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TSEBO
50+
YEARS
FROM 1971 - 2023

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TSEBO

TSEBO EMBARKS ON SUSTAINABILITY JOURNEY

Tsebo announces its commitment to sustainability through a formalised ESG journey.

Wynand Louw, CEO of Catering Solutions, talks about how Tsebo embarked on its sustainability journey through a future-proof framework, goodwill and positive cooperation.

In 1990 Canadian scientist Dr Suzanne Simard coined the term the “wood wide web” to describe underground mycorrhizal fungi networks, which form on tree roots and allow plants to communicate and share resources such as water, carbon and nitrogen; in return, the fungi receive sugars from the roots. The result is thriving woodlands that increase the trees’ well-being and overall chances of survival through cooperation.

In a world that is increasingly challenged by conflict, inequality and climate change, humans would do well to follow nature’s impressive models of cooperation, and, in a sense, this is exactly what the Tsebo Solutions Group has set out to achieve through the publication of its inaugural Environmental, Social and Governance (ESG) report.



WYNAND LOUW
CEO, Tsebo Catering Solutions



“There’s a significant amount of information available to confirm the impact of global warming; it’s an international topic which is front of mind for all responsible organisations and governments. As an ethical and responsible company, we need to do our bit to prevent the catastrophic consequences of global warming and pollution. It’s up to us as responsible earthlings to fix these problems,” says Wynand Louw, CEO Tsebo Catering Solutions.

As a people-focused business with a purpose statement of “we develop people, to serve people, to uplift society” Tsebo has long known that true business success is built on the bedrock of collaboration and mutual benefit in the communities in which it works. Over its 50-plus years of existence, Tsebo has achieved an impressive track record of leaving a legacy in its areas of operation across Africa – through training, mentorship and by providing opportunities for economic growth and expansion.

“If you look at sustainability, as far as our history goes, Tsebo has done a significant amount of work covering many aspects of ESG over the decades, but we realised that we needed to consolidate and centralise our efforts and formalise them in a report. From now on, we have set targets and measure and evaluate ourselves constantly. The first step in that process was to create and finalise a framework and to develop a policy statement in parallel to the ESG work we are continuing to do,” says Louw.

“The question we had to ask ourselves was, ‘How do you build a framework that is future-proof for tomorrow’s economic realities?’. We realised that our framework had to contain the relevant elements to build a sustainable business going forward. So, you’ve got to include all your stakeholders in the framework, and the focus has got to be to build a sustainable business that will continue to be profitable and be responsible far into the future.”



Tsebo’s Sustainability Framework

Tsebo’s Sustainability Framework is built on the foundation of our four core values and comprises four drivers, namely:

- Positive people experience
- Engaging customer experience
- Commitment to sustainable partnerships
- Managing environmental impact

These drivers are reinforced by good corporate governance and ethics, and a corporate social responsibility mindset.

Together, these six pillars comprise Tsebo’s material sustainability focus areas as a business, and are carefully considered, researched and approved by our Sustainability Committee. Tsebo Group’s purpose statement lies at the heart of our framework – “We develop people, to serve people, to uplift society” – the force and ethos behind Tsebo’s ability to make an impact in the lives of people in our communities and leave a legacy for generations to come.



A Sustainability Committee was set up to assume responsibility for measuring the various aspects of Environmental, Social and Governance with the idea that the data for the 2022 report would be used to establish a benchmark and set ambitious medium- and long-term targets in the years leading up to 2030.

The committee registered with EcoVadis and Risk Insights™. EcoVadis is a company that offers independent broad-scale supply chain risk screening and mapping with reliable scorecards and actionable ratings, while Risk Insights™ is a professional data science platform that provides an ESG rating tool for Africa to create a data analytics scorecard and establish a benchmark and performance improvement prospects. By adopting credible, independent verification agencies, Tsebo ensured transparency and credibility on its sustainability journey.

“After completing a series of questions, Risk Insights™ gave Tsebo a rating of 3.01 out of four, which is impressive considering that Risk Insights™ itself achieved a rating of 2.96,” says Louw.

Tsebo also signed on to become an official participant of the United Nations (UN) Global Compact – working in collaboration with like-minded companies and partners globally to deliver measurable impact on the world’s most pressing challenges. Tsebo was an early adopter of the UN’s 10 Principles which cover human rights, labour, environment and anti-corruptions, and has committed to 15 of the of the UN’s 17 sustainability development goals.

“It’s not just a tick box exercise; we actually interrogated each of the goals to show how we comply and contribute, which is quite an achievement to be able to say that we comply with 15,” says Louw.

Tsebo’s ESG journey

For a company committed to growing and making a profit in a challenging market achieving sustainability is a lifelong journey and a matter of balance.

“You’ve got to get the right balance between focusing on ESG and running a profitable business, but if you have a good business model, the two don’t need to be mutually exclusive,” says Louw.

“Instead of choosing the one above the other, you should have a business model that combines the two. If you’ve set proper targets and you’re working towards them, more clients will want to do business with you because you are recognised as a responsible corporate citizen.

“We are increasingly seeing clients approaching us and asking what we as their supplier are doing to ensure sustainability. It’s now become about more than just providing the service; it’s also about supporting our clients in their ESG initiatives. By choosing Tsebo, they are assured of doing business with a good corporate citizen in terms of the ESG targets and goals that we’ve set ourselves.”

For Tsebo Catering Solutions specifically, this includes:

- A focus on reducing food waste by using in-vessel composting systems such as BiobiNs® and Bokashi bins;
- Enlisting the services of an eco-partner with the aim of converting 50% of its 324 000 litres of cooking oil procured per year into biofuel;
- Sourcing protein and fresh produce from local SMME suppliers where possible;
- Partnering with like-minded suppliers that provide sustainably sourced and ethically produced products, such as those that adhere to the SASSI guideline by sourcing seafood from the SASSI Green List or sustainably sourced palm oil and coffee products that are certified by the Rain Forest Alliance and;
- Partnering with clients on various recycling initiatives to reduce our waste-to-landfill footprint.

As a Group, it’s about maintaining Tsebo’s Level 1 B-BBEE status, training and upskilling its SMME partners and placing importance on career development and succession planning for its employees, among other priority areas.

“We refer to it as a sustainability journey, which provides the flexibility to adapt and change as the need arises. You’ve got to be open to developments in the world and make sure that whatever you are doing and measuring and reporting on is relevant. You’ve got to have some flexibility, and you need to compare your performance against your peers and your competitors and even people outside of your industry,” says Louw.

“Are we perfect yet? ‘No’, but we have taken a critical first step by formalising and embarking on this journey.”



Download our 2022 sustainability report:



Click here to view our report highlights.

CELEBRATING TRIUMPH

GRADUATION DAY FOR TSEBO ACADEMY



[Click here to view video](#)

On 26 July 2023, between 13:00 and 15:00 the halls of HTA Randburg echoed with a resounding sense of accomplishment as the Tsebo Academy celebrated its latest graduation ceremony. This event was more than just a ceremony; it was a heartfelt recognition of dedication, perseverance, and the indomitable spirit of learners who navigated the intricacies of work, education, and family life simultaneously.

The purpose of this graduation went beyond the pomp and circumstance; it was about honouring those who managed to thrive amidst challenges. This particular group of graduates embarked on their journey before the global upheaval of the COVID-19 pandemic. The pandemic created unprecedented barriers, making it difficult to seamlessly transition all learners to online training. Against this backdrop, the facilitation team became not just trainers but also counsellors, offering support as learners faced trying times at home.

In total, this graduation celebrated the achievements of 24 graduates from the Professional Cookery programme, 10 graduates from the Food and Beverages course, and 14 graduates from the Cook Convenience Food specialisation.

The programmes that culminated in this heart-warming graduation encompassed a range of courses:

- Professional Cookery, 2020-2021: a rigorous 12-month program extended by an additional six months due to COVID-19.
- Food and Beverages, January-December 2021: a comprehensive 12-month course.
- Cook Convenience Food, June-December 2022: a focused 6-month curriculum.



The vision for the Tsebo Academy is luminous: to be a beacon within the Tsebo Solutions Group. This vision revolves around fostering excellence, nurturing employee growth, and enhancing knowledge, skills, and capabilities that contribute to improved business performance. An integral part of this journey is the unsung heroes of the back-of-house team whose dedicated efforts make such achievements possible.

Traditions are woven into the fabric of the Tsebo Academy, and one such tradition is that the current Professional Cookery team is responsible for crafting the graduation meals. This speaks to the essence of hands-on learning and the sense of pride that comes with culinary mastery. Behind the scenes of this success is a National Craft Trainer, Euglid Maroga, whose guidance has been instrumental in shaping these graduates into the accomplished professionals they are today.

As we celebrate this graduation, let us take a moment to applaud the individuals who have shown exceptional commitment:

- Thabang Shabalala
- Purity Mtshali
- Shonisani Mulaudzi
- Sanele Kenneth Hlatshwayo
- Kingsley Moatlhodi Mokgosi
- Kamogelo Pila
- Agnes Betty Tefo
- Judith Marumirofa
- Martha Malose
- Phillip Tswai

This event, seamlessly combining the power of words and visuals, encapsulated the spirit of achievement and growth that defines the Tsebo Academy. Congratulations to the graduates and the entire team that made this milestone possible. The future is brighter thanks to your dedication.

DISEASES MORE PREVALENT IN WOMEN

Even though heart diseases affect more women than men, some other diseases also have an impact on women's health.



ANNELIZE ZEELIE
Tsebo Catering Solutions
Dietitian



Poly-cystic ovarian syndrome and insulin resistance

The link between poly-cystic ovarian syndrome (PCOS) and insulin resistance (IR) is well documented. PCOS is the most common female endocrine (hormonal) disorder and is characterised by multiple abnormal ovarian cysts. Most ovarian cysts are harmless, fluid-filled sacs containing immature eggs that attach to the ovaries. An estimated five to ten per cent of women of childbearing age are affected by PCOS, and it is one of the leading causes of infertility.

Insulin resistance is when your body resists the effects of insulin and so produces more to compensate. These continuously high insulin levels keep blood sugar levels low, which in turn often prompts cravings for sugary foods. IR also increases the risk of long-term health problems. Women with PCOS are seven times more likely to develop Type 2 diabetes or have a heart attack. By losing five to ten per cent excess body weight will reduce the risk significantly. To help keep blood sugar levels stable and to feel full for longer you should limit sugary foods and replace them with low glycaemic index (GI) foods like low GI bread, seed bread, and other whole wheat products. There is also evidence that eating protein rich foods together with carbohydrates can help to minimise rises in insulin.

Exercise is a necessary component of dealing with the symptoms of PCOS. Exercise increases the sensitivity of your cell walls to insulin for the vital conversion of glucose to energy, boosts metabolism, burns energy and helps to level out the production of insulin in the pancreas.

Irritable bowel syndrome

Irritable bowel syndrome (IBS) is more common in woman and is usually characterised by abdominal pain, bloating and diarrhoea and/or constipation. It is not life threatening but it is painful. It is linked to high stress levels and part of the treatment is stress management and exercise. The dietary treatment includes avoiding caffeine, sugar, alcohol, any drinks that is carbonated, spicy foods and gas forming foods like broccoli, fatty foods, garlic, onions, cucumber, cabbage, nuts, and legumes. High fibre foods should be included to avoid constipation and two litres of water a day is essential.

Obesity

There is no such thing as a miracle diet! Rather follow a healthy eating plan with regular exercise and be committed to it for the rest of your life. Make it part of your life and your family's life and they will thank you later. Teaching young children healthy eating habits will be your greatest gift ever. Follow prudent guidelines and be realistic with your goals.

Constipation

Avoid laxatives and any other over-the-counter medication, only four things will help with constipation: increase your fibre intake gradually, increase water intake, exercise, and go when you have to go!

Osteoporosis

Osteoporosis literally means 'porous bone'. This silent but lethal disease often only makes itself known when the first fracture occurs. The density and quality of bone are reduced, the loss of bone occurs progressively and as bone becomes more and more porous and fragile, the risk of fracture is greatly increased, particularly at the hip, spine and wrist. The incidence of these fractures increases with age in both women and men. One in three women and one in five men will be affected by osteoporosis – at different stages and for different reasons – in their lifetimes. This means that four to six million South Africans are potential sufferers, many of them children who are poorly nourished.

The old saying rings true here, once again: prevention is better than cure! A healthy balanced eating plan rich in calcium and vitamin D and regular weight bearing exercise (like walking, jogging, aerobics, dancing) should be followed from the early twenties. As ladies we need 1000 mg of Calcium per day, as much as in 1.1 litre of milk per day! If you are watching your weight, this is best taken in with a supplement. Foods rich in calcium includes dairy products like milk, cheese, yoghurt, broccoli, fish with soft bones (like tinned pilchards, sardines, salmon) and calcium enriched foods like dairy fruit drinks.

Alzheimer's disease

Experts say that after the perky age of 20 your memory function decreases by one to two percent per year – and even faster for those who've partied hard. Everyone over 30 experiences some memory loss, which will start to become significant by the age of 45. Basically, what is good for your body is good for your mind. Your dietary habits, exercise, lifestyle, blood pressure, stress management, cholesterol levels and body weight can be modified to help you avoid or postpone memory impairment.

Exercise your body to exercise your mind. Even 30 minutes a day will increase the flow of blood and oxygen through the body and brain, pumping it with much needed resources.

A good workout also raises the level of norepinephrine, a hormone that functions as a neurotransmitter that helps to create new memories and is essential for shifting memories from short-term to long-term storage folders. It also helps you to maintain a good mood.

Eat and help your memory. Generally speaking, what is good for your heart is also good for that other precious organ, your brain. To boost your brain:

- Avoid unhealthy fats, as these have a profound effect on your mental performance.
- The brain is mainly comprised of fat (about 60%) so an unhealthy fat-heavy diet slows down the blood flow in your brain and creates millions of free radicals – chemicals that weaken your brain neurons and eventually kill them. This affects your ability to concentrate, think quickly and remember things.
- The real baddies are hydrogenated, and trans fats found in certain margarines, and most processed breads, chips, biscuits, and flaxseed oils.
- Fruit and vegetables, such as spinach, broccoli, mangoes, watermelon, sweet melon and apricots increase the production of acetylcholine, a chemical released by the nerve cells that improves communication between cells.
- Fish is good 'food for thought' due to omega 3 fatty acids, which are vital towards the smooth functioning of your brain and nervous system. Eat salmon – mackerel, tuna, sardines and herring. Olive oil, nuts and avocados also contain omega 3.
- Low GI carbohydrates, such as brown rice, whole wheat pasta, wholegrain bread, beans, soya beans, unrefined mealie meal and samp, are best for giving your brain ample fuel and energy because they break down slowly. Quicker burning fuels can cause surges in insulin production and cause other health problems that can slow down your mental performance.

Thyroid problems

Recommended thyroid treatment approaches depend on the type of thyroid disease you have, and in some cases, the severity of the condition. The key thyroid conditions are hypothyroidism, hyperthyroidism, autoimmune thyroid disease, Hashimoto's, Graves' disease, thyroiditis, nodules, goitre, and thyroid cancer. Only goitre is treated with avoiding iodine rich products, none of the other conditions will benefit from this.

TSEBO'S 10TH ANNIVERSARY PATRON AWARD: A DECADE OF IMPACTFUL SUPPORT FOR TEARS FOUNDATION

The TEARS Foundation is one of South Africa's leading advocates for support and safe spaces for victims of gender-based violence (GBV). It serves as a beacon of light for this vulnerable part of our communities. Charlene Roberson, CEO of TEARS Foundation, recently presented Tsebo with a 10th Anniversary Patron award to Tsebo Solutions Group CEO Dr Chris Jardine to mark this significant milestone in their partnership.

In presenting the award, Charlene Roberson said, "Tsebo's support plays an instrumental role in empowering the TEARS Foundation to create positive change for GBV victims. Their unwavering dedication provides the courage needed to continue this journey despite the challenges faced over the years. Through our partnership, we are able to annually assist over 140,000 GBV victims, offering free services and covering additional costs when necessary. Tsebo's support is crucial in keeping our doors open and ensuring that victims have urgent access to the help they need."

Dr. Chris Jardine, CEO of Tsebo Solutions Group, shared his final thoughts on the transformative partnership with the TEARS Foundation:

"We are deeply grateful for the opportunity to contribute to such a critical cause. Together, we have shown that by standing against GBV, we can make a meaningful difference in many lives. We will continue to support the TEARS Foundation in their mission to create a safer, more compassionate society for all."



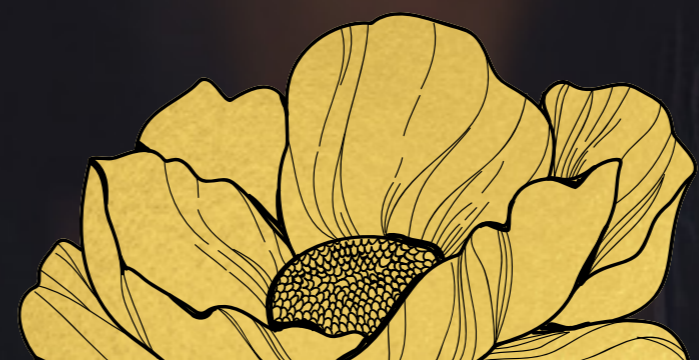
CHARLENE ROBERSON
CEO, TEARS Foundation

DR. CHRIS JARDINE
CEO, Tsebo Solutions Group

We celebrated this year's Women's Month under the theme:

"Generation Equality: Realising Women's Rights for an Equal Future."

The concept of **Generation Equality** is a global campaign and links South Africa to global efforts to achieve gender equality by 2030.



Nutritional Needs

A balanced eating pattern is crucial for overall health. Both women and men should incorporate a diverse range of nutritious foods from all food groups, such as whole grains, fruits, vegetables, healthy fats, low-fat or fat-free dairy, and lean protein. However, women have unique nutritional requirements that evolve with each life stage.

Breakfast
Snacks

Something to replace
the diet soda

Lunch

Something sweet



Mediterranean

HUMMUS TOAST

Ingredients

4 slices	Whole wheat low GI bread
TT	Butter
200 g	Hummus
8	Cherry tomatoes washed
50 g	Red onion
TT	Salt and pepper
TT	Olive oil
200 g	Chopped yellow pepper

Method

1. Preheat the oven grill to 200°C. Butter the bread from corner to corner and toast with butter side up until golden brown.
2. Dice the peppers and onions finely (macedoine) and season with salt and pepper.
3. Halve the tomato.
4. After toasting the bread, spread hummus, sprinkle the diced peppers and onions, and top with a cherry tomato. Drizzle with olive oil.
5. For an excellent breakfast, add a fried egg.

BANANA AND PRUNE

Smoothie



Ingredients

- 2 Ripe bananas
- 1 Tbsp Flax seed powder (flax meal)
- 2 cups Milk, chilled
- 4 Ice cubes
- 5 Whole almonds
- 5 Prunes

Method

1. Start preparing the smoothie by gathering all the ingredients, including pitted dates and flaxseed powder.
2. Combine all the ingredients in a blender with half of the milk and blend until smooth.
3. Gradually add the rest of the milk and blend until thoroughly mixed. Adjust the smoothie's thickness by adding more milk if needed.
4. Pour the smoothie into glasses and serve it fresh.

FRENCH DIP

Roll-ups



Ingredients

8	Flour tortillas
200 g	Cheddar cheese
600 g	Pastrami
1	Large fried onion
2 Tbsp	Olive oil
200 ml	Beef stock
1½ cup	Water
2 tsp	Worcestershire sauce
2 tsp	Soy sauce
1 tsp	Onion powder
1 tsp	Garlic powder

Method

1. Preheat oven to 200°C.
2. Place cheese on 8 tortillas. Add Pastrami and fried onions. Roll tightly and secure with a toothpick. Arrange on a baking sheet.
2. Brush remaining olive oil on top.
2. Bake at 200°C for 10 minutes until browned.
2. Warm beef stock, water, Worcestershire sauce, soy sauce, onion powder, and garlic powder in a saucepan.
2. Cut and serve roll-ups with warm dipping sauce.

BOILED EGG WITH

Avocado & Pancetta

SOLDIERS



Ingredients

- 4 Eggs
- 1 Tbsp Vegetable oil
- 1 Avocado, cut into slices
- 100 g Smoked pancetta rashers or streaky bacon

Method

1. Boil a large saucepan of salted water. Gently place the eggs into the water and boil for 5 minutes for soft yolks.
2. While the eggs are cooking, heat oil in a nonstick pan. Wrap each avocado slice with pancetta and fry for 2-3 minutes on high heat until crispy.
3. Present the eggs in egg cups and accompany them with pancetta-wrapped avocado soldiers for dipping.

A NEEDED

Vitamin C Boost



Ingredients

2	Kiwis peeled and sliced
2	Oranges, peeled and sliced
8	Strawberries, quartered
500 g	Plain yoghurt
50 ml	Honey

Method

1. In a glass or PLA cup, begin by placing 1 teaspoon of diced kiwi and diced orange at the bottom of the glass.
2. Drizzle one teaspoon of honey over the fruits.
3. Spoon 2 tablespoons of yogurt over the honeyed fruits, creating a smooth layer.
4. Add another layer of flavour by placing 2 quarters of sliced strawberries on top of the yogurt.
5. Spoon the remaining yogurt over the strawberry layer, ensuring an even distribution.
6. Finish off your parfait by arranging the rest of the diced kiwi and orange on the yogurt layer.
7. For a glossy finish, add a gentle splash of honey over the top layer of fruit.

BANANA & QUINOA

Muffins



Ingredients

- 3** Ripe bananas, mashed
- 1** Egg
- ¼ cup** Light brown sugar
- 1 tsp** Vanilla
- 1 cup** Oat flour
- ½ cup** Rolled oats
- ½ cup** Quinoa uncooked
- 1 tsp** Baking powder
- ¼ cup** Mini chocolate chips

Method

1. Preheat oven to 180°C and grease a mini muffin pan.
2. Mix wet ingredients, then blend in dry ingredients and chocolate chips.
3. Fill muffin pan and bake for 12 minutes.
4. Cool and store in the refrigerator.
5. Makes 24 mini muffins.



ICED

Green Tea

WITH MINT
AND HONEY

Ingredients

¼ cup	Lime juice
3	Limes, sliced for garnish
¼ cup	Lemon juice
2	Lemons, sliced for garnish
5 cups	Water
5	Jasmine Green Tea Bags
¼ cup	Honey, plus more if desired
18	Mint leaves

Method

1. In a large pitcher, combine the lime juice and lemon juice.
2. Boil 2 cups of water in a medium saucepan. Once the water reaches a temperature 85°C, immerse 5 green tea bags into the hot water.
3. Allow the tea to steep for 3 minutes, or follow the instructions on the tea package.
4. Gently press the tea bags against the pan with a large spoon to extract more flavor. Remove and discard the tea bags from the saucepan.
5. Stir in honey until it is completely dissolved. Pour the tea and honey mixture into the pitcher.
6. Incorporate 3 cups of cold water into the pitcher, stirring until thoroughly mixed. Adjust sweetness with additional honey if preferred.
7. To serve, chill the green tea and pour it over ice cubes. Garnish each glass with lime slices, lemon slices, and 3 fresh mint leaves.



PEANUT

Chaat



Ingredients

1 cup	Peanuts, boiled
½ tsp	Turmeric
1 tsp	Salt
2 cups	Water
¼ tsp	Kashmiri red chilli powder
½ tsp	Chaat masala
1 tsp	Green chutney
½	Onion, finely chopped
2 Tbsp	Tomato, finely chopped
2 Tbsp	Sweet corn, boiled
1 tsp	Raw mango, grated
2 Tbsp	Pomegranate
½	Potato, boiled and cubed
2 Tbsp	Coriander, finely chopped
1 tsp	Lemon juice
¼ tsp	Salt

Method

1. Place the boiled peanuts in a large bowl.
2. Add ¼ tsp of chili powder, ½ tsp of chaat masala, and 1 tsp of green chutney.
3. Mix thoroughly to ensure the spices are evenly distributed.
4. Next, add the finely chopped onion, diced tomato, sweet corn, raw mango, pomegranate seeds and boiled potato.
5. Add the chopped coriander, drizzle with lemon juice, add the salt and mix through. Serve immediately.

SPICY MANGO, BLACK BEAN & AVOCADO

Tacos

Ingredients

4-6	Tortillas, lightly charred
1 cup	Cooked black beans
2	Limes, divided
½ tsp	Chili powder
2 cups	Green cabbage, shredded
½	Avocado, thinly sliced
½	Mango, diced
2 Tbsp	Cilantro, chopped
2 Tbsp	Feta, crumbled
TT	Sea salt
TT	Serrano pepper and additional sriracha, for serving (optional)

Method

1. In a compact bowl, combine the black beans with 1 tablespoon of lime juice, ¼ to ½ teaspoon of chili powder, and ¼ teaspoon of salt.
2. Prepare the zesty mayo:
3. In another small bowl, mix the mayonnaise and the sriracha.
4. Coat the cabbage with a dash of lime (about 1 teaspoon) and a couple of pinches of salt.
5. Load each tortilla with the coated cabbage, slices of avocado, black beans, mango chunks, cilantro, the zesty mayo, and crumbles of feta cheese.
6. For an even spicier kick, accompany with sliced serrano peppers and additional sriracha.
7. Present with lime slices on the side.

Mango

SALAD



Ingredients

- 1 Large mango
- 1 Red onion
- 25 g Rocket
- 1 Lemon
- 100 ml Olive oil
- TT Salt and pepper

Method

1. Peel and slice onion thinly. Cover with salt and the juice of one lemon and put aside. (Handy hint... microwave the lemon for 15-30 seconds to get the max amount of juice out of the lemon)
2. Peel and cut the mango into chunks
3. Once the salt has drawn some of the liquid out of the onion add the olive oil to this mixture. Season with coarse black pepper
4. Coat the rocket leaves with the onions, lemon and olive oil dressing
5. Top with mango and serve



TARTE

Tatin



Ingredients

300 g	All-butter puff pastry
TT	Plain flour, for dusting
6	Dessert apples
100 g	Golden caster sugar
85 g	Unsalted butter
TT	Crème fraîche or vanilla ice cream, to serve.

Method

1. Roll pastry to 3 mm thickness on floured surface. Cut a 24 cm circle using a plate as guide. Prick with fork, freeze while prepping apples.
2. Preheat oven to 180°C.
3. Peel, quarter, and core apples. Heat sugar in 20 cm flameproof tatin dish or ovenproof frying pan until dark amber caramel. Turn off heat, stir in 60 g diced cold butter.
4. Arrange apple quarters tightly in circle along dish edge, rounded-side down. Fill center similarly. Press gently. Brush with melted butter.
5. Bake 30 minutes, place frozen pastry disc on top, tuck edges inside, prick holes. Bake 40-45 minutes until golden.
6. Cool for one hour, then invert onto deep serving plate. Serve with crème fraîche or vanilla ice cream.

MIMOSA

Cake



Ingredients

6	Eggs
250 g	Sugar
6 Tbsp	Boiling water
20 g	Baking powder
4	Egg yolks
40 g	Flour
400 ml	Milk
250 g	Powdered sugar
2 cups	Whipped cream
200 ml	Water
2 Tbsp	Sugar
2 Tbsp	Limoncello or rum

Method

1. Preheat oven to 180°C. Grease and flour a cake mold.
2. Beat egg whites until stiff. Whip egg yolks with boiling water and sugar until foamy.
3. Gently mix in flour and baking powder.
4. Fold in egg whites, pour batter into mold, bake for 40 minutes. Cool.
5. Heat milk with vanilla in a pot until near boiling.
6. Mix yolks, sugar, flour. Add hot milk, cook until thickened. Cool.
7. Fold whipped cream and sugar into cooled cream mixture.
8. Cut cake top, hollow center. Moisten with syrup.
9. Fill with cream, replace top, cover cake with cream.
10. Chill cake before serving.



MANDELA DAY

YASMIN ABDOOL, Personal Assistant to MD Fedics KZN

Empowering Mandela Day: Schola Amoris Special School Receives Generous Support from Tsebo (Fedics Catering Solutions and Thorburn Security Solutions – KwaZulu-Natal)

On the occasion of Mandela Day, a day that resonates with the spirit of giving, Tsebo, a company known for its commitment to community development, has extended its helping hand to the Schola Amoris Special School. The school, dedicated to providing education and care to children with special needs, has received substantial support from Tsebo in the form of a variety of resources aimed at enhancing the learning environment and overall experience for its students.

The impactful collaboration between Tsebo and Schola Amoris Special School took the form of a heartfelt contribution totalling R20 000,00 with Fedics and Thorburn each contributing R10 000,00. This joint effort aimed at making a meaningful difference in the lives of these young learners showcased the power of unity and compassion.

Among the items donated by Tsebo to the Schola Amoris Special School, a standout provision is a greenhouse tunnel for a period of six months. This invaluable addition is set to create an enhanced learning environment where students can engage in hands-on agricultural activities. The value of this contribution is estimated at R 7 450.00 underscoring the commitment of Tsebo towards promoting sustainable education.

Furthermore, Tsebo's support extended to other essential resources, including:

- **360 beanies:** these cozy accessories not only serve to keep the students warm but also provide a sense of belonging and unity within the school community.

- **Breyani for 300 learners:** Tsebo generously contributed the remaining balance of R 2500 to provide a wholesome meal experience for 300 students, fostering a sense of celebration and togetherness.
- **100 Vienna rolls:** adding to the nutritional support, these rolls are a valuable addition to the school's meal offerings.
- **400 packaging containers, serviettes and spoons:** these items contribute to the practical aspects of meal distribution and consumption, ensuring a comfortable dining experience for the students.
- **350 cupcakes, 400 bottles of juice, 400 bottles of Pepsi, and 350 bottled water:** Tsebo's thoughtful provision of these items caters to the students' varied tastes and preferences, ensuring they stay refreshed and energised.
- **400 packets of chips and sweets:** recognizing the importance of occasional treats, these items contribute to the students' overall well-being and enjoyment.
- **Sign for the school garden:** a significant contribution amounting to R 977,50, this sign for the garden not only adds an aesthetic element but also highlights the commitment of Tsebo to sustainable practices.

The impact of Tsebo's donation goes beyond the tangible items themselves; it represents a symbolic gesture of support and care for the students at Schola Amoris Special School. These contributions not only enhance the physical surroundings but also create an atmosphere of inclusivity, encouragement, and growth.

As we reflect on the significance of Mandela Day and the legacy of Nelson Mandela, the collaboration between Tsebo and Schola Amoris Special School stands as a shining example of how businesses can actively engage in meaningful social initiatives. By nurturing the potential of young minds and ensuring that every child has the opportunity to thrive, this partnership exemplifies the values that Mandela himself upheld – unity, compassion, and the pursuit of a better future for all.

EMPOWERING THE FUTURE: A COLLABORATIVE ENDEAVOUR AT NATURENA SECONDARY SCHOOL

CYNTHIA MOTHIBE, Group CSR Manager Human Resources

In a heart-warming display of unity and purpose, a trio of expertise – Tsebo Solutions Group, Tsebo Cleaning and Hygiene, and Tsebo Facilities Solutions – converged at Naturena Secondary School, igniting a transformative journey under the banner of “Awareness on Nutrition and Hygiene”.

This collective effort went beyond a mere event; it was a resounding testament to compassion, igniting positive change and nurturing a healthier, empowered future.



KUSEMPILWENI

A TASTE OF TRADITION WITH A HEALTHFUL TWIST



The newly formed TSS team at Bokoni mine, led by Chef Glenda, is taking the concept of Kusempilweni (a taste of home) to heart with a fusion of traditional African cuisine coupled with a health-conscious approach.

Donned in their striking Kusempilweni branded uniforms, this revitalised team is already creating waves at Bokoni mine, offering exceptional service and presenting African dishes with a revitalising twist.

Their mettle was tested when tasked with catering for international guests and visitors at Bokoni mine. Undaunted, the team rose to the occasion, ensuring both culinary excellence and impeccable service. As a testament to their dedication, a pleased client expressed their gratitude:

Dear Otto,

We wish to thank you and your team for the exceptional catering experience during the visit of our overseas visitors today. Everybody enjoyed the breakfast and most went for a second helping at lunch! Looking forward to a good relationship in future.

Kind regards,

*MARINDA PRINSLOO
Management Assistant, Bokoni Platinum Mines*



REBIRTH AFTER DEVASTATION: TSAM'S REMARKABLE RECOVERY AND TSEBO'S INTEGRAL ROLE

In April 2022, Toyota South Africa Manufacturing (TSAM) faced a challenge unlike any before – a complete operational shutdown due to catastrophic floods in KwaZulu-Natal. This unprecedented event caused more extensive damage than even the 2011 Japanese Tsunami did to Toyota's global production facilities. Undeterred, TSAM launched a recovery mission, epitomising the spirit of "rebuilding better together". The focal point of this transformation was Tsebo, TSAM's main production facility, which was slated for a comprehensive rebuild.



CHEF OLIVER REDDY
Regional Executive Chef,
KZN



Fast forward to 21 July 2023, when TSAM celebrated the culmination of its manufacturing revival and reopening. In this triumphant moment, Tsebo played an integral role, providing sustenance and catering services that resonated throughout the event. During the celebration, Tsebo served an impressive 8100 meals, complemented by soft drinks and delectable desserts, across both day and night shifts for TSAM's dedicated workforce. Amid this extensive commitment, Tsebo also upheld its regular duties, supplying over 2500 daily breakfasts and catering for senior management and esteemed guests during the relaunch presentation – a gathering of 200 distinguished individuals.

With client approval secured just five days prior, meticulous planning ensued. The process kicked off on 19 July, with meticulous preparation of dishes and ingredients (*mise en place*) in the professional kitchen, culminating in the final scrub down at the remarkable hour of 3:00 on 22 July. Throughout this ambitious venture, the entire Tsebo TSAM team displayed unwavering dedication and commitment to fulfilling the client's vision, ultimately contributing to the event's resounding success. As a testament to their efforts, Tsebo prepared over 4 tonnes of protein, 1.8 tonnes of starch, 1.8 tonnes of vegetables, and 500 litres of Jus – all in a single day.

The story of TSAM's resurgence and Tsebo's pivotal role serves as an inspiring tale of resilience, collaboration, and the remarkable heights that can be achieved when challenges are met head-on.



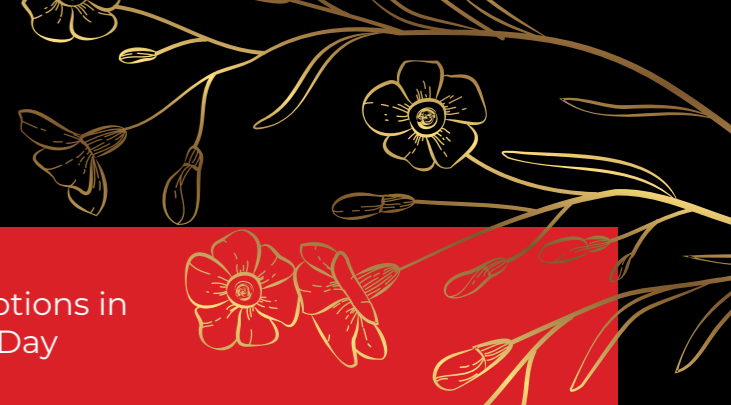
BMG LAUNCH

The first days of July have ignited an exhilarating journey for our FEDICS catering team!

With immense joy, we unveil a captivating new collaboration in the dynamic business and industry sector. This remarkable achievement is a testament to the commitment and skill of our dedicated teams. Step into the enchanting realm of culinary artistry led by the adept hands of Chef Nicholas Madhura and his team. We extend our heartfelt gratitude to all those who played a role in orchestrating the triumph of our grand opening – your collective efforts have truly ensured its resounding success!

Click here to view video

FEDICS GQEBERHA



Gqeberha sparkled with spectacular promotions in honour of memorable occasions: Mandela Day



Fedics enthusiastically participated in Continental's Pride Month festivities, and the weekly promotional items were warmly embraced by everyone.



Conducting a culinary showcase at Continental, Impilenhle stole the spotlight, leaving the panel in awe of the array of options and flavours presented.

Father's Day marked a joyful tribute to the resilient and influential men in our midst.



ELEVATE YOUR NETWORKING: UNVEILING THE MAGIC OF COCKTAIL FUNCTIONS WITH TSAFRIKA

In the realm of business dynamics, where connections and appreciation intertwine, cocktail functions emerge as the nexus of opportunity. These gatherings not only facilitate networking with both new and familiar faces but also serve as a canvas to express gratitude to steadfast patrons and forge stronger alliances with business counterparts. Picture this: an ambiance resonating with shared achievements, novel offerings, and aspirations—all while your esteemed clients revel in the spotlight of recognition.



CHEF DIETER EBERLANZ
Regional Executive Chef:
TsAfrika





At TsAfrika, we aren't just orchestrators of events; we are maestros of experiences. Our legacy lies in crafting cocktail functions that transcend the ordinary. We recognise that every detail matters, especially the culinary delights that convey your essence and leave an indelible mark. Collaborating hand-in-hand with our clients, we curate menus that are not just sumptuous, but reflective of the seasons and your unique brand identity. Our expertise extends beyond gastronomy; we harmonise decor, ambiance, and aesthetics, ensuring a symphony of sensations that captivate hearts and minds.

However, we believe that the true enchantment of a cocktail function rests in its distinct theme. A theme is the secret ingredient that transforms an event into an experience—an affair that lingers in memory. TsAfrika excels in the art of personalisation, transforming your vision into reality with finesse. Through tastings and meticulous planning, we weave a tapestry of seamless execution, liberating you from stress and enabling you to relish every moment of your event.

As your confidantes in event alchemy, we don't merely stop at orchestrating; we transcend into the realm of guidance. Drawing from our treasure trove of insights, we present you with suggestions that lure guests in and leave them utterly delighted. Our trove of strategies guarantees an event that garners enthusiasm and countless RSVPs.

Recent chronicles of our prowess include July's star-studded soirées for Primedia Group and Momentum. These captivating narratives stand as testaments to our commitment to transforming visions into captivating realities. As attendees mingled and revelled, the air was charged with camaraderie and purpose—an emblematic aura that lingers long after the clinking of glasses.

So, are you prepared to transcend the ordinary and embark on an odyssey of elevated networking? TsAfrika stands poised, ready to curate an experience that amplifies your business narrative. Let your cocktail function be more than just an event; let it be a legacy etched in the annals of time.

TRIUMPH AMIDST CHALLENGES: LIFE MERCANTILE HOSPITAL'S INSPIRING JOURNEY IN THE GQEBERHA REGION

In an extraordinary feat of dedication and teamwork, Life Mercantile Hospital, a recently inaugurated establishment in the Gqeberha region, has overcome an immense challenge. The endeavour to provide uninterrupted services during the renovation of the hospital's kitchen proved to be an arduous undertaking.

Operating as a drop-in service, the project demanded meticulous planning and precision. Production was shifted offsite, with deliveries made to the hospital and provisions dispatched to the onsite team. Despite facing daunting odds, the journey was marked by tireless efforts and countless sleepless nights. Thanks to the support of an exceptional team, Life Mercantile Hospital emerged victorious, transcending all obstacles and now stands as a shining example of resilience and excellence.



CHEF LUKE REDDY
Regional Executive Chef,
KZN



CULINARY EXCELLENCE AND DIPLOMACY CONVERGE: INKHOSI ALBERT LUTHULI HOSPITAL WELCOMES BRICS DELEGATES FOR AN UNFORGETTABLE EXPERIENCE

On 4-5 August Inkhosi Albert Luthuli Hospital set an exceptional stage as it graciously welcomed esteemed delegates from the BRICS conference. A collaborative effort, the event saw the hospital opening its doors for an insightful walkabout, guided by none other than the Minister of Health.

The occasion was elevated to an unforgettable experience with a medley of meticulously crafted cocktail events and an array of delectable catering offerings that accompanied the delegates throughout the day. Inkhosi Albert Luthuli Hospital's commitment to both culinary excellence and diplomacy shone brightly, leaving an indelible mark on the prestigious gathering.



UNVEILING PERKUP: A JOYFUL LAUNCH AT DR PIXLEY HOSPITAL KZN

On 1 August 2023 a momentous occasion unfolded as we proudly introduced Perkup, our vibrant coffee shop at Dr Pixley Hospital in KZN. The air was charged with enthusiasm as we embarked on this new journey. The outpouring of support from both the dedicated Dr Pixley staff and our esteemed CEO was truly heart-warming.

