

# The SHOPPER

WINTER | JUNE 2021

## Sensational Soups

WINTER WARMERS

Recipes from our Chefs

WE RECOMMEND

Knorr Soup

WINTER INDULGENCES

Cape Koeksisters

NEW LAUNCH

Sparkling flavoured drinks

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# Sensational Soups

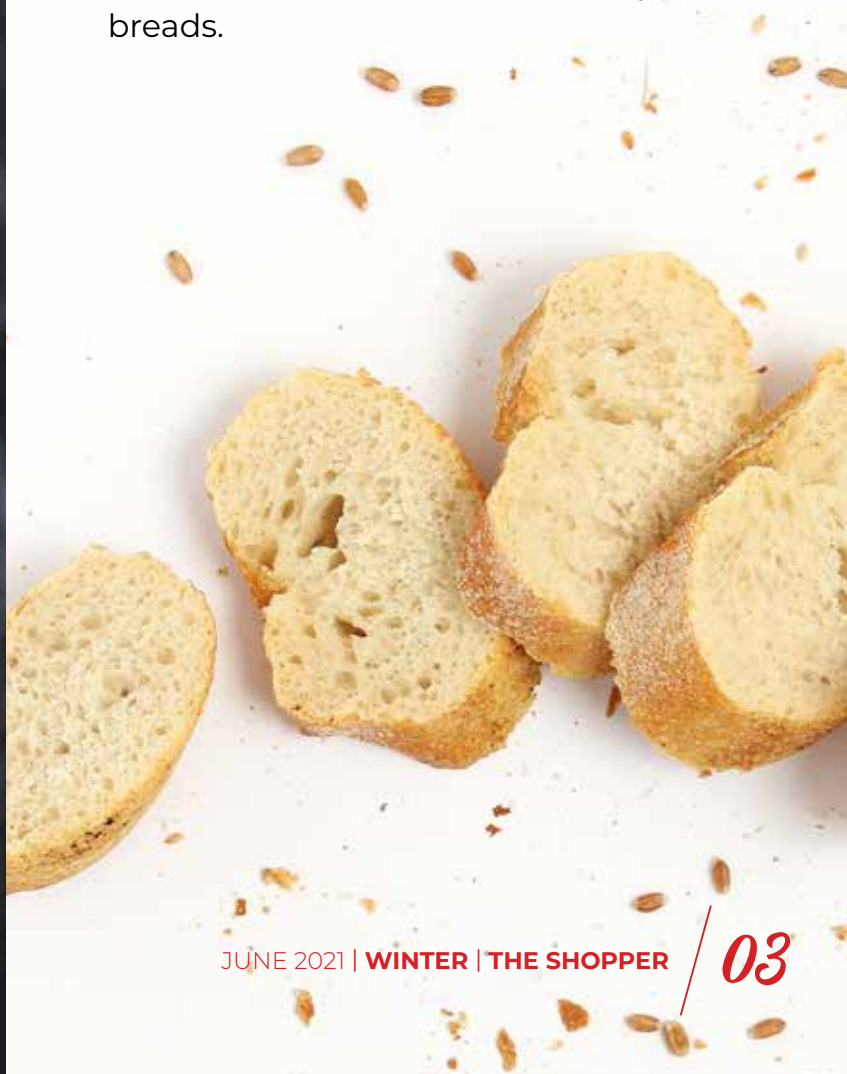
## DID YOU KNOW?

- The most popular soup variety is Chicken Noodle.
- Women are two times more likely to order soup.
- Soups are classified into two groups: clear and thick.
- The word 'soup' is of Sanskrit origin derived from 'su' and 'po' that means good nutrition.
- Soup can be served hot or cold.
- Soup dates back to 6000 BC.
- Soup was served for the first time in public restaurants in the 18th century in Paris.
- January is International Soup Month.



# THE MANY BENEFITS OF SOUP

- Forms a staple for cold winter mornings.
- Can be packed full of flavour and need not be boring.
- A great way to attract the general public.
- A good opportunity to use ingredients that are slow sellers.
- Can gather more customers to dining facilities.
- Quick and inexpensive to prepare.
- A wide variety is possible, such as brisket and bean, Thai red curry, chicken or prawn, farm-style chicken with added noodles, pumpkin, sage and chorizo, butter chicken, and broccoli, spinach and kale soup, and many more.
- Delicious when served with crusty breads.



*Brisket and Cannellini*

# Bean Soup



**CHEF OLIVER REDDY**

Regional Executive Chef, Fedics – KwaZulu Natal



## Ingredients

|                 |                               |
|-----------------|-------------------------------|
| <b>1.2 kg</b>   | Beef brisket (whole)          |
| <b>300 g</b>    | Tomatoes                      |
| <b>410 g</b>    | Cannellini beans (1 tin)      |
| <b>1 L</b>      | Beef stock                    |
| <b>250 g</b>    | Potatoes (2 medium)           |
| <b>2 cloves</b> | Garlic                        |
| <b>120 g</b>    | Leek                          |
| <b>60 ml</b>    | Olive oil                     |
| <b>TT</b>       | Salt and pepper               |
| <b>400 g</b>    | Onion (2 medium)              |
| <b>150 g</b>    | Celery (2 ribs, finely diced) |
| <b>450 g</b>    | Carrots (3 medium)            |
| <b>1 L</b>      | Vegetable stock               |
| <b>60 ml</b>    | Cream (pouring)               |

## Method

1. Place whole beef brisket in a deep steel container with 500 ml of water. Add 1 chopped onion, 1 chopped carrot and tomatoes. Tightly cover with tin foil and place in a 180°C oven for 4 hours. When done, remove from oven and use two forks to pull meat apart and set aside, reserve all liquid stock.
2. In a hot pan add oil. Dice remaining onion and carrots and add to pan, together with the leek, celery, potatoes and garlic. Allow to brown slightly.
3. Once golden, add stock and allow to cook for 30 minutes.
4. Remove from heat and blend down.
5. Place back on stove top. Add in the beans and allow to cook for 4 minutes.
6. Remove from heat and mix through the pulled beef.
7. Finish off with cream.
8. Serve with a toasted baguette.

WINTER WARMERS

Spinach, kale and

# Corn

Soup



**CHEF OLIVER REDDY**

Regional Executive Chef, Fedics – KwaZulu Natal



## Ingredients

|          |                                     |
|----------|-------------------------------------|
| 500 g    | Spinach                             |
| 500 g    | Kale                                |
| 2 cloves | Garlic                              |
| 60 ml    | Olive oil                           |
| TT       | Salt and pepper                     |
| 200 g    | Onion (1 medium)                    |
| 150 g    | Celery (2 ribs, finely diced)       |
| 100 g    | Leek                                |
| 150 g    | Sweetcorn                           |
| 1 L      | Vegetable stock                     |
| 60 ml    | Cream (pouring)                     |
| TT       | Crisply fried bacon bits (optional) |

## Method

1. In a hot pan add oil, onion, celery, leek and garlic.
2. Allow to brown and add in spinach and kale, toss through.
3. Add in stock and allow to cook for 10 minutes.
4. Remove from heat and blend down.
5. Finish with corn and cream, and top with bacon bits (optional).
6. Serve with a toasted baguette

Creamy vegan

# Tomato Soup



**CHEF LARICHA LUDICK**  
Catering Manager, Greenside – ATS





## Ingredients

|                   |                                  |
|-------------------|----------------------------------|
| <b>2 kg</b>       | Tomatoes                         |
| <b>3</b>          | Shallots (peeled)                |
| <b>4-5 cloves</b> | Garlic (peeled)                  |
| <b>2 tsp</b>      | Thyme (fresh leaves)             |
| <b>1-2 Tbsp</b>   | Olive oil                        |
| <b>TT</b>         | Sea salt and ground black pepper |
| <b>½ cup</b>      | Cashews (soaked 2 hours)         |
| <b>1 Tbsp</b>     | Tomato paste                     |
| <b>½ cup</b>      | Basil leaves (packed)            |
| <b>2-3 cups</b>   | Vegetable stock                  |
| <b>1 Tbsp</b>     | Balsamic vinegar                 |

## Method

1. Preheat the oven to 180°C. Line a large baking sheet with parchment paper.
2. Cut tomatoes into quarters.
3. Spread them out in a single layer on the baking sheet with any cut sides facing up. Cut peeled shallots into quarters and nestle amongst tomatoes. Stick garlic cloves into juicy spots of tomatoes (to avoid burnt and bitter garlic) or nestle them between cut tomatoes, like the shallots.
4. Scatter thyme leaves on top of tomatoes. Drizzle tomatoes, shallots and garlic with olive oil. Season everything with salt and pepper and slide the tray into the oven. Roast for about an hour, or until the tomatoes have shrivelled up a bit and the shallots are soft. Let cool slightly.
5. In batches, blend the roasted tomatoes with the soaked and drained cashews, tomato paste, basil, and vegetable stock until you have a smooth purée.
6. Pour blended soup into a large pot, including the accumulated juices in the baking sheet. Then add the balsamic vinegar to the pot.
7. Bring the soup to a boil, check for seasoning and adjust if necessary.
8. Serve hot.

# Buttermut Soup



**CHEF HEIDI ELS**

Production Chef, Volkswagen – Port Elizabeth



## Ingredients

|                 |                            |
|-----------------|----------------------------|
| <b>4 kg</b>     | Butternut (cubes)          |
| <b>0.5 kg</b>   | Onions                     |
| <b>2 cloves</b> | Garlic (crushed)           |
| <b>150 g</b>    | Cream (fresh)              |
| <b>TT</b>       | Salt                       |
| <b>TT</b>       | Cinnamon (ground)          |
| <b>1.5 L</b>    | Chicken stock              |
| <b>TT</b>       | Black pepper               |
| <b>TT</b>       | Oil                        |
| <b>TT</b>       | Parsley                    |
| <b>TT</b>       | Biltong (chips)            |
| <b>TT</b>       | Feta cheese                |
| <b>TT</b>       | Sundried tomatoes          |
| <b>1</b>        | Garlic bread (French loaf) |

## Method

1. Fry the onions and crushed garlic in some oil until onions are translucent.
2. Add salt and pepper to taste.
3. Add the diced butternut cubes to the mixture and stir the onions evenly through.
4. Add the chicken stock to the pot and allow this to cook for approximately 15 minutes or until the butternut is soft.
5. Cook further until reduced to taste. Remove from stove and blend mixture slightly to smoothen out any lumps.
6. Add the cream, mix through and sprinkle with cinnamon.
7. Garnished with biltong chips, Feta cheese, sundried tomatoes, parsley.
8. Serve hot, with garlic bread.

Creamy

# Mushroom Soup



**CHEF MPUMZI MOON**

Fedics – Port Elizabeth



## Ingredients

|                 |                                     |
|-----------------|-------------------------------------|
| <b>4 Tbsp</b>   | Butter                              |
| <b>1 Tbsp</b>   | Oil                                 |
| <b>2</b>        | Onions (diced)                      |
| <b>4 cloves</b> | Garlic (minced)                     |
| <b>750 g</b>    | Brown mushrooms (sliced)            |
| <b>2 tsp</b>    | Thyme (freshly chopped)             |
| <b>6 Tbsp</b>   | Flour (All-purpose)                 |
| <b>4 cups</b>   | Chicken broth or stock (low sodium) |
| <b>1-2 tsp</b>  | Salt (adjust to taste)              |
| <b>1 tsp</b>    | Black pepper corns (crushed)        |
| <b>2 cubes</b>  | Beef stock (crumbled)               |
| <b>1 cup</b>    | Cream (heavy)                       |

## Method

1. Heat butter and oil in a large pot over medium-high heat until melted. Sauté onion for 2 to 3 minutes until softened. Add garlic and cook until fragrant, about 1 minute.
2. Add mushrooms and 2 teaspoons thyme, cook for 5 minutes.
3. Sprinkle mushrooms with flour, mix well, add to pot and cook for 2 minutes.
4. Add stock, stir thoroughly and bring to a boil. Reduce heat to low-medium heat, season with salt, pepper, and crumbled beef stock cubes.
5. Cover and allow to simmer for 10-15 minutes. Stir occasionally until soup thickened.
6. Reduce heat to low, stir in cream. Allow to gently simmer (do not boil). Adjust salt and pepper to taste.
7. Serve hot.

*Creamy*

# *Cauliflower*

*Soup with Bacon Gremolata*



**CHEF MPUMZI MOON**

Fedics – Port Elizabeth



## Ingredients

|                 |                                      |
|-----------------|--------------------------------------|
| <b>1 Tbsp</b>   | Oil                                  |
| <b>1</b>        | Onion (chopped)                      |
| <b>1 rib</b>    | Celery (chopped)                     |
| <b>3 cloves</b> | Garlic (minced)                      |
| <b>TT</b>       | Salt                                 |
| <b>1</b>        | Potato (large, peeled and quartered) |
| <b>2</b>        | Cauliflower heads (florets)          |
| <b>50 g</b>     | Chicken stock                        |
| <b>1 L</b>      | Water                                |
| <b>1 pinch</b>  | Cayenne pepper (or to taste)         |
| <b>½ cup</b>    | Cream (cooking or pouring)           |
| <b>4 strips</b> | Bacon (chopped)                      |
| <b>1 ½ cup</b>  | Breadcrumbs                          |
| <b>1 tsp</b>    | Lemon zest (finely grated)           |

## Method

1. Heat oil in a saucepan over medium heat. Cook and stir onion and celery in the hot oil until translucent, about 5 minutes. Add garlic and salt, and stir for 1 minute.
2. Add potato, cauliflower, chicken stock, and water. Bring to a boil, reduce heat to medium-low and simmer until cauliflower is tender and potatoes are easily smashed against the side of the pot; about 30 minutes.
3. Reduce heat to low. Puree the soup using an immersion blender until smooth, then season with cayenne pepper and salt.
4. Pour in cream and stir until warmed-up again. Season with more salt, if needed.
5. Cook bacon over medium heat until crisp, about 8 minutes. Transfer cooked bacon to a paper lined plate to drain. Toss breadcrumbs in the remaining bacon fat in the pan, and fry over low heat until toasted and crisp. Remove from heat, allow to cool and toss in the lemon zest.
6. Garnished with bacon gremolata.
7. Serve hot.

**Brown**

# Lentil

**Soup**



**CHEF TSHEGOFATSO SEKELE**  
Regional Executive Chef





## Ingredients

|                   |                                     |
|-------------------|-------------------------------------|
| <b>3 Tbsp</b>     | Olive oil                           |
| <b>1</b>          | Red onion (large, diced)            |
| <b>4 ribs</b>     | Celery (diced)                      |
| <b>1</b>          | Carrot (or two medium-sized, diced) |
| <b>5 cloves</b>   | Garlic (minced)                     |
| <b>2</b>          | Tomatoes (chopped)                  |
| <b>1 cup</b>      | Brown lentils (dried)               |
| <b>1 Tbsp</b>     | Garam masala                        |
| <b>TT</b>         | Salt and pepper                     |
| <b>4 cups</b>     | Vegetable broth                     |
| <b>2-3 sprigs</b> | Thyme (fresh, remove at the end)    |
| <b>1 cup</b>      | Kale (roughly chopped)              |
| <b>2 Tbsp</b>     | Lime juice (squeezed over)          |

## Method

1. In a large, deep pot over medium-high heat, add half the olive oil (1.5 tablespoons) and heat.
2. Add the onions, celery, carrot, and minced garlic. Stir together and allow to sweat for about 8 minutes, to soften and release natural juices from the veggies.
3. Add in the tomatoes, brown lentils, garam masala, and salt and pepper. Stir together.
4. Pour in the vegetable broth. Add the thyme sprigs and stir again.
5. Bring to a boil, then simmer for 30 minutes until lentils are fully cooked.
6. Remove the thyme. Scoop out two cups of soup (with liquid) and pour into a blender and blend down fully. Pour back into pot.
7. Add in kale and lime juice, and stir to combine flavours.
8. Serve hot.

Spiced Tomato and

# Feta

Soup



**CHEF GEOFF BOOTH**

Production Chef, Continental – Eastern Cape



## Ingredients

|                      |                         |
|----------------------|-------------------------|
| <b>800 g</b>         | Tomato                  |
| <b>150 g</b>         | Carrots                 |
| <b>120 g</b>         | Onion                   |
| <b>5 g</b>           | Garlic                  |
| <b>10 g</b>          | Cayenne pepper          |
| <b>5 g</b>           | Cumin (ground)          |
| <b>5 g</b>           | Coriander (ground)      |
| <b>10 g</b>          | Salt                    |
| <b>5 g</b>           | Black pepper            |
| <b>4 sprigs</b>      | Thyme (freshly chopped) |
| <b>175 ml</b>        | Tomato puree            |
| <b>100 ml</b>        | Sunflower oil           |
| <b>5 ml</b>          | Parsley (dried)         |
| <b>5 ml</b>          | Origanum (dried)        |
| <b>500 ml</b>        | Water (boiled)          |
| <b>10 g</b>          | Feta cheese             |
| <b>3 thin slices</b> | Ciabatta bread          |

## Method

1. Preheat oven to 230°C.
2. Roughly chop up the tomatoes and place on an oven tray. Add the fresh thyme, salt and black pepper as well as half the oil, mix through well. Place the tray in the oven and roast the tomato mixture for 10-12 minutes.
3. While the tomatoes are roasting, finely dice the onion and carrots. Fry in the remainder of the oil in a small pot on medium heat for 5 minutes, then add the garlic.
4. Add the cayenne pepper, cumin and coriander to the pot and cook for at least 2-3 minutes before adding water.
5. Remove the tomatoes from the oven and add it to the pot. At this stage you can add the tomato puree, water, parsley and origanum. Bring the soup mixture to the boil. Turn down the heat to low, once the soup has started to boil and simmer for at least 10-15 minutes. Taste to check the seasoning once the soup is cooked through, and allow to cool.
6. Toast the ciabatta slices in the toaster and set aside. If you have a blender, blend the soup mixture until thoroughly smooth. Alternatively, use a conical strainer and strain the soup mixture through it. This will keep back the tomato skin and pips as well as the fresh thyme sprigs. Squeeze through as much of the liquid you can while mashing up the onion and carrots pieces through the strainer as well. You should end up with a relatively smooth and shiny soup mixture with all the flavours intact.
7. Pour the soup in a nice soup bowl and sprinkle with crumbled feta cheese. Put bowl on a plate and place ciabatta bread slices on the side.
8. Serve hot.

Chicken

# Noodle Soup



**BEVERLEY STRUWIG**  
Catering Manager, Aurora – Eastern Cape



## Ingredients

|          |                                      |
|----------|--------------------------------------|
| 1 Tbsp   | Oil                                  |
| 1        | Red onion                            |
| 3 sprigs | Spring onion                         |
| TT       | Salt                                 |
| 5 g      | Cajun spice                          |
| 5 g      | Mixed herbs                          |
| 1        | Chicken breast                       |
| 80 g     | Spaghetti (or any noodles, uncooked) |
| 30 g     | Chicken stock powder                 |
| 1 L      | Water (warm)                         |
| 4        | Eggs                                 |

## Method

1. Heat oil in a deep saucepan over medium heat. Fry chicken breast together with salt, spices and herbs until soft and tender. Remove breast from pan, shred the meat and keep aside.
2. In the same pan, stir-fry the onion and spring onion until soft.
3. Add chicken stock (mixed with warm water) and the shredded meat, then add the spaghetti or noodles. Bring to a boil, reduce heat and cook until spaghetti or noodles is soft (al dente).
4. Once soup is cooked through, beat eggs together.
5. Add egg to soup by slow-stream pouring while stirring. Once poured in, immediately remove from heat; don't cook any further.
6. Garnish with spring onion and sprinkle with Cajun spice.
7. Serve hot.

**Brown**

# Onion

**Soup**



**CHEF ZOLANI RADEBE**

Executive Chef, First National Batteries – East London



## Ingredients

|              |                            |
|--------------|----------------------------|
| <b>2 kg</b>  | Brown onions (sliced)      |
| <b>TT</b>    | Oil                        |
| <b>3 L</b>   | Water                      |
| <b>300 g</b> | Onion gravy mix (powdered) |

## Method

1. Cover the base of a pot with enough oil. Heat the oil and sauté onions until soft and starting to brown.
2. Mix the onion gravy mix with the water and add to the pot. Cook for 15 minutes.
3. Serve hot.

*Creamy*

# *Chicken*

*and Mushroom Soup*



**CHEF ZOLANI RADEBE**

Executive Chef, First National Batteries – East London





## Ingredients

|       |                                      |
|-------|--------------------------------------|
| 20 ml | Oil                                  |
| 500 g | Onions (chopped)                     |
| 250   | Mushrooms (sliced)                   |
| 1 kg  | Chicken fillet (cooked and shredded) |
| 5 g   | Mushroom and sweet pepper sauce      |
| 4 L   | Water                                |

## Method

1. Cover the base of a deep pot with oil. Heat oil and sauté onions until soft.
2. Add the mushrooms and fry for 1 minute.
3. Add half of the water and shredded chicken. Cook for 10 minutes.
4. Mix the creamy mushroom and sweet pepper sauce with the rest of the water.
5. Bring to a boil and simmer for 5 minutes.
6. Serve hot.

WINTER WARMERS

# Minestrone Soup



**CHEF ZOLANI RADEBE**

Executive Chef, First National Batteries – East London



## Ingredients

|       |                                  |
|-------|----------------------------------|
| 1 kg  | Mixed vegetables and meat        |
| TT    | Oil                              |
| 500 g | Onion (chopped)                  |
| 250 g | Carrots (grated)                 |
| 60 g  | Tomato paste                     |
| 250 g | Pasta (uncooked)                 |
| 100 g | Onion gravy mix (dried powdered) |
| 200 g | 'Potjiekos' spice mix            |
| 4 L   | Water                            |

## Method

1. Cover the base of a pot with enough oil and sauté the onions.
2. Add vegetables, meat and tomato paste to the pot.
3. Add half of the water and simmer for 20 minutes.
4. Mix onion gravy powder and 'potjiekos' spice with the rest of water.
5. Add to pot and bring to a boil.
6. Add pasta and cook for 20 minutes.
7. Serve hot.

Chicken

# Noodle

Soup



**CHEF MARKO ENGELBRECHT**  
Regional Executive Chef, Fedics Inland



## Ingredients

|               |                                     |
|---------------|-------------------------------------|
| <b>2 Tbsp</b> | Butter (unsalted, or sunflower oil) |
| <b>1</b>      | Onion (chopped)                     |
| <b>20 g</b>   | Garlic (minced)                     |
| <b>5 ribs</b> | Celery (thinly sliced)              |
| <b>1 tsp</b>  | Salt                                |
| <b>½ tsp</b>  | Black pepper (coarsely ground)      |
| <b>1.5 L</b>  | Chicken stock                       |
| <b>1</b>      | Chicken (roasted, and shredded)     |
| <b>2</b>      | Carrots (sliced)                    |
| <b>1 tsp</b>  | Thyme (fresh)                       |
| <b>200 g</b>  | Egg noodles                         |

## Method

1. Add butter or oil to a large pot on medium heat. Cook the onions, garlic, celery, salt and pepper for 3-4 minutes or until translucent.
2. Add in the broth, shredded chicken meat, carrots, and thyme and bring to a boil, then reduce heat and simmer for 20 minutes.
3. Soak noodles in boiling water for 1 minute, then strain. Add cooked noodles to soup.
4. Garnish with freshly chopped celery leaves.
5. Serve hot. If soup needs to be kept for longer than 15 minutes, keep the egg noodles separate until serving.

# Knorr

## Soups

| BUYER CODE | ITEM                             | REGION   | SUPPLIER CODE | SUPPLIER |
|------------|----------------------------------|----------|---------------|----------|
| 27023      | Knorr Thick Vegetable Soup 1.6Kg | NATIONAL | SOG4661       | BIDFOOD  |
| 27026      | Knorr Minestrone Soup 1.6Kg      |          | SOG4660       |          |
| 27104      | Knorr Chicken Soup 1.6Kg         |          | SOG3202       |          |
| 27107      | Knorr Oxtail Soup 1.6Kg          |          | SOG4662       |          |
| 27103      | Knorr Hearty Beef Soup 1.6Kg     |          | SOG4665       |          |
| 27105      | Knorr Mushroom Soup 1.6Kg        |          | SOG4666       |          |
| 27106      | Knorr Tomato Soup 1.6Kg          |          | SOG4663       |          |



WE RECOMMEND

# CREAM OF BROCCOLI AND CHEESE SOUP

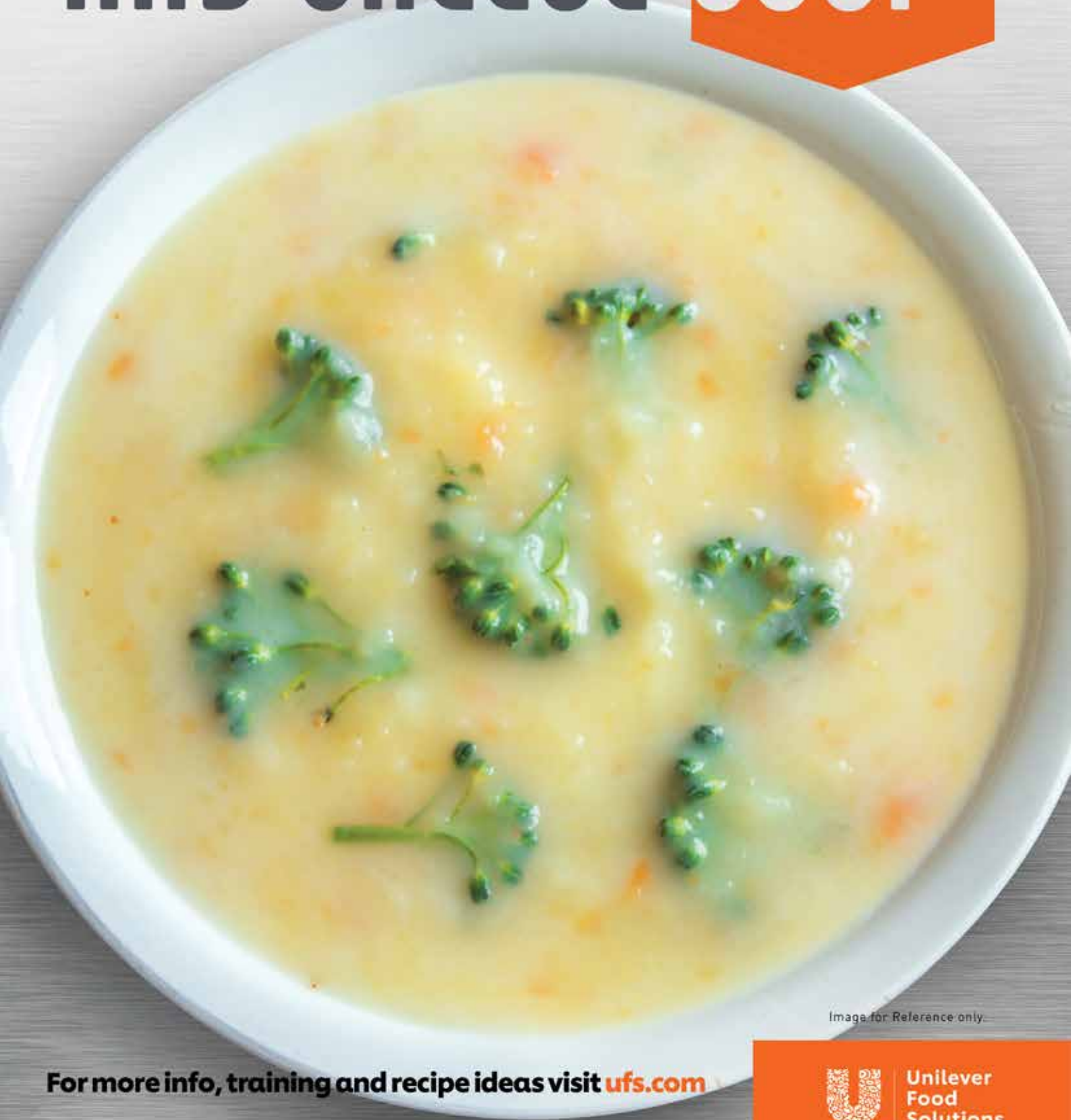


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# CREAM OF BROCCOLI AND CHEESE SOUP



**Yield:**  
1 L



**Prep Time:**  
15 min



**Cook Time:**  
50 min



**Serves:**  
200 ml

## INGREDIENTS:



As required  
Oil/butter



100 g  
Onion  
(finely chopped)



100 g  
Celery  
(roughly chopped)



5 ml  
Garlic  
(crushed)



5 ml  
Ginger  
(crushed)



500 g  
Broccoli florets



5 ml  
**ROBERTSON'S  
MIXED HERBS**



1.25 L  
Water  
(cold)



75 g  
**KNORR  
PROFESSIONAL  
THICK VEGETABLE SOUP**



100 g  
Cheddar cheese  
(grated)



125 ml  
Cream

## METHOD:

1. Heat the oil, add the onions, celery, garlic and ginger until soft. Add the broccoli florets and Robertson's Mixed Herbs and allow to cook for 5 minutes.
2. Add the 1 L of cold water and bring to a simmer.
3. Mix Knorr Professional Thick Vegetable Soup powder with the 250 ml of water and stir into the soup mixture and bring to a simmer for 30 minutes.
4. Stir through the cheese and the cream, remove from the heat and liquidise until smooth.
5. Portion and serve.

# CREAM OF CAULIFLOWER & CHEESE SOUP



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# CREAM OF CAULIFLOWER & CHEESE SOUP



**Yield:**  
1.1 L



**Prep Time:**  
15 – 20 min



**Cook Time:**  
50 min



**Serves:**  
200 ml

## INGREDIENTS:



As required  
Oil/butter



100 g  
Onion  
(finely chopped)



100 g  
Celery  
(roughly chopped)



5 ml  
Ginger  
(crushed)



5 ml  
Garlic  
(crushed)



450 g  
Cauliflower florets



5 ml  
**ROBERTSON'S  
MIXED HERBS**



1.25 L  
Water



75 g  
**KNORR  
PROFESSIONAL  
THICK VEGETABLE SOUP**



100 g  
Cheddar and  
mozzarella cheese  
(grated)



125 ml  
Cream

## METHOD:

1. Heat the oil, add the onions, celery, ginger, garlic, cauliflower and Robertson's Mixed Herbs and sauté for 5 minutes.
2. Add 1 L of boiling water to the mixture and bring to a low simmer.
3. Mix the Knorr Professional Thick Vegetable Soup powder with 250 ml of cold water and stir until well combined, whisk into the soup mixture and allow to simmer for 30 minutes.
4. Whisk in the cheeses and cream and cook through for 5 minutes.
5. Remove the soup from the heat and liquidise until smooth, return to the heat, portion and serve.

# CREAM OF LEEK & SPINACH SOUP

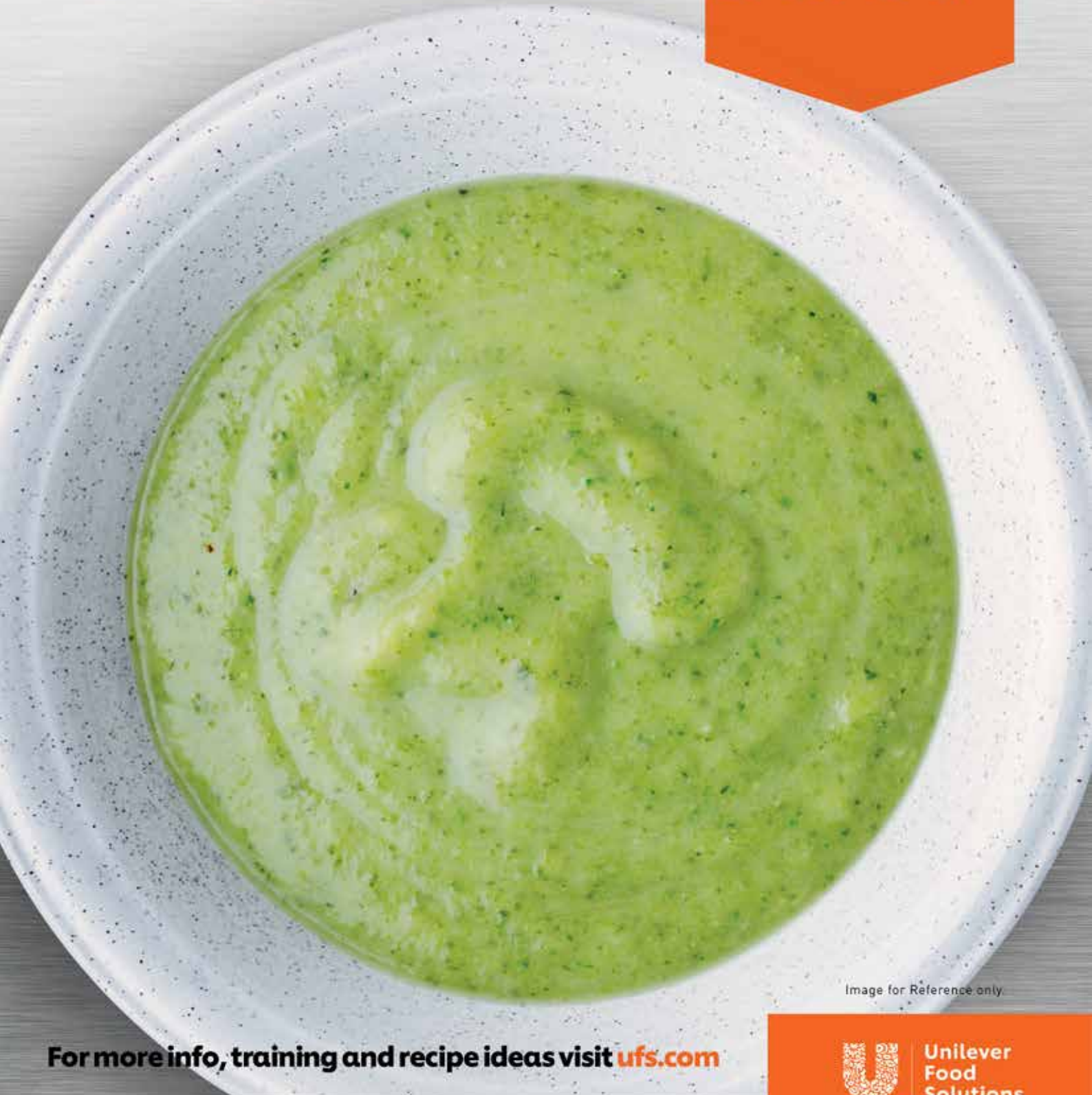


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# CREAM OF LEEK & SPINACH SOUP

## INGREDIENTS:



**Yield:**  
1.5 L



**Prep Time:**  
15 min



**Cook Time:**  
50 min



**Serves:**  
200 ml



50 g  
Oil/butter



200 g  
Leeks  
(roughly chopped)



5 ml  
Garlic  
(crushed)



5 ml  
Ginger  
(crushed)



100 g  
Celery  
(roughly chopped)



300 g  
Spinach  
(cleaned stalks removed  
and roughly chopped)



5 ml  
**ROBERTSON'S  
MIXED HERBS**



85 g  
**KNORR  
PROFESSIONAL  
MINISTRONE SOUP**



1.25 L  
Water  
(cold)

## METHOD:

1. Heat the oil and fry off the leeks, garlic, ginger and celery for 5 minutes. Add spinach and Robertson's Mixed Herbs.
2. Add 1 L of cold water to the spinach mixture.
3. Mix Knorr Professional Minestrone Soup with 250 ml cold water. Whisk and simmer for 30 minutes.
4. Remove from the heat and liquidise until smooth.
5. Portion and serve.

# Cape

# Koeksisters



**MELANEY ADAMS**

Catering Manager, Divfood Nampak - Western Cape



## Ingredients

|                |                   |
|----------------|-------------------|
| <b>4½ cups</b> | Cake flour        |
| <b>1 tsp</b>   | Baking powder     |
| <b>10 g</b>    | Instant yeast     |
| <b>1 tsp</b>   | Salt              |
| <b>1 tsp</b>   | Mixed spice       |
| <b>2 tsp</b>   | Cinnamon (ground) |
| <b>1½ cups</b> | Lukewarm water    |
| <b>100 ml</b>  | Oil               |
| <b>2</b>       | Eggs (large)      |

## For the syrup

|                 |                |
|-----------------|----------------|
| <b>3 cups</b>   | Sugar          |
| <b>3 cups</b>   | Water          |
| <b>5 pieces</b> | Stick cinnamon |

## Method

1. In a large bowl, mix all the ingredients together until well combined.
2. Knead the dough for 10 minutes. The dough will be quite sticky, do not be tempted to add any more flour, just use some oil on your hands when kneading.
3. Cover with a tea towel or cling film and allow to rise for 90 minutes in a warm and dark area of your kitchen.
4. Next, knock down the dough and, using a little oil on your hands, shape little oblong shapes. Deep fry in oil in a deep saucepan on medium to high heat until golden brown on both sides. Remove from the oil.
5. To make the syrup, in a large saucepan, boil the water, sugar and cinnamon sticks together until it bubbles.
6. Dip the koeksisters into the warm sugar syrup and allow soaking for a minute.
7. Using a slotted spoon, take koeksisters from syrup and place them in a bowl.
8. Sprinkle with desiccated coconut.

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# Sparkling

## Flavoured Drinks



CODE PINEAPPLE SPARKLING 500ML

C10718 PACK CONFIGURATION: 4 X 6 pack | 24 units per case

PALLET CONFIGURATION: 12 cases per layer | 7 layers per pallet | 84 cases per pallet





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# Sparkling

## Flavoured Drinks



CODE

WATERMELON SPARKLING 500ML

C101717

PACK CONFIGURATION: 4 X 6 pack | 24 units per case

PALLET CONFIGURATION: 12 cases per layer | 7 layers per pallet | 84 cases per pallet



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