

The SHOPPER

SPRING | OCTOBER 2023

SENSATIONAL SPRING

RECIPES FROM OUR CHEFS

COMPETITION WINNERS

Unilever: You brought your burger to light

WE RECOMMEND

NI Chicken Six Piece
John Dory Fish Fillets
Johnny Baggs Whey Dairy Blend

NEW LAUNCH

Sasko White Bread Buns

BEST BUYS

Simba Steakhouse Beef Chips
Foodmakers Prefried Samosas

CATERING 2023
TSEBO CATERING SOLUTIONS
www.tsebo.com

TSEBO



Angelo Cloete - USMS



Dianne Prisca - Old Mutual Insure

YOU BROUGHT YOUR BURGER TO LIGHT!



CONGRATULATIONS TO OUR WINNERS!

- | | |
|----------------------------|-------------------------------------|
| GADDAFI CEZULA | - CONTINENTAL TYRE SA |
| MLULEKI JILI | - LIFE CROMPTON HOSPITAL |
| ASHLEY SEPTEMBER | - PICK N PAY HEAD OFFICE KENILWORTH |
| REITUMETSE MANGANYI | - NALEDI-NKANYEZI |
| DIANNE PRISCA | - OLD MUTUAL PARKTOWN |
| ANGELO CLOETE | - USMS CAPE |
| PETRUS MOTLOUNG | - HATCH |

YOU HAVE EACH WON A "POWER UP" HAMPER INCLUDING A MAGNETO RECHARGEABLE LIGHT, POWERBANK (10 000MAH) & PORTABLE SINGLE PLATE GAS STOVE!

Please email Nwabisa.madliki@unilever.com with your delivery address to claim your prize.



Image for reference only.

For inspiration and recipe ideas visit ufs.com



Support. Inspire. Progress.

WE RECOMMEND

WE RECOMMEND

N1

CHICKEN SIX PIECE

TSEBO SOURCE CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
114630	CHICKEN 6 PIECE	INLAND/WC/EC	CHICK008	N1

N1

BAKED CHICKEN

with brinjal and lemon

CHEF JACKIE GELUK
Regional Executive Chef, TSA



Ingredients

1 pack	Chicken six piece
2 Tbsp	Olive oil, plus extra for greasing
TT	Sea salt
TT	Black pepper, freshly ground
1	Onion, thinly sliced
350 g	Brinjals, thinly sliced lengthways
1 clove	Garlic, crushed
1 tsp	Dried oregano
1	Lemon, juiced
TT	Fresh oregano or mint, to garnish
TT	Cooked brown rice, for serving

Method

1. Preheat the oven to 200°C.
2. Rub the chicken pieces with the olive oil and season lightly.
3. Grease a baking pan, then add a layer of onion, followed by layers of lightly seasoned brinjal. Smear over the crushed garlic and sprinkle with the oregano.
4. Place the chicken pieces on top of the brinjals and bake for 40 minutes or until the chicken is browned and the brinjal tender.
5. Squeeze over the lemon, turn off the oven and leave the chicken inside for 5 minutes.
6. Garnish with oregano or mint and serve with brown rice and green salad.

N1

NACHO

fried chicken

CHEF JACKIE GELUK
Regional Executive Chef, TSA



Ingredients

2 kg	Chicken six piece
1 litre	Amasi or buttermilk
2 cloves	Garlic, minced
2 Tbsp	Chicken stock powder
200 g	Flour
120 g	Nacho's tortilla chips, crushed
1 Tbsp	Dried thyme
2 Tbsp	Paprika
2 Tbsp	BBQ spice
1½ Tbsp	Smoked chilli flakes (or to taste)
TT	Vegetable oil, for frying
100 ml	Coconut milk
100 g	Mayonnaise
1 Tbsp	Honey
1	Granny Smith apple, sliced
1 bunch	Cotton Candy grapes, sliced
1	Small bunch celery leaves
3-4	Spring onions, sliced
1	Handful almonds, chopped
3 heads	Baby gem lettuce

Method

1. Combine the amasi or buttermilk with the garlic and stock powder. Add the chicken pieces. Marinate for a few hours (depending on how much time you have, overnight is ideal). The slight acidity and enzymes in the amasi or buttermilk breaks down protein in the meat, resulting in super tender and succulent chicken.
2. In a separate dish, combine the flour, tortilla chips, thyme, paprika and chicken seasoning. Remove the chicken from the fridge. Thoroughly coat each piece of chicken in the chips coating and place on a board.
3. Heat the oil to 160°C or to a medium-high heat. To check the heat of the oil, drop a small piece of tortilla chip in the oil. If it bubbles and floats immediately, the oil is ready for frying.
4. Gently shake off the excess coating and place the chicken pieces in the oil. Fry until golden brown and crispy.
5. Arrange the salad ingredients on a platter, nestle the chicken pieces in between, drizzle with the dressing and serve immediately.



Moroccan

CHICKEN FLATBREADS

CHEF MARKO ENGELBRECHT

Regional Executive Chef, Business, Industry
& Automotive Inland



Ingredients

500 g	Chicken breast trimmings
4 Tbsp	Greek yogurt
2 Tbsp	Ras-el-hanout
Half	Cucumber, grated liquid out
8 Tbsp	Greek yogurt
10 g	Fresh mint, finely chopped
2 cloves	Garlic, crushed
2 pinches	Sea salt
2 pinches	Black pepper
1	Lemon, juiced
8 Tbsp	Greek yogurt
2 Tbsp	Harissa
4	Flatbreads
TT	Lettuce, shredded

Method

1. Put 500 g chicken breast, 4 tablespoon Greek yogurt and 2 tablespoon Ras-el-hanout in a bowl and mix well. Put the bowl in the fridge and leave for 30 minutes.
2. Thread the chicken on to skewers (if using wooden skewers, make sure you soak them for 30 minutes first, so they don't burn) and put them under a medium heat grill for 20 minutes, turning half way through. Check that they are fully cooked, as cooking time will vary depending on the size of the chunks.
3. Put the half cucumber, the first batch Greek yogurt, fresh mint, garlic cloves, sea salt and black pepper and lemon into a bowl and stir well.
4. Put the second batch Greek yogurt and Harissa into a bowl and mix together.
5. Spread some tzatziki on each of the 4 flatbreads. Top with shredded lettuce and some cooked chicken and serve immediately.

N1

Butter chicken

CURRY

CHEF MARKO ENGELBRECHT

Regional Executive Chef, Business, Industry & Automotive Inland



Ingredients

500 g	Chicken breast trimmings
50 g	Fresh ginger, sliced
3 cloves	Garlic
1 Tbsp	Garam masala
1 Tbsp	Paprika powder
1 tsp	Turmeric
1 sprig	Fresh coriander or cilantro
150 g	Plain yogurt (½ cup)
2 Tbsp	Butter
200 g	Tomato passata (puree)
180 g	Heavy cream
1 Tsp	Lemon juice, freshly squeezed
1 sprig	Coriander or cilantro
TT	Cooked basmati rice

Method

1. Add all the marinade ingredients (ginger, garlic, garam masala, paprika powder, turmeric, coriander, and yogurt) to a blender and mix into a smooth mixture. Season with salt and pepper.
2. Cut the chicken breast into small bite-size pieces and add to a bowl. Add the marinade and stir to combine. Place in the fridge for 30 minutes or overnight.
3. Place a large pan on medium heat and add the butter. When the butter melts, add the chicken. Cook for 4-6 minutes or until golden. Add the tomato passata and heavy cream. Cover with a lid and cook on low heat for 20-25 minutes.
4. Divide the butter chicken between four plates and season with freshly squeezed lemon juice, coriander, and basmati rice. Serve immediately.

WE RECOMMEND

WE RECOMMEND

John Dory's

FISH FILLETS



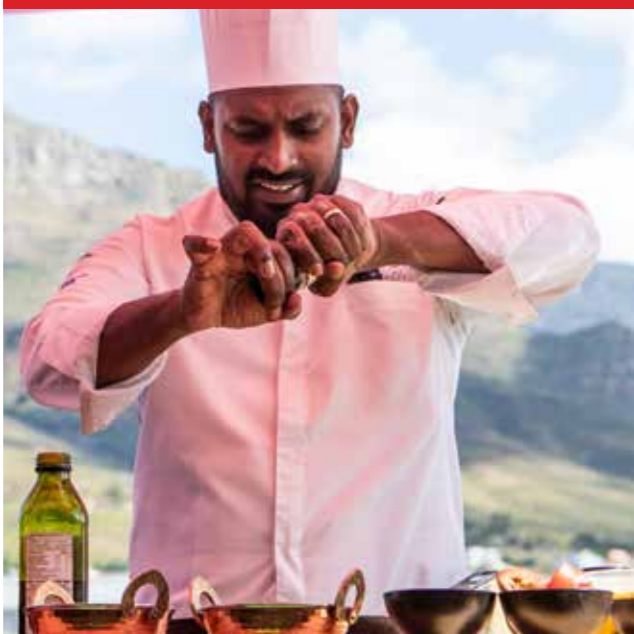
TSEBO SOURCE CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
4063	JOHN DORY FILLETS	INLAND/WC/EC	FISH100	N1
		KZN	JDFISH	CARENDALE

John Dory's

FISH
GOUJONS

CHEF LUKE REDDY

Coastal Regional Chef, Healthwise



Ingredients

1 to 1,2 kg	John Dory fillets
¼ tsp	Black pepper
3	Eggs
3 Tbsp	Parsley, roughly chopped
1	Lemon, only the zest finely grated
2 cups	Breadcrumbs
2 cups	All-purpose flour
TT	Salt or fish spice (not both)
TT	Oil (for frying)

Method

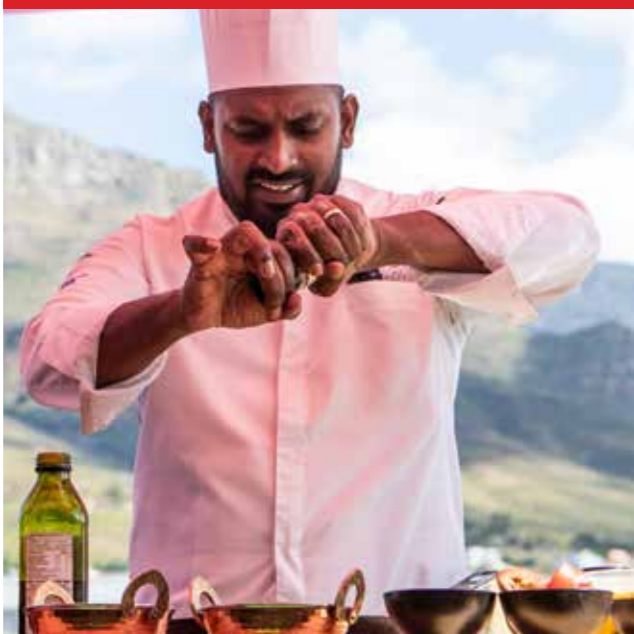
1. Make a seasoning flour adding salt or fish spice, pepper, and lemon zest.
2. Slice the john Dory into thick goujons (strips).
3. Whisk eggs.
4. Add parsley to the breadcrumbs.
5. Add oil in a pot for frying, alternatively oven bake.
6. Dip fish in seasoned flour, then in whisked eggs, and lastly in breadcrumbs.
7. Fry or oven bake until golden brown.

John Dory's

FISH
CAKES

CHEF LUKE REDDY

Coastal Regional Chef, Healthwise



Ingredients

500 g	John Dory fillets
30 ml	Oil
5 g	Garlic cloves, smashed and peeled
1½ tsp	Salt (or more to taste)
¼ tsp	Black pepper
200 g	Potatoes, peeled, boiled and mashed
1	Egg
3 Tbsp	Dhania, roughly chopped
3 Tbsp	Spring onion, roughly chopped
1	Chili, finely chopped
1	Small lemon (zest finely grated)
½ cup	Breadcrumbs
½ cup	All-purpose flour
50 g	Red onion, finely chopped

Method

1. Steam the John Dory and shred, add breadcrumbs and mashed potatoes (no wet ingredients).
2. Add egg, spring onion, chili, garlic, salt, pepper, oil, dhania, and red onion.
3. Mix until it forms a stiff mixture, that can be shaped into forms.
4. In a pan add oil for pan frying.
5. Form fish cakes into 10 equal round disks, dust in flour and pan fry until golden brown.
6. Serve with tartare sauce and a lemon wedge.



WHITE BUNS

SUPPLIER CODE	ITEM
47525	BUN: REGULAR: PLAIN: 1X3: SI: SASKO



WHEY DAIRY BLEND

Johnny Bags (Pty) Ltd

TSEBO SOURCE CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
7075	MILK POWDER - WHEY DAIRY BLEND 5KG	NATIONAL	IMP021	JOHNNY BAGS
	MILK POWDER - WHEY DAIRY BLEND 25KG		IMP022	

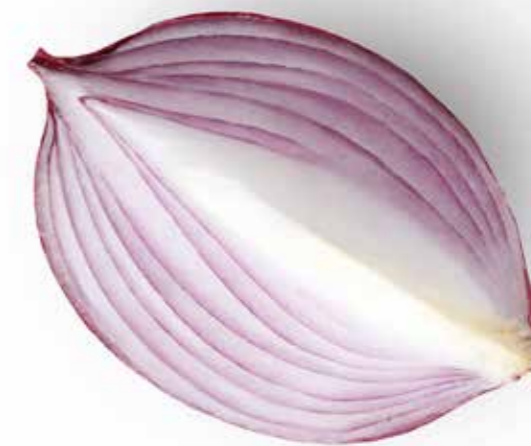
Chicken
and vegetable

OPEN LASAGNE

Johnny Bags (Pty) Ltd

CHEF GESINA ERASMUS

Regional Executive Chef, Fedics Eastern
and Southern Cape



Ingredients

400 g	Chicken roasted and shredded
60 g	Baby carrots
60 g	Sweet corn
60 g	Peas
60 g	Cherry tomatoes
60 g	Red onion
240 g	Frozen lasagne sheets, defrosted and cut into even size squares
40 ml	Oil
TT	Salt (for boiling lasagne)
40 g	Johnny Bags whey dairy blend (prepared as per packet instructions to make 400 ml milk)
80 g	Flour
80 g	Butter (or margarine)
TT	Salt (for white sauce)
120 g	Mozzarella cheese
TT	Thyme leaves, fresh, to garnish

Method

1. Sprinkled with oil and salt, roast the baby carrots, red onion and cherry tomatoes in oven at 200°C, until cooked.
2. Steam the peas and sweet corn until al dente.
3. Lightly brush the lasagne sheets with oil and cook in boiling salted water for 3-5 minutes until tender. Drain the pasta sheets.
4. Make the white sauce by melting the butter (or margarine). Add the flour and whisk well. Slowly add the milk while whisking. Continue to whisk until thick and cooked. Add salt to season.
5. In alternate layers, layer the pasta sheets, vegetables, shredded chicken and white sauce between 4 serving plates, finishing with a spoonful of white sauce. Sprinkle with cheese, place under the grill in oven to gratinate.
6. Garnish with thyme leaves and serve.

CUSTARD SLICES

Johnny Bags (Pty) Ltd

CHEF GESINA ERASMUS

Regional Executive Chef, Fedics Eastern and Southern Cape



Ingredients

2 sheets	Frozen butter puff pastry, thawed
50 g	Johnny Bags whey dairy blend (combined with 450 ml water as per packet instructions to make 500 ml milk)
1 Tbsp	Sugar
TT	Salt
5 Tbsp	Corn starch
1 Tbsp	Vanilla essence
4	Large egg yolks
3 Tbsp	Butter, softened
2 cups	Icing sugar
2 tsp	Butter, softened
2 tsp	Vanilla essence
20 g	Johnny Bags whey dairy blend (prepared as per packet instructions to make 200 ml milk)

Method

1. Preheat oven to 190 °C. Lay puff pastry on baking paper-lined tray. Prick with fork.
2. Bake 10-15 min until golden. Cool on wire rack.
3. Heat the 500 ml milk. In a separate bowl, whisk sugar, yolks, cornstarch, salt to a smooth mix.
4. Once milk simmers, pour half into the egg mix, whisking constantly. Return mix to saucepan.
5. On medium heat, whisk until custard thickens and bubbles, about 1-2 minutes.
6. Continue whisking 1-2 more minutes, then remove from heat.
7. Mix in 3 Tbsp butter and 1 Tbsp vanilla.
8. Transfer to bowl; cover surface with plastic. Chill in fridge.
9. Mix icing sugar, 2 tsp butter, and 2 tsp vanilla. Add milk (1 Tbsp at a time) until spreadable.
10. Lay one pastry sheet on tin or plate. Spread custard over. Top with second pastry.
11. Spread icing evenly. Cover; refrigerate overnight.
12. Cut with serrated knife. Serve cold.



PLANT-BASED MINCE

ALWAYS MEETING YOUR EXPECTATIONS!



BIDFOOD CODE: VEZ0191

WHY FRY'S

- 100% PLANT-BASED
- NON-GM SOY
- EASY & CONVENIENT TO PREPARE



COUNTRY CAULIFLOWER COTTAGE PIE

INGREDIENTS

CAULIFLOWER MASH

- 6 large potatoes, peeled and quartered
- 250g cauliflower florets
- 1-3 Tbsp water or almond milk
- 100g vegan butter
- Salt & pepper

COTTAGE PIE

- 300g of Fry's Soy Mince
- 410g cannellini beans, drained
- 1 large onion, finely chopped
- 2 large carrots, finely chopped
- 2 celery stalks, finely chopped
- 250g Portobello mushrooms, roughly chopped
- 2 sprigs of fresh thyme, picked and chopped
- 2 garlic cloves, finely chopped
- 2 Tbsp (30ml) tomato paste
- 2 cups (500ml) vegetable stock
- 2 Tbsp (30ml) soy sauce
- 2 Tbsp (30ml) olive oil
- 2 Tbsp (30ml) flour
- 2 bay leaves

METHOD

CAULIFLOWER MASH

Steam or boil the cauliflower florets for 10-15 minutes until soft. Blitz the florets with a few tablespoons of water (or almond milk) until you have a smooth consistency. Set aside.

Half fill a large pot with salted water and add the potatoes to the pot. Set the pot over high heat and bring to a boil. Reduce the heat to medium-high and simmer the potatoes until they are soft and cooked through. Drain the potatoes and allow them to steam for 2 minutes before mashing. Mash the potatoes, adding in the vegan butter and then season to taste. **TIP: you can substitute the vegan butter for a good quality mild olive oil. Fold in the cauliflower purée and mix until everything is smooth.**

COTTAGE PIE

Preheat the oven to 180 °C.

Set a large frying pan over medium-high heat and heat the olive oil. Add the onion, carrots, celery and mushrooms and fry for 10 minutes until the veggies have softened and begin to colour. Add the garlic, thyme, tomato paste and flour and fry for 2 minutes to cook out the tomato paste and flour. Add the Fry's Soy Mince and stir fry for 2 minutes. Add the soy sauce, vegetable stock, cannellini beans and bay leaves and stir to combine. Simmer with the lid off for 30 minutes until thickened.

Check and adjust the seasoning of the mince, when you are happy with the flavour, spoon the mixture into an ovenproof dish. Top with dollops of cauliflower and potato mash and spread the mixture evenly over the top. Rough up the surface using a fork to create a pattern and then drizzle lightly with olive oil. Bake for 20 minutes or until golden brown. Serve and enjoy.



SCAN FOR RECIPES AND MORE!



Soya

MEAT BALLS

with spaghetti and
marinara sauce

Johnny Bags (Pty) Ltd



CHEF THEO QQONTSHI

Inland Regional Chef: Healthwise



Ingredients

200 g	Johnny Bags Soya (cooked until tender)
30 g	Spring onions, chopped
10 g	Garlic, chopped
5 g	Ginger, chopped
5 g	Fresh basil
20 ml	Olive oil
TT	Salt and pepper
80 g	Vegan cheese
4 slices	Bread (soaked and squeezed)
250 g	Tomatoes (blanched, skinned, pureed)
100 g	Onion, chopped
5 g	Basil
5 g	Parsley
5 g	Oregano
5 g	Chili flakes
200 g	Egg-free spaghetti
15 ml	Olive oil
20 g	Onion, chopped
5 g	Fresh basil

Method

1. For meatballs: Mix soya, spring onions, 10 g garlic, ginger, 5 g basil, olive oil, cheese, bread, salt, and pepper. Form into 50 g balls. Bake at 180°C for 15-20 minutes.
2. For sauce: Sauté 15 g garlic in oil. Add 100 g onion until golden. Add 5 g each of basil, parsley, oregano, chili flakes, tomatoes; simmer 20 minutes. Season to taste.
3. For spaghetti: Cook in salted water for 12 minutes; drain. Sauté 5 g garlic in oil. Add 20 g onion, pasta, 5 g basil, and seasonings; toss to coat.
4. Serve spaghetti topped with meatballs and sauce. Garnish with basil.

Vegan

LENTIL BOBOTIE

Johnny Bags (Pty) Ltd

CHEF THEO GQONTSHI

Inland Regional Chef: Healthwise



Ingredients

1 slice	Bread, crust removed, soaked in almond milk and squeezed
15 ml	Olive oil
250 g	Johnny Bags dried brown lentils, soaked overnight and rinsed
500 ml	Water
60 g	Onions, finely diced
15 g	Garlic, pressed
100 g	Carrots, grated
30 g	Garam masala
14 g	Ground cumin
14 g	Ground coriander
15 g	Medium curry powder (Johnny Bags)
160 ml	Chutney
TT	Lemon juice
480 g	Tofu, silken or soft
50 g	Chickpea flour
50 ml	Almond milk
15 g	Nutritional yeast
7 g	Turmeric
TT	Salt and pepper
4	Bay leaves

Method

1. Preheat the oven to 180°C.
2. Soak the bread in almond milk for 10 minutes, then squeeze dry.
3. In a medium-size pot, heat the olive oil on medium-high heat. Fry the onion with a pinch of salt until translucent and slightly browned. Then, add the garlic, carrots, herbs and spices and continue to fry for a few minutes while stirring regularly.
4. Add the remaining ingredients, stir, and bring the mixture to a boil. Then, lower the heat and allow to simmer for 15-20 minutes or until the lentils are soft and all the water has been absorbed.
5. Transfer the lentil mixture to an ovenproof meal prep container and smooth over the top. Poke a few holes into the mixture with a fork, so that the topping can seep through.
6. Blend all the topping ingredients together, except for the bay leaves.
7. Pour the topping over lentil mixture, smooth over, and top with bay leaves. Bake for 40-45 minutes or until the topping is golden and set.

BEST BUYS



— TRY THE NEW —

STEAKHOUSE BEEF

ORDER NOW

154211
48X36G

154213
24X120G

154852
15X200G

NEW



180G

36 units

Foodmakers Prefried
Samosa Beef

Foodmakers Prefried
Samosa Chicken
Tikka

Foodmakers Prefried
Samosa Chicken

Foodmakers Prefried
Samosa Potato



BAKE FRESH

We have arrived... Look out for us!

~ WE ARE CHEFS BRIGADE ~

Premium, lightweight chefs wear for your kitchen. We offer you stylish cutting-edge designs and exceptional service.

We are proud to now be a listed trade supplier to **Tsebo Catering**, and now available on Tsebo source to order.

Keeping chefs all over the world looking their very best and at the same time comfortable in the kitchen, so as to unlock their full potential.



Contact your local sales representative for more information on how we can assist you in your chefs wear needs.

GUSTAV NEFDT
chefsbrigade@nefdtgroup.com
+27 82 374 3909

SHANNON CASSIM
shannon@casbo.co.za
+27 82 332 5866

CINDY CAREY
cindy@chefsbrigade.co.za
+27 74 461 2262

RIAAN OLDEWAGE
riaan@chefsbrigade.co.za
+27 71 611 6038

Eastern Cape &
Garden Route

Gauteng

KwaZulu-Natal
& Bloemfontein

Western Cape
& Winelands