

The SHOPPER

SPRING | NOVEMBER 2021

FROM OUR DIETITIAN

Keeping your healthy lifestyle on track during the

Holidays

NEW LAUNCH

FESTIVE FLAIR

Bidfood Desserts

WE RECOMMEND

Recipes from our Chefs

Bidfood and Johnny Bags

BEST BUYS

**Khayelitsha Cookies
N1 Festive Hamper**

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TSEBO

Keeping your healthy lifestyle on track during the

Holidays

The Festive Season is synonymous with relaxing, unwinding and spending time with family and friends. Unfortunately, this time of year is also too often associated with overindulgence. With some subtle changes, it is possible to enjoy all the festivities without having to consider guilt-ridden 'New Year's resolutions' regarding your health and lifestyle.



ANNELIZE ZEELIE
Divisional Dietitian, Tsebo Catering

Reduce the fat content of every braai during the holidays:

- Have a fish braai and use marinades consisting of lemon juice and herbs for flavour.
- Choose leaner cuts of meat, like fillet instead of rump, and use balsamic vinegar as a marinade.
- Braai lamb steaks instead of lamb chops.
- Braai pork kebabs with dried apricots instead of pork chops.
- Skewer chicken fillet strips and lean shoulder bacon strips and marinade.

Have one starch portion per meal:

- Some braais offer too many side dishes, like garlic bread, potato salad, pasta salad, and pap. Choose only one item for your plate or if you cannot resist, have half a portion of one and half of another, for example half a portion potato salad and half a portion pap.

Fill half of your plate with greens:

- Half of your plate should be green salad. This will reduce the amount of space left for meat and starch. Remember that lettuce, cucumber, tomato, mushroom, onions, and raw carrots contain almost no kilojoules, just remember to use fat-free salad dressing or just a bit of vinegar.
- Add corn-on-the-cob, stuffed black mushrooms, mushroom skewers or even vegetable kebabs to the braai.

Washing it all down:

- Keep in mind that alcohol contains a lot of kilojoules, and it may be a challenge to keep track of your intake.
- Try having one alcoholic drink per hour, which is the time your body needs to metabolise the alcohol.
- Have light beers and light or extra-light wines. A wide range of zero-alcohol beers, ciders and dealcoholised wines and spirits like gin are available as well.
- Dilute your drinks with water, soda water or diet cold drinks.
- Have a glass of water in between drinks.
- Say no when you have had enough or fool the fools: lime and soda water mimics a real drink if drinking without a straw!

More tips to consider during the Festive Season:

- Beware of unhealthy snacking: have your regular snacks, like fresh fruit and have popcorn instead of chips and chocolates.
- Try making healthy choices on Christmas Day: choose lower fat content options, eat only one plate of food, and enjoy just a small helping of Christmas pudding.
- Keep as active as possible: when on the beach, play games, or swim when it is hot, and have brisk walks with the family.
- Limit your salt intake: use herbs to flavour food.
- Be conscious of what is in your shopping basket: if you do not buy it, you cannot eat it!

By reducing the amount of energy and fat over the entire festive period you will be pleasantly surprised by the result in comparison with other years. There is no reason you cannot enjoy a wonderful time during the holidays and return to work healthy and full of energy for the new year ahead.

Turkey

with Gravy
and Stuffing



CHEF MARKO ENGELBRECHT
Regional Executive Chef, Fedics Inland

Stuffing

13-15 cups	Dry bread cubes
1 cup	Celery (chopped)
1 cup	Onion (diced)
1½ cup	Butter
2¼ tsp	Salt
1 tsp	Black pepper (freshly ground)
1½ Tbsp	Chicken spice
1½ cup	Chicken stock
2	Eggs (large)

1. In a frying pan, sauté the onion and celery in the butter for 10-12 minutes, or until the onion and celery are tender.
2. Place the bread cubes in a large bowl. Pour the butter, onion and celery mixture over the breadcrumbs and mix. Add the remaining ingredients and mix well.
3. Spray a two-quarter casserole dish with cooking spray. Put the stuffing in the prepared pan. Bake at 180°C for 30-35 minutes or until golden brown.

Brine

90 g	Kosher salt (or 80 g fine salt)
50 g	White sugar (or 60 g brown sugar)
10 g	Whole peppercorns
2	Bay leaves
20 g	Sage (fresh)
2.5 L	Lukewarm water (1 part boiling, 2 parts cold)

Mix salt and sugar with water and stir, ensure that the sugar and spice have dissolved. Add rest of the ingredients and cool down to 5°C.

Turkey

1	Turkey
50 g	Chicken spice
30 g	Paprika
15 g	Crushed black pepper
10 g	Rosemary (freshly chopped)
10 g	Thyme (freshly chopped)

1. Ensure that the turkey is cleaned properly, removing all excess fat and feathers.
2. Fully submerge in brine and stand for 24 hours.
3. Remove turkey from brine and let it drip dry in a perforated insert for 5 minutes.
4. Mix all spices thoroughly.
5. Spice the entire turkey, including the cavity, making sure to cover the whole bird.
6. Tightly press the stuffing and pack the cavity of the bird.
7. Roast at 160°C starting with the breast facing down for 1.5 hours, turn the bird and make sure to spoon over the drippings while it is cooking. Do this every 45 minutes. Bake for 2 hours or until the core temperature reaches 70°C.
8. Remove from oven and let rest for 15min.

Pan gravy

1	Onion
1	Carrot
TT	Left-over celery from stuffing
50 g	Worcester sauce
50 g	Tomato paste
440 g can	Crushed cranberry or strawberry jam

1. Skim the fat of the turkey drippings.
2. Heat the fat in a pan. Fry the onions, carrots and celery until translucent.
3. Add the tomato paste and fry until the tomato paste starts to turn darker.
4. Deglaze the pan with Worcester sauce until it is a thick paste.
5. Add the rest of the turkey drippings and reduce until a sauce consistency is reached.

Tip

A sauce should have a consistency that is light yet thick enough to coat the back of a spoon. Chefs use the French term *nappé*, meaning to top or coat with sauce, to describe the proper consistency.

Peking

Duck

*with Apple and
Tamarind Chutney*



CHEF LUKE REDDY

Chef Luke Reddy – Coastal Regional Chef, Healthwise

Ingredients for the duck

- 1** Duck (1.6 - 1.8 kg, fresh or thawed thoroughly if frozen)

Honey syrup mixture:

- 1** Lemon, juiced
3 Tbsp Clear honey
3 Tbsp Dark soy sauce
150 ml Rice wine (or dry Sherry)

To serve:

- TT** Spring onions (sliced into matchsticks)
TT Hoisin sauce

Method for the duck

- Place all the honey syrup ingredients in a large pan with 1.2 litres water and bring to the boil. Turn the heat to low and simmer for about 20 minutes.
- Meanwhile, rinse the duck well, blot it completely dry with kitchen paper, then put it on a rack in a roasting tin. Using a ladle, pour the syrup over the duck several times until the skin is completely coated on all sides. Leave the duck to dry out, uncovered, overnight in the fridge. When the duck has dried, the skin should feel like parchment paper.
- Heat oven to 240°C (or 220°C). Place the duck breast side up on the rack in a roasting tin. Add 150 ml water to the tin to prevent the fat from spattering. Roast in the oven for 15 minutes. Reduce the heat to 180°C (or 160°C) and continue to roast for 1 hour and 10 minutes.
- Remove the duck from the oven and let it sit for at least 10 minutes before you carve it. Using a cleaver or a sharp knife, cut the skin and meat into pieces and arrange them on a warm serving platter.

Ingredients for the chutney

- 900 g** Granny Smith apples (peeled, cored and chopped)
400 g Star King apples (peeled, cored and sliced)
2 Onions (halved and sliced)
1 Red chili (large, deseeded and chopped)
400 g Light muscovado sugar
250 ml Cider vinegar
100 g Stoned dates (chopped)
25 g Ginger (fresh, peeled and finely chopped)
2 Tbsp Tamarind paste
1½ tsp Salt

Method for the chutney

- Tip all the ingredients, into a preserving pan. Warm over a low heat, stirring occasionally, until the sugar dissolves. Turn up the heat a little, then let the mixture boil until the Granny Smith apples have broken down to a pulp, but the Star King apples still hold their shape.
- Stir occasionally to stop the chutney from sticking. This can take from 45 minutes to 1 hour. You can tell that it is ready by running your wooden spoon through the mixture. Your spoon should briefly leave a channel in the mixture, and there shouldn't be liquid pooling into the space.
- While the chutney cooks, sterilise your jars (see tip below). When the chutney is ready, pot the mixture into the jars.

Tip

Can be eaten within a few days but is best left for a few weeks to mellow and mature. Will keep for at least a year.



Roast

Potatoes



CHEF THEO GQONTSHI
Regional Executive Chef, TSA

Ingredients

320 g	Baby potatoes (skin on, scrubbed clean)
20 ml	Olive oil
	Garlic powder
5 g	Salt (fine)
7 g	Rosemary (freshly chopped)
2 tsp	Chives (fresh, finely chopped, optional)
TT	Black pepper (freshly ground)

Method

1. Preheat the oven to 180°C with a rack in the middle of the oven.
2. Slice the potatoes into 4 cm chunks. Slice small potatoes in half, larger potatoes into quarters, and so on. Place them in a baking pan.
3. Drizzle the olive oil over the potatoes, then sprinkle on the garlic powder, salt, and rosemary. Toss with your hands until the potatoes are evenly coated in the mixture. It might seem like you do not have enough oil, but keep going and do not add oil. Arrange the potatoes in an even layer across the pan with their flat edges against the pan.
4. Roast the potatoes for 40-45 minutes, stirring halfway, until the potatoes are golden in colour (check the undersides) and easily pierced through by a fork.
5. Stir in the chives, if using, and season to taste with additional salt and some black pepper (careful, the potatoes are hot!). Serve promptly.

Tip

Potatoes are best when freshly roasted but will keep in the fridge for up to 4 days.



Brussels Sprouts with Bacon



CHEF THEO GQONTSHI
Regional Executive Chef, TSA

Ingredients

320 g	Brussels sprouts (washed and dried)
400 g	Bacon (diced)
50 ml	Olive oil
20 g	Garlic (crushed or finely chopped)
14 g	Salt
7 g	Black pepper (cracked)
15 ml	Balsamic glaze

Method

1. Preheat the oven to 220°C. Lightly grease a large baking pan with non-stick cooking oil spray or a light coating of oil. Set aside.
2. Trim the ends of sprouts and cut in half lengthwise.
3. Arrange brussels sprouts, any loose leaves, bacon and garlic on the pan. Drizzle with olive oil. Season with salt and pepper. Toss well and spread mixture out in a single layer.
4. Roast sprouts until tender with charred edges, turning once through cooking. The bacon will be cooked and crispy after about 25-30 minutes.
5. Toss with the balsamic vinegar. Adjust taste with extra salt and pepper, if needed.
6. Serve immediately.



Traditional

Mince Pies



CHEF GESINA ERASMUS

Regional Executive Chef, Fedics Eastern & Southern Cape

Fruit mince

500 g	Apples (finely diced with skin on)
250 g	Raisins
100 g	Sultanas
½ tsp	Cinnamon (ground)
¼ tsp	Nutmeg (ground)
¼ tsp	Ginger (ground)
TT	Zest from ½ an orange
500 ml	Apple juice
1 tsp	Vanilla essence

1. Combine the apples, raisins, and sultanas into a pot.
2. Add the apple juice, cinnamon, nutmeg, ginger, vanilla, and the orange zest.
3. Cover the pot and simmer over a gentle heat for 30 minutes, making sure to stir every now and then. Make sure not to boil too fast, just a slow gentle simmer.
4. Turn off the heat and allow to cool.

Pastry and glaze

350 g	Plain flour (plus extra for dusting)
150 g	Butter (softened, cut into cubes)
50 g	Icing sugar (sifted)
TT	Zest from 1 orange
2	Egg yolks
2	Eggs, beaten
50g	Castor sugar

1. Sift the flour into a bowl, add the softened butter, icing sugar and orange zest and gently incorporate with your hands until the mixture resembles rough breadcrumbs. Mix in the egg yolks and then add 2-3 tablespoons of water to help bring it together. Squeeze the pastry together gently until you have a soft ball of pastry. Flatten to a disc, wrap in clingwrap, and refrigerate for 30 minutes.
2. Preheat the oven to 180°C.
3. Grease a muffin tin. Unwrap the pastry and roll out on a lightly floured work surface. Cut out 12 discs of pastry with a pastry cutter, slightly bigger than the size of the muffin tin holes. Press a round of pastry into the bottom of each hole. Fill each pastry case with fruit mince and then cut a further 12 rounds of pastry (this time one size smaller). Brush the rims of the pastry cases with a little beaten egg and press the lids on, pressing the edges with the ends of a fork to seal shut, or use a crimping tool to seal the edges and decorate.
4. Brush the lids with beaten egg and then use a skewer to make a small hole on the top of each pie. Sprinkle with castor sugar and then transfer the tray to the fridge for 30 minutes.
5. Bake the mince pies for 20-25 minutes, or until golden-brown and crisp. Transfer to a wire rack to cool and then turn the mince pies out.

FESTIVE FLAIR

Sugar Free Keto

Mince Pies



CHEF GESINA ERASMUS

Regional Executive Chef, Fedics Eastern & Southern Cape

Fruit mince

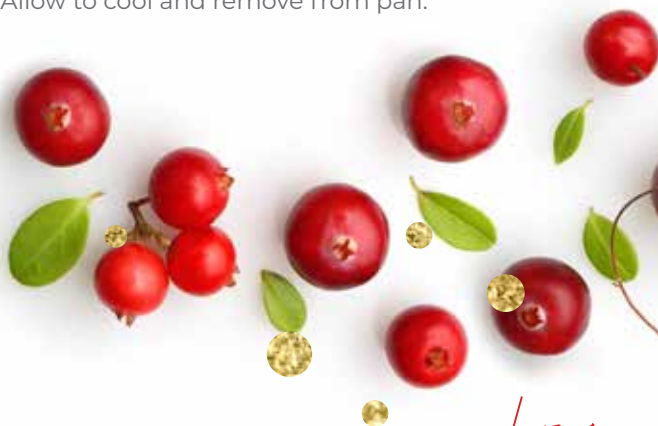
140 g	Apple (diced into small cubes)
20 g	Flaked almonds (toasted and roughly chopped)
TT	Zest from $\frac{1}{4}$ of a lemon
TT	Zest from $\frac{1}{2}$ an orange
20 g	Cranberries
$\frac{1}{2}$ tsp	Ginger
$\frac{1}{2}$ tsp	Cinnamon
$\frac{1}{8}$ tsp	Nutmeg
3 tsp	Xylitol
30 g	Butter (melted)
1 Tbsp	Water
1 tsp	Lemon juice

1. Place all ingredients except the almonds in a pot and simmer on a low heat for about 5 minutes until quite thick but with just a little moisture left.
2. Stir through almonds and allow to cool.

Pastry and glaze

100 g	Almond flour
30 g	Coconut flour
$\frac{1}{2}$ tsp	Baking powder
$\frac{1}{2}$ tsp	Xanthan gum
Pinch	Salt
70 g	Cold butter
30 g	Cream cheese
TT	Egg and egg wash

1. In food processor, pulse all the dry ingredients until combined. Add the butter chunks and cream cheese and pulse until combined. Add 1 large egg and pulse to combine again. Shape dough into a ball and wrap in clingwrap. Chill in the freezer for 20 minutes.
2. Preheat the oven to 180°C.
3. Roll the dough between two sheets of greaseproof paper until 3-4 mm thick. Use a 7.5 cm cutter to cut out bases. Place bases in freezer while making the tops. Re-roll the left-over dough to make 8 stars (7 cm cutter) or whatever shape you like for the top.
4. If the dough becomes too warm to cut out at any point, simply place back in the freezer for 5-10 minutes to firm up.
5. Grease a shallow muffin tin with butter and press a pastry round into the bottom of each hole. Add fruit mince (about 1 tablespoon per mince pie) and then the pastry lid.
6. Press to seal slightly and brush with egg wash. Bake for approximately 18 minutes or until golden on top. Allow to cool and remove from pan.



Festive

Cocktails

VIRGIN NEGRONI

Ingredients

1 part	Fabri Bitters syrup
1 part	Monin Bitters syrup
1 part	Peach tea Peach flavoured ice tea or not?
1	Orange peel

Method

1. Negronis are shaken not stirred.
2. Add all syrups and tea, shake with ice and built over rocks in an old-fashioned glass.
3. Garnish with orange peel that has been squeezed over the drink and then added to it.



CHEF GARETH DE VILLIERS

Regional Executive Chef, TSS

VIRGIN SANGRIA

Ingredients

1 Bottle	Sparkling red grape juice
500 ml	Soda water
200 g	Peaches (skin off)
200 g	Strawberries (cubed in quarters)
200 g	Orange slices

Method

1. In a large clear jug, add in all the fruit.
2. Add ice.
3. Then add grape juice and finally the soda water.





Desserts

BIDFOOD - NEW LAUNCH - SCHULSTAD

BUYER CODE	ITEM	REGION	CODE	SUPPLIER
15500	Danish Apple Crown FTO Schulstad 48x98.8gr	NATIONAL	CON1255	BIDFOOD
15503	Danish Vanilla Crème Crown FTO Schulstad 48X98.8gr		CON1256	

BIDFOOD - NEW LAUNCH - CHATEAUX GATEAUX

BUYER CODE	ITEM	REGION	CODE	SUPPLIER
FTO	Chateaux Gateaux Cheese Cake Variety (4 x 3 slices)	NATIONAL	CAK0261	BIDFOOD
FTO	Chateaux Gateaux Chocolate Cake Variety (4 x 3 slices)		CAK0262	



PROUDLY PART OF LANTMÄNNEN UNIBAKE

NEW LAUNCH

87% are Tempted to Buy a Danish Pastry*

Don't miss out with these
NEW Danish Pastry Crowns



Vanilla Crème Crown

A light, flaky Danish pastry crown, filled with crème pâtissière and topped with hazelnut slices.

Features: 24 layers of light and flaky Danish pastry, with a ring of almond remonce added before the vanilla crème filling for a traditional Danish flavour. Supplied ready glazed.

Baking guide: 18 minutes @190°C **Weight:** 98.8g

Pieces Per Case: 48 **Inclusions:** Icing bag.

Apple Crown

A light, flaky Danish pastry crown, with a Bramley apple filling.

Features: Bramley apple peices in the filling for a familiar and popular fruit flavour. Supplied ready glazed.

Baking guide: 18 minutes @190°C **Weight:** 98.8g

Pieces Per Case: 48 **Inclusions:** Icing bag.

36% say Vanilla is their favourite flavour of Danish Pastry

29% say Fruit is their favourite flavour of Danish Pastry

According to consumers a good Danish Pastry is
Crispy Flaky Pastry (59%), Delicious Filling (52%)
and **Soft Centre (45%)**

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This famous recipe is made with decadent, thick cream cheese and double cream, baked to perfection on a traditional golden oat biscuit base and topped with a fluffy crème Chantilly.

Always in demand...

Baked Chocolate Cheesecake

A chocolate flavoured rendition of our popular cheesecake recipe, baked to perfection on a cocoa biscuit base with a chocolate flavoured cream and ganache topping.

Brand new...

Cookie Dough Baked Cheesecake

Cookie dough cheesecake, baked to perfection on a choc chip cookie dough base and topped with choc chip cookie dough frosting.

Brand new...

Red Velvet Baked Cheesecake

Cream cheesecake, baked to perfection on a red velvet sponge cake layered with lemon cream cheese frosting with a blackcurrant glaze topping.

Product code PRO09828

Portions per case 2 x 24cm

Weight per portion 2.15kg

Shelf life 12 months

ALLERGENS

Contains hen's eggs, cow's milk, soya, wheat (gluten), oats (gluten).



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Chocolate cake layered with rich chocolate flavoured mousse, topped with biscuit crumble and dark chocolate flavoured ganache.

Mousse au Chocolat

Smooth and velvety dark chocolate flavoured mousse with a creamy white chocolate flavoured centre, on a moist layer of chocolate cake, finished with a rich dark cocoa ganache.

Roccoco Chocolate Cake

Cocoa flavoured cream, layered with choc chip cookie pieces and whirls of cocoa ganache between three layers of moist chocolate cake, covered with fine chocolate flavoured shavings.

B-1

A rich, dark and moist chocolate cake, coated in our luxurious B-1 sauce.

Product code PRO0930

Portions per case 2 x 24cm

Weight per portion 1.74kg

Shelf life 12 months

ALLERGENS

Contains hen's eggs, cow's milk, soya, wheat (gluten).



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Exceptional Cake Moments

Bidfood
Inspired by you

Recipes

Recipe of the Week

Nougat Cake

from our
basket
to your
kitchen

Ingredients

- 180 g margarine
- 200 ml castor sugar
- 45 ml runny honey
- 5 ml almond essence
- 4 large whole eggs
- 2 egg yolks (reserve the 2 whites for the topping)
- 625 ml cake flour
- pinch of salt
- 15 ml baking powder
- 190 ml milk
- 75 g mixed glace cherries, roughly chopped

nougat topping

- 2 reserved egg whites
- pinch of salt
- 30 ml hot water
- 10 ml runny honey
- 1 ml almond essence
- 60 ml castor sugar
- 50 g flaked or slivered almonds, lightly toasted

Method

Preheat the oven to 160°C. Grease a ring-form cake pan. Beat the margarine, castor sugar and honey together until fluffy. Beat in the essence, whole eggs and yolks. Gently blend in the cherries tossed in the flour first, along with the salt, baking powder and milk, to achieve a firm dropping consistency. Pour the batter into the prepared cake pan, and bake in a preheated oven for 45-50 minutes. While the cake is baking, prepare the topping. Using a hand or electric whisk, beat together the egg whites, salt, hot water, honey and essence in a bowl fitting snugly into a pot with enough simmering water in it, to touch the bowl base. When the egg whites are just beginning to change from foam to soft peak stage, gradually beat in the sugar in small amounts at a time, over the hot water, until a glossy stiff meringue forms. Remove from the stove and add most of the toasted almonds. Spread onto the cooled cake and sprinkle the reserved almonds on top. If you are not serving the cake soon, it may be best to store the topping separately until required.



RECIPE OF THE WEEK

Raspberry & White Chocolate Tart



Ingredients

crust

- 250 g digestive biscuits, crushed
- 125 g butter, melted

filling

- 200 g bar of white chocolate, broken into pieces
- 12 cream cheese portions
- 100 g mascarpone cheese
- 150 ml cream, whipped
- 250 g raspberries

Method

For the crust, mix the biscuits and butter together, until well combined. Push the mixture into the base and sides of a 23 cm round, 4 cm deep, loose bottomed fluted flan tin, or 6 individual tartlet cases, to form a shell. Chill until required.

To prepare the filling: Place the white chocolate and cream cheese in a bowl, set over a pan of barely simmering water and stir until it melts into a smooth sauce. Leave to cool slightly, then, using an electric or balloon whisk, blend in the remaining mascarpone until smooth. Stir in the cream and mix until thoroughly combined. Spoon into the pastry cases and chill for 2-3 hours until softly set. Remove the tart from the tin and arrange the raspberries over the tart.

Recipe of the week

Trifle



Ingredients

- boudoir biscuits, soaked in brandy sugar syrup
- orange segments
- orange jelly
- 200 ml cream, whipped

custard

- 125 g white sugar
- 6 egg yolks
- 40 g flour
- 500 ml milk
- 1 vanilla pod

Method

For the custard, cream the egg yolks with the sugar and flour until light and fluffy. Bring the milk with scraped vanilla pod to the boil, then add to the yolks while whisking. Pour mixture through a sieve and return to the heat. Cook on a low heat while stirring until thick and smooth. Allow to cool in the fridge.

To assemble the trifle: Layer the ingredients in your serving dish, start with the soaked boudoir biscuits then custard, orange segments, jelly and then start another layer with the biscuits. Finish the trifle off with a layer of the whipped cream and some more orange segments on top.

Johnny Bags (Pty) Ltd

Gravies and Sauces

Johnny Bags gravies and sauces provide flavour, moisture, and a contrast in texture and colour to any dish.

MALORA PREMIUM GRAVY & SAUCY GLAZES

BUYER CODE	ITEM	REGION	CODE	SUPPLIER
108153	Roast Onion Premium Gravy	NATIONAL	MCATER410	JOHNNY BAGS
30385	Brown Gravy		MCATER411	
30496	Sweet Chili Saucy Glaze		MCATER401	
30496	Spare Rib Saucy Glaze		MCATER402	
30496	BBQ Saucy Glaze		MCATER404/1	
30496	Lemon and Herb Saucy Glaze		MCATER405	



Johnny Bags (Pty) Ltd

Spices

Food would be boring without spices. They give aroma, colour, flavour, and sometimes even texture to food. Each spice, chili, or herb has specific, unique chemical compounds that create the sensual qualities for which we value them.

MALORA PREMIUM SPICES

BUYER CODE	ITEM	REGION	CODE	SUPPLIER
26524	Grill Seasoning	NATIONAL	MSPICE240	JOHNNY BAGS
26342	Masala Chip Seasoning		MSPICE241	
26519	Flavourmate		MSPICE043	
26519	All Seasons Spice		MSPICE047	



Johnny Bags (Pty) Ltd

Desserts

MALORA - JOHNNY BAGS - DESSERT RANGE

BUYER CODE	ITEM	REGION	CODE	SUPPLIER
16167	Malora Sponge Pudding Premix 10kg	NATIONAL	IMP110	JOHNNY BAGS
13179	Malora Cheesecake Premix 1kg		MCATER106	
34180	Malora Instant Mousse Chocolate		MCATER059	
34181	Malora Instant Mousse Strawberry		MCATER060	
34182	Malora Instant Mousse Vanilla		MCATER119	
107139	Malora Instant Mousse White Chocolate		MCATER062	
34150	Malora Supa-Lite Custard 1kg		MCATER041	
109732	Malora Supa-Lite Chocolate Mousse 1kg		MCATER054	
34068	Malora Supa-Lite Jelly 8x100g		MCATER166	

TIRAMISU

Ingredients

100 g	Supa-lite Chocolate Mousse
250 ml	Ice water
12	Sponge fingers (Boudoir biscuits)
15 ml	Instant coffee (dissolved in 175 ml hot water)
20 ml	Hazelnut liqueur (or flavouring of choice)

Method

1. Line a medium loaf tin with cling wrap.
2. Dissolve hot water with coffee, add flavouring, dip sponge fingers into the coffee mixture and line the base of the loaf tin.
3. Combine mousse powder with ice water, ensure there are no lumps, using a hand beater start whisking on a low speed, gradually increase speed to medium.
4. Whisk for 5-10 minutes or until the mousse has tripled in volume.
5. Pour over sponge fingers, alternate layers of mousse and sponge fingers.
6. Refrigerate for 35-40 minutes.
7. Remove from baking tin and garnish with berries and chocolate shavings.



BLUEBERRY CUP CAKES

Ingredients

1 kg	Malora Sponge Pudding
120 ml	Sunflower oil
500 ml	Water
200 g	Frozen blueberries

Method

1. Mix the sponge pudding with the water and oil.
2. Pour the mixture into cupcake cups, then add the blueberries.
3. Bake for 25 minutes at 180°C.

STRAWBERRY CHEESECAKE

Ingredients

137 g	Malora Cheesecake Mix
150 g	Tennis Biscuits
25 g	Margarine
25 g	Malora Whey Dairy Blend
300 ml	Water
250 g	Tinned strawberries

Method

1. Melt margarine and mix in crushed biscuits. Press into the bottom of a tart pan.
2. Boil water and add the whey dairy blend, once mixed, beat in the cheesecake mix.
3. Blend the strawberries with the juice to a fine pulp, add to the cheesecake mix and beat well.
4. Pour into the tart pan over the biscuit crust.
5. Place in fridge and allow to set.
6. Serve cold.

WE RECOMMEND



Johnny Bags (Pty) Ltd

Beverages

HOMEMADE ROOIBOS ICE TEA

Method

1. Place 1 Malora Rooibos Urn Bag in 2.5 litres of boiling water and allow to steep for 10 minutes.
2. Add sugar to taste and stir until dissolved.
3. Add 2.5 litres cold water and place in the fridge to chill.
4. Serve chilled with ice, lemon, and fresh mint.

MALORA BEVERAGE RANGE

BUYER CODE	ITEM	REGION	CODE	SUPPLIER
109740	Malora Supa-Lite Iced Tea	NATIONAL	MCATER178	BIDFOOD
31326	Malora Supa-Lite Hot Chocolate 1kg		MCATER016	
109759	Malora Rooibos Urn Bags 10 x 5lt		URN018	



KHAYELITSHA COOKIES

creating opportunity one bite at a time

QSE < R50M ANNUAL TURNOVER

51% BLACK WOMAN OWNED

100% WOMEN OWNED

FSSC FOOD SAFETY ACCREDITED FACTORY AUDITED BY SABS

LEVEL 2 B-BBEE

Thank you for assisting us in creating opportunity, one bite at a time!

VISION

To create the best cookies in South Africa through profitable, sustainable social entrepreneurship business that reduces unemployment.

MISSION

We produce premium quality cookies working only with previously unemployed women from Khayelitsha.

OUR FACTORY AND LOVELY STAFF



CHRISTMAS CATALOGUE 2021



SEASONS GREETINGS Cookie tub
with 75 Cookies

- CONTENTS:**
- 3 x packets of 25 Assorted 12g Cookies



SEASONS GREETINGS Four Cookie Gift box

- CONTENTS:**
- 4 x 9g Cookies in a gift box with Seasons Greetings sticker.



MERRY CHRISTMAS TIN
with assorted Munchie Box Cookies

- CONTENTS:**
- 12 x 12g Cookies in a festive tin with ribbon.



MERRY CHRISTMAS Three Cookie Gift box

- CONTENTS:**
- 3 x 30g Cookies in a Merry Christmas themed Gift box



CANDY STRIPED GIFT BOX
with Scrumptious Cookies.

- CONTENTS:**
- 2 x 125g bags of Scrumptious Cookies in a Seasons Greetings striped Gift box



SEASONS GREETINGS 80g Retail Brownie

- CONTENTS:**
- 1 x wrapped 80g Nutty Fudge Brownie with Seasons Greetings sticker.



SEASONS GREETINGS 100g Cookie

- CONTENTS:**
- 1 x Wrapped 100g Single Cookie with Seasons Greetings sticker.



CHRISTMAS CRACKER
with 25g Nutty Fudge Brownie

- CONTENTS:**
- 1 x 25g Nutty Fudge Brownie inside a festive cracker.



SEASONS GREETINGS Six Cookie Gift box

- CONTENTS:**
- 6 x 12g Cookies in Gift box with Seasons Greetings sticker.



SEASONS GREETINGS Gift box
With Scrumptious Cookies,
80g Nutty Fudge Brownies and Biscotti

- CONTENTS:**
- 2 x 125g bags of Scrumptious Cookies.
 - 2 x 80g Nutty Fudge Brownies and
 - 2 x Biscotti in a Gift Box with Seasons Greetings sticker.



SEASONS GREETINGS 50g Cookie

- CONTENTS:**
- 1 x Wrapped 50g Single Cookie with Seasons Greetings sticker.



CHRISTMAS CRACKER
with Biscotti

- CONTENTS:**
- 2 pieces of Biscotti inside a festive cracker

BEST BUYS

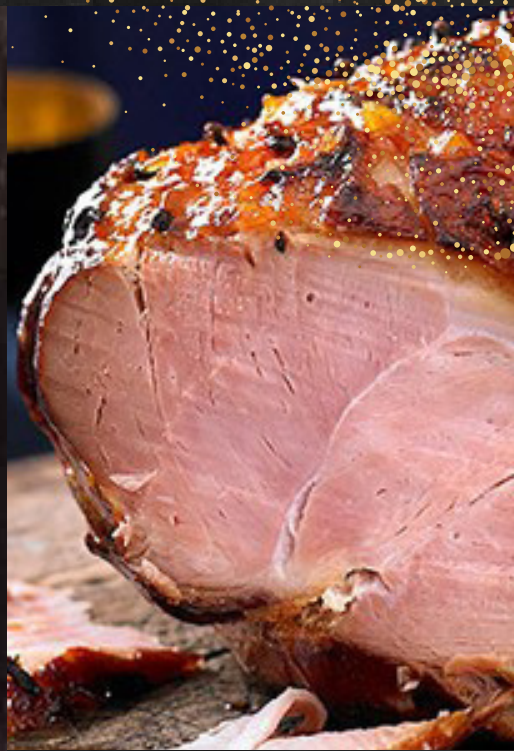


RESTAURANT
SUPPLIERS

OUR FABULOUS
Festive Hamper



CORNERED TONGUE
1.2KG



PORK MINI GAMMON
1.8KG



**CODE
FEST001**

CORNERED BEEF
1KG

Foods shown as serving suggestions, accessories not included. Errors & Omissions Excepted (E&OE). Prices Excl VAT. While stocks last. T&C's apply.