SHOPPER 2024 SHOPPER 2024

FESTIVE FEASTING

RECIPES FROM OUR CHEFS

WE RECOMMEND

Unilever Gammon Glaze and Turkey Rub CARTE D'OR Desserts Fry's Simple Swaps SloJo Designer Drinks

NEW LAUNCH

Rainbow Chicken
CultureLab Kombucha

BEST BUYS

Johhny Bags TseboGravy and Seasoning Range Malora Foods

CATERING 2024
TSEBO CATERING SOLUTIONS
www.tsebo.com

During this special time of year, we embrace the opportunity to gather, share laughter, and indulge in the flavours that bring our patrons comfort and happiness. Whether it is the aroma of freshly baked cookies and cakes, the sizzle of holiday roasts, the pop of surprises, or the vibrant colours of festive salads. Each meal is a chance to connect with our customers and clients to celebrate a happy time of year.

Let us be inspired to explore new recipes, revisit cherished traditions, and most importantly to cook with love. Let the festive season be a reminder that the best ingredients are not just those that we find in our kitchens, but the ones we bring from our hearts.

May the celebrations we create be as rich and flavourful as the dishes we create.

Keep it cooking!

Chef Oli

CHEF OLIVER REDDY Culinary Director Of the Reddy Inglied Executive Code Included the Code Included th

EVENT MANAGEMENT SOLUTIONS

Marking Milestones with Mastery: Tsebo's 50+ Year Journey in Event Excellence

THE CHALLENGE

An event is a complex undertaking that demands meticulous planning and robust management.

Our professional, experienced, and innovative team offers an integrated events solution modelled on international best practices and aligned with ISO standards. We help our clients overcome these challenges by providing a tailored end-to-end solution that covers all aspects of event management.

THE BENEFITS

- End-to-end solution
- Single provider
- Wealth of experience in a wide range of event types
- Cost saving

We manage events seamlessly.



Sales queries: +27 87 820 4146 info@tsebo.com

OUR END-TO-END EVENT SOLUTION

We take responsibility for overseeing every detail of your tailor-made event, from the initial planning and logistics to the execution and follow-up, allowing you to focus on your core business.

- Logistics management: ensuring all components of the event are seamlessly coordinated
- Event planning and management
- Marketing and sales including event design and branding: creating a distinct and appealing identity for your event.
- Contractor sourcing and management
- Venue preparation and build including selection and booking, securing the perfect location for your event
- Sound and lighting: audio and visual equipment rentals; equipping your event with state-of-the-art technology.
- Security
- Traffic management
- Legislative and municipal by-law compliance:
- Medical
- Health and safety
- Fire risk management
- Permit compliance
- Catering and menu planning: providing delightful culinary experiences tailored to your preferences.
- Hygiene services
- Cleaning and waste disposal
- Energy and engineering solutions
- Comprehensive logistics support
 Ticketing
- Food and beverage sale:
- Alcohol sales
- Merchandise sales
- Transportation
- Entertainment hire

TYPES OF EVENTS

- Conferences
- Trade shows
- Networking events
- Team building events
- Product launch events
- Charity events
- Internal corporate events
- Sporting events
- Outreach campaigns

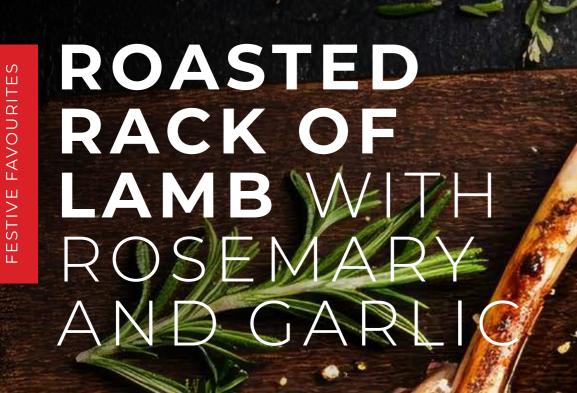


Tsebo will provide a tailored endto-end event solution.

EVENT SOLUTIONS BACKED BY OVER 50 YEARS OF EXPERIENCE



THE SHOPPER | OCTOBER 2024





Rack of lamb, frenched

4 cloves Garlic, minced

2 Tbsp Fresh rosemary, chopped

2 Tbsp Olive oil

TT Salt and pepper

Method

- **1.** Prepare the marinade: In a small bowl, mix the minced garlic, chopped rosemary, olive oil, salt, and pepper.
- 2. Marinate the lamb: Rub the marinade all over the rack of lamb, ensuring it is well-coated. Cover and refrigerate for at least 2 hours, or overnight for best results.
- 3. Preheat your oven to 200°C.
- **4.** Sear the lamb: Heat a large oven-safe skillet over medium-high heat. Sear the lamb rack, fat side down, until browned (about 2 to 3 minutes). Flip and sear the other side for another 2 minutes.
- **5.** Roast the lamb: Transfer the skillet to the preheated oven. Roast for about 20 to 25 minutes for medium-rare, or until the internal temperature reaches 58°C.
- **6.** Rest the lamb: Remove the lamb from the oven and let it rest for 10 minutes before carving into individual chops.

CHEF CHRIS SEANE
Regional Executive Chef
HealthCare Inland

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Ingredients

2½ kg2 TbspBoneless pork bellyFennel seeds

6 Garlic cloves, finely chopped

1 handful Rosemary, chopped1 handful Sage, chopped1 handful Thyme, chopped

3 Tbsp Olive oil
1 Lemon, zested
1 pinch Chilli flakes (optional)
250 ml White wine (optional)

TT Bread rolls and chutney, to serve

Method

- 1. Season pork with 1 tablespoon salt. Cover and chill for up to 24 hours.
- 2. Toast fennel seeds and black pepper in a dry pan. Crush with salt, garlic, herbs, 2 tablespoons olive oil, lemon zest, and chili flakes (optional) into a paste.
- **3.** Score the pork flesh in a criss-cross pattern, then cut a 3-4 cm strip of flesh. Rub the paste into the cuts, and place the cut strip in the center.
- **4.** Roll the pork tightly, starting from the uncut side, and tie with butcher's string. Chill for up to 24 hours.
- **5.** Preheat oven to 160°C. Place pork on a rack or shallow tin, brush with oil, and sprinkle salt. Roast for 3 hours, basting every 30 minutes.
- **6.** Increase heat to 240°C and roast for 20 to 30 minutes until the skin crackles. Let rest for 10 minutes. Make gravy with wine and caramelised bits, then serve.





2 kg Medium gammon4 Pink Lady apples, sliced

100 g Butter 100 g Brown sugar

Fresh fennel bulb, thinly slicedLemon, juiced

2 Tbsp Extra virgin olive oil
TT Sea salt and black pepper

Method

- **1.** Roast the gammon according to the package instructions. Allow to rest before slicing.
- 2. Place the apples in a skillet, dot with butter and sugar and toss in the pan for 10 minutes over smouldering coals or on the hob until the sugar starts to form a loose caramel and starts to stick to the apples.
- **3.** Marinate the fennel in the lemon juice and olive oil and serve with the sliced gammon and apples.



Ingredients

500 g Turkey mince

Garlic cloves, chopped 2 Tbsp Lime juice

1 Tbsp Fish sauce

3 Tbsp

Sweet chilli sauce Mint, finely chopped 3 tsp Coriander, chopped

Flat bread

TT Cucumber, thinly sliced

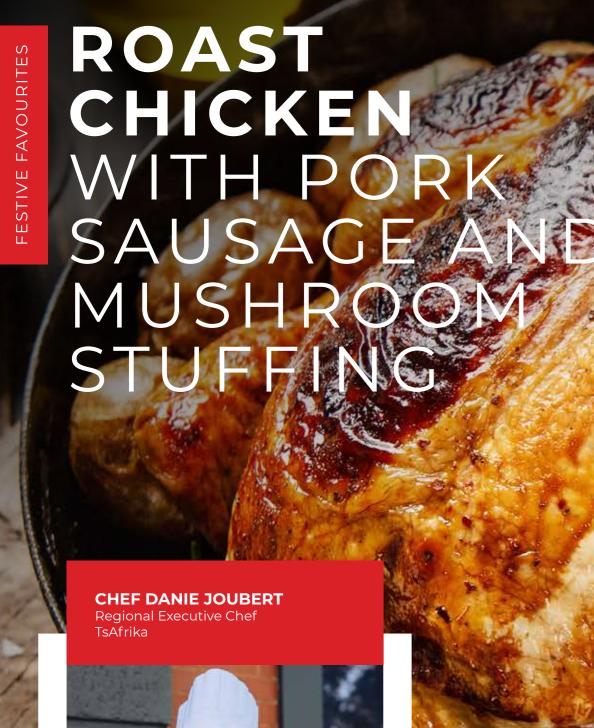
TT Spring onions, thinly sliced

Crisp greens

Method

- 1. Fry turkey mince in olive oil until well browned. Add the chopped garlic, lime juice, fish sauce and sweet chilli sauce.
- 2. Stir in the finely chopped mint and chopped coriander.
- 3. Serve with flat bread, cucumber, spring onions and crisp greens.

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1 Whole chicken

2 Tbsp Olive oil **TT** Salt

TT White pepper

TT Roast potatoes or savoury rice,

for serving

TT Herbed butter, for serving

For the stuffing:

2 Tbsp Olive oil2 Tbsp Butter

Baby leeks, roughly chopped
Garlic cloves, crushed

Brown mushrooms, choppedPork bangers, removed from

casings

145 g Toasted breadcrumbs

TT Thyme, sage and parsley herbed

stuffing mix

TT Salt and pepper

10 g Parsley, roughly chopped

Method

- 1. Preheat the oven to 180°C. To make the stuffing, heat the olive oil and 1 tablespoon butter in a pan, then fry the leeks and garlic until soft. Add the mushrooms and brown. Add the pork sausage and cook until slightly caramelised, then add the butter and breadcrumbs. Allow the breadcrumbs to caramelise. Season and allow to cool. Toss the parsley through the stuffing.
- 2. Season the chicken, stuff, truss, and place on a baking tray. Bake, basting continually with butter, for 1 hour to 1 hour and 15 minutes until golden brown and cooked through.
- **3.** Serve with crispy roast potatoes or savoury rice and herbed butter.



Ingredients

4 Tbs Canola oil
300 g Brinjals, sliced
½ cup BBQ sauce

For the tzatziki mix:

100 g Double cream plain yoghurt

50 g Cucumber, grated

10 g Fresh mint1 clove Garlic, minced

TT Sea salt and black pepper

For the salsa fresca mix:

Medium tomatoes, sliced
 Cucumber, finely diced
 Small red onion, sliced
 Carlic, finely chopped

10 g Italian parsley, roughly chopped
1 Green chilli, finely chopped
50 g Pitted kalamata olives

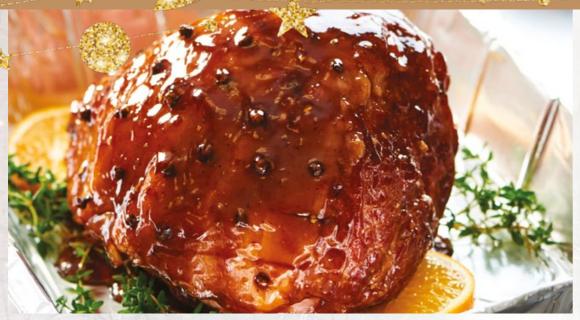
TT Sea salt and black pepper
Lemon, juiced
4 Tbsp Olive oil

Honey

Method

1 tsp

- 1. Heat the olive oil in a pan and fry the brinjals, cut side down, until they turn golden brown and slightly charred. Pour the BBQ sauce into the pan and cook until caramelised.
- **2.** Toss salsa fresca ingredients together in a bowl and spoon onto a platter, top with the brinjals and spoon over the tzatziki. Serve immediately.



JUICY GAMMON

SERVES: 10 - 12 COOKED WEIGHT: 1.805 KG PREP TIME: 10 MIN COOKING TIME: ±1.5 HRS



1.50 kg Gammon



Professional Sweet & Sour Sauce



Knorr Professional **Sweet Chilli** Sauce



Knorr Professional jam Honey & Soy Sauce



Apricot



Robertsons Veggie Seasoning



2. Debone and cook the gammon.

3. Mix together all the ingredients, except the gammon. Pour the mixture over the cooked gammon and bake in the pre-heated oven for 8-10 min or place under the grill, basting at all times. Remove from the oven or grill, pour over the remaining mixture and serve.

4. Offer your customer a delicious, readymade glazed gammon over the festive season. It saves the trouble of preparing it themselves.

TO SERVE

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Serve alongside with your favourite Christmas Salads.



Use the glaze ingredients as

a pour over sauce or serve alongside your gammon.



Unilever Food Solutions



TURKEY RUB EEGION

SERVES: 10 COOKED WEIGHT: 3.980 KG PREP TIME: 10 MIN

COOKING TIME: 2 HRS







Fresh



10 g Robertsons Chip & Potato Seasoning



10 g **Robertsons** Veggie Seasoning



Robertsons Paprika



3.70 kg Turkey, whole

Offer your customers a

1. Pre-heat the oven to 160°C.

Butter

- 2. Zest the orange.
- 3. Soften the butter.
- 4. To make the basting, mix together all the ingredients, except the turkey, until well-combined. Allow to stand for 10 min for the flavour to improve.
- 5. Place the turkey in a roasting dish and start to gently lift the skin off. Try not to tear the skin, then place the basting under the skin and all over the turkey until it is well-dressed.
- 6. Cover with foil and roast in the pre-heated oven for ± 2 hours, depending on the size of the turkey.

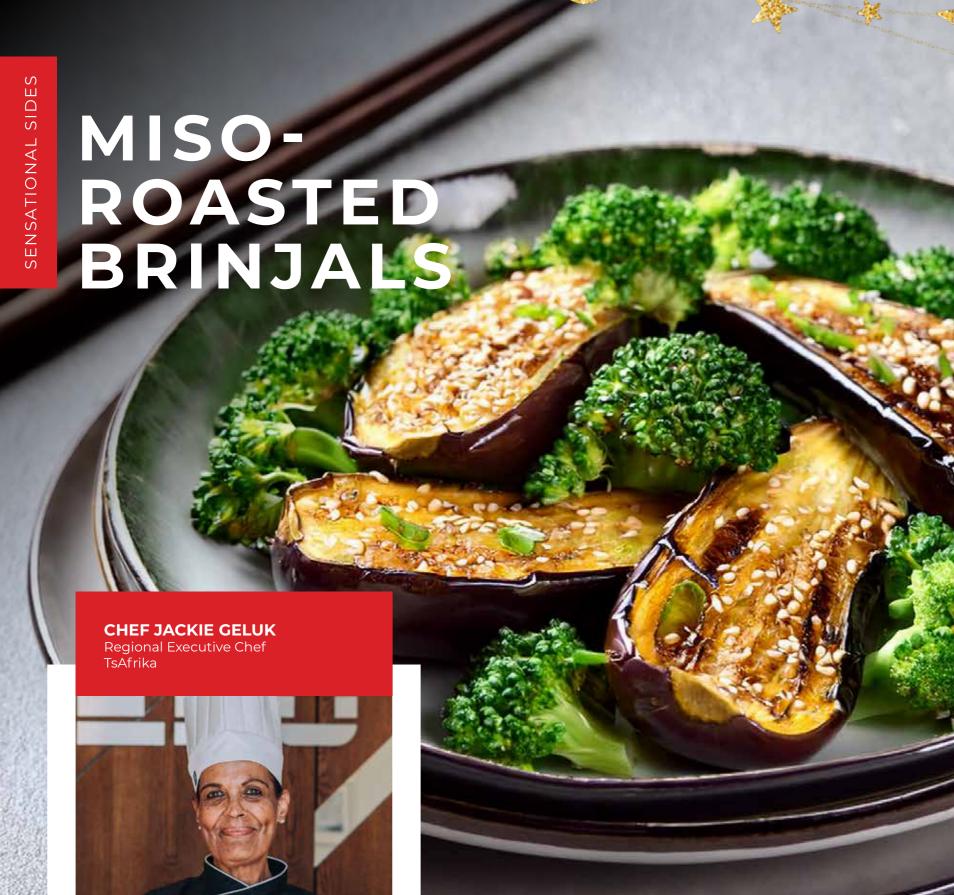
TO SERVE

Serve alongside your favourite Christmas salads.



Unilever Food Solutions

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Ingredients

4 Brinjals, cut into chunks

2 Tbsp Olive oil2 Tbsp Miso paste2 Tbsp Rice vinegar

TT Salt

For the broccoli dressing:

200 g Broccoli florets, blanched
1 handful Celery leaves, roughly chopped
1 Tbsp Sesame oil

1 Lime, zested and juiced

TT Salt

Method

- 1. Preheat the oven to 180°C. Toss the brinjals in the olive oil, miso paste, vinegar and salt.
- **2.** Place on a roasting tray and roast for 30 minutes, or until tender. Turn the grill on for the last 10 minutes of cooking time.
- **3.** To make the dressing, toss all the ingredients together. Remove the brinjals from the oven and toss with the dressing.

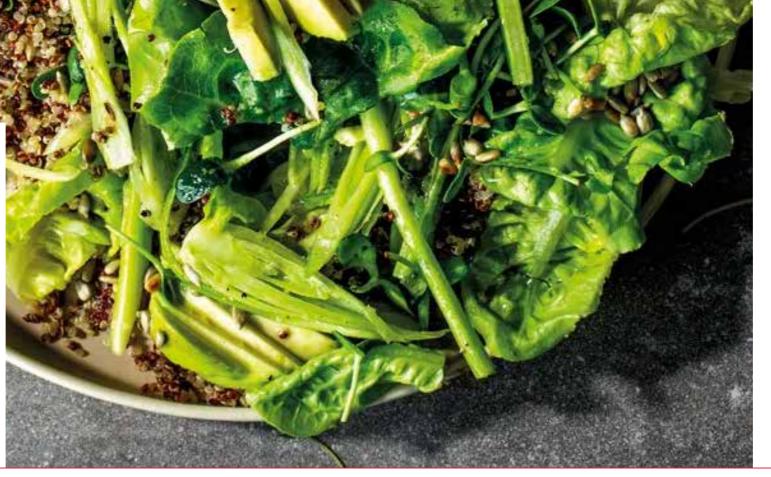
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SENSATIONAL SIDES

CHEF JACKIE GELUK Regional Executive Chef TsAfrika







180 g Quinoa **2 cups** Water

200 g Baby fennel, trimmed and thinly

sliced lengthways

1 Firm, ripe avocado, thinly sliced2 Tbsp Toasted sunflower seeds

80 g Baby butter lettuce
2 Tbsp Olive oil, for drizzling

TT Sunflower shoots, to garnish

For the dressing:

3 Tbsp Lemon juice1–2 cloves Garlic, crushed8 Tbsp Olive oil

1 tsp Honey or maple syrup
TT Sea salt and black pepper

Method

- 1. Rinse the quinoa very well under running water using a fine sieve, then drain well.
- 2. Turn into a suitable saucepan and add the water. Bring to a boil, then reduce the heat to low. Cover tightly and simmer for 15 minutes, or until the water has been absorbed. Turn off the heat and leave, still covered, to steam for 5 minutes. Fluff up with a large fork and toss the quinoa with half the dressing. Check the seasoning and turn onto a platter.
- **3.** Add the baby fennel, avocado, sunflower seeds, lettuce, olive oil to the quinoa and mix.
- **4.** Wisk the ingredients for the dressing together and pour over quinoa. Toss lightly, garnish with sunflower shoots and serve.



Ingredients

2 Medium onions

3 Tbsp Oi

1 Red bell pepper, chopped2 Garlic cloves, chopped

2 cups Long-grain rice

220 g Mozzarella cheese, cubed4 cup Chicken stock

TT Chopped fresh chives
TS Salt and black pepper

Method

- 1. Heat oil in a large pan over medium heat. Add onions, pepper, and garlic. Season with salt and pepper. Cook, stirring occasionally, until soft, 10 to 12 minutes.
- **2.** Add rice and cook, stirring, until fragrant, 3 to 4 minutes.
- **3.** Add cheese and cook, stirring, until melted, 2 to 4 minutes. Add stock and cook until liquid is thickened, and rice is soft, 18 to 20 minutes.
- **4.** Season with salt and pepper. Serve topped with chives.



Ingredients

Potatoes 1 kg 2 Tbsp Salt

13/4 tsp Salt

1 cup Fresh basil leaves Fresh parsley leaves 1 cup Garlic, coarsely chopped 1 clove 2 Tbsp White wine vinegar 1 Tbsp Capers, drained

½ cup Oil 2 Tbsp Oil

Method

- 1. Place potatoes in a medium pot; season with 2 tablespoons salt. Cover with water and bring to a boil over high heat. Reduce heat to medium and simmer until potatoes are tender, 20 to 30 minutes, depending on size of potatoes.
- 2. Drain, return to pot, and toss over low heat to steam off extra moisture. Transfer to a cutting board and let cool slightly. Slice each potato lengthwise into 6 wedges.
- 3. Meanwhile, in a food processor, pulse basil, parsley, and garlic until finely chopped. Add vinegar, capers, 1/3 cup oil, and 1/4 teaspoon salt and pulse until combined. Transfer to a small bowl and refrigerate until ready to serve.
- **4.** Prepare a grill for medium-high heat; preheat 5 minutes. Clean and oil grates. In a large bowl, toss potatoes with remaining 2 tablespoons oil and 1½ teaspoons salt. Grill cut side down until well-marked underneath, 2 to 3 minutes. Turn and cook until other side is well marked, about 2 minutes more.
- 5. Transfer potatoes to a platter. Top with herb sauce.

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Ingredients

1 kg Potatoes

74 Red onion, thinly sliced

2 tsp Chopped thyme

2 tsp Salt

3/4 tsp Black pepper7 Tbsp Oil, divided

TT Flaky sea salt, for garnish

Method

- 1. Peel the potatoes and grate on the large holes of a grater. Place the grated potatoes in a colander and rinse under cold water, stirring often, until the water runs clear about 1 minute. Drain well. Wrap the potatoes in a clean dish towel and squeeze firmly to wring out as much moisture as possible.
- **2.** Toss together the potatoes, red onion, thyme, salt, and pepper in a large bowl.
- **3.** Heat a non-stick pan over medium heat. Add 5 tablespoons of the oil. Add potato mixture to the pan and spread into an even layer. Using the back of a spatula, firmly press to compact the potatoes. Cook until the bottom and sides are golden brown, about 15 minutes.
- **4.** Carefully slide the galette, browned side down, onto a baking sheet. Invert the pan on top of the galette and flip the sheet so that the galette is now browned side up in the pan.
- **5.** Drizzle the remaining 2 tablespoons of the oil around the edges of the pan. Cook until golden brown on the bottom, 8 to 10 minutes. Transfer galette to a cutting board. Cut into wedges. Garnish with flaky sea salt and thyme.



SENSATIONAL SIDES

30

Ingredients

For the carrots:

1 kg Small carrots 1/3 cup Orange juice

3 Tbsp

2 Tbsp Red wine vinegar

1½ Tbsp Honey TT Salt

TT Black pepper

¼ cup Toasted pine nuts, for servingTT Chopped parsley, for serving

For the yogurt and parsley dressing:

3/4 cup Plain Greek yogurt

1 cupParsley1 cloveGarlic1 TbspLemon juice½ tspGround coriander

TT Salt

TT Black pepper

Method

1. Preheat oven to 200°C.

- 2. Combine carrots, orange juice, oil, vinegar, and honey on two rimmed baking sheets. Season with salt and pepper. Bake, stirring vegetables and rotating the pans once, until tender, 25 to 30 minutes. Toss carrots with any liquid on the baking sheets.
- **3.** Combine the Greek yogurt, parsley, garlic, lemon juice, and ground coriander in a food processor, scraping down the sides of the bowl as needed, until smooth, 1 minute. Season with salt and pepper.
- **4.** Serve topped with pine nuts, parsley, and yogurt and parsley dressing.

JOHNY BAGS TSEBO GRAVY AND SEASONING RANGE





TSEBO GRAVY RANGE

Tsebo Gravies are versatile, cost effective and developed by our Culinary Team to improve the overall quality of our meal offering.

MCATER923 (1kg) / MCATER920 (5kg) Tsebo Premium Tomato & Onion Gravy (115899)

MCATER924 (1kg) / MCATER921 (5kg) Tsebo Premium Chicken Gravy (115902)

MCATER925 (1kg) / MCATER922 (5kg) Tsebo Premium Demi-Glaze (115903)

MCATER926 5kg Tsebo Catering Beef Gravy (115904)

MCATER927 5kg Tsebo Catering Chicken Gravy (26507)

MCATER928 5kg Tsebo Catering Tomato Base (115905)

MCATER929 5kg Tsebo Catering Curry Base (115906)



The Tsebo Gravy range was designed by our Culinary Team to standardize gravy bases throughout the group nationally.

The three core flavour bases identified were beef, chicken and tomato

The range has also been developed with a catering grade recipe for bulk/lower cost meal applications as well as a premium grade recipe.

The range can be prepared as stand-alone pourable gravies, or used as concentrated bases in stew/ casserole applications.

Key factors of the range are to standardize gravy bases and relative costs, minimize use of added flavours and overall achieve improved/consistent quality.

Pourable gravy

For a pourable gravy, mix 1:10 with water as per label instructions, also see suggested recipes to enhance the gravy.

For a , start with a 1:5 water paste mix and add to meat/starch/ veggies. Add further liquid while cooking until desired consistency is achieved.

NB if fat/vegetable liquids are added, reduce the water added by the volume of these liquids,

Packed for the Tsebo Group of Companies

www.tsebo.com

CONTACT NUMBERS: PE 041 4660715, GAUTENG 011 7047692, WESTERN CAPE 087 1509676, KZN 0315691390, BLOEMFONTEIN 051 4334150

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TSEBO GRAVY RANGE

Tsebo Premium Demi Glaze



Tsebo Catering Beef Gravy

- 1 Mushroom and black pepper gravy- Sauté diced mushrooms until brown season with roughly ground black pepper and add to prepared beef gravy.
- 2. Sweet Onion Gravy- Sauté red onions until translucent and add enough sugar to caramelize and then add to prepared gravy.



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TSESC



TSEBO GRAVY RANGE

Tsebo Premium Tomato & Onion Gravy / Tsebo Catering Tomato Base

- 1. Spicy Tomato Gravy- Braise onions in oil and add crushed red chilli. Add to prepared Tomato and Onion Gravy
- Smoor Add braised onion and chopped tomato to Tomato and onion gravy mix. Bring to boil and thicken. Chutney optional to add sweetness.



Tsebo Premium Chicken Gravy / Tsebo Catering Chicken Gravy

- 1. Giblet Gravy- Braise giblets with finely diced onions until giblets are soft. Dice very finely and add to prepared chicken gravy along with any chicken drippings you have. Add finely chopped parsley.
- 2. Creamy Peppercorn Gravy- Crush black pepper and add to prepared chicken gravy finish with cream.



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TSEBO GRAVY RANGE

Tsebo Catering Curry Gravy



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TSEBO LOW SALT SEASONING



CULINARY TEAM APPROVED

TSEBO LOW SALT SEASONING IS A VERSATILE BLEND OF HERBS AND SPICES DESIGNED TO ADD FLAVOUR TO LOW SALT DIETS.

EXPERIENCE FLAVOURFUL MEALS WITHOUT COMPROMISING ON HEALTH WITH OUR LOW-SALT SEASONING, CRAFTED SPECIFICALLY FOR SODIUM-CONTROLLED DIETS IN HOSPITALS AND RETIREMENT VILLAGES,

THIS SHOULD BE A STAPLE IN YOUR STOREROOM, TO ADD FLAVOUR WITHOUT ADDING MORE SALT.

USE IT FOR RESIDENTS, PATIENTS AND CUSTOMERS WITH KIDNEY DISEASE, DIABETES, HEART DISEASE AND HIGH BLOOD PRESSURE.

MSPICE900 TSEBO LOW SALT SEASONING 500G (115091)

TSEBO LOW SALT SEASONING WAS DEVELOPED BY OUR DIETITIANS IN CONJUNCTION WITH THE CULINARY TEAM .

THE PRODUCT IS A BLEND OF HERBS AND SPICES , WITH MAXIMUM 10% ADDED SALT .

DESIGNED AS A GENERAL SEASONING FOR ALL MEAT , FISH , STARCH AND VEGGIE DISHES .

ALTHOUGH THE SEASONING TARGETS OUR HEALTHCARE SECTOR , IT IS SUITABLE FOR ALL MEALS WHERE LOWER SODIUM IS RECOMMENDED .



Packed for the Tsebo Group of Companies www.tsebo.com

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MALORA WHEY DAIRY BLEND

IMP021 - 1X5KG IMP022 - 1X25KG (7075)

SAVE BY REPLACING FRESH MILK WITH WHEY DAIRY FOR YOUR COOKING APPLICATIONS

MALORA WHEY DAIRY BLEND IS A VERSATILE, COST-EFFECTIVE FRESH MILK REPLACEMENT FOR USE IN VARIOUS "COOKING APPLICATIONS".

POWDER MUST BE REHYDRATED WITH WATER AND FINISHED PRODUCT MUST BE REFRIGERATED LIKE FRESH MILK.

TYPICAL APPLICATIONS INCLUDE :

MILK REPLACEMENT IN STANDARD SAUCES (WHITE SAUCE / CHEESE SAUCE / PASTA SAUCES ETC).
MILK REPLACEMENT IN PUDDINGS AND DESSERTS (NB CUSTARDS AND BAKED PUDDINGS).
MILK REPLACEMENT WHERE FRESH MILK IS REQUIRED TO BE ADDED TO STEW / CASSEROLE DISHES.
MILK REPLACEMENT WHERE MASH IS MADE USING FRESH POTATOES.
ANY OTHER COOKING / BAKING APPLICATION WHERE FRESH MILK IS CURRENTLY USED.

NB savings of up to 40% are achievable when replacing fresh milk with Whey Dairy.



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MALORA FOODS





TYPICAL APPLICATIONS FOR WHEY DAIRY

MALORA SUPALITE CUSTARD :

INGREDIENTS

1kg Malora Supalite Custard 1,33kg of medium fat whey dairy

- 1. Add Whey dairy water and mix until smooth
- 2. Add mixture to custard and bring to boil while
- 3. Cook over low heat for 8 10 minutes

COMMON USES

- 1. Pourable Custard
- 2. Custard Tarts 3. Jelly & Custard
- 4. Sponge Pudding & Custard

MACARONI & CHEESE :

INGREDIENTS

500 g macaroni/elbow noodles cooked 250g Malora Creamy Pasta Sauce 2lt of water 115g Malora medium fat whey dairy

200g Grated Cheese Tomato to garnish

METHOD

- 1. Mix whey dairy with water
- and whisk till smooth 2. Add creamy pasta to whey
- dairy mixture and mix until smooth
- Bring mixture to boil on medium heat
- Reduce heat and allow to simmer until thickened adding 50g of cheese
- 5. Add sauce to pasta and top with remaining cheese 6. Slice tomato and garnish
- 7. Bake at 180C until golden brown





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DECADENT DESSERTS

CHEF CHRIS SEANE Regional Executive Chef HealthCare Inland





2 cups Heavy cream

1 Tbsp Dried culinary lavender1 Lemon, zest only

5 Large egg yolks

⅓ cup Granulated sugar, plus extra1 tsp Vanilla extract

1 pinch Salt

Method

- 1. Infuse the cream: In a medium saucepan, combine the heavy cream, dried lavender, and lemon zest. Heat over medium heat until the mixture just begins to simmer. Remove from heat, cover, and let steep for 15 minutes. Strain the mixture to remove the lavender and zest.
- 2. Prepare the custard: In a bowl, whisk together the egg yolks, half cup sugar, vanilla extract, and salt until well combined. Slowly pour the warm cream mixture into the egg mixture, whisking constantly to prevent the eggs from curdling.
- 3. Bake the custard: Preheat your oven to 150°C. Pour the custard mixture into 6 ramekins. Place the ramekins in a baking dish and fill the dish with hot water until it reaches halfway up the sides of the ramekins. Bake for 40 to 45 minutes, or until the custards are set but still slightly jiggly in the centre.
- **4.** Chill the custard: Remove the ramekins from the water bath and let them cool to room temperature. Then, refrigerate for at least 2 hours, or overnight.
- 5. Caramelise the sugar: Just before serving, sprinkle a thin layer of granulated sugar over each custard. Use a kitchen torch to caramelise the sugar until it forms a crispy, golden-brown crust. If you do not have a torch, you can place the ramekins under a broiler for a few minutes, watching closely to prevent burning.

For the sugar sprinkle a thin layer over each custard. U caramelise the sugar golden-brown crust. torch, you can place broiler for a few min prevent burning.



TRIFLE

DECADENT DESSERTS

Ingredients

Fudge brownie:

4 Tbsp Cold and unsalted

butte

280 g Good quality chocolate

(72%)

1½ cups Brown sugar

4 Eggs, beaten lightly2 tsp Vanilla extract

1½ cups Flour ½ tsp Salt

Salted caramel mousse:

1 cup Salted caramel sauce

(see recipe)

2 Tbsp Granulated sugar

1 tsp Vanilla extract500 g Cream cheese, at room

temperature

3 cups Cream, cold (half for the

caramel mousse and half for the layers)

Chocolate sauce:

230 g Semisweet chocolate

1 cup Cream

Salted caramel sauce:

1 cup Granulated sugar 1/4 - 1/2 cup Water, to cover sugar

½ cup Cream

6 Tbsp Butter, cut into pieces

½ tsp Salt

Method

Salted caramel sauce:

- 1. Dissolve sugar in water over medium-low heat, then simmer on medium without stirring until amber (15 to 20 minutes).
- **2.** Add cream carefully (it will bubble), then add butter gradually. Boil for 1 minute, then add salt. Cool.

Fudge brownie:

- 1. Preheat oven to 180°C. Grease a baking pan.
- **2.** Melt butter, chocolate, and sugar until smooth. Let cool, then mix in eggs, vanilla, flour, and salt.
- 3. Bake for 25 minutes; let cool.

Salted caramel mousse:

- 1. Beat cream cheese until smooth, then add caramel, vanilla, and sugar. Beat until fluffy.
- **2.** Whip cream, fold half into the cream cheese mixture for the mousse, refrigerate both.

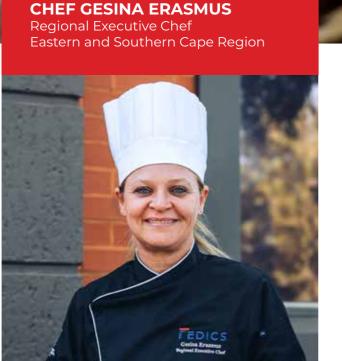
Chocolate sauce:

1. Heat cream until nearly simmering, pour over chocolate, and whisk until smooth.

Assembly:

- 1. Layer crumbled brownie, caramel sauce, caramel mousse, chocolate sauce, and whipped cream in a trifle dish.
- **2.** Repeat layers and finish with brownie crumbs, drizzling caramel and chocolate on top.

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Raspberry purée:

200 g Raspberries

Raspberry pastry cream:

100 g
25 g
42 tsp
100 g
25 g
100 g
25 g
25 g
25 g
25 g
26 Granulated sugar
27 Cornstarch

Raspberry and white chocolate cream:

45 g Raspberries
100 g White chocolate
175 g Heavy cream

Craquelin (crunchy biscuit on top):

25 g Butter30 g Granulated sugar30 g All-purpose flour

Choux pastry:

 30 g
 Water

 30 g
 Milk

 30 g
 Butter

 1/4 tsp
 Salt

5 g Granulated sugar **35 g** Strong bread flour (12-

14% protein)

60 g Large eggs (1-2 eggs)

Method

Raspberry purée:

1. Blend raspberries until smooth, sieve, and set aside.

Raspberry pastry cream:

- **1.** Heat milk, sugar, and vanilla until simmering.
- **2.** Whisk purée, egg yolks, sugar, and cornstarch, then temper with hot milk.
- 3. Return to heat, stirring until thick. Chill.

Raspberry and white chocolate cream:

1. Heat cream and purée; pour over chocolate and blend until smooth. Chill.

Craquelin:

1. Mix butter, sugar, and flour until crumbly. Roll to 2-3 mm thickness and freeze.

Choux pastry:

- 1. Preheat oven to 180°C. Boil water, milk, butter, salt, and sugar, then add flour.
- **2.** Cool in mixer, then incorporate eggs slowly until smooth. Pipe onto a tray.
- **3.** Top with frozen craquelin circles and bake for 30 to 35 minutes. Prick holes to release steam; cool.

Assembly:

- 1. Cut tops off choux buns. Fill with raspberry custard and raspberry-white chocolate cream.
- **2.** Decorate with chocolate circles, cream dollops, edible flowers, and raspberry dust.





100 g
Butter, plus extra for greasing
225 g
Oreos / any chocolate biscuits
1 packet
1 cup
Rich and creamy amasi
1 Lemon, zest only
1 cup
Fresh berries, sliced

Method

- 1. Grease the inside of a springform cake tin with butter and line it with cling wrap.
- 2. Melt the butter and crush the biscuits finely.
- **3.** Mix the biscuits with the warm butter and spread this over the base of the cake tin.
- **4.** Mix the jelly powder with a cup of hot water (or follow package instructions).
- **5.** Whip the amasi with lemon zest until smooth and add to the warm jelly liquid.
- **6.** Pour the mixture over the crushed biscuit base.
- **7.** Put the cheesecake in the fridge to set, preferably overnight or for a few hours at least. Remove it 15 minutes before serving. Decorate with fresh berries.





350 g Frozen berries
1 Lemon, juiced
6 Tbsp Caster sugar

6 Scones 3 Tbsp Sherry

500 ml Vanilla custard1 cup Cream, whippedTT Strawberries, to garnish

TT Blackberries, to garnish
TI Mint, to garnish

Method

- 1. Place the frozen berries, lemon juice and sugar in a small saucepan and cook over a low heat for about 5 minutes to lightly stew the berries. Strain and set aside the berries, reserving the juice.
- **2.** Bring the juice to the boil for a minute or two to reduce by about half. Pour over the fruit and allow to cool.
- **3.** Roughly break up each scone and divide between 6 individual dessert glasses from Microtek, then pour over the sherry. Spoon over the cooled fruit mixture followed by a layer of custard. Top with a dollop of whipped cream. Garnish with fresh strawberries or blackberries and mint.

DECADENT DESSERTS

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Ingredients

400 g Flour

220 g Butter, softened

125 g Dried apples, chopped200 g Turkish apricots, chopped100 g Dried cranberries, chopped

2 tsp Ginger preserve1 Cinnamon stick

TT Crème fraiche or custard

Crumble topping:

125 g Flour

3 Tbsp Coconut sugar
75 g Cold butter
50 g Rolled oats
100 g Flaked almonds

Method

- 1. Preheat oven to 180°C. Pulse flour and butter in a food processor until the mixture resembles breadcrumbs, adding a drop of ice-cold water until a soft dough forms.
- **2.** Cover in clingwrap and chill for 20 minutes. Roll out between two sheets of wax paper.
- **3.** Line a greased 24 x 3 cm round tart tin or baking dish with the pastry, then bake blind for 15 minutes.
- **4.** Simmer the apples, apricots and cranberries in a half to 1 cup water until soft, then add the ginger preserve, syrup, and cinnamon.
- **5.** To make the crumble, rub the flour, coconut sugar and butter between your fingertips to make a crumble-like mixture, then fold in the oats and almonds. Spread onto a baking tray and bake at 200°C for 10 minutes, or until golden.
- **6.** Spoon the fruit mixture into the pastry base, then top with the crumble topping and bake again until the crumble is golden brown and crunchy. Serve hot with crème fraiche or custard.

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DECADENT DESSERT DELIGHTS

ECOMMEND

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PROFESSIONAL

DESSERT

FOR EVERY







- Vegan
- Makes 10 L • 6 x 1 L



CARTE D'OR STRAWBERRY **FLAVOURED** MILKSHAKE SYRUP

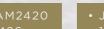
- Vegan
- · Makes 11 L
- CARTE D'OR 2-IN-1 CHOCOLATE
- PUD0584
- Vegan
- · Ready to Use

SAUCE & MILKSHAKE SYRUP

• 6 x 2 L



SYRUP



• Vegan

• 6 x 1 L

- Vegan Makes 11 L
- Makes 11 L • 6 x 1 L



CARTE D'OR WILD **BERRY SAUCE**

- PUD0566
- Vegan
- Ready to Use
- 6 x 2 L

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- - Vegan • Makes 11 L

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• 6 x 1 L



CARTE D'OR CRÈME BRÛLÉE

- PUD0046
- Made with Real Egg
- No Artificial Colours
- Prepared in 10 Minutes
- 6 x 1 kg
- 88 x 120 ml Portions



CARTE D'OR CHEESECAKE

- PUD0759
- Made with Real Dairy**
- Double the Volume*
- Prepared in 10 Minutes
- No Artificial Colours
- 6 x 1 kg
- (24 cm Loose Bottom Springform Cake Tin)
- 32 x 140g Portions
- *As compared to previous Carte d'Or recipe instructions
- **Made with Real Whole Milk Powder.



CARTE D'OR CRÈME CARAMEL

- PUD0248
- Delicious Custard Flavour
- Sets Perfectly Every Time#
- · Prepared in 5 Minutes
- 6 x 1.3 kg
- 60 x 155 ml Portions



CARTE D'OR CHOCOLATE MOUSSE

- PUD0230
- Made with Real Cocoa
- · Perfectly Light and Fluffy
- Consistent Results in Minutes
- 6 x 1 kg
- 50 x 125 ml Portions



CARTE D'OR **CHOCOLATE BROWNIE**

- PUD0260
- Made with Real Chocolate Chips
- Prepared in 10 Minutes
- · No Artificial Colours
- · Made with Real Cocoa
- 6 x 1 kg
- 12 x 125 g Portions



CARTE D'OR WHITE CHOCOLATE MOUSSE

- PUD0226
- Perfectly Light and Fluffy
- Consistent Results in Minutes
- 6 x 1 kg
- 50 x 125 ml Portions





INGREDIENTS

CARTE D'OR CRÈME BRÛLÉE 60 g

100 ml Milk 500 ml 100 g Honey Vanilla paste 5 ml

METHOD

CARTE D'OR

1. Add the CARTE D'OR CRÈME BRÛLÉE mix, milk, cream, honey and vanilla paste to a saucepan and bring to the boil while whisking continuously. Remove from the heat, portion and allow to set in the refrigerator for 2 hours.

2. To Plate: unmould the crème brûlée onto the plate and garnish.



Image for reference only.

Unilever Food Solutions

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EAT, DRINK AND BE ROSEMARY **CHEESECAKE**

INGREDIENTS

CRUST:

100 g Tennis biscuits (crushed)

Butter

CHEESECAKE:

500 g CARTE D'OR CHEESECAKE

20 g Fresh ginger (crushed)

600 ml Water (cold)

METHOD

CRUST:

CARTE D'OR

1. Mix together the crushed biscuits and the melted butter and press into the bottom of each glass or container (approx. 20 g each).

CHEESECAKE:

- 2. Pour the CARTE D'OR CHEESECAKE and ginger into a mixing bowl and add the water.
- 3. Mix with an electric beater on low speed until combined, followed by 4-5 min on high speed.

ROSEMARY JELLY:

500 ml Boiling water

Fresh rosemary (finely chopped)

CARTE D'OR

PINEAPPLE JELLY 600 ml Water (cold)

ROSEMARY JELLY:

4. Bring 500 ml water with rosemary to boil, remove from heat and stir in the jelly until dissolved. Strain the jelly mixture into the cold water and mix well.

TO ASSEMBLE:

- 5. Pour or pipe approx. 120 g of the cheesecake mixture onto the crust. Refrigerate for 15 min to set.
- 6. Pour 20 ml of the rosemary jelly onto the cheesecake and chill for 30 min to set.







OREO **CHEESECAKE**

INGREDIENTS

CRUST:

200 g Chocolate biscuits

100 g Butter (unsalted, softened)

METHOD

CRUST:

1. Mix together the crushed biscuits and the melted butter and press into the bottom of each glass or container (approx. 20 g each).

CHEESECAKE:

- 2. Pour the CARTE D'OR CHEESECAKE into a mixing bowl and add the water.
- 3. Mix with an electric beater on low speed until combined, followed by 4-5 min on high speed.

CHEESECAKE:

500 g CARTE D'OR CHEESECAKE

600 ml Water (cold)

100 g Oreo biscuits

TO ASSEMBLE:

- 1. Pour or pipe approx. 120 g of the cheesecake mixture onto the crust.
- 2. Chill for 30 min to set.
- 3. Once set, lightly crumble the Oreo biscuits and sprinkle on top.







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NEW PRODUCT with roast chicken flavour



RAINBOW CRUMBED CHICKEN SCHNITZEL

Bidfood Code CHI6443 120g - 130g (ave 125g) Weigh per portion Portions per 1kg bag

Portions per case 48 Case 6x1kg





RAINBOW CRUMBED CHICKEN BURGER

Bidfood Code CHI6444 95g - 105g (ave 100g) Weigh per portion

Portions per 1kg bag 10 Portions per case 60 Case 6x1kg



RAINBOW CRUMBED CHICKEN STRIPS

Bidfood Code CHI6446 39g - 42g (ave 40g) Weigh per portion

Portions per 1kg bag 25 Portions per case 150



RAINBOW CRUMBED CHICKEN POPS

6x1kg

Bidfood Code CHI6441 Weigh per portion 6g - 10g (ave 8g) Portions per 1kg bag ± 125

Portions per case 750 6x1kg





RAINBOW CRUMBED CHICKEN NUGGETS

Bidfood Code CHI6445 Weigh per portion 23g - 27g (ave 25g)

Portions per 1kg bag 240 Portions per case 6x1kg





🤝 ... something else to follow soon



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Ingredients

2 x 125 g Rainbow Chicken Schnitzel

Seeded burger bun Rashers bacon

1 handful Iceberg lettuce Tomato, thinly sliced 2 Tbsp Honey mustard sauce

Marvello Spreadable Margarine TT

(for toasting bun)

Honey mustard sauce:

1 tsp Dijon Mustard

3 Tbsp Nola Ultra Creamy Mayonnaise 1 tsp

Honey

Method

1. Cut the burger bun and spread the margarine evenly on the cut sides of the bun and toast until golden.

2. Bake the chicken schnitzel in the oven for approximately 20 minutes at 180°C.

3. Pan fry the bacon until crispy.

4. Whisk the honey mustard sauce ingredients together in a bowl and spread about a tablespoon of honey mustard sauce on both halves of the bun.

5. On the bottom half of the bun layer some of the lettuce, slices of tomato and 2 rashers of bacon.

6. Then place I of the chicken schnitzels, repeat the layers of the lettuce, tomato and bacon.

7. Top with the chicken schnitzel and the other half of the bun. Serve with fries and enjoy!

CHEF MARKO ENGELBRECHT Regional Executive Chef Inland

DOUBLE BLT



60



NEW LAUNCH

Ingredients

Hashbrowns

3 Eggs

Rainbow Chicken Strips

⅓ cup Ranch dressing ⅓ cup

Grated Cheddar cheese TT Cherry tomatoes, flash fried with

salt and pepper

Method

- 1. While your chicken is cooking, fry up your hashbrowns and scramble your eggs.
- 2. Once everything is done, layer your bowl with hashbrowns, eggs, chicken, ranch and shredded cheese.
- 3. Top with flash fried cherry tomatoes.

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CRISPY CHICKEN DURBAN MASALA

NEW LAUNCH

FRENCH TOAST

CHEF DERECK NAIR Regional Executive Chef KZN and Eswatini

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200 g Rainbow Chicken Strips3 Slices Whole wheat brown bread

Eg

TT Oil (or butter as required)

2 Tbsp Milk TT Salt

30 g sprig Coriander leaves, finely chopped

¼ Tbsp Black pepper powder**1** Onion, finely chopped

2 to 3 Green chillies, finely chopped

Sauce:

250 ml Maas
2 tsp Turmeric
TT Salt and pepper
6 Mint leaves

125 ml Grated cucumber, drained 1/2 Lemon, only the juice

Method

- 1. Beat the eggs in a mixing bowl. Add milk, beat it again and make sure that it is mixed properly. Add salt and black pepper. Once it is done, heat oil in a wide pan.
- **2.** Take a bread slice, soak it in the egg mixture and put it on the pan.
- 3. Spread some chopped onion, green chillies and coriander on the top of bread and pour some egg mixture on it again. Turn the bread and let the other side also cooked properly. Once it turns light brown in colour, take it out of the pan and it is ready to be served.
- **4.** Blend the maas with the turmeric, mint, lemon juice and seasoning and pour over grated cucumber.



BACON AND FETA-LOADED CHICKEN

CHEF DERECK NAIR Regional Executive Chef KZN and Eswatini

NEW LAUNCH





Ingredients

Rainbow Chicken Pops 400 g

40 g Crisp bacon bits

60 g Firm Feta cheese, crumbled

Eggs 30 ml Vinegar

Chilli cheese sauce:

½ Tbsp Butter ¼ cup Milk

Cheddar cheese, shredded ½ cup

2 Tbsp Green chilies, diced ½ tsp Garlic powder

⅓ tsp Cumin

Method

- 1. Melt butter, add milk and cheese in a medium saucepan over low heat. Cook, stirring often until cheese has melted, then add chilies, cumin and garlic powder. Stir until smooth, add a little more milk if you prefer it slightly thinner or add more cheese if you prefer thicker.
- 2. Poach eggs in water and vinegar to desired firmness. Soft is recommended for additional sauciness.
- 3. Cook the chicken pops as directed on packaging.
- 4. Top with cheese sauce. Sprinkle with Feta and bacon bits. Top with poached egg and sprinkle with extra chopped chilies (optional).

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FOR YOUR MEAT-FREE MEALS



FRY'S CHICKEN-STYLE STRIPS 10x380g - VEZ0226

1 Box / bag Fry's Chicken-Style strips 1 Teaspoon Biryani spice

2 Tablespoon Curry powder

½ Teaspoon **Turmeric powder** 1 Teaspoon **Crushed ginger & garlic**

1 Teaspoon Jeera powder 1 Teaspoon Garam masala

1 Teaspoon **Dhania powder** 1 ½ Cut in pieces **Tomatoes** 3 Potatoes cut in wedges

Fresh Dhania to Garnish

125g Margarine or Butter 1½ Teaspoon Salt ½ Cup **Lentils**

3 Onions 1/4 Cup **Oil**

½ Cup **Peas Curry leaves**

brown. Add curry leaves. Add your biryani spice and mix. Then add your ginger & garlic. Soon after add your curry powder and turmeric powder, then add the rest of the spices. Allow to cook for a couple of minutes mixing constantly. Then add in chopped tomatoes and salt. Add the lentils and allow to cook for 10 mins. Then add Fry's Chick's Strips and the peas. Add fried potatoes. Layer the biryani and place in the oven for 20mins.

Once ready it can be served with any salad.

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CultureLab









What is Kombucha?

CultureLab Kombucha is a delicious ferment of green tea making a healthy soft drink. Sweet green tea is fermented with symbiotic cultures of bacteria and yeast, these cultures work together in converting the sweet tea into probiotics, organic acids, enzymes and vitamins – which are great for our gut health, inflammation and immune systems.

What makes CultureLab special?

- We use traditional hand brewing techniques.
- Our range has a consistent refreshing taste.
- We flavour our kombucha with local South African botanicals, which have a
 wealth of their own medicinal properties.
- Our products are unpasteurised, vegan and gluten free.
- We package our range in eco-friendly, infinitely recyclable aluminium cans. The
 most environmentally sustainable single use beverage packaging currently
 available.
- Each can contains over 60% of our daily required Vitamin C.
- We are Halaal certified.

