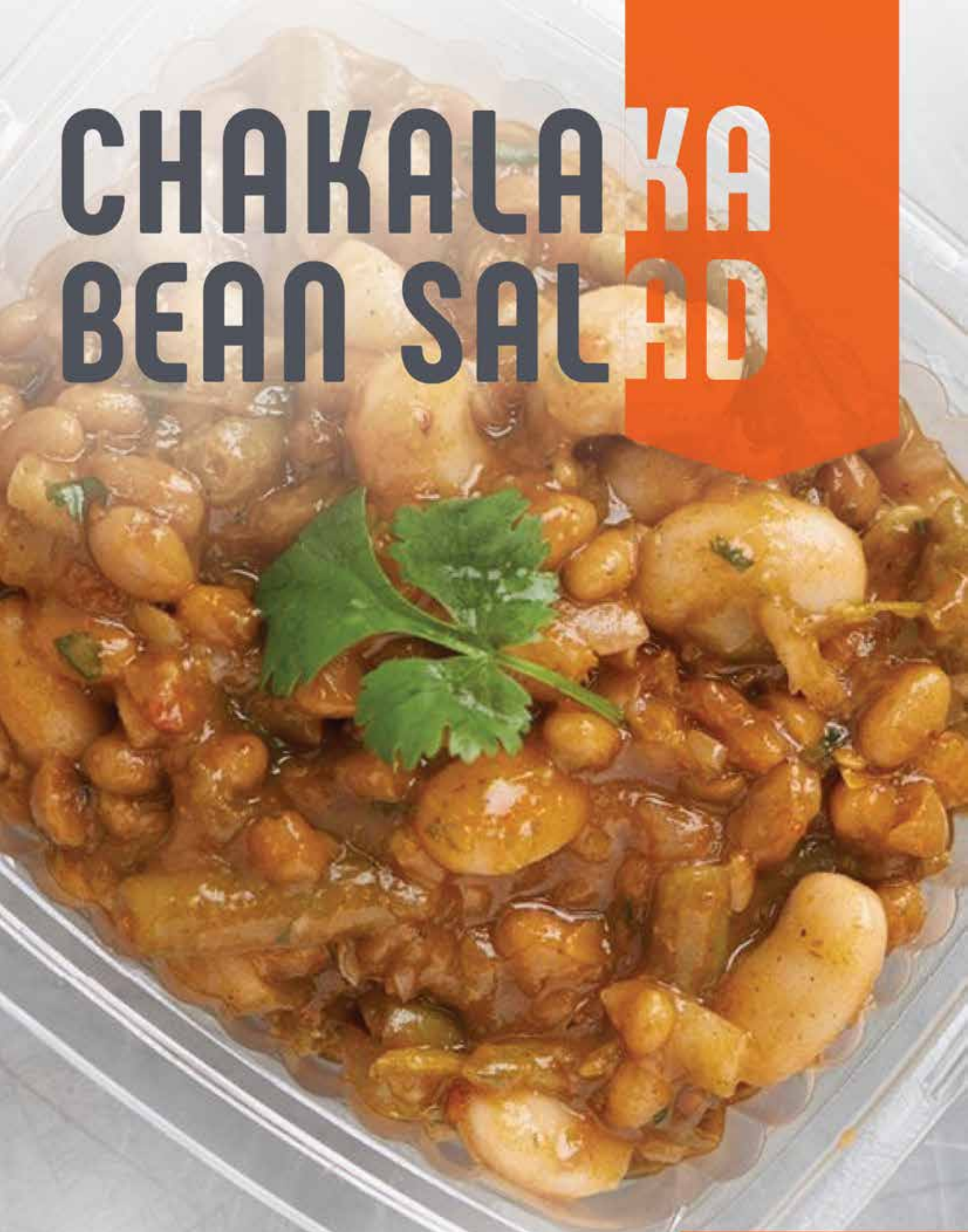
METHOD:

1. Mix the **Knorr Professional Beef Stock Granules** with the oil. Rub the stock mixture on the steak.
2. Grill until golden brown.
3. To Serve: Serve with Chakalaka and chips or pap.

TOP TIP:

For a smoky option, you can substitute Knorr Beef Stock Granules with Robertsons Barbecue Spice and Fine Foods Barbecue Sauce.

CHAKALA KA BEAN SALAD



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CHAKALAKA BEAN SALAD

 **Yield:**
2 kg

 **Prep Time:**
20 min

 **Serves:**
10

INGREDIENTS:



800 g (2 Tins)
Butter beans



850 g (2 Tins)
Green beans



100 g
Onion



20 g
Coriander leaves



150 g
FINE FOODS
FRUIT CHUTNEY



20 g
ROBERTSONS
VEGGIE SEASONING



800 g (2 Tins)
Chakalaka baked
beans in tomato sauce

METHOD:

1. Drain the liquid from the tins of beans.
2. Finely chop the onion. Roughly chop the coriander.
3. Mix together all the ingredients. Allow to stand for 30 min before serving.
4. Hint: Save time by planning your side dishes with your proteins so as to avoid wastage.

CHEF'S TIP:

Add some roughly chopped red chilli for some extra heat. Or add red kidney beans to vary the flavour.

FIRE IT UP

SIZZLE, GRILL, CHAR, SMOKE, BRAAI, AND SHISANYAMA!

Fire up your grill dishes with the perfect grill blends suitable for any type of grilling style!



GRILL

Grilling is the perfect cooking method. It requires fewer sauces and condiments, and the high heat seals in the flavour-packed juices, so your meat stays tender and moist. Just sprinkle on some spices for meat and vegetables that are mouth-watering and healthy.



SMOKE

Bring that smoky aroma to the table with slow-cooked meats like lamb or brisket, or use quick bursts of smoke for braai meats like steak. The smoke adds character to the flavour profile of the meat, meaning you need fewer spices and flavourings.

BRAAI

You can't go wrong with this classic! Master the braai with steak, boerewors and anything else for that true South African flavour.

SHISANYAMA

Shisanyama, which means 'burnt meat' in Zulu, is popular in South African braai culture. Deliver perfectly succulent, and well-browned meat cuts with a classic shisanyama.



SIZZLE

Nothing beats a sizzling steak that's been cooked on a grill! Sizzle up your diners' taste buds with the perfect tender steak seasoned with our blend of spices to give it the slightest marbling hot off the grill.





BEST BUYS

N1

BEEF BURGER - N1 CLASSIC

100g - BEEBR064 / 150g - BEEBR065

POTATO CHIPS

10mm (Skin-less) / POTC1001

SWEET POTATO CHIPS

Garlic & Rosemary / Beer Battered / Plain
POTMV001

SUNFLOWER OIL

4 x 5l / OIL002

PAN PALM OIL

20l / OIL001