

WINTER | JULY 2022

The SHOPPER

Recipes from our chefs

Winter Warmers

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WINTER WARMERS

ROASTED TOMATO

Soup



CHEF THEO

Inland Regional Chef: Healthwise



Ingredients (Serves 4)

30 g	Garlic, unpeeled, cloves separated
1 kg	Whole tomatoes, halved lengthways
30 g	Olive oil
45 g	Fresh basil leaves, finely shredded
1	Large brown onion, finely chopped
½ cup	Tomato paste
2 cups	Vegetable stock
TT	Toasted ciabatta bread, to serve
TT	Small fresh basil leaves, to serve

Method

1. Preheat oven to 160°C -180°C. Place tomato in a shallow flat insert (cut-side up) with garlic cloves. Drizzle with half the oil. Season with salt and pepper. Roast for 40 minutes or until tomato is tender. Remove from oven. Set aside to cool slightly.
2. Peel garlic. Discard skins. Process tomato, garlic and half the shredded basil until smooth. Strain through a sieve into a bowl. Discard tomato seeds.
3. Heat remaining oil in a large saucepan over medium-high heat. Add onion. Cook, stirring for 3 minutes or until soft. Add tomato paste. Cook, stirring for 1 minute or until fragrant.
4. Add stock to tomato mixture. Bring to the boil. Reduce heat to low. Simmer, stirring occasionally, for 10 minutes or until mixture has thickened slightly. Stir in remaining shredded basil. Season with pepper.
5. Reheat, ladle into bowls. Top with basil leaves. Serve with ciabatta bread.

Ciabatta



CHEF THEO

Inland Regional Chef: Healthwise

Ingredients

Sponge

2 Tbsp	Warm water (40°C)
7 g	Active dry yeast
250 g	Bread flour
⅓ cup	Warm water

Bread

2 Tbsp	Warm milk (40°C)
½ tsp	Active dry yeast
2 cups	Bread flour
⅔ cup	Warm water
1 Tbsp	Olive oil
1½ tsp	Salt

Method

1. To prepare the sponge, stir 2 tablespoons warm water and yeast together in a small bowl. Let stand for 5 minutes, or until creamy.
2. Combine bread flour and ⅓ cup warm water in a large bowl. Stir in yeast mixture and mix for 4 minutes. Cover with cling film and let sponge stand at room temperature for at least 12 hours and up to 1 day.
3. To make the bread, combine warm milk and yeast together in a small bowl. Let stand for 5 minutes, or until creamy.
4. Transfer milk and yeast mixture to the bowl of a stand mixer fitted with a dough hook. Add sponge, bread flour, warm water, and oil. Blend until flour is just moistened. Add salt and mix until dough is smooth and elastic, about 8 minutes.
5. Scrape dough into an oiled bowl and cover with cling film. Let dough rise at room temperature until doubled in bulk, about 1½ hours. The dough will be sticky and full of air bubbles.
6. Turn dough out onto a well-floured work surface and cut in half. Transfer each half to a parchment sheet and form into an irregular oval about 20 cm long. Dimple loaves with floured fingers and dust tops with flour. Cover loaves with a dampened kitchen towel. Let loaves rise at room temperature until almost doubled in bulk, 1½ to 2 hours.
7. At least 45 minutes before baking the ciabatta, place a baking stone on the oven rack in the lowest position in the oven, and preheat the oven to 180°C.
8. Transfer one loaf on its parchment to a rimless baking sheet with a long side of the loaf parallel to the far edge of the baking sheet. Line up the far edge of the baking sheet with the far edge of the baking stone in the preheated oven and tilt to slide the loaf with parchment onto the back half of the stone. Transfer the remaining loaf to the front half of the stone in an equivalent manner. Bake ciabatta loaves until just golden, about 20 minutes. Cool loaves.

BEETROOT
& RED
ONION

tarte Tatin



CHEF DIETER EBERLANZ
Regional Executive Chef: TsAfrika



Ingredients (Serves 4)

400 g	Beetroot, cut into wedges
1	Red onion, cut into wedges
3 Tbsp	Olive oil
2 Tbsp	Rice wine vinegar
2 Tbsp	Soft brown sugar
2	Star anise
TT	Flour, for rolling
400 g	Puff pastry
1	Orange, zested
TT	Peppery green salad, to serve

Method

1. Heat oven to 180°C.
2. In a bowl, toss the beetroot and onion in 2 tablespoons of the oil, together with the vinegar and sugar. Add the star anise and season well.
3. Heat the rest of the oil in a large, ovenproof non-stick frying pan. Nestle in the beetroot and red onion pieces so that they cover the surface of the pan. Cover with foil and cook in the oven for 45 minutes.
4. On a well-floured surface, roll the pastry to a thickness of 0.5 cm and cut out a circle the same size as your frying pan.
5. Carefully take the pan out of the oven, remove the foil and wiggle the beets and onion around in the pan to make a compact layer. Put the pastry on top, tucking it in all around the edges, then return the pan to the oven and bake for 35 minutes or until the pastry has puffed up and is a deep golden brown.
6. Slide a knife around the edge of the tart, then put a plate on top of the pastry, serving side down. Flip the pan over to turn the tart out onto the plate.
7. Top with the orange zest and a sprinkle of sea salt, then serve with a peppery salad on the side.

WINTER WARMERS

LENTIL &
CAULIFLOWER

Curry



CHEF DIETER EBERLANZ
Regional Executive Chef: TsAfrika



Ingredients

1 Tbsp	Oil
1	Large onion, chopped
3 Tbsp	Curry paste
1 tsp	Turmeric
1 tsp	Mustard seeds
200 g	Red lentils
1 L	Vegetable or chicken stock
1	Large cauliflower, broken into florets
1	Large potato, diced
3 Tbsp	Coconut yogurt
TT	Small pack coriander, freshly chopped
TT	Juice of 1 lemon
100 g	Cooked brown rice

Method

1. Heat the oil in a large saucepan and cook the onion until soft.
2. Add the curry paste, spices and lentils, then stir to coat the lentils in the onions and paste.
3. Pour over the stock and simmer for 20 minutes, then add the cauliflower, potato and a little extra water, if it looks a bit dry.
4. Simmer for about 12 minutes until the cauliflower and potatoes are tender. Stir in the coconut yogurt, coriander and lemon juice, and serve with the brown rice.

WINTER WARMERS

BLACK & WHITE

Rice Salad

WITH CUMIN
ROASTED BUTTERNUT



CHEF DIETER EBERLANZ
Regional Executive Chef: TsAfrika



Ingredients

1	Small butternut, peeled and cubed
1 Tbsp	Olive oil
2 Tbsp	Cumin seeds
250 g	Basmati and wild rice
140 g	Dried cranberries
200 g	Pomegranate seeds
100 g	Roasted peanuts
TT	Small pack fresh dill, leaves and stalks finely chopped
TT	Small pack flat-leaf parsley, leaves and stalks finely chopped
1	Large red onion, finely diced
200 g	Feta cheese, to serve

Dressing

1	Large orange, zest and juice
4 Tbsp	Clear honey
4-5 Tbsp	Sherry vinegar
4 Tbsp	Olive oil

Method

1. Heat oven to 200°C and line a baking tray with baking parchment. Put the butternut on the baking tray, drizzle over the olive oil, scatter on the cumin seeds and season generously – use your hands to ensure each piece is evenly coated with oil and seasoning.
2. Roast for 30-35 minutes until the edges are caramelised, then remove from the oven and leave to cool.
3. Meanwhile, bring a large saucepan of water to the boil. Cook the rice for 20-25 minutes, then strain and rinse well with cold water until all the starch is washed off and the rice is cold. Allow to drain well.
4. Put the cranberries, pomegranate seeds, peanuts, herbs, onion and rice in a large bowl and mix well. Make the dressing by combining all the ingredients in a bowl with a generous amount of seasoning to taste.
5. Once the butternut is completely cool, gently mix it into the bowl of other ingredients. Pour over the dressing, mix well and serve on a large platter with the feta crumbled over the top.

WINTER WARMERS

CHILI

Con Carne



CHEF MARKO ENGELBRECHT

Regional Executive Chef: Business, Industry & Automotive - Inland



Ingredients

200 g	Onions
2 cloves	Garlic
150 g	Carrots
2 sticks	Celery
2	Red peppers
TT	Olive oil
5 g	Chili powder
5 g	Ground cumin
5 g	Ground cinnamon
400 g tin	Chickpeas
400 g tin	Red kidney beans
2 x 400 g tins	Chopped tomatoes
500 g	Quality minced beef
15 g	Fresh coriander
2 Tbsp	Balsamic vinegar

Method

1. Peel and finely chop the onions, garlic, carrots and celery – do not worry about the technique, just chop away until fine. Halve the red peppers, remove the stalks and seeds and roughly chop.
2. Heat 2 tablespoons of oil in a large casserole pan on a medium-high heat. Add the chopped vegetables, chili powder, cumin, cinnamon and a good pinch of sea salt and black pepper. Cook for 7 minutes, or until softened, stirring regularly.
3. Drain and add the chickpeas and kidney beans, tip in the tomatoes, breaking them up with the back of a spoon, then pour in 1 tin's worth of water. Add the minced beef, breaking any larger chunks.
4. Pick the coriander leaves and put aside, then finely chop and add the stalks to the pan, with the balsamic vinegar. Season with a good pinch of sea salt and black pepper.
5. Bring to the boil, then reduce the heat to low and simmer with a lid slightly ajar for 1 hour, or until slightly thickened and reduced, stirring occasionally.
6. Serve with fluffy rice or couscous, a hunk of crusty bread, or over a jacket potato, with some yoghurt, guacamole, and wedges of lime on the side for squeezing over. Sprinkle over the reserved coriander, and some fresh chili.

WINTER WARMERS

PULLED BEEF

Gyro



CHEF MARKO ENGELBRECHT

Regional Executive Chef: Business, Industry & Automotive - Inland

Ingredients (Serves 4)

1	Cos lettuce
½ punnet	Cherry tomatoes
1	Cucumber
4	Gyros
1	Onion
2 Tbsp	Garlic paste
2 tsp	Gyro spice mix

To Serve

4 Tbsp	Tzatziki
4 Tbsp	Hummus

Pulled beef

TT	Canola or olive oil, for cooking
500 g	Beef shin
2	Onions, halved and thinly sliced
1½ cup	Beef stock
1½ cup	Barbecue sauce
2 Tbsp	Brown sugar
2 Tbsp	Balsamic vinegar
2 Tbsp	Grainy mustard
TT	Cloves of garlic, crushed

Gyro

1⅓ cup	White bread flour
½ tsp	Salt
150 ml	Lukewarm water
3 g	Dry yeast
1 Tbsp	Olive oil

Method

Activate the yeast

1. Mix lukewarm water (37-40°C) and yeast in a small container.
2. Set it aside for several minutes to activate.

Mix the dough

1. In a large bowl, combine the flour and water. When the yeast is ready, add it to the bowl along with the oil and mix well with a spoon until it forms a rough dough.
2. Turn the dough out onto a clean kitchen counter and knead it lightly for a few minutes until you have a soft, elastic dough.

Stretch and fold the dough

1. Place the dough back in the bowl and cover with a kitchen towel to rest for 15 minutes.
2. After 15 minutes, stretch and fold the dough within the bowl. To do this, imagine that the dough is like a clock face. Pull up the dough at 12 o'clock and then fold it over onto the top of the dough. Repeat this at 3 o'clock, 6 o'clock, and 9 o'clock.
3. Allow it to rest again for 15 minutes, then repeat the stretch and fold technique, rest again, and repeat the stretch and fold two more times. You need to have stretched and folded the dough a total of 4 times with 15 minute breaks in between. Then allow it to rest for one last 15 minutes.

4. By doing this step, you're strengthening the dough. The stretch and fold motion helps develop the dough gluten network for stronger dough strength. By the end, the dough should have stiffened somewhat and will have risen during the resting time. If the dough is very sticky, dip your hands in water before stretching and folding.

Shape the gyro

1. Weigh the prepared dough and divide it into four pieces, roughly 90 g each.
2. Transfer the dough to a floured surface and work on just one while the others rest under a clean kitchen towel.
3. Roll out the first dough section until it is 18 cm in a circular or oblong shape. Then prick the dough all over with a fork – this will stop it from puffing up and forming a pocket the same way Middle Eastern pita does.
4. Meanwhile, heat up a large pan with a bit of oil.

Cook the gyro

1. Once the oiled pan is hot, transfer the first Greek pita bread to it and cook it for around 3 minutes per side, until it slightly bubbles up and starts to get brown spots on the dough.
2. If needed, adjust the heat and cooking time – just make sure to flip it when it starts to form bubbles on top and is beginning to brown underneath.
3. While one pita cooks, you can roll out and prick the next one with a fork until all four pieces are ready.
4. As soon as each pita bread is cooked, transfer it to a clean kitchen towel, wrap well to keep it warm and supple.

Pulled beef

1. In a heavy skillet, heat a drizzle of oil over medium-high heat and brown the roast on all sides.
2. Toss all the other ingredients for the pulled beef together in a slow cooker or ovenproof casserole. Top with the browned meat.
3. Cover and cook on low (in the slow cooker) for 6-8 hours or cover and bake at 130°C for 6 hours.
4. Using two forks, pull the meat apart.

Prepare gyros

1. Thinly slice lettuce, cut tomatoes in half, cut cucumber in half lengthways and thinly slice. Set aside. Wrap gyro breads in foil and warm in oven for 10-15 minutes, until warmed through.
2. Heat a drizzle of oil in a medium frypan on medium heat. Add onion and garlic paste and gyro spice mix and cook, stirring constantly, for about 1 minute, until fragrant. Add pulled beef and loosely break up.
3. Stir through ⅓-½ cup water, bring to a simmer and cook for about 2 minutes, until beef is hot, and sauce is slightly thickened and reduced. Season to taste.

To serve

Fill breads with lettuce, tomato, cucumber, pulled beef, tzatziki and hummus. Serve fries on the side or more traditionally, wrapped up in your bread!

PORTUGUESE

Chicken Roast



CHEF ZOLANI REDEBE
Regional Executive Chef: Fedics – East London



Ingredients

1.6 kg	Whole chicken
2 Tbsp	Olive oil
1 kg	Chat potatoes, halved
1	Large onion, thickly sliced
1	Lemon, halved
TT	Portuguese seasoning
6	Garlic cloves, crushed
1.5 Tbsp	Finely grated lemon rind
2 Tbsp	Finely chopped fresh oregano
3 tsp	Smoked paprika
1 tsp	Dried chili flakes
3 tsp	Salt
2 tsp	Brown sugar

Method

1. To make Portuguese seasoning, combine all ingredients in a small bowl.
2. Remove excess fat from inside chicken cavity. Wash chicken, pat dry with absorbent paper. Place chicken on a chopping board, breast-side down, with legs towards you. Using kitchen scissors, cut along either side of the backbone, starting from the parsons' nose to the neck. Remove backbone and discard. Turn chicken over so breast is facing upwards. Place the palm of your hand in the middle of breast and push firmly to break chest bone and flatten chicken.
3. Place chicken and half the oil in a large bowl. Toss to coat. Add Portuguese seasoning. Rub all over both sides of the chicken.
4. Place potatoes, onion and remaining oil in a large roasting pan. Season with salt and pepper. Toss to coat. Squeeze juice from lemon over potatoes and onions and place lemon halves in baking dish. Place chicken on top of potatoes and onions.
5. Cook in an extremely hot oven (240°C) for 10 minutes. Reduce oven to hot (200°C). Cook for a further 35-45 minutes or until chicken is cooked through and potatoes are tender. Remove chicken from oven and keep warm.
6. Return potatoes and onions to oven. Cook in an extremely hot oven (240°C) for 10-15 minutes or until potatoes and onions are crisp and brown.
7. Serve chicken with potatoes and onion. Garnish with fresh oregano.

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SERVES 6



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Ingredients



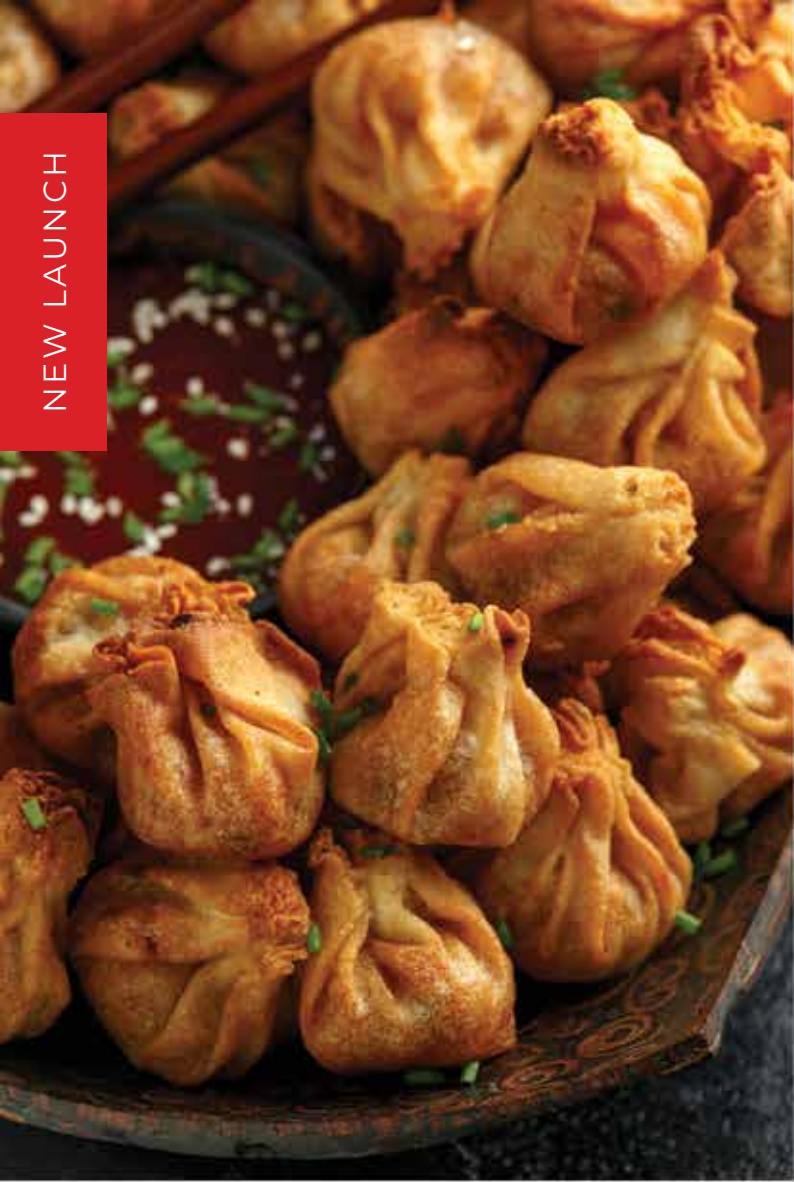
- 675g lean beef mince
- 1 small onion, grated
- ½ medium bell pepper, grated
- 1 Tbs fresh parsley, chopped
- 1 tsp Holbrooks Worcestershire sauce
- 2 tsp Mrs Ball's Jalapeño Chutney
- 1 tsp All Gold Tomato sauce 500 ml PET
- 1 egg, beaten
- 1 Tbs breadcrumbs
- ½ tsp salt
- ½ tsp freshly ground black pepper

METHOD

Preheat the grill. Mix all the ingredients together with a fork. Adjust the seasoning with salt and pepper. Dip your hands in water and shape the meat into flatter rounds (patties) that are all equal in size. Make a slight dip in the centre, as the patties will shrink and thicken during the grilling process. Grill each patty on a steady heat, turning only once. For a rare burger, grill for 3 minutes on each side. For a well done burger, grill for 5 minutes on each side.



NEW LAUNCH



SWEET CHILLI & CORIANDER *Wanton*

recipe by **MRS**



SERVES 12 30 minutes

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SWEET CHILLI SAUCE
MRS BALLS | 360G | CASE 6



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Ingredients



- 20ml Maizena
- 10ml Water
- 12 Wonton Wrappers
- 300g Cooked Ham/Gammon
- 40ml Fresh Coriander, chopped
- 20ml Mint Leaves, chopped finely
- 50ml Mrs Balls Sweet Chilli Sauce
- Oil for deep frying
- Extra sauce for serving

METHOD

Filling:
1. Mix together gammon, coriander, mint, Mrs Balls sweet chilli sauce, mix well and set aside
2. Mix the maizena and water to form a paste and keep to one side.

Wontons:
1. Lay the wonton wrappers on a clean flat surface
2. Spoon heaped teaspoons of gammon mix onto the center of each wrapper
3. Brush the edges with the maizena paste and pinch together to seal and form little parcels/purses, keep covered until ready to fry to avoid drying out
4. Ensure your oil is at the correct frying temperature 170°C
5. Deep fry in oil until golden brown take out and drain in a paper towel



STICKY

Chocolate Pudding

WITH LIGHT PASSION FRUIT
CARAMEL & WHITE CHOCOLATE
& PASSION FRUIT PARFAIT



CHEF GESINA ERASMUS

Regional Executive Chef: Fedics Eastern & Southern Cape



Ingredients

Chocolate pudding

200 g	Butter, cut into blocks
200 g	Dark chocolate
4	Whole eggs
4	Egg yolks
250 ml	Sugar
125 ml	Cake flour

Passion fruit caramel

1 Tbsp	Water
2	Passion fruit, pulp removed
¼ cup	Cream
½ cup	Sugar
1 Tbsp	Butter
1	Vanilla pod

White chocolate and passion fruit parfait

70 ml	Coconut milk
125 g	White mini marshmallows
200 g	White chocolate chips
250 ml	Cream
1 tsp	Vanilla paste
100 ml	Passion fruit pulp, pips strained out (5-6 fruits)

Method

Chocolate pudding

1. Set oven to 180°C. Grease 8 dariole moulds.
2. Mix together the butter and chocolate in a bowl over simmering water.
3. Whisk together the eggs, egg yolks and sugar until thick and pale.
4. Slowly mix in the chocolate mixture.
5. Sift in the flour and stir in.
6. Pour into the moulds and bake for 15-20 minutes, just until the surface is crusty, the centres will still be runny.

Passion fruit caramel

1. Whisk together the water and passion fruit pulp.
2. Warm the cream for 1 minute.
3. Dry caramelise the sugar to a light brown on medium heat.
4. Deglaze the sugar by adding the passion fruit pulp and water mixture.
5. Add the warmed cream and continue whisking until fully mixed.
6. Boil on medium heat for 1-2 minutes.
7. Strain most of the passion fruit pips out.
8. Scrape the vanilla seeds from the pod and add to the caramel.
9. Let cool for about 10 minutes, to 62°C. Stir to help cool.
10. Add butter, whisking to emulsify.

White chocolate and passion fruit parfait

1. Put the coconut milk and marshmallows into a small pot, place over a medium heat and stir until the marshmallows have melted.
2. Place the white chocolate in a small heatproof bowl, pour in the marshmallow mixture and stir until the chocolate has melted. Pour this mixture into a shallow tray and put straight into the freezer to cool down quickly.
3. Whip the cream and vanilla paste with a whisk until stiff peaks form. Fold the 100 ml passion fruit pulp into the cream.
4. Remove the white chocolate from the freezer and make sure it is cool. Transfer to a mixing bowl, add a spoonful of the cream and whisk until well combined. Gently fold in the rest of the cream until combined.
5. Pour into a small square tin. Return to the freezer for 10 minutes. Cut into batons and serve with the sticky chocolate pudding and passion fruit caramel sauce.
6. Add a dollop of Chantilly cream.

ON

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