

The SHOPPER

WINTER | MAY 2023

THE WONDER OF WINTER

RECIPES FROM OUR CHEFS

COMPETITIONS

Meadowland competition winners
Unilever competitions

WE RECOMMEND

Deli Spices

NEW LISTINGS

Unilever Pouch Spices
Crisps
Popping Bubble Tea
Bokomo Super Cereals

CATERING 2023
TSEBO CATERING SOLUTIONS
www.tsebo.com

TSEBO



The Meadowland brand has been proud to support professional South African chefs and bakers over the years, by providing them with the top quality ingredients they need to take their dishes to the next level.

This year is no different... However, the brand decided to add the cherry on top" with an exciting challenge to get their creative juices flowing - The Meadowland Classique "A CUT ABOVE" competition.

Chefs stood a chance to **win 1 of 3 Victorinox 5-Piece Swiss Classic Kitchen sets worth R1 700 each** by submitting their recipe featuring Meadowland Classique. Sweet or savoury application - the choice was theirs! If they believed they had a winning recipe that is "a cut above the rest" all they had to do was enter the competition and a super sharp knife set could be heading their way.



The entry process comprised of three simple steps...

- STEP 1:** Create a meal that you would sell in your canteen using Meadowland Classique.
- STEP 2:** Send a photo of the prepared meal, the recipe and the costing analysis (cost per plate).
- STEP 3:** Enter the competition via the whatsapp line.

Entries were accepted from 16th January to 16th February 2023 and the winner for each region was announced at the Fedics Festivals held on these dates:

- Johannesburg – 22nd February 2023
- Durban – 8th March 2023
- Cape Town – 29th March 2023

To encourage chefs to enter and to be their most creative selves, Meadowland kept the rules as simple as possible...

- There would be one winner per region - Gauteng included North-West, Limpopo and Mpumalanga; KZN included Free State; Western Cape included Eastern Cape and Northern Cape.
- There could be only one entry per chef.
- A picture of the meal, the recipe and the cost per plate analysis had to be submitted via the WhatsApp line for the entry to be valid.
- There would be no limit on the number of entries per site - multiple chefs per site could enter.

Meadowland was astounded by the quality of entries submitted. Our local chefs went all-out to dazzle the judges, making the judging process incredibly difficult. After much deliberation, three outstanding winners were chosen... and here they are, along with their winning recipes!

KwaZulu-Natal Winner

Sabelo Mathonsi from Mondi Richards Bay.

MEADOWLAND CREAMY CHICKEN AND MUSHROOMS SERVED WITH BROWN ONION MASHED POTATO

INGREDIENTS

- 2.5 kg Chicken
- 2 kg Potato
- 400 g Fresh Mushroom
- 0.18 Green, Red, Yellow Pepper (0.18g Each Pepper)
- 0.03 g Garlic
- 0.03 g Jeera Powder
- 500 g Margarine
- 0.02 Paprika
- 1 L Meadowland Classique
- 3 Green Chillies
- 2 Medium Onions



METHOD

In a pan melt 300g margarine and half of the finely chopped onions and chillies.

After 2 minutes add the jeera, paprika and mix well. Then add the meat and 0.75 Meadowland Classique and mix well.

After 15 minutes add the mushrooms and seasoning, and simmer for a further 10 minutes.

Lastly add the mixed peppers and simmer for further 5 minutes... And it's ready!

For the mash - boil the potatoes until super soft. While boiling, sauté the remaining onions in the remaining 200g margarine until golden brown.

Lastly, combine the potato and onions together, add Meadowland Classique and mix well until smooth. Serve and enjoy!



A CUT ABOVE



Inland Winner

Portia Matsila
from Douglasdale Retirement Village.



PORTIA'S CHEESECAKE (Makes 12 slices)

FILLING INGREDIENTS

- 0,6 Cream cheese
- 1 Condensed milk
- 0,4 Meadowland Classique
- 0,08 Lemon Juice
- 0,015 Lemon Zest
- 0,06 Gelatin
- 4 Egg yellow

BASE INGREDIENTS

- 0,15 Flour
- 0,15 Sugar
- 0,01 Baking powder
- 2 Eggs
- 0,075 Oil
- 0,01 Vanilla essence
- 0,075 Water

DECORATION INGREDIENTS

- 0,26 Strawberry
- 0,1 Meadowland Classique

DIRECTIONS

The process starts with the base and then working your way through the filling and finally the decoration.

BASE

Step 1

- * Mix the sugar and egg together until fluffy
- * Mix the flour and baking powder in a separate bowl
- * Mix the oil and water together in a 3rd bowl

Step 2

- * Add the sugar and egg mixture to the dry ingredients
- * Mix until it's a smooth paste
- * Mix the water and oil into the above mixture until all is mixed through thoroughly

Step 3

- * Pour the above mixture into a 270mm cake baking pan
- * Ensure the mixture is evenly spread out
- * Bake at 160 degrees Celsius for 10 minutes
- * Remove the pan from the oven and let cool
- * Do not remove baked base from the cake pan

FILLING

Step 1

- * Mix all the filling ingredients together except for the cream and gelatine until a smooth texture is obtained

Step 2

- * Whip the Meadowland Classique until it is stiff
- * Fold it into the above mixture in step 1

Step 3

- * Mix the gelatine with 120ml hot water
- * Stir until all the gelatine has dissolved

Step 4

- * Fold the gelatine into the mixture from step 2 until mixed through thoroughly



FINALISATION OF CAKE

- * Pour the filling mixture into the cake pan that already has the base in
- * Put the cake pan in the fridge and let it stand for approximately 3hrs
- * Once the cake has set you can remove it from the cake pan
- * Decorate the cake with strawberries and Meadowland Classique (you may use other preferred decorations)



Cape Town Winner

Angelo Cloete from Stellenbosch Medical School.



PUB STYLE CHICKEN SCHNITZEL SERVED WITH FOAMY MASH, BUTTERY PEAS & CREAMY MUSHROOM SAUCE

Prep Time 10-15 min
Cooking Time Total: 20-25 min

INGREDIENTS

- 150 g Chicken Fillet
- 0.005 Onion
- 0.005 Crushed Garlic
- 0.06 Oil
- 0.06 Tinned Mushrooms
- 0.02 Flour
- 0.08 Frozen Peas
- 0.005 Tumeric
- 0.005 Paprika
- 0.03 Corn Flakes (roughly crushed)
- 0.2 Potatoes
- 0.04 Butter
- 0.100 Meadowland Classique
- 0.003 Black Pepper



METHOD

Add 2-3 cups of water to a medium size pot, and bring to a boil. Peel the potatoes, cut in half and add to the boiling water - cook potato until soft. Meanwhile, in a saucepan add finely chopped onion with some butter and cook until translucent for 5 minutes. Add garlic and cook until fragrant, then add the mushrooms and cook a further 5-10 minutes. Add 50ml Meadowland CLassique and let it cook for about 10 minutes until it thickens. Once done add seasoning and set aside.

Slit the chicken fillet open but not all the way through. Mix flour, Corn Flakes, tumeric, paprika and season to taste in a mixing bowl. Chef Tip: add 25ml of Meadowland Classique to your chicken fillet and coat well. This is to replace the egg for coating. Once the chicken fillet is fully coated with the Meadowland Classique, add this to your flour mix. Remove the chicken fillet and shake off any excess flour, then place the coated chicken fillet in a deep fat fryer, and cook until golden crisp and fully cooked. Once done set aside and keep warm.

Add butter to a saucepan and heat up for 2-3 minutes. Once the pan is hot, add green peas and cook for a few minutes until warm, and set aside. Once the potatoes are cooked remove from the heat, strain them and add to a blender. Chefs Tip: add the remaining Meadowland Classique, butter and seasoning and blend until smooth and foamy. This way, it adds creamy and foamy body to the mash. Once the mash is done start plating and serve warm. Enjoy!

Open chicken

LASAGNE

with basil pesto
and pine nuts

Ingredients

1 pack	Chicken fillets
2	Cloves garlic
1	Courgette
1 Tbsp	Vinegar
1 tsp	Sugar
1 can	Cherry tomatoes
½ pack	Baby spinach
1 pack	Freshly made lasagne sheets
2 Tbsp	Basil pesto
¼ block	Finely grated Parmesan cheese
2 tsp	Pine nuts (to serve)

Method

1. Cook chicken: Pat chicken dry and slice into 1.5 cm strips and season. Heat a drizzle of oil in a large fry-pan on high heat. Cook chicken for about 6 minutes each side, until browned and just cooked through. Remove from pan and rest. Thinly slice garlic and grate courgette.
2. Cook sauce: Reduce heat to low and cook garlic for about 30 seconds, until fragrant but not coloured. Add vinegar, sugar, canned cherry tomatoes and the courgette. Bring to a simmer and cook for 2-3 minutes until sauce thickens slightly. Return chicken to pan, along with spinach and toss to coat. Remove from heat.
3. Cook pasta: Separate lasagne sheets and cook in a pot of boiling water for about 3 minutes, until just tender. Reserve 1 tablespoon of pasta water in a small bowl. Drain pasta and toss with a drizzle of olive oil to prevent sticking.
4. Prepare pesto: Add basil pesto to bowl with reserved pasta water and mix well.
5. Assemble lasagne: Place a square of pasta onto each plate, top with a spoonful of chicken and tomato mixture, a drizzle of basil pesto mixture, and a generous sprinkle of Parmesan cheese. Repeat again with remaining pasta, chicken and tomato mixture, basil pesto and Parmesan.
6. Serve lasagne with pine nuts, freshly ground black pepper, and any remaining Parmesan cheese.

CHEF CHRISTOPHER SEANE

Regional Executive Chef, Healthwise Inland



Beefy

MELANZANE

Parmigiana

CHEF CHRISTOPHER SEANE

Regional Executive Chef, Healthwise Inland

**Ingredients**

2 Tbsp	Olive oil, plus extra for brushing
800 g	Beef mince
3	Garlic cloves, crushed
3	Thyme sprigs
3	Rosemary sprigs
3	Bay leaves
2 x 400 g	Chopped tomato
1	Glass of red wine
1	Beef stock cube
1 Tbsp	Sugar
5	Aubergines, sliced lengthways
2 x 125 g	Mozzarella cheese, torn into chunks
50 g	Parmesan cheese, grated.
250 g tub	Mascarpone cheese

Method

1. Heat the oil in a large frying pan or flameproof casserole dish. Add the mince and brown over a high heat, breaking up with a wooden spoon as you go. (You may need to do this in batches.) Once well browned, tip onto a plate.
2. Add the remaining oil, the garlic and herbs to the pan and gently cook for 1 min. Tip in the tomatoes and red wine, and bring to a simmer, stirring up any meaty bits stuck to the bottom of the pan. Return the mince to the pan, crumble in the stock cube, and add sugar and seasoning. Gently simmer for at least 20 mins, stirring occasionally, splashing in more water to keep it saucy if you need to. If you have time to simmer for longer, go for it – the longer the better. Fish out the herb stalks and bay leaves.
3. Meanwhile, heat a griddle or frying pan. Brush the aubergine slices on both sides with olive oil, then griddle in batches. You want each slice softened and slightly charred, so do not have the heat too high or the aubergine will char before softening. Remove to a plate as you go.
4. Heat oven to 180°C. Set aside some of each cheese to go on the top. In a large baking dish spread a spoonful of mince sauce over the base, then top with a layer of aubergines and season well. Spoon over some more mince sauce, then scatter over some Mozzarella, Parmesan and blobs of Mascarpone. Add another layer of aubergines and some seasoning. Repeat, layering everything up and finish with a layer of meat sauce.
5. Top with your reserved cheese and bake for 30-40 minutes until the top is crisp and golden and mince bubbling.

WE RECOMMEND

DELI SPICES



TSEBO SOURCE CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
101775	GROUND BEEF EXTENDER 1KG	NATIONAL	3098010	DELI SPICE
101775	TASTY MEAT EXTENDER 2KG		3307020	
101775	NAVAMODE TVP COLOURED FINE 20KG		70200117	



WE RECOMMEND

PEOPLE · PASSION · INNOVATION

SEASONINGS & ADDITIVE BLENDS FOR THE FOOD INDUSTRY • NATURAL SPICES & HERBS • MEAL CREATIONS
 SOYA PROTEIN • FUNCTIONAL INGREDIENTS • NATURAL, COLLAGEN & ARTIFICIAL CASINGS
 MEAT PROCESSING EQUIPMENT • REQUISITES & PACKAGING

BRANCHES:

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BORDER REGION East London - C&S Suppliers +27 43 743 1293	GAUTENG Johannesburg +27 11 019 2800	MPUMALANGA Mbombela +27 13 752 2025	BOTSWANA Gaborone - MW Packaging +267 393 0180	ZAMBIA Lusaka +260 973 998 301
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Pumpkin and
plant based TVP

PROTEIN PATTIES

with cilantro

CHEF JACKIE GELUK
Regional Executive Chef, TSA



Ingredients

250 g	Pumpkin, grated
250 g	Ground beef meat extender, soaked and all the liquid drained
2	Eggs
1 bunch	Spring onion
½ bundle	Cilantro
2 Tbsp	Flour
½ Tbsp	Ground cumin
½ Tbsp	Salt
¼ tsp	Pepper
250 g	Multigrain breadcrumbs
2 Tbsp	Sesame seeds
2-3 Tbsp	Olive oil

Method

1. Grate the pumpkin and finely chop the onion with the plant protein and cilantro.
2. Mix these together and add eggs, flour, breadcrumbs, ground cumin, salt and pepper.
3. Form patties and cover them in a mix of breadcrumbs and sesame seeds.
4. Warm up olive oil in a pan and fry the patties until golden brown.

Plant protein, chickpea,
lentil and aloo

BIRYANI

CHEF JACKIE GELUK
Regional Executive Chef, TSA



Ingredients

1½ Cup	Rice
1 Cup	Ground beef soy meat extender
1 tin	Chickpeas
1 cup	Black lentils, cooked
2	Potatoes, diced
6 tsp	Curry powder
15	Curry leaves
4	Cardamom seeds
1	Cinnamon stick
1 tsp	Jeera seeds
1 cup	Yoghurt
1 cup	Tomato paste
2	Green chillies, slit
2	Onions, sliced
1 Tbsp	Ginger garlic paste
1 Tbsp	Red chilli powder
1 tsp	Turmeric
2 Tbsp	Oil
1 Tbsp	Mint, freshly chopped
1 Tbsp	Coriander, freshly chopped

Method

1. Place the soy granules in a sieve and wash under running water. The granules are very small and can be washed away if you use a colander with big holes.
2. Add the soy granules to hot water and close the lid tightly. Keep aside for an hour.
3. After an hour, drain the water from the soy granules and squeeze the excess water from the granules and place in a mixing bowl.
4. Fry potatoes and sliced onion in butter.
5. To the soya granules, add, chickpeas, lentils, turmeric, red chilli powder and salt and mix well.
6. Slowly add all the ingredients: ginger garlic paste, curry powder, curry leaves, yoghurt, whole spices, tomato paste, onions, green chillies, chopped mint and coriander. Mix well. Once, it is mixed well, also add oil and mix again.
7. Cook the rice until it is half done and drain the water.
8. Grease the bottom of a baking tray with little oil or butter. Add the marinated soya granules and level it. On the top, add little chopped coriander and place the cooked rice on it. Add some more chopped coriander, and the fried potatoes and onion and some water, cover with foil.
9. Bake at 180°C for 40 minutes or until rice is fluffy when mixing.
10. Serve hot with raita.

Vegan TVP

BEEF STEW

Ingredients

¼ cup	Oil
2 cups	TVP chunks
¼ cup	Flour
2 Tbsp	Mixed herbs
1	Large onion, finely diced
2	Medium carrots, finely chopped
3 ribs	Celery, finely chopped
5 cloves	Garlic, minced
1 kg	Small potatoes, cut into chunks
½ cup	Red wine, optional
2 Tbsp	Tomato paste
4-5 cups	Vegetable stock
2 Tbsp	Soy sauce (or tamari or aminos)
TT	Salt and ground black pepper
2 Tbsp	Vegan butter, optional
2 Tbsp	Parsley, chopped (for garnish)

Method

1. Place soy chunks in very hot, salted water. Soak for 15-20 minutes until the chunks have absorbed a good deal of the water.
2. Drain out the water and press lightly on the soy chunks to remove excess water.
3. In the same bowl, toss the TVP chunks in flour, half the herbs, salt and ground black pepper. Heat 1 tablespoon oil in a large pot or Dutch oven and add the soy chunks to it without crowding them. Do this in batches if necessary. Preserve any excess flour in the bowl for adding later.
4. Brown the soy chunks on all sides. Remove to a plate.
5. To the same pot add the remaining tablespoon of oil. Add the carrots, celery, onions and garlic. Sauté until the onions are soft, 3-4 minutes.
6. Add wine to the pot, stir and let it cook out until there's barely any moisture in the pot.
7. Stir in the tomato paste and add the remaining herbs and mix them in.
8. Add the soy chunks back to the pot with any remaining flour.
9. Add 4 cups vegetable (or mushroom) stock to the pot along with the potatoes. Add the soy sauce and bring to a boil. Cover and let the potatoes cook until tender, about 10 minutes.
10. Stir in the vegan butter and turn off the heat.
11. Garnish with spring onion and serve with dumplings or pap.

CHEF JACKIE GELUK
Regional Executive Chef, TSA





UNILEVER COMPETITION

TSEBO SOURCE CODE	ITEM
30396	SAUCE HAMBURGER - KNORR - 2LT
30074	SAUCE PERI PERI - KNORR - 2LT
30491	SAUCE SWEET CHILLI - KNORR - 2LT - [BOTT]



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Beef smash BURGER

CHEF MARKO ENGELBRECHT

Regional Executive Chef, Business, Industry & Automotive Inland



Ingredients

12	Burger buns
50 g	Margarine
1.9 kg	Beef mince
15 g	Salt
30 g	White pepper
60 g	Garlic powder
120 g	Lettuce
180 g	Onion, peeled
360 g	Gherkins
360 g	Cheddar cheese
360 g	Tomato
TT	Spray & Cook

Method

1. Wash and slice tomatoes, slice gherkins, cut onions in half and thinly slice onion halves.
2. Roll defrosted mince into 12 balls, 80 g each.
3. Slice burger buns and butter each half.
4. In a medium heat thick base pan, spray with Spray & Cook. Start with cooking the meatballs, press them down as thinly as possible using a burger press. When ready to turn, season with salt and pepper and top with thinly sliced onions. Turn and top with cheddar.
5. Toast the buns each on flat side on medium heat until golden brown.
6. Assemble burgers, starting with lettuce then tomato and finish with gherkins.
7. When the patties are ready place on top of gherkins, top with the other half of bun and serve (12 servings).

Cajun chicken

BURGER**CHEF MARKO ENGELBRECHT**

Regional Executive Chef, Business, Industry & Automotive Inland

**Ingredients**

600 g	Mayonnaise
15 ml	Lemon juice
25 g	Minced garlic
12	Burger buns
50 g	Margarine
1.8 kg	Chicken breast
15 g	Salt
30 g	White pepper
60 g	Garlic powder
50 g	Cajun spice
30 g	Flour
5 g	Paprika
120 g	Lettuce
180 g	Onion, peeled and halved
360 g	Gherkins
360 g	Cheddar cheese
360 g	Tomato
2 L	Oil

Brine

50 g	Salt
25 g	Sugar
1	Bay leave
3	Pepper corns
1 L	Water

Method

1. For brine: Bring water to boil and add ingredients, take of heat and stir until salt is dissolved. Cool down to brine.
2. For burger: Fillet the chicken breast and brine for at least 2 hours.
3. Wash and slice tomatoes, slice gherkins, and thinly slice onion halves.
4. For the Cajun mayonnaise: Mix half Cajun spice with mayonnaise and lemon juice and garlic.
5. Mix the remaining Cajun spice, white pepper and paprika in a mixing bowl with the flour, and heat your oil to 160°C.
6. Remove chicken breast from brine and coat with the 10-7-10 method where, you roll 10 times, pat 7 times and roll again 10 times. Start frying the chicken until the core temperature exceeds 75°C.
7. Cut the burger buns in half, spread with margarine and toast the bun halves on medium heat until golden brown.
8. Assemble burgers: Start with lettuce then tomato and finish with gherkins. When the chicken is ready place on top of gherkins, top with Cajun mayonnaise and serve (12 servings).

Bacon and jalapeno

LOADED FRIES

CHEF MARKO ENGELBRECHT

Regional Executive Chef, Business, Industry
& Automotive Inland



Ingredients

400 g	Freshly cut potato chips, 12 mm
2 L	Oil
120 g	Chips spice
240 g	Jalapeno, sliced
40 g	Flour
60 g	Spring onion, sliced
360 ml	Milk
300 g	Cheddar cheese
300 g	Bacon, shredded
40 g	Margarine

Method

1. For the white sauce: Melt margarine in a medium saucepan, add the flour and stir until a roux is formed. Add milk slowly while mixing. Season well.
2. Shred the bacon and fry until crispy.
3. In a medium pan start cooking the chips in cold water with salt and bring to the boil for 10 minutes from first bubbles breaking the surface. When time is up strain and let stand for 5 minutes to cool down in fridge.
4. Heat oil to 165°C. When chips have cooled down start frying chips until crispy and golden brown.
5. Plate and top with white sauce, bacon and jalapenos.
6. Garnish with spring onions and serve (12 servings).

A NEW REASON TO SEASON

UNILEVER - NEW LISTINGS

TSEBO SOURCE CODE ITEM

26342	SPICE SEASONING ALL PURPOSE POUCH ROBERTSONS 1KG
26192	SPICE PAPRIKA SMOKED POUCH ROBERTSONS 600GR
26473	SPICE CHICKEN POUCH ROBERTSONS 1KG
26342	SPICE CHIP & POTATO SEASONING POUCH ROBERTSONS 1KG
26444	SPICE AROMAT POUCH KNORR 1KG
26528	SPICE POWDER CURRY MEDIUM POUCH RAJAH 800GR

BUTTERNUT SOUP

TSEBO SOURCE CODE ITEM

26080	SPICE CINNAMON GROUND ROBERTSONS 600 GR
26022	STOCK VEGETABLE GRANULES KNORR 1KG
26192	SPICE PAPRIKA SMOKED POUCH ROBERTSONS 600GR

SMOKEY PAPRIKA & GINGER BEEF SHORT RIBS

TSEBO SOURCE CODE ITEM

26192	SPICE PAPRIKA SMOKED POUCH ROBERTSONS 600GR
26001	STOCK CHICKEN GRANULES - KNORR - 1KG - [TUB]
21200	TOMATO PRONTO - KNORR - 2KG
30262	SAUCE HONEY & SOY

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ROBERTSONS SMOKED PAPRIKA

A seasoning that adds rich colour and smoky flavour to dishes.

- Adds a hint of smokiness to dishes.
- Adds a rich, intense colour to dishes.
- Just one spoonful can make a big difference to your dish.
- Perfect for speciality dishes.
- Available in a 600 g Food Service pack.



ROBERTSONS ALL PURPOSE SEASONING

From chips to chops - add a golden colour and visually appealing texture to your dishes.

- **Versatile:** perfect for multiple dishes.
- **Visual:** adds a golden colour and texture with pepper and thyme.
- **Taste:** a consistent blend of herbs & spices.
- **Yield:** 1 pouch seasons 100 kg of chips.



ROBERTSONS RAJAH MEDIUM

A curry powder that adds a rich, intense flavour, colour and aroma to your dishes.

- Trusted Robertsons Rajah brand.
- Made with coriander, turmeric, cumin, methee and chillies for traditional curry flavour customers love.
- Just a small amount can make a big difference to your dish.
- Traceable supply chain guarantees hygiene.



ROBERTSONS CHICKEN SPICE

A seasoning with pure paprika that enhances flavour and adds colour to your chicken dishes.

- High quality range of seasonings and spices including pure paprika from a trusted brand with a strong South African Heritage.
- Adds superior and intense flavour to chicken.
- Just a small amount can make a big difference.



ROBERTSONS CHIP & POTATO SEASONING

A seasoning that adds a golden colour and visual texture to chips and potatoes.

- A secret blend of spices and herbs (paprika and chilli).
- 1 Spice Pouch seasons 100 kg of chips.



KNORR AROMAT ORIGINAL

An all-purpose seasoning that gives your dishes the Mzansi flavour that makes food taste better.

- Trusted Brand with strong South African Heritage.
- Original recipe that delivers consistent taste and quality every time.
- Just a small amount can make a big difference to your dish.



FEATURING
**ROBERTSONS
SMOKED PAPRIKA**

SERVES
**8 x
250 ml**

PREP
TIME
20 min

COOKING
TIME
±25 min

BUTTERNUT SOUP

A spicy, creamy, and easy butternut soup! Made with potatoes, carrots, apple, and onion, and seasoned with Robertsons Cinnamon and Robertsons Smoked Paprika for that extra flavour burst!



 Follow @chefpinkydread

INGREDIENTS

- | | | | |
|-------|-----------------------------------|-------|--|
| 60 g | Butter | 10 g | Robertsons Smoked Paprika |
| 100 g | Onions (finely diced) | 20 g | Knorr Professional Vegetable Stock Granules |
| 5 g | Garlic (crushed) | 1 L | Boiling water |
| 140 g | Potatoes (diced) | 60 ml | Fresh cream |
| 40 g | Carrots (diced) | 40 ml | Crumble: Crispy onion & toasted pumpkin seeds |
| 500 g | Butternut (diced) | | |
| 120 g | Apple (diced) | | |
| 1 ml | Robertsons Cinnamon Powder | | |

METHOD

1. Melt butter, add onions, garlic, and sauté' until translucent.
2. Add the potatoes, carrots, butternut, apple, **Robertsons Cinnamon**, **Robertsons Smoked Paprika**, **Knorr Professional Vegetable Stock Granules** and water.
3. Bring to boil and simmer until the butternut is cooked. Liquidise until smooth.
4. Add cream, bring to boil, and check seasoning.
5. Garnish with crumble on top.





FEATURING
**ROBERTSONS
SMOKED PAPRIKA**

SERVES
6-8

PREP
TIME
20 min

COOKING
TIME
6 hours

SMOKY PAPRIKA AND GINGER BEEF SHORT RIBS

Smoky, zesty, oven-roasted short ribs made with fresh ginger and a ginger beer glaze, and seasoned with Robertsons Smoked Paprika and Knorr Professional Chicken Stock Granules to add a depth of flavour your diners will love!



Follow @chefheckmannheidi

INGREDIENTS

- | | | | |
|-------------|--|--------------|---|
| 2 kg | Rack of beef short rib | 1 L | Rib stock/liquid, strained |
| 30 g | Robertsons Smoked Paprika  | 500 g | Knorr Professional Tomato Pronto |
| 20 g | Knorr Professional Chicken Stock Granules | 500 ml | Ginger beer |
| 10 g | Whole ginger (sliced, skin on) | 100 g | Honey |
| 500 ml | Water | 100 g | Knorr Professional Honey & Soy Sauce |
| 1.5 L | Ginger beer | | |

METHOD

1. Mix the **Robertsons Smoked Paprika** and **Knorr Professional Chicken Stock Granules** together and rub onto the beef short rib rack. Place into an oven-roasting dish.
2. Add the ginger, water and 1.5 L ginger beer to the short rib.
3. Cover with foil and place in a pre-heated oven at 160 °C for 3-4 hours.
4. Remove from the oven, strain off the liquid and set aside.
5. Pour all the remaining ingredients into a pot, bring to a boil and reduce on medium heat until thickened.
6. Pour the glaze evenly over the short rib and grill in a 180 °C pre-heated oven until cooked. Baste regularly.



Bread and butter

PUDDING

with a twist

CHEF GESINA ERASMUS

Fedics Executive Chef, Eastern and Southern Cape

**Ingredients**

300 ml	Cream
600 ml	Milk
4	Eggs
100 g	Caster sugar
2 tsp	Vanilla essence
8	Brioche, Chelsea buns or hot cross buns
2 tsp	Grated lemon zest
80 g	Soft butter
TT	Icing sugar (for dusting)
TT	Blackberry reduction and fresh blackberries (to serve)

Method

1. Heat your oven to 170°C.
2. Warm the cream and milk in a pot over a gentle heat.
3. Whisk the eggs, sugar and vanilla together in a large bowl, then gradually add the warm cream mixture while whisking, being careful not to scramble the eggs.
4. Break the buns and arrange them in a large, shallow ovenproof dish.
5. Grate some lemon zest and scatter a few small cubes of butter over the bread.
6. Pour the cream mixture over the bread and set aside to soak for 15 minutes.
7. Bake for 50 minutes until set, then remove and allow to stand for 10 minutes.
8. Dust lightly with icing sugar and serve while still warm (8 servings).

MALVA

Pudding

CHEF GESINA ERASMUS

Fedics Executive Chef, Eastern and Southern Cape



Ingredients

Pudding

180 g	Sugar
2	Large eggs
1 Tbsp	Apricot jam
150 g	Flour
1 tsp	Baking soda
½ tsp	Salt
1 Tbsp	Butter
1 tsp	Vinegar
⅓ cup	Milk

Sauce

200 ml	Cream
100	Butter
150 g	Sugar
90 ml	Hot water
2 tsp	Vanilla essence

Crème patisserie

2 cups	Milk
6 Tbsp	Sugar
Pinch	Salt
3 Tbsp	Cornflour
1 Tbsp	Vanilla essence
4	Large egg yolks
3 Tbsp	Soft butter

Method

Pudding

1. Preheat oven to 180°C
2. Grease an oven dish.
3. Beat the sugar and eggs until thick and light, then add the jam and mix through.
4. Melt the butter (don't boil) and add the butter and vinegar to the wet mixture.
5. Sieve together the flour, baking soda and salt.
6. Add this mixture with the milk to the egg mixture in a mixing bowl. Beat well.
7. Pour into an ovenproof dish and bake until pudding is brown and well risen, between 30-45 minutes.
8. In a pot, melt together the ingredients for the sauce, and stir well.
9. Pour it over the pudding as soon as it comes out of the oven.
10. Leave to stand awhile before serving. Serve warm, with crème patisserie.

Crème patisserie

1. Heat the milk. While heating the milk, place the sugar, egg yolks, corn starch, vanilla essence, and salt in a bowl. Whisk until you have a thick, smooth mixture and set mixture aside until the milk almost comes to a boil.
2. As soon as the milk starts to simmer, remove it from the heat. Slowly pour about a half of the hot milk in a thin stream into the egg mix, while whisking constantly to temper the egg mix. When the eggs have been tempered, add the egg mix back into the hot milk in the saucepan.
3. Heat the custard base, over medium heat, while whisking vigorously until it starts to thicken. Make sure to reach the corners of the saucepan so that the custard does not catch at the bottom of the pan.
4. While whisking, let the custard come to a boil. Lower the heat and cook for a further 1-2 minutes after you see the first bubbles break the surface, and make sure to whisk constantly.
5. Remove from the heat and add the butter. Whisk in the butter until it is completely mixed in.
6. Pour the custard into a bowl and immediately cover the surface with plastic wrap, making sure the plastic wrap is touching the whole surface. This is to prevent a custard skin from forming on top. You can also choose to pass the custard through a sieve to remove any lumps.
7. Let the custard cool down to room temperature and then let it chill in the fridge for a few hours until it is completely chilled.
8. The custard will have set after chilling, therefore it is important to whisk the pastry cream to make it smooth before using.
9. Use as needed after the pastry cream has been chilled.

CHOCOLATE

self-saucing pudding

CHEF GESINA ERASMUS

Fedics Executive Chef, Eastern and Southern Cape



Ingredients

Pudding

50 g	Butter or margarine, softened.
170 g	Castor sugar
140 g	Cake flour
15 ml	Baking powder.
2 ml	Salt
30 ml	Cocoa powder
200 ml	Milk
1	Extra-large egg

Syrup

250 ml	Water
210 g	Castor sugar
30 ml	Cocoa powder
5 ml	Vanilla essence

Method

Pudding

1. Cream butter and sugar together. Add egg and beat well until light and creamy.
2. Sift flour, baking powder, salt and cocoa powder together. Add, alternately with milk to butter mixture. Mix well. Spoon mixture into a large, greased ovenproof dish, individual ramekins or cups.
3. Syrup: Combine water, sugar and cocoa powder in a small saucepan. Heat and stir until sugar has dissolved and mixture boils. Remove from heat. Add vanilla essence.
4. Pour syrup over batter and bake in a preheated oven at 180°C for 30 minutes. Serve with mini marshmallows and fresh cream.

Warm chocolate

MOUSSE

CHEF GESINA ERASMUS

Fedics Executive Chef, Eastern and Southern Cape



Ingredients

125 g	Dark chocolate
4 tsp	Strong black coffee
Pinch	Salt
½ cup	Cream
3	Extra-large eggs
70 g	Sugar
TT	Chocolate biscuit crumbs, blackberries, chocolate sauce and micro herbs (for serving)

Method

1. Preheat the oven to 150°C.
2. Break the chocolate into pieces. Melt in a saucepan with the coffee and salt. Set aside. Whip the cream until soft peaks form, then chill.
3. Beat the eggs and sugar until thick and frothy. Mix with the cream and gradually add the chocolate.
4. Place the mousse in an oven proof container and place in a pan of hot water. Bake for 30 minutes or until set.
5. Quenelle and dish with serving ingredients. Serve immediately.

BEST BUYS



CRUNCHY crisps N1



- Simba**
- SMOKED BEEF SIMB001
 - CHEESE & ONION SIMB002
 - CREAMY CHEDDAR SIMB003
 - MEXICAN CHILLI SIMB004
 - PEANUTS & RAISINS SIMB005
 - SALTED PEANUTS SIMB006



- Doritos**
- SUPREME CHEESE SIMB011
 - SWEET CHILLI PEPPER SIMB012
- Lay's**
- CARIBBEAN & BALSAMIC VINEGAR SIMB007
 - SALTED SIMB008
 - SPRING ONION SIMB009
 - SWEET & SMOKEY AMERICAN BBQ SIMB010



- NikNaks**
- CHEESE SIMB013
- Fritos**
- BBQ SIMB014
 - TOMATO SIMB015

Popping Bubble Tea



Bubble Tea



BEST BUYS



- Bubble Tea**
- BURSTING BUBBLE APPLE BUB006
 - BURSTING BUBBLE MANGO BUB007
 - BURSTING BUBBLE PEACH BUB005



- Lady Boba**
- BROWN SUGAR BUB003
 - CLASSIC BUB001
 - MATCHA BUB002
 - TARÓ BUB004

BEST BUYS



BOKOMO

SUPER cereals

N1



BRAN FLAKES
KREEMY MEAL
CORN FLAKES
OATS
MALTABELLA
PRONUTRO
WEETBIX

BOK004
BOK006
BOK005
BOK003
BOK007
BOK002
BOK001

NATURE'S SOURCE
MUESLI CRUNCH
NUTZY CRUNCH

BOK008
BOK009