

THE

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OF FO⁸OD



TSEBO
50+1
YEARS
FROM 1971 - 2022

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TSEBO

EVENTS FIT FOR THE PRESIDENT

With more than 50 years' experience in corporate catering, Tsebo is well versed in pulling off the perfect year-end event on time and on budget. Chef Oliver talks about how Tsebo's professionalism, creativity and innovative approach boils down to the passion of its people.

Having worked in the catering and hospitality industry for more than 20 years, including 11 at Tsebo, Oliver Reddy, KZN Regional Executive Chef, has had the privilege of catering to three South African heads of state namely, President Cyril Ramaphosa and former presidents Jacob Zuma and Thabo Mbeki, as well as numerous high-profile dignitaries and delegates. What this means, as Tsebo Catering Solutions enters the festive season, is that no matter how large or small the event, chef Oliver and his team are well proficient in the preparation, design and delivery of highly successful, high-end occasions.



CHEF OLIVER REDDY
KZN Regional Executive
Chef



From sit-down, silver service executive lunches to fun themed parties and family days, meal kits and grazing tables to finger foods and roving waitrons serving bowls brimming with wholesome delights, Tsebo has every facet of the holiday season covered. “We have seen a massive increase in event requests this year,” says Oliver. “We already started with year-end events in October, and it is just getting busier to the extent that 2022 will probably be the biggest and busiest event year we’ve had in the past three to four years.”

For chef Oliver and his army of chefs, cooks, waitrons and service staff, preparation is key to achieving success while maintaining the high standards of service and innovation Tsebo is known for. “People think successful events are all about the food, but food is the easy part, it’s the part we have fun with. There are so many moving parts to an event, and consequently so many things that could go wrong, it’s important to plan for every eventuality to ensure that everything goes smoothly on the day,” says Oliver.

Planning starts by meeting with the client to gain an understanding of their budget and expectations for their year-end function, and then offering ideas that push the envelope to achieve experiences that exceed their imaginings. From there on it is about going into the granular details such as menu planning and staffing. Will additional staff be needed for food preparation and service or can existing staff roles be extended? Can the onsite kitchen cope with the additional catering load or will food need to be prepared off-site and transported in on the day? Does the business have the necessary cutlery, crockery, tables, seating and decorations, or will these need to be hired? In this way, Tsebo ensures that their clients’ existing catering service remains uninterrupted, and that preparation takes place quietly in the background without disturbing the core business.

Fortunately, with experience of many years in corporate catering, Tsebo is well skilled in pulling off the perfect year-end event on time and on budget. Chef Oliver attributes this to more than just last-minute hustle, and believes that Tsebo’s professionalism, creativity and innovative approach boils down to the people it hires and retains.





“Tsebo’s unique brilliance lies in the talent of our teams. Through a caring approach that strives to continually challenge and develop employees, we are able to retain intelligent professionals, who understand the rules of engagement and hold themselves accountable for the day-to-day running of each of our units. We attract industry players who are winning in their space and are personal about providing the best of the best,” says Oliver. “I am extremely proud of the team I work with.”

This people-centred culture starts at the top and flows down to interns and trainees. “Chef Nick (Nicholas Madura, Tsebo Group Culinary Director) has taught me a lot and is a great mentor for everyone on the team. He leads by example, never loses his cool and always finds a solution to any issues that arise.” Oliver also believes in the importance of keeping abreast of international trends in the industry and recently attended a conference in Abu Dhabi, which attracted the leading players in the industry. “The biggest thing that came up this year was sustainability. We only have one planet and have to take care of it,” says Oliver. In a world where about \$1 trillion dollars a year of edible food is wasted, this includes reducing food waste and becoming more aware of the carbon footprint of the food we consume.

Tsebo prides itself on following sustainable best practices and puts enormous effort into creating and building supply chains sourced from local SMMEs. There is also a drive towards recycling and using environmentally sustainable cleaning and pest control solutions. For some of its larger clients, Tsebo recycles food waste using a bokashi bin system to make compost that is then used in the clients’ kitchen gardens.

As part of a company that constantly strives to improve, create and innovate, chef Oliver believes that there is no substitute for hard work, passion and detailed planning. All of which adds up to clients being able to rest easy that every aspect of their event has been thoroughly thought through and that any challenges that arise on the day will be swiftly taken care of – resulting in the perfect year-end function.

FROM OUR DIETITIAN

HEALTHY EATING THIS HOLIDAY SEASON

Reports show that an average person gains between three and five kilograms over the festive season. Most of this weight is maintained from thereon despite our New Year's resolutions of eating clean in January. Think: Veganuary and Dry January!

So, why do we fall into the trap of bad eating habits during the holiday season? Well, because wherever we go, there is always someone waiting to thrust a glass of wine or a box of chocolates into our hands. Surely it would be rude to refuse, it is the festive season after all.



ANNELIZE ZEELIE
Tsebo Dietitian



Your trip to the local supermarket turns into an adventure. You find yourself in a maze of aisles displaying a range of colourful, tempting goodies that are excitingly packaged and screaming at you to buy and eat them. Even visits to friends and family are a challenge. You arrive to a table decked out with all manner of goodies, and as the wine bottle cork lets out a subtle pop in the kitchen, you resign yourself to the fact that you may as well give in. All this, coupled with the huge dinners, parties and festivities often associated with the holiday season makes maintaining control a huge challenge.

Food will always be a major part of the holiday season. Important to note that there is certainly nothing wrong with that. This is not to say that we should not allow ourselves to indulge a little but should do so in moderation and maintain a varied diet. If we allow ourselves to completely lose control over the festive season, it increases the likelihood of us continuing to eat unhealthily long after the festivities have ended. Falling into the trap of unhealthy eating is a hard habit to break.

A way forward



Researchers have found that only around 22 per cent of New Year's diet resolutions make it to February. Before we break some tips on maintaining healthy eating habits during the cheerful season, allow us to remind you that being health conscious does not necessarily mean that you cannot enjoy a little bit of what you fancy. It simply means that you should be ten steps ahead by continuing to be vigilant.

Here are a few practical ways to strike a balance between maintaining a healthy diet and joining in on the eating fun:

- **Exercise.** Most people have some extra time available over the holiday season. Use this time to develop a regular and sustainable exercise routine. This will help burn off the excess calories and fat consumed over this period. It will also get you into the habit of exercising — something worth continuing after the season is over.



FROM OUR DIETITIAN





- **Review your cooking methods.** Instead of frying, grill your food. For roasting, use one of the many available low-calorie spray oils. Try steaming vegetables to retain nutrients and flavour.
- **Trim back on the extras.** Go all out and deck the halls with boughs of holly, glitter and lights, but when it comes to holiday food, accessorise with care. To shave off calories, go easy when adding nuts, cheese, cream sauces, gravy, butter and whipped cream. These extras do not add much to the meal but can definitely add a few centimetres to your waistline.
- **Skip the appetisers.** If you need to nibble on something before the meal, go for vegetables, fruit, salsa or a handful of nuts.
- **Stock up on healthy snacks.** Fill up your trolley with raw vegetables such as carrots or celery. These make a great, simple snack in times of temptation.
- **Balance your meals out.** Do not be tempted to fill up your plate with purely rich, calorie-laden food. Instead, have a little of everything including fruit and vegetables. This way, you will still get to indulge as well as receive valuable nutrients and vitamins.
- **Moderate alcohol intake.** Do not forget that alcohol contributes to weight gain. That innocent-looking glass of sparkly wine, or that small bottle of beer may look as though it will do no harm, but alcoholic drinks are loaded with calories. Cut your alcohol calories in half by alternating water between alcoholic beverages. There are plenty of lower-calorie beers and wines available so always opt for the healthier version where possible.
- **Be assertive.** Do not succumb to the pressure to say “yes” to everyone that offers you food or a drink. If you are not hungry, it is completely okay to decline politely. Do not allow yourself to be bullied into eating when you do not feel like it.

The main rule to remember is moderation! Try balancing the rich foods that we consume over this period with regular servings of fruit and vegetables.

TOMATO & WATERMELON

Gazpacho

SHOTS





Ingredients

750 g	Ripe tomatoes (core removed and discarded, coarsely chopped)
1.3 kg	Watermelon, peeled, coarsely chopped
½	Small red onion, coarsely chopped
2	Garlic cloves
1 Tbsp	Mint (coarsely chopped)
1½ Tbsp	Red wine vinegar
1 Tbsp	Lemon juice
½	Lebanese cucumber (finely chopped)
TT	Extra virgin olive oil, to drizzle
TT	Mint leaves for serving
TT	Extra Lebanese cucumber (thinly sliced for serving)

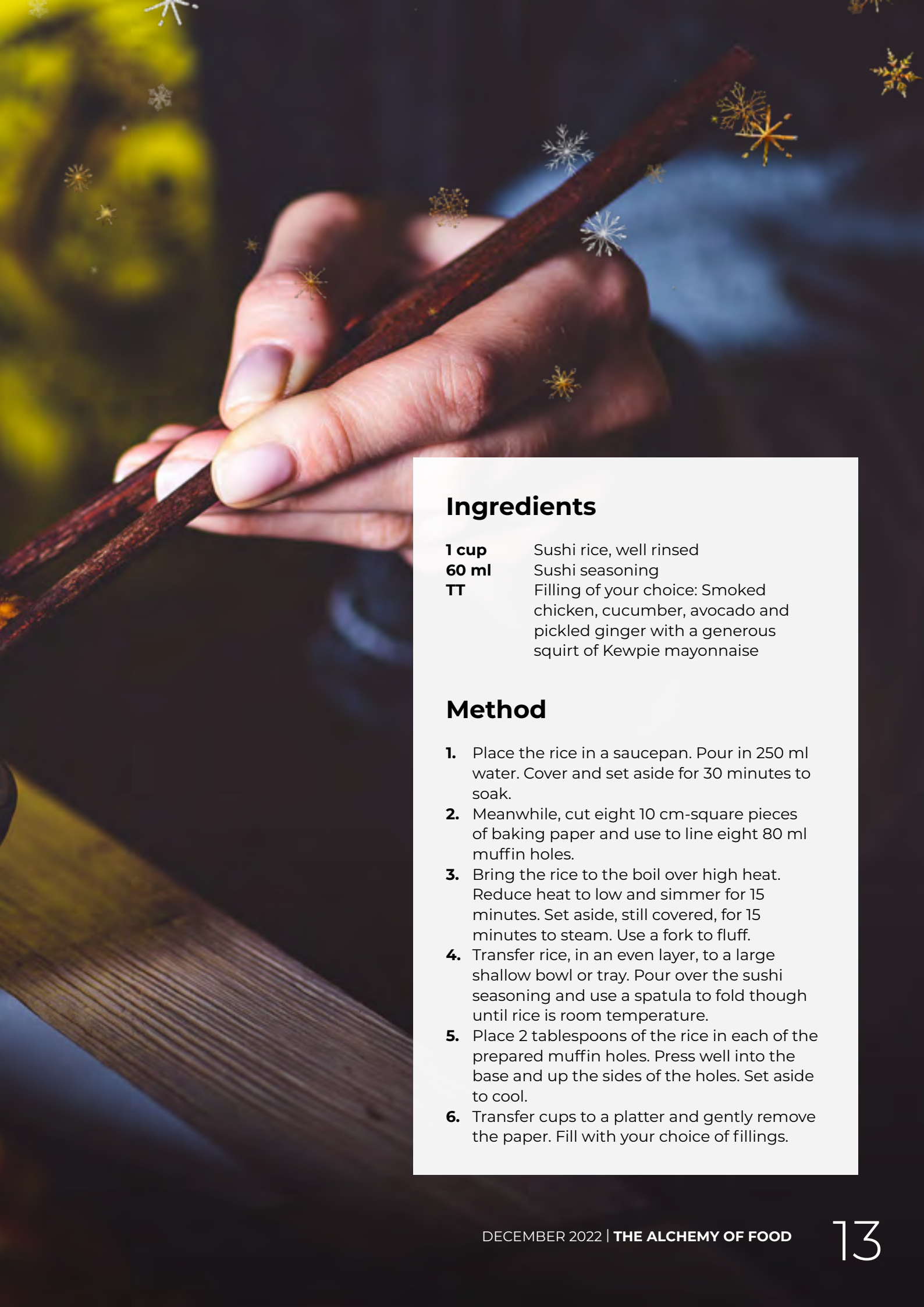
Method

1. Place the tomato, watermelon, onion, garlic, mint, vinegar and lemon juice in a food processor. Process until smooth. Place in the fridge for 1 hour to chill and develop the flavours.
2. Strain the tomato mixture through a fine sieve into a jug, using the back of a spoon to push through as much liquid as possible. Discard the solids and season to taste.
3. Pour the tomato mixture in serving glasses. Add chopped cucumber. Drizzle with a little extra virgin olive oil. Top with mint leaves and decorate rims of glasses with sliced cucumber.

MUFFIN PAN

Sushi Cups





Ingredients

1 cup	Sushi rice, well rinsed
60 ml	Sushi seasoning
TT	Filling of your choice: Smoked chicken, cucumber, avocado and pickled ginger with a generous squirt of Kewpie mayonnaise

Method

1. Place the rice in a saucepan. Pour in 250 ml water. Cover and set aside for 30 minutes to soak.
2. Meanwhile, cut eight 10 cm-square pieces of baking paper and use to line eight 80 ml muffin holes.
3. Bring the rice to the boil over high heat. Reduce heat to low and simmer for 15 minutes. Set aside, still covered, for 15 minutes to steam. Use a fork to fluff.
4. Transfer rice, in an even layer, to a large shallow bowl or tray. Pour over the sushi seasoning and use a spatula to fold though until rice is room temperature.
5. Place 2 tablespoons of the rice in each of the prepared muffin holes. Press well into the base and up the sides of the holes. Set aside to cool.
6. Transfer cups to a platter and gently remove the paper. Fill with your choice of fillings.

HEALTH BOOSTER TURMERIC

Roast Chicken





Ingredients

3	Garlic cloves, plus 1 whole bulb (extra)
4 cm	Fresh ginger, peeled and finely chopped
1 tsp	Turmeric
2 Tbsp	Coconut oil or extra virgin olive oil
2	Lemons, halved
1	Leek, trimmed and sliced
400 g	Brussels sprouts, halved
375 ml	Brown lentils, rinsed
3	Fresh bay leaves
1	Cinnamon stick, halved
1.25 L	Chicken style liquid stock
1.7 kg	Whole chicken, excess fat trimmed
TT	White horseradish, to serve (optional)

Method

1. Preheat the oven to 200 °C (180 °C fan forced). Process the garlic, ginger, turmeric, 1 tablespoon oil and the juice of half a lemon in a small food processor until smooth.
2. Heat the remaining 1 tablespoon oil in a flameproof baking dish over medium heat. Add the leek and sprouts and cook, stirring often, for 3 to 5 minutes or until the sprouts are slightly golden.
3. Halve the whole garlic bulb crossways. Add the garlic, lentils, bay leaves, cinnamon and remaining 3 lemon halves to the dish. Pour over the stock.
4. Place a trivet or wire rack over the lentil mixture. Lightly grease the trivet. Place the chicken on top and spread the turmeric mixture over the chicken.
5. Roast the chicken for 20 minutes. Reduce the temperature to 180 °C (160 °C fan forced) and bake for a further 1 hour or until the juices run clear when pierced. Set aside for 10 minutes to rest.
6. Serve with horseradish.

LAYERED

Vegetable
Cake





Ingredients

2 tsp	Olive oil
1	Red onion, large, thinly sliced, plus extra to serve
375 g	Button mushrooms, sliced
2	Garlic cloves, crushed
2	Baby marrows, coarsely grated and squeezed of excess moisture
375 g	Ricotta cheese, fresh
2	Eggs, lightly whisked
20 g	Parmesan cheese, finely grated
2 Tbsp	Continental parsley, freshly chopped
2 tsp	Lemon rind, finely grated
150 g	Kale or spinach, chopped
600 g	Peeled butternut, thinly sliced
6	Vine-ripened tomatoes, sliced
300 g	Sweet potato, peeled and thinly sliced
TT	Watercress leaves, to serve

Method

1. Preheat the oven to 190 °C (170 °C fan forced). Lightly spray a 24 cm springform pan with oil and line the side with baking paper.
2. Heat oil in a frying pan over medium heat. Cook onion, stirring for 5 minutes. Increase heat to medium-high. Add the mushrooms and garlic. Cook, stirring for 7 to 8 minutes or until all the liquid has evaporated. Set aside to cool.
3. Meanwhile, combine the zucchini, Ricotta, egg, Parmesan, parsley and lemon rind in a bowl. Season to taste.
4. Place kale in a large microwave-safe bowl. Cover and microwave on high setting for 1 minute or until wilted. Season and set aside.
5. Place half the butternut slices, slightly overlapping, in base of pan. Top with half the kale, half the Ricotta mixture and half the tomato. Top with sweet potato, slightly overlapping, then mushrooms and the remaining kale and butternut. Top with remaining Ricotta mixture and tomato.
6. Cover with foil and place on a baking tray. Bake for 1 hour. Remove foil and bake for a further 40-50 minutes, until pie is tender. Set aside for 20 minutes before serving. Top with watercress and extra onion.

CHRISTMAS

Poleslaw





Ingredients

400 g	Red cabbage, finely shredded
1 large	Red capsicum, thinly sliced
1 small	Red onion, halved and thinly sliced
TT	Snow pea sprouts

Creamy orange poppy seed dressing

½ cup	Light sour cream
½ cup	Orange juice
2 cm	Ginger, peeled and finely grated
2 tsp	Poppy seeds

Method

1. To make dressing: Whisk sour cream, orange juice, ginger and poppy seeds in a bowl until well combined. Season with salt and pepper.
2. Combine cabbage, capsicum, onion and snow pea sprouts in a large bowl. Add dressing. Toss well to combine.

QUINOA

Christmas Pudding



Ingredients

150 g	Sultanas
150 g	Currants
150 g	Pitted prunes, finely chopped
150 g	Dried dates, finely chopped
2	Oranges, juiced and rind grated
1 Tbsp	Brandy (optional)
155 g	Almond meal
140 g	White quinoa, cooked
1 tsp	Ground cinnamon
1 tsp	Mixed spice
60 ml	Extra virgin olive oil
3	Eggs
TT	Icing sugar, to dust (optional)

Whole egg custard

2	Eggs
1	Egg yolk
1½ Tbsp	Maple syrup
1 Tbsp	Gluten-free corn flour
500 ml	Milk
1 tsp	Natural vanilla extract

Method

1. Place sultanas, currants, prunes, dates, orange rind and juice, and brandy in a glass bowl. Cover. Set aside overnight.
2. Lightly spray a 1.25 litre pudding basin with oil. Line base and side with baking paper.
3. Add almond meal, quinoa, cinnamon and spice to fruit mixture. Stir to combine. Whisk oil and eggs together in a jug. Pour over fruit mixture. Mix until well combined.
4. Spoon into prepared basin. Smooth surface. Secure lid, or top with a layer of baking paper and foil, pleated down the centre. Secure with string.
5. Place basin in a saucepan on an upturned heatproof saucer. Pour in boiling water to reach halfway up the side of the basin. Cover. Cook over medium heat for 3 hours, refilling boiling water when needed to maintain water level. Remove basin from pan. Stand for 10 minutes then turn out onto a serving plate.
6. For the custard, whisk eggs, yolk, maple syrup and corn flour together in a bowl. Heat milk and vanilla in a small saucepan until just starting to simmer. Slowly add to egg mixture, whisking until combined. Return to saucepan. Cook, stirring, over low heat for 3 minutes or until mixture thickens and coats back of a spoon. Remove from heat. Strain to remove any lumps.
7. Serve Christmas pudding with custard.

ESPRESSO YOUR FEAST!

ESPRESSO YOUR FEAST

Coffee is used by many people around the world to manage their mood and energy levels throughout the day. We are all familiar with popular classics such as Cappuccino, Americano and Latte, which will forever remain on the list of greats.



Now, close your eyes and picture great food items that pair well with coffee — chocolate, cinnamon rolls, spice, and ice-cream to name but a few. Now, imagine the flavour possibilities that a bit of creativity can bring to a great classic. Think of all the favourite festive treats that you consume over the hot December month. Now, imagine if we could infuse those flavours into coffee!

We invite you to put on your pastry chef hat and reinvent a few culinary rules. For example, chocolate is fatty. A traditional hot chocolate is made with hot chocolate powder dissolved in a bit of boiling water. Espresso is an oil-based beverage. So, why not use real chocolate by adding it to your cup? Brew your espresso over the chocolate, stir to dissolve and finish with steamed milk. Suddenly a simple hot Café Mocha turns into a decadent and rich chocolate beverage.

ESPRESSO YOUR FEAST!

Cardamom Latte





Ingredients

1 shot	Espresso
1 tsp	Honey
350 ml	Milk, filled to the spout in milk pitcher
1 pinch	Ground cardamom

Method

1. Add the honey and ground cardamom to your cup and brew the espresso over the ingredients. Stir well to dissolve and infuse.
2. Steam your milk and pour into the cardamom and honey espresso. Finish with a light dusting of ground cardamom.

ESPRESSO YOUR FEAST!

Salted Caramel Latte





Ingredients

2 pumps	Caramel syrup
1 tsp	Hot chocolate powder
1 shot	Espresso
1 pinch	Salt
350 ml	Milk, filled to the spout in milk pitcher
TT	Whipped cream for garnishing

Method

1. Add the caramel syrup, pinch of salt and hot chocolate powder to your cup and brew the espresso over the ingredients, stir well to dissolve and infuse.
2. Steam your milk and pour into the salted caramel espresso, then finish with a dollop whipped cream.

ESPRESSO YOUR FEAST!

Cinnamon Roll Latte





Ingredients

½ tsp	Ground cinnamon
2 tsp	Brown sugar
1 shot	Espresso
½ tsp	Vanilla essence
1 pinch	Salt
350 ml	Milk, filled to the spout in milk pitcher

Method

1. Add the ground cinnamon, brown sugar, and pinch of salt to your cup and brew the espresso over the ingredients, stir well to dissolve and infuse.
2. Add the vanilla essence to your milk, then steam your milk and pour into the sweet cinnamon espresso, then finish with a light dusting of cinnamon.

ESPRESSO YOUR FEAST!



Peppermint Mocha





Ingredients

1 tsp	Hot chocolate powder
2 blocks	Peppermint Crisp chocolate
1 shot	Espresso
350 ml	Milk, filled to the spout in milk pitcher
TT	Whipped cream

Method

1. Add the hot chocolate powder and peppermint crisp chocolate to your cup and brew the espresso over the ingredients. Stir well to dissolve and infuse.
2. Steam your milk and pour into the minty chocolate espresso, then finish with whipped cream and peppermint crisp chocolate shavings.

Hazelnut Nutella Mocha





Ingredients

2 pumps	Hazelnut syrup
1 Tbsp	Nutella
1 shot	Espresso
350 ml	Milk, filled to the spout in milk pitcher
TT	Whipped cream
TT	Chocolate sauce

Method

1. Add the hazelnut syrup and Nutella to your cup and brew the espresso over the ingredients. Stir well to dissolve and infuse.
2. Steam your milk and pour into the Nutella espresso, then finish with whipped cream and a drizzle of chocolate sauce.

ESPRESSO YOUR FEAST!

Coffee Float





Ingredients

1 cup	Chilled filter coffee, made according to the batch brewer instructions
2 pumps	Vanilla syrup
75 ml	Chilled milk
2 scoops	Vanilla ice cream
TT	Whipped cream

Method

1. Mix the chilled filter coffee, vanilla syrup, and milk together.
2. Add the ice cream to your cup or glass and top up with the filter coffee mix.
3. Top with whipped cream as garnish and some added richness.

ESPRESSO YOUR FEAST!

Affogato





Ingredients

- 1 scoop** Vanilla ice cream
1 shot Espresso
TT A shot of creativity as the flavour possibilities are endless

Method

1. Chill your small cups or glasses in the freezer, add a scoop of ice cream to the cup or glass and brew the espresso directly over the ice cream.
2. Add a drizzle of chocolate sauce and a pump of hazelnut syrup to create a Ferrero Rocher play on an Affogato, play with endless flavour variations!

YOU ARE WHAT YOU EAT

Ever heard of ultra-processed food (UPF)? All around the world, people consume almost 50 per cent of their daily calories from ultra-processed foods, according to research published by Heart & Stroke. This means that almost half of the food we daily consume has been significantly altered from its original state using salt, sugar, fat, additives, preservatives and/or artificial colours added.





What we eat has a big impact on our health, and ultra-processed foods like sweets, cold drinks, pizza, chips, hamburger patties, crumbed chicken or fish as well as vegan meat alternatives do not contain enough beneficial nutrients that the body requires to function at its best. The more ultra-processed foods we eat, the poorer the overall nutritional quality of our diet and the higher our risk of high blood pressure, heart disease, type 2 diabetes, breast cancer and stroke.

A food classification system has been developed and divided into four groups, known as NOVA (a name, not an acronym), based on the level of processing:

Group 1:

Unprocessed or minimally processed foods (fruit, vegetables, eggs, meat, milk, etc.)

Group 2:

Foods processed in the kitchen with the aim of extending their shelf life. In practice, these are ingredients to be used in the kitchen such as fats, aromatic herbs, etc. to be kept in jars or in the refrigerator to be able to use them later.

Group 3:

Processed foods that are produced by combining foods in groups 1 and 2 to obtain the many food products for domestic use (bread, jams, etc.) made up of a few ingredients.

Group 4:

Ultra-processed foods are foods made of many ingredients including food additives that improve palatability, processed raw materials (hydrogenated fats, modified starches, etc.), and ingredients that are rarely used in home cooking, such as soy protein or mechanically separated meat. These foods are mainly of industrial origin and are characterised by a pleasantness and long-term storage.

Everything in moderation

How can you cut down on consuming too many ultra-processed foods?

- **More home cooked meals:** The decline of home cooked meals and an increase in ultra-processed foods has been one major change in dietary patterns in the last 70 years. Cook at home more often, without using ultra-processed ingredients.
- **Family dinners first:** Real food and good company. Studies show that people who dine together have better eating habits, such as enjoying more vegetables, fewer soft drinks and less deep-fried food.
- **Choose better dining options:** When eating out, challenge yourself to fill half your plate with vegetables wherever you dine, and choose items that are baked, poached, stir-fried or grilled rather than deep fried.
- **Consider the source:** If you are uncertain about the origin of your food because it has been so highly manipulated, ask yourself if it nourishes your body at all. If it does not, it is best not to eat it.
- **Be wary of deceptive food marketing and advertising campaigns:** Ultra-processed foods can sometimes be marketed as healthy, natural or 'organic'. While these words may describe the original ingredients, they do not refer to the process of how the food was made. Remember, an organic, natural biscuit still falls under the 'ultra-processed food' category.

Eating fresh, unprocessed whole food serves your body better. It reduces your risk for high blood pressure, heart disease, type 2 diabetes and stroke. Of the 43 health studies reviewed, 37 found that exposure to ultra-processed food was associated with at least one adverse health outcome. Among adults, these included overweight, obesity and cardio-metabolic risks, cancer, type-2 diabetes and cardiovascular diseases, irritable bowel syndrome, depression and frailty conditions, and all-cause mortality. Among children and adolescents, these included cardio-metabolic risks and asthma. No study reported an association between UPF and beneficial health outcomes.

NOVA food groups: definition according to the extent and purpose of food processing, with examples.

1. Unprocessed or minimally processed foods

Definition

Unprocessed: edible parts of plants (fruits, seeds, leaves, stems, roots, tubers) or of animals (muscle, offal, eggs, milk), fungi, algae and water, after separation from nature. Minimally processed: unprocessed foods altered by industrial processes such as removal of inedible or unwanted parts, drying, crushing, grinding, fractioning, roasting, boiling, pasteurisation, refrigeration, freezing, placing in containers, vacuum packaging, non-alcoholic fermentation, and other methods that do not add salt, sugar, oils or fats or other food substances to the original food. The main aim of these processes is to extend the life of unprocessed foods, enabling their storage for longer use, and, often to make their preparation easier or more diverse. Infrequently, minimally processed foods contain additives that prolong product duration, protect original properties or prevent proliferation of microorganisms.

Examples

Fresh, squeezed, chilled, frozen, or dried fruits. Leafy and root vegetables. Grains such as brown, parboiled or white rice, corn cob or kernel, wheat berry or grain. Legumes such as beans, lentils, and chickpeas. Starchy roots and tubers such as potatoes, sweet potatoes and cassava. Fungi such as fresh or dried mushrooms. Meat, poultry, fish and seafood, whole or in the form of steaks, fillets and other cuts, fresh, chilled, or frozen. Eggs. Fresh or pasteurised milk. Fresh or pasteurised fruit or vegetable juices (with no added sugar, sweeteners or flavours). Soft porridge, flakes or flour made from corn, wheat, oats, or cassava. Tree and ground nuts and other oily seeds (with no added salt or sugar). Herbs and spices used in culinary preparations, such as thyme, oregano, mint, pepper, cloves and cinnamon, whole or powdered, fresh or dried. Fresh or pasteurised plain yoghurt. Tea, coffee, and drinking water. It also includes foods made from two or more items in this group, such as dried mixed fruits, granola made from cereals, nuts and dried fruits with no added sugar, honey or oil. Pasta, couscous and polenta made with flours, flakes or grits and water. Foods with vitamins and minerals added generally to replace nutrients lost during processing, such as wheat or corn flour fortified with iron and folic acid.







2. Processed culinary ingredients

Definition

Substances obtained directly from Group 1 foods or from nature by industrial processes such as pressing, centrifuging, refining, extracting or mining. Their use is in the preparation, seasoning and cooking of Group 1 foods. These products may contain additives that prolong product duration, protect original properties or prevent proliferation of microorganisms.

Examples

Vegetable oils crushed from seeds, nuts or fruits (notably olives). Butter and lard obtained from milk and pork. Sugar and molasses obtained from cane or beet, honey extracted from combs, and syrup from maple trees. Starches extracted from corn and other plants. Salt mined or from seawater. Vegetable oils with added antioxidants. Table salt with added drying agents. Includes products consisting of two Group 2 items, such as salted butter, and Group 2 items with added vitamins or minerals, such as iodised salt.

3. Processed foods

Definition

Products made by adding salt, oil, sugar or other Group 2 ingredients to Group 1 foods, using preservation methods such as canning and bottling, and, in the case of breads and cheeses, using non-alcoholic fermentation. Processes and ingredients here aim to increase the durability of Group 1 foods and make them more enjoyable by modifying or enhancing their sensory qualities. These products may contain additives that prolong product duration, protect original properties or prevent proliferation of microorganisms.

Examples

Canned or bottled vegetables and legumes in brine. Salted or sugared nuts and seeds. Salted, dried, cured, or smoked meats and fish. Canned fish (with or without added preservatives). Fruits in syrup (with or without added antioxidants). Freshly made unpackaged breads and cheeses.

4. Ultra-processed foods

Definition

Formulations of ingredients, mostly of exclusive industrial use, which result from a series of industrial processes (hence 'ultra-processed'), many requiring sophisticated equipment and technology. Processes enabling the manufacturing of ultra-processed foods include the fractioning of whole foods into substances, chemical modifications of these substances, assembly of unmodified and modified food substances using industrial techniques such as extrusion, moulding and pre-frying, frequent application of additives whose function is to make the final product palatable or hyper-palatable ('cosmetic additives'), and sophisticated packaging, usually with synthetic materials. Ingredients often include sugar, oils and fats, and salt, generally in combination; substances that are sources of energy and nutrients but of no or rare culinary use such as high fructose corn syrup, hydrogenated or unesterified oils, and protein isolates; cosmetic additives such as flavours, flavour enhancers, colours, emulsifiers, sweeteners, thickeners, and anti-foaming, bulking, carbonating, foaming, gelling, and glazing agents; and additives that prolong product duration, protect original properties or prevent proliferation of microorganisms. Processes and ingredients used to manufacture ultra-processed foods are designed to create highly profitable products (low-cost ingredients, long shelf-life, emphatic branding), convenient (ready-to-consume) hyper-palatable snacked products liable to displace all other NOVA food groups, notably Group 1 foods.

Examples

Carbonated soft drinks. Sweet or savoury packaged snacks. Chocolate. Candies (confectionery). Ice cream. Mass-produced packaged breads and buns. Margarines and other spreads. Cookies (biscuits), pastries, cakes, and cake mixes. Breakfast cereals. 'Cereal' and 'energy' bars. 'Energy' drinks, milk drinks, fruit' yoghurts, 'fruit' drinks, 'cocoa' drinks. 'Instant' sauces. Infant formulas, follow-on milks, other baby products. 'Health' and 'slimming' products such as meal replacement shakes and powders. Ready-to-heat products including pre-prepared pies and pasta and pizza dishes; poultry and fish 'nuggets' and 'sticks', sausages, burgers, hot dogs, and other reconstituted meat products, and powdered and packaged 'instant' soups, noodles and desserts.



The great alcohol debate

Alcoholic drinks are not immediately classifiable by NOVA. By analogy, with the nature of processed and ultra-processed foods, they could fall under Group 3 if they are produced by fermentation of Group 1 foods such as beer, cider and wine — and in Group 4 if they are produced by fermentation of Group 1 foods and distillation of the resulting alcohol such as whisky, gin, rum and vodka. Depending on why NOVA is being used, another option is to categorise alcoholic beverages separately.

References:

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ALL THE WAY UP!

Our people, our passion!

At the recent 2022 Siyakhana Development Programme graduation ceremony, Tsebo Catering Solutions CEO, Wynand Louw, congratulated the successful candidates with a heartfelt speech that left everyone in the room inspired.



WYNAND LOUW
CEO, Tsebo Catering
Solutions



Louw had words of encouragement:

“Here is a tip that I have learned from experience: True success comes from respect, gratitude and teamwork. It comes from working together, learning from one another and being a reliable team player. As part of the Tsebo family, you will soon realise that it is never about each person for themselves. Our greatness and success as a company comes from acknowledging that we are all in it together – in this company, in this country and on this planet. Our goal, therefore, is to work together so that everybody can grow, develop and thrive. This goal is reflected in our company values: ‘We develop people, to serve people, to uplift society’. Greatness will never come from putting our personal success before the needs of others. Whatever you have achieved today comes from hard work, not just your own, but that of your parents and caregivers, your teachers, trainers, mentors and colleagues. We are all in it together. With the skills that you have learnt on this programme, the experiences you have had and the friendships you have made, I have no doubt that you are well on the path to fulfilling your dreams. Each one of you deserves success and with continued learning and growth, you will achieve it. I ask just one thing and that is that as you rise, remember to look back, share your knowledge and be available to teach and mentor those who come after you.”



HEALTHWISE BOSSSES TRAINING DAY



The catering and district managers who participated in Fedics Healthwise's training day, with the coastal units joining in via Teams.

A training day was recently held for all Fedics Healthwise's catering and district managers, hosted by Healthwise Front of House manager Chrize Prinsloo.

The aim of this training was to re-emphasise the importance of finer details when it comes to the service standards that we provide. Divisional dietitian Annelize Zeelie was also present to talk the team through the various special diets. Guiding our managers in the right direction and empowering them as much as possible, they will filter the information through to the rest of their teams.

TSS KUSILE WELCOMES A SPECIAL AWARD FROM ESKOM GENERATIONS

TSS Kusile was one of two external companies to receive a Special Management Award at the Eskom Kusile Generations Management award ceremony held on 12 October 2022. The acknowledgement was received in recognition of our participation in CSI projects within the Nkangala district. For Mandela Day 2022, TSS Kusile's theme was "Supporting the Youth to Safeguard our Future". We were fortunate to take part in, not one, but two Mandela Day drives in our community.

Firstly, we partnered with Eskom Kusile Generations and Madressa Tul-umar Charity Home. Madressa Tul-umar was established in 2003 by Ayisha Sonto when she started caring for children of a family that had lost both parents. Soon after, the number of children started increasing. Madressa Tul-umar is currently home to 45 orphans aged between three months and 21 years. The children at Madressa Tul-umar are orphaned and some were abandoned at birth, while others are rape and abuse survivors.

We also contributed with a gender-based violence (GBV) outreach campaign targeted at school learners, and hosted in collaboration with Men for Change, SAPS Women's Network and Vosloorus SAPS. Children from nine schools in Emalahleni region attended. The outreach addressed GBV, bullying at schools, drug abuse and teen pregnancies, with most speakers sharing their personal experiences with the learners. Platforms were shared with the children, and they were informed about where they could receive assistance should they ever find themselves victims of GBV.

Caring is one of Tsebo's values and part of our culture at TSS Kusile. The time spent participating in both these projects was rewarding. The recent accolade from Eskom is proof that living the Tsebo values makes us the best Tsebo ambassadors.





BEGINNING THE FESTIVE SEASON AT GREENSIDE GOLF CLUB

As the 2022 year-end function season draws to a close, the Landau team was tasked with catering for the Thungela Mine board members. Armed with their usual diligence and utmost professionalism, the team delivered a top-drawer event.



Our clients, along with their guests, were very impressed with the quality displayed by our team. **Below is their feedback:**

“I would like to take this opportunity to give great thanks to the TSS staff. We received excellent feedback from our Board and EXCO members. The food was of superb quality, well presented and thoroughly enjoyed by all! A special thanks to Mashilo, Enicah and Moses at the golf club, the function and catering were a great success. Another special thanks to the outstanding Chefs Tshegofatso and Nick, your food was exceptional – it was enjoyed and appreciated by all. Please convey our heartfelt thanks to every individual who contributed to the function, the drivers, waiters, servers, cooks and supporting staff. We appreciate your effort.”

Going into 2023, TSS will ensure that the exceptionally high standards that it had set in 2022 will only go higher.



LAUNCH OF THE FORD PLANT AT HESTO, KWAZULU-NATAL

In the last quarter of 2022, we catered at a Hesto Harnesses gala opening. The gala opening was in celebration of a brand new plant section. The guest list included our Head of State Mr Cyril Ramaphosa as well as high-ranking government officials. Tsebo highlighted its brand and stellar service offering with the hope of someday bagging this contract. Hesto Harnesses, who Tsebo has recently tendered for, produces all electric harnesses to the motor industry and is a sister company to Smiths Manufacturing, in Stanger KwaZulu-Natal.

Hesto Harnesses currently uses a different service provider on site. However, due to the volume and high-profile demand of the launch, Tsebo became the preferred caterer. Due to Tsebo's history with excellence, and having previously worked with Smiths Manufacturing, they saw it fit to trust us with this mammoth catering task.

Q: What was Hesto's biggest gripe with the previous service provider?

A: Hesto had no faith in their current provider, and due to the client being aware of our capabilities in eventing and capacity as an out-of-the-box thinking organisation, the event was awarded to Tsebo.

Q: Are there any additional political / economical / environmental / community / other external pressures on the client that added to their challenge?

A: Hesto was under tremendous pressure to pull off a 5-star launch due to politicians, prospective clients and shareholders being in attendance. Our biggest challenge as Tsebo was that there was no onsite kitchen for us to utilise.

Q: Was there perhaps a client challenge that Tsebo identified through an audit?

A: Due to many pre-event interactions and meetings between the client and Tsebo, any challenges that were identified were mitigated before the event.

Q: Were new innovations introduced as a result of the client's challenge?

A: Innovations such as makeshift off-site kitchens and logistical learnings were utilised for a smoother delivery.

Q: What management capabilities and strategies did Tsebo deploy to address the client's challenge?

A: Tsebo deployed and made use of its national structure by flying in professionals from East London, Gqeberha, and Johannesburg to assist with this event, which shows the brand's agility and professional resources. In the build-up to these events, there was ample communication between the chefs, district manager, operations manager, segment head, culinary director, and managing director. The overall aim, however, was to highlight the magnitude of the Tsebo organisation and brand.

LIFE SUIKERBOSRAND HOSPITAL

SUSHI MASTERCCLASS

The Life Suikerbosrand Hospital management team were put through their paces in the ancient Japanese art of making maki or nigiri.

Like with all good sushi, the team had to first start with nailing the rice and its seasoning, then proceeded to shaping and rolling. The team, under the guidance of our very own chefs Jakie Wang and Gqontshi learnt how to make restaurant quality sushi through a guided, interactive and fun process. This masterclass ignited the following Auren Hoffman quote in our minds: "Teach a man to fish and you feed him for a lifetime. Unless he does not like sushi, then you also have to teach him to cook."



CHEF OLIVER SPREADS CULINARY

LOVE

In late November 2022, Chef Oliver Reddy conducted intense training sessions with our Eswatini team. The purpose of the training was to empower our cooks and chefs on healthier ways to prepare our daily offerings and introduce the 'Simply Pure' concept and brand identity.

The sessions were a resounding success, with staff from six of our units benefitting from this rigorous training.

The Eswatini team walked away with a lot of innovative ideas and new initiatives that will benefit themselves and our customers. We also got a chance to formally present the 'Simply Pure' brand to Eswatini Electrical Corporation (ECC). Clients and customers alike were treated to the nutritious and delectable meals prepared by the team.

The feeling of training eager and hungry culinary minds is a true pleasure for any chef. To many more such opportunities to train our budding chefs and cooks!





THE BEST OF BISTRO 2022

The Fedics Lifestyle Living segment has seen the continued rise of the Bistro brand. This growth ranges from the far reaches of Nelspruit to the more prime Douglasdale. The team supports clients with day-to-day breakfast, lunch and dinner, to special events such as market days, garden extravaganzas, and the more recent food and wine pairing. The year 2023 promises to bring hope and confidence to our ground teams. There are definitely great things in store for Fedics Living Lifestyle. Watch this space!







HOW FEDICS IS FUELLING A GENERATION OF FUTURE INNOVATORS

Fedics has partnered with Kimberly Technical High School to provide innovative, fun and nutritional food that sparks interest and fuels healthy minds and bodies.

As the headmaster of Kimberly Technical High School in the Northern Cape, Micheal Ludick believes in providing his learners with every opportunity to prepare them to become active citizens in the Fourth Industrial Revolution. The school's motto is "Preparing learners for the real world" and they do so by offering their 797 pupils an education in everything from automotive electrical fitting and turning to plumbing and woodwork.

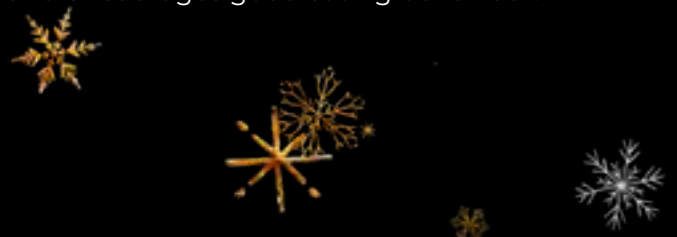
It's this future forward approach and a belief in setting up their learners to be the best they can be that prompted the school to go with Fedics as their catering brand of choice.

"Our school is developing, we want to be the leading technical school in our province so it's very important to us that our hostel and all our facilities at the school are of the highest standard," says Ludick

Although the school had a long-term relationship with their previous catering company, they were looking for a caterer that offered something more in terms of innovation with a strong focus on providing tasty, nutritious food to fuel growing minds and bodies.

"We put the catering contract out to tender to see what else was available and were impressed by Fedics' professional approach and innovative use of technology. We could see that they were a modern company and were aligned with the direction and vision we have for the school," says Ludick. "Fedics really stood out against the other tenders in terms of food presentation and focus on nutrition and how they balance their meals. That's very important too and we believe that in the near future we'll start to see the positive impact it has on the learners," says Ludick.

With more than 50 years of experience in educational catering, Fedics has learned the cardinal lessons that make every learning journey a success. This knowledge is built into every meal and contract to ensure that the food is nutritious and of high quality. The Smart Choices option is specifically designed for scholars and promotes good nutritional health, protects those who are nutritionally vulnerable, and encourages good eating behaviour.





By offering healthier choices and varied menu options Fedics believes in teaching pupils about a healthy diet and optimal nutrition.

“There is a lot of excitement that comes with Fedics, which is one of the key things that attracted us to this company. There’s also been a lot of excitement among the learners and their parents. Learners in the hostel have been taking photos of the food to show other kids at the school, we’ve been getting very positive responses,” says Ludick.

“When Fedics initially presented to us, they didn’t just show us what they could offer in terms of everyday menu and meal suggestions, they also included fun elements like suggestions for a movie night and other creative ideas that would really spark with our learners.”

Fedics use of technology and innovation have also created notable alignments that bode well for a strong long-term partnership with the school.

“As a technical school, we see ourselves as wanting to be a leader in a province in terms of the use of technology. We have a fully-fledged cyber laboratory and we are working on making robotics and coding a part of our curriculum.

The fact that Fedics uses technology and things like QR codes plays into our vision for the school, it’s positive and it’s what excites us for the future,” says Ludick

“We’ve also been impressed by the fact that there has been open communication from the very beginning. Fedics has offered us detailed communication and we can have a discussion about something if we don’t agree. It’s about people who are professional with each other, but it’s also like a family working together,” says Ludick.

“Although it’s still a new relationship, Fedics has my vote of confidence and I would recommend them to anyone based on how professional the staff is, their communication and responsiveness.”

From Fedics’ perspective it is a wonderful opportunity to partner, grow and innovate in a like-minded partnership that aims to set learners up to thrive, now and in future.

smartchoices

FOOD FIRST, FUTURE FOCUSED

NICHOLAS MADHURA – CULINARY DIRECTOR

It is the season to be thankful

I wish to thank the catering leadership team, group Exco, operations, contract managers, cashiers, the cleaning staff, food services assistants, general assistants, cooks, chefs, head chefs, executive chefs and regional chefs, and our team of dietitians and procurement for all your support in 2022.

Everything we achieved this year would not be possible without everyone's contribution. We are 'Food First, Future Focused' above all else! The power of our company lies in our resilience and teamwork within. As we look forward to 2023, we look to innovate and stand head and shoulders above the rest. As one wise man once said: "Innovation is creativity that adds value!"

Wish you a safe and happy festive season – and remember to keep cooking!

MERRY
Christmas