



from our basket
to your kitchen



Recipe suggestions using products from our leading suppliers.
Proudly brought to you by Bidvest Foodservice.

Thank you

We are delighted to introduce the first national Bidvest Foodservice Multi-Temp recipe book. We would like to take this opportunity to thank all the people involved in making this recipe book possible. This has been an exciting project and a fantastic collaboration between the Bidvest Foodservice National Procurement and Marketing teams and the many suppliers who give us their continued support.

All of the recipes have been provided by our suppliers and showcase a wide range of products that we stock. We have also conveniently listed a host of products that our suppliers provide on the opposite page. We hope that you will have as much fun using it as we have had creating it. The book is an excellent platform for suppliers to creatively showcase their products and we trust that customers and suppliers alike will find inspiration from the "from our basket to your kitchen" recipe book.

A special thank you to all our suppliers for your contribution. We look forward to working with you again in the near future.



Eat, Drink and bemerry & safe

"Food glorious food",.... what a wonderful phrase. Those of us who enjoy food as a hobby and not only as a necessity for survival, truly know that food is a canvas for creativity, inspiration, satisfaction and ultimate gratification.

However before we get too carried away, a sobering thought to consider is that food handling and the safety of the products we use in creating great culinary masterpieces can be the difference between success and total disaster.

Bidvest Foodservice views food safety as a non-negotiable, sustainable way of life. Suppliers across all food categories have to comply with measurable food safety standards in order to supply products and our food distribution warehouses have implemented a food safety management system to ensure that products are handled, stored and distributed in an efficient and safe manner to guarantee that our customers receive good quality, safe products consistently.

The food industry in South Africa has undergone a reformation in that new legislation such as the Consumer Protection Act and the new Food Labelling and Advertising regulation holds all parties accountable for ensuring that food products are responsibly manufactured and distributed and that pre-packaged products are labelled correctly, enabling the end user and consumer to be well informed in terms of where the product originates from and what is contained therein.

Global and local awareness concerning healthy lifestyle choices is dictating the manner in which our customers select products. Climate change resulting in altered weather patterns is influencing customers to make product choices that do not have a negative impact on the sustainability of the product for future generations.

Change is the new secret ingredient for business success, for both our customers and ourselves. Working together to exchange knowledge and understand the impact of all these new requirements is how we see the future of our business relationships and success.

Keep it cooking, safely...!

Regards

Jane Russill (Quality Risk Manager)

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product solutions from Bidvest Foodservice



breakfasts
and brunches



breakfasts and brunches

recipe brought to you by kellogg's



description	brand	size	pack size
All-Bran Flakes	Kellogg's	1 kg	Case 10
Corn Flakes	Kellogg's	1 kg	Case 10
Rice Krispies	Kellogg's	600 g	Case 10
Variety-Pak	Kellogg's	6 x 35 g	Case 24

Kellogg's®

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

herb corn fritters

420 g can corn kernels
1 cup self raising flour
½ teaspoon chilli powder (optional)
2 eggs
1 cup Kellogg's corn flakes
2 teaspoon mixed fresh herbs,
chopped
salt and freshly ground black pepper
vegetable oil, for frying

Combine all ingredients except the vegetable oil in a large bowl. Heat a large heavy base pan until quite hot and add 1 tablespoon of oil. Spoon tablespoons of mixture into the pan and press down with spatula. Cook for 1-2 minutes then flip over and continue cooking for another 1-2 minutes or until fritters are crisp and brown. Remove from pan and place onto paper towel. Season with extra salt if desired. Serve immediately.



swiss breakfast crunch

200 g carton fruit salad flavoured
yoghurt
½ cup of stewed fruit or diced
fresh fruit
2 tablespoons of chopped nuts
2 tablespoons of honey
1 cup of Kellogg's corn flakes or any
other Kellogg's cereal

Mix all of the ingredients together.
Divide between 2 serving bowls.



recipe brought to you by southern seas



description	brand	size	pack size
Haddock (Merluccius Capensis) 2/4	Southern Seas	5 kg	Case
Haddock (Merluccius Capensis) 4/6	Southern Seas	5 kg	Case
Smoked Alaskan Chum Salmon (Oncorhynchus Keta) Three Streams	Southern Seas	80 g	Case 30
Smoked Alaskan Chum Salmon (Oncorhynchus Keta)	Southern Seas	80 g	Case 30
Smoked Alaskan Chum Salmon (Oncorhynchus Keta)	Southern Seas	500 g	Case 10
Smoked Dorado (Coryphaena Hippurus)	Southern Seas	30 x 80 g	Case
Smoked Kippers (Clupea Harengus)	Southern Seas	5 kg	Case
Smoked Salmon Chum (Oncorhynchus Keta) Offcuts	Southern Seas	500 g	Case 10



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trio of smoked fish kedgeree

3 large eggs
500 g Southern Seas smoked haddock
1 large Southern Seas kipper fillet
150 g Southern Seas smoked salmon
200 ml crème fraîche
½ cup parsley, freshly chopped
600 ml milk
1 bay leaf
1 cup white basmati rice
20 g butter
20 g plain flour
salt and freshly milled black pepper

Boil the eggs for 4-6 minutes. Cool them under cold running water and peel. Poach the Southern Seas haddock, kippers and smoked salmon in the milk to which is added the bay leaf and a grind of black pepper - approximately 3-5 minutes. Remove the bay leaf and drain the fish retaining the poaching liquid. Remove the skin from the fish and flake the fish into large chunks. Cook the basmati rice according to the package instructions. While this is cooking, make a sauce by melting the butter in a saucepan and adding the flour mix until you get a smooth paste. Add the warm milk a little at a time, until you have a smooth thickened sauce. Add the crème fraîche and parsley. Season to taste. To assemble, place the cooked rice in a dish, arrange the fish and eggs over the rice and pour some of the sauce over. Serve the remaining sauce with the dish.



recipe brought to you by kellogg's



description	brand	size	pack size
All-Bran Flakes Catering Pack	Kellogg's	1 kg	Case 10
Corn Flakes Catering Pack	Kellogg's	1 kg	Case 10
Rice Krispies Catering Pack	Kellogg's	1 kg	Case 10

Kellogg's®

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layered berry parfait

2 cups of fresh berries, sliced
(strawberries, blueberries, black
berries or raspberries)

2 tablespoons of honey

1 teaspoon of lemon peel, grated

1/4 teaspoon of nutmeg

4 containers of low-fat yoghurt

1 1/2 cups of Kellogg's® All-Bran®
strawberry medley cereal

In a small bowl, stir the berries, the honey, the lemon peel and the nutmeg. In six parfait glasses or dessert dishes layer the yoghurt, the fruit mixture and the cereal. Serve immediately.



recipe brought to you by tiger brands



description	brand	size	pack size
Granola Energy Crunch Muesli	Jungle	1 kg	Case 10
Oats	Jungle	1 kg	Case 6
Oats	Jungle	10 kg	Bag
Oats Bran	Jungle	500 g	Case 20
Regular Taystee Wheat	Jungle	1 kg	Shr 5



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berry mint breakfast smoothie

200 g strawberry yoghurt, frozen
300 ml milk
175 ml Jungle Oats
2 bananas, chopped
250 g frozen berries
5 ml vanilla essence
40 ml sugar
10 ml fresh mint, chopped

Put all the ingredients into a blender. Liquidise until smooth and creamy. Pour into serving glasses and garnish with extra berries and/or mint. Serve chilled.



recipe brought to you by tiger brands




description	brand	size	pack size
Scone Mix	Golden Cloud	1 kg	Bale 10
Pancake Mix	Golden Cloud	1 kg	Bale 10
Vetkoek Mix	Golden Cloud	1 kg	Bale 10
Bran Muffin Mix	Golden Cloud	1 kg	Case 10
Brown Bread Flour	Golden Cloud	12.5 kg	Bag
Cake Flour	Golden Cloud	12.5 kg	Bag



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vetkoek

with caramelised banana and cinnamon syrup



500 g Golden Cloud vetkoek mix
375 ml warm water
oil for deep frying
8 bananas, cut in half
125 g butter
60 ml brown sugar
500 ml water
200 ml castor sugar
2 cinnamon sticks

Make up the vetkoek as per pack instructions: Mix the vetkoek mix with the water to form a soft dough (don't over mix as dough becomes sticky). Roll the dough until 1 cm thick on a clean, floured surface. Cut into round shapes and let it rest for 20-30 minutes. Heat the oil until moderately hot. Deep fry the vetkoek until golden brown \pm 4-6 minutes, turning once. Melt the butter and sugar in a saucepan, add the bananas (a few at a time) and allow to cook until the bananas caramelise. In a separate pot, bring the water, sugar and cinnamon to a boil, stirring until the sugar dissolves. Allow to cook until liquid reduces to syrup consistency. Drop the hot, cooked vetkoek into the hot syrup and allow to soak. Serve the hot syrup vetkoek with the caramelised bananas and ice cream if desired.



recipe brought to you by hulett's



description	brand	size	pack size
Equisweet Low Kilojoule Sweetener Sachets	Hulett's	1000s	Box
Equisweet Low Kilojoule with Sucralose Sweetener Sachets	Hulett's	1000s	Box

Hulett's®
equisweet™
 LOW KILOJOULE SWEETENER
All of the pleasure...none of the guilt!

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hot ginger tea

2 tea bags
1 stick cinnamon
4 whole cloves
1 small knob of fresh ginger, grated
2-3 Hulett's Equisweet sachets
750 ml boiling water
orange slices

Put tea bags, cinnamon sticks, cloves, ginger and Hulett's Equisweet sachets in a large teapot. Pour boiling water over and allow to steep for 3 minutes. Remove tea bags and steep for a further 5 minutes. To serve, pour tea into cups and float a slice of orange in each cup.



recipe brought to you by **clover**



description	brand	size	pack size
Condensed Milk	Clover	385 g	Case 48
Condensed Milk	Clover	385 g	Case 24
Fat Free Long Life Milk	Clover	1 L	Case 6
Full Cream Long Life Milk	Clover	1 L	Case 6
Full Cream Long Life Milk	Clover	250 ml	Shr 6
Full Cream Long Life Milk	Clover	500 ml	Case 10
2% Low Fat Long Life Milk	Clover	1 L	Case 6
Long Life Vanilla Custard	Ultramel	1 L	Case 10



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iced mocha coffee

125 ml strong filter coffee, cold
30 ml cocoa powder
250 ml Clover low fat milk
20 ml Clover condensed milk
60 ml ice cream
80 ml Clover fresh cream, whipped
½ teaspoon of cocoa powder
to garnish

Stir in the 30 ml of cocoa powder into the coffee until it has dissolved. Place all the remaining ingredients into a blender or use a stick blender to blend for 30 seconds or until thick. Pour over ice cubes in a glass and top with the whipped cream and a sprinkling of cocoa.



baked eggs with spinach and feta

30 ml Clover Mooi River butter
100 g spinach leaves, blanched,
drained and chopped
salt and black pepper
4 eggs
80 ml Clover fresh cream
80 ml Clover traditional or herb
feta cheese, crumbled
30 ml chives, chopped
bread, toasted

Preheat the oven to 200 C and grease 4 x 125 ml ovenproof dishes. Melt the butter in a pan and stir in the spinach. Season well with salt and pepper. Divide the mixture into the 4 dishes, crack an egg into each one and top with the cream. Sprinkle the feta and chives over the top and season with pepper. Place the dishes on a baking tray and bake for 10-15 minutes or until the eggs are done to your liking. Serve with toasted bread soldiers.



recipe brought to you by highveld honey



HIGHVELD HONEY FARMS c.c.



description	brand	size	pack size
Little Bee Honey	Highveld Honey	500 g	Case 24

recipe brought to you by rich's



description	brand	size	pack size
Croissant	Rich's	80 g	70 x 80 g
Croissant	Rich's	60 g	100 x 60 g
Croissant	Rich's	40 g	130 x 40 g
Mini Croissant	Rich's	25 g	200 x 25 g
Mini Apple Turnover	Rich's	40 g	150 x 40 g
Pain Au Chocolat	Rich's	75 g	70 x 75 g
Mini Pain Au Chocolat	Rich's	30 g	180 x 30 g
Chocolate Chip Twist	Rich's	110 g	40 x 110 g
Mini Chocolate Chip Twist	Rich's	40 g	110 x 40 g
Mini Pain Aux Raisin	Rich's	35 g	120 x 35 g
Mini Breakfast Solution	Rich's	25 / 30 / 35 g	132 units
Mini Danish Selection	Rich's	42 g	120 units

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glazed brie

with honey and nuts

¼ cup of Little Bee honey
1 tablespoon of brandy
¼ cup of coarsely chopped pecans
1 wedge of brie cheese
crackers, tart dried apricots and
seedless grapes to serve

In a small bowl combine the Little Bee honey, the pecans and the brandy. Place the cheese on a large ovenproof platter. Bake in a preheated, 260 C, oven for 4-5 minutes or until the cheese softens. Drizzle the honey mixture over the top of the cheese. Bake for 2 to 3 minutes longer or until the topping is thoroughly heated. Do not melt the cheese. Serve with the crackers, tart dried apricots and seedless grapes.



croissant and nutella pudding

6 RediBake® croissants, baked
4 egg yolks
¼ cup of sugar
400 ml Versatié™
30 ml milk
1 jar of Nutella
30 ml Frangelico

Preheat oven to 180 C. Cut the baked croissants into 1 cm pieces. Heat the Versatié™, milk and Frangelico until almost boiling. Whisk the sugar and egg yolks together, and temper the cream mixture over the egg mixture. Place one layer of croissant slices in a ramekin*. Cover the croissant slices with the egg and cream mixture and then top with a good dollop of Nutella, and finish off with Frangelico. Repeat this process until the ramekins are almost full. Put the ramekins on a baking tray and place in preheated oven. Bake for 30 to 40 minutes until the custard is set.

*muffin cases, espresso cups or muffin tins can be used instead of ramekins.



recipe brought to you by ma baker



description	brand	size	pack size
Unbaked Frozen Cornish Pie	Ma Baker	24 x 190 g	Case 24
Unbaked Frozen Curry Mutton Pie	Ma Baker	24 x 170 g	Case 24
Baked Pepper Steak Pie	Ma Baker	24 x 170 g	Case 24
Unbaked Frozen Spinach & Feta Pie	Ma Baker	24 x 170 g	Case 24
Unbaked Frozen Steak & Kidney Pie	Ma Baker	24 x 170 g	Case 24
Unbaked Chicken & Mushroom Pie	Ma Baker	24 x 170 g	Case 24
Unbaked Pepper Steak Pie	Ma Baker	24 x 170 g	Case 24
Unbaked Rump Steak Pie	Ma Baker	24 x 170 g	Case 24
Puff Pastry	Ma Baker	2 kg	Case 6
Large Beef Samosas	Ma Baker	50 x 90 g	Box
Large Chicken Curry Samosas	Ma Baker	50 x 90 g	Box



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easy brunch

pie with wedges and beefy gravy

200 g frozen medium-cut
potato wedges

1 Ma Baker pepper steak pie
sea salt and freshly ground black
pepper for seasoning

beefy gravy

2 tablespoons of oil

2 garlic cloves, minced

4 onions, finely chopped

3 large ripe tomatoes, finely chopped

½ cup of coffee creamer, mixed in
1 cup of hot water

¼ teaspoon of salt

¼ teaspoon of ground red pepper

½ teaspoon of dried thyme

To prepare the gravy: Heat the oil in a pan on a medium heat. Add the garlic and onions. Cook until the onion turns brown, stirring constantly. Add the chopped tomato and simmer for 2-3 minutes, stirring constantly. Add the salt, pepper and thyme and simmer while stirring constantly. Finally add in your coffee creamer and keep stirring until thickened on a low heat. Allow the pie to defrost for 30 minutes prior to baking. Preheat the oven to 200 C. Place the potato wedges on a baking tray and bake until crisp and golden. Place the pie in the oven for 25 minutes, until golden brown and then heat the gravy accordingly. Place on a plate and serve the wedges on the side of the dish. Generously spoon the warm gravy over the pie and then season to taste.



recipe brought to you by **bce**



description	brand	size	pack size
Combination Steam Oven	Piron 900	6 Pan	Each
Combination Steam Oven	Piron 900	10 Pan	Each
Planetary Mixer	Kitchenaid	5 L	Each
Stainless Steel French Whisk	BCE	300 mm	Each
Stainless Steel French Whisk	BCE	350 mm	Each
Stainless Steel Measuring Set	BCE	4 Piece	Each
Wood Pepper Grinder	BCE	150 mm	Each
Wood Pepper Grinder	BCE	350 mm	Each
White Cutting Board	BCE	500 x 380 x 13 mm	Each
Blue Cutting Board	BCE	255 x 405 x 10 mm	Each
Brown Cutting Board	BCE	500 x 380 x 13 mm	Each
Green Cutting Board	BCE	500 x 380 x 13 mm	Each
Red Cutting Board	BCE	500 x 380 x 13 mm	Each
Yellow Cutting Board	BCE	500 x 380 x 13 mm	Each

frittata

filled with asparagus, mushroom, chorizo, brie and dill

12 free range eggs
¾ cup of fresh cream
1 bunch of asparagus, blanched
10-15 small button mushrooms,
cut in half
2 chorizo sausages, sliced half a
centimeter thick on a
45 degree angle
100 g of brie cheese or
any soft cheese
4-5 sprigs of dill leaves,
picked and chopped
olive oil

Preheat the oven to 160 C. Cut the asparagus into 2 cm pieces. In a non-stick pan sauté the chorizo on high for 2-3 minutes, remove, drain and pour the oil back into the pan. Return the pan back to the stove on high heat (add some olive oil if required) and sauté the mushrooms, remove and drain. In a large stainless steel mixing bowl, crack the eggs and whisk together with the cream until all the eggs are broken. Add the chorizo, mushrooms, asparagus and dill and season liberally with salt and pepper, mixing with a wooden spoon.

If you have an ovenproof non-stick frying pan, do the following: Lightly oil the pan and place on a high heat, stir the egg mix one last time and pour the mix into the hot pan. Let it sit on the heat for approximately 30 seconds while you distribute the brie cheese over the surface of the egg mix and then transfer the whole pan to the oven.

If you do not have an ovenproof non-stick frying pan you can use an ovenproof baking dish: Lightly oil the ovenproof dish and place it in the oven for a few minutes until hot and remove. Stir the egg mix one last time and pour the mix into the hot dish, distribute the brie cheese over the surface of the egg mix and then transfer the whole dish to the oven.

In both cases: Bake in the oven for approximately 45 minutes to 1 hour. No liquid egg should rise when you gently depress the top of the frittata (however do not mistake melted brie for raw egg). Remove from the oven and allow to sit for 10 minutes. Turn out carefully by placing a large plate or medium cutting board over the pan or dish and holding firmly onto both, turn the pan upside down. Repeat the last step one more time to ensure the brie cheese is served on the top and carefully cut the frittata into portions. Serve warm from the oven with a glass of chilled white wine, or serve cold from the fridge with a green salad.



recipe brought to you by **fortis**



The Fortis range surpasses expectations in the hospitality industry.

Clients are provided with handpicked, world class items of:
crockery
glassware
cutlery
buffetware
and accessories.

Product ranges are suitable for every type of hospitality environment, from high volume franchise operations to six star establishments.

Fortis Hotelware proudly represents a number of world famous brands exclusively within the hospitality industry.

Visit our showroom in Cape Town or Johannesburg to view our range of products.

**FORTIS**
HOTELWARE

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

easy blueberries and cream French toast sandwich

with orange maple syrup

¼ cup of red wine
½ cup of orange juice
½ teaspoon of grated orange zest
½ cup of maple syrup
1 pinch of red pepper flakes, crushed
to taste (optional)
8 slices of good quality whole wheat
bread
½ cup of softened cream cheese
½ cup of fresh blueberries
(use canned if fresh not available)
4 eggs
½ cup of milk
¼ cup of butter

Bring the red wine, the orange juice, and the orange zest to a boil in a small saucepan. Reduce the heat to medium-low and cook for 5 minutes. Pour in the maple syrup and the red pepper flakes. Continue cooking for 5 minutes more; reduce the heat to warm and keep the syrup hot. Meanwhile, spread one side of each slice of bread with the softened cream cheese. Press the blueberries into the cream cheese and sandwich two pieces of bread together with the cream cheese on the inside to form the sandwiches; set aside. Beat the eggs in a mixing bowl; whisk in the milk until smooth. Melt the butter in a large skillet over medium heat. Dip the sandwiches into the egg mixture allowing the egg to soak into the bread. Allow the excess egg to drip off. Cook the sandwiches in the hot butter until golden brown on both sides and the bread is no longer soggy, about 3-5 minutes per side. Serve with the hot orange maple syrup.



recipe brought to you by dairybelle



description	brand	size	pack size
Long Life Full Cream Milk	DairyBelle	1 L	Case 6
Long Life Low Fat Milk	DairyBelle	1 L	Case 6
Long Life Fat Free Milk	DairyBelle	1 L	Case 6



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aubergine, tomato and cheese stacks

5 ml ground coriander
5 ml ground cumin
5 ml chilli sauce (optional)
15 ml coconut shavings
1 garlic clove, crushed
5 ml salt
3 ml ground turmeric
100 ml DairyBelle plain
low fat yoghurt
10 ml lemon juice
15 ml sunflower oil
3 medium sized aubergines,
thickly sliced
2 large tomatoes, sliced
250 ml In Shape medium fat cheese,
grated
salt and freshly ground black pepper,
to taste
fresh coriander leaves, to serve

Mix the spices, coconut shavings, garlic, yoghurt, lemon and oil together and brush the aubergines liberally with the yoghurt mixture. Place the aubergine in a lightly greased baking tray and grill under a preheated oven grill until tender. Make layers with the aubergine, tomato and some of the cheese ending with the cheese on top. Do the same with the slices of remaining aubergine, ending up with 6 stacks. Place the stacks on a baking tray and grill in the oven until the cheese has melted and the tomato skins start to wrinkle. Season to taste, garnish with coriander leaves and serve.



from our basket

product solutions from Bidvest Foodservice



starters



starters

recipe brought to you by seafrost



description	brand	size	pack size
New Zealand Mussels 1/2 Shell (Perna canaliculus) 1st Grade (100% Nett Weight)	OPC	10 x 1 kg	Case
New Zealand Mussels 1/2 Shell (Perna canaliculus) Catering (Bulk)	New Zealand	12 kg	Case
New Zealand Fully Cooked Full Shell Mussels (Perna canaliculus) (100% Nett Weight)	Omega	15 x 500 g	Case
New Zealand Mussel Meat (Perna canaliculus) M 60/90 (100% Nett Weight)	OPC	10 x 1 kg	Case
Scallops 1/2 Shell		10 x 850 g	Case



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mussel chowder

455 g potatoes
50 ml cold water
¼ cup of olive oil
115 g of bacon
3 tablespoons of garlic, finely
chopped
1 teaspoon of lemon zest
3 tablespoons of shallots, finely
chopped
1 tablespoon of fresh thyme leaves
3 tablespoons of plain flour
680 g of fresh New Zealand mussels
2 cups of leeks, chopped
750 ml of white wine
½ cup of double cream
¾ teaspoon of sea salt
¼ teaspoon of freshly ground
pepper
crusty bread to serve

Parboil the potatoes, slice the potatoes into ½ cm thick slices, place the potatoes in a medium saucepan in the cold water, and bring to a boil. Reduce the heat to medium and cook until the potatoes just begin to soften, for about 5 minutes. Drain the potatoes and set to one side. To prepare the chowder: Heat the olive oil in the saucepan over a medium heat, add the bacon, the garlic, the lemon zest, the shallots, the thyme and cook. Stir the ingredients frequently, until the shallots and garlic are softened and the bacon is lightly browned, for about 6 minutes. Gradually add the flour, stirring well. Add the New Zealand mussels and the wine, and cover, bring to a low boil over a medium heat. Remove the mussels as they open, using a slotted spoon, and set to one side. Reduce the heat to a medium low heat, and add the potatoes and leeks to the chowder and continue to cook until the potatoes and leeks are tender about 20 to 25 minutes. Remove from the heat and stir in the double cream, season the chowder with the sea salt and pepper and lightly fold the mussels into the chowder, serve right away in warmed soup bowls with the crusty bread.



recipe brought to you by tiger brands



description	brand	size	pack size
Baked Beans	Koo	225 g	Shr 6
Baked Beans	Koo	420 g	Shr 12
Baked Beans	Koo	3.06 kg	Case 6
Butter Beans	Koo	3 kg	Case 6
Butter Beans	Koo	410 g	Shr 12
Cross Cut Green Beans	Koo	410 g	Shr 12
French Style Green Beans	Koo	2.95 kg	Case 3
Red Kidney Beans	Koo	410 g	Case 12
Grated Beetroot	Koo	405 g	Shr 12
Sliced Beetroot	Koo	405 g	Shr 12
Whole Kernel Corn	Koo	2.95 kg	Case 6
Whole Kernel Corn	Koo	340 g	Shr 12
Whole Kernel Corn	Koo	410 g	Shr 12

see more listings on page 181



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

spicy mexican bean nachos

1 packet of nacho chips

bean mixture

5 ml oil

20 g onions, diced

2 jalapenos, chopped

2 ml garlic, crushed

pinch of ground cumin

pinch of paprika

5 ml Value Chef Hugo's
peri-peri sauce

5 ml sugar

60 ml Koo baked beans in
tomato sauce

60 ml Koo red kidney beans, drained

30 ml Koo corn kernels, drained

5 ml All Gold tomato paste

20 ml All Gold tomato and onion mix

5 ml coriander, chopped

Heat the oil in a pot and fry the onions until soft, add the chillies and garlic and fry for 2 minutes. Add all the spices, sugar, tomato paste and peri-peri and fry for 2 minutes. Add the corn kernels and mix thoroughly. Add the baked beans in sauce, kidney beans, tomato mix and reduce heat to a simmer. Allow to cook for a further few minutes or until the mixture begins to thicken slightly. Stir in the chopped coriander and season. To serve, top the nacho chips with the hot bean mixture, sprinkle with cheddar cheese and place under a salamander or grill until the cheese has melted. Serve immediately.



recipe brought to you by tiger brands



description	brand	size	pack size
Chef Oil Free Greek Style Salad Dressing	Crosse & Blackwell	2 L	N/A
Chef Oil Free Italian Style Salad Dressing	Crosse & Blackwell	2 L	N/A
Tangy Mayonnaise	Crosse & Blackwell	20 kg	N/A
Tangy Mayonnaise	Crosse & Blackwell	750 g	N/A
Tangy Mayonnaise	Crosse & Blackwell	10 kg	N/A
Tangy Mayonnaise	Crosse & Blackwell	3 kg	N/A
Sandwich Spread	Crosse & Blackwell	380 g	N/A



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pita pockets

with sweet and sour chicken mayonnaise

600 g chicken, cooked and shredded
200 ml Crosse & Blackwell
tangy mayonnaise
30 ml Value Chef Hugo's sweet
chilli sauce
50 ml pineapple juice
20 ml white sugar
30 ml lemon juice
50 ml pineapple, finely chopped
rocket for pitas
salt and pepper for seasoning

Combine the shredded chicken and mayonnaise. Mix well and season. In a pan bring the sweet chilli, pineapple juice, sugar, lemon juice and pineapple to the boil and boil until thickened. Allow to cool and then fold into the chicken mayonnaise. Mix well. Cut the pita pockets open and fill with the rocket leaves and the chicken mayonnaise.



recipe brought to you by patleys



description	brand	size	pack size
Cannellini Beans	Goldcrest	400 g	Case 24
Tomato Paste	Goldcrest	3.2 kg	Case 6
Artichoke Bottoms	Goldcrest	400 g	Case 24
Quartered Artichoke Hearts	Goldcrest	400 g	Case 24
Asparagus Salad Cuts in Brine	Goldcrest	420 g	Case 24
Asparagus Spears in Brine	Goldcrest	450 g	Case 24
Bamboo Shoots	Goldcrest	230 g	Case 24
Bean Sprouts	Goldcrest	425 g	Case 24
Baked Beans in Tomato Sauce	Goldcrest	3.06 kg	Case 6
Borlotti Beans	Goldcrest	400 g	Can
Butter Beans	Goldcrest	425 g	Case 24
Butter Beans	Goldcrest	2.9 kg	Case 6
Red Kidney Beans	Goldcrest	2.6 kg	Case 6
Red Kidney Beans	Goldcrest	400 g	Case 24
Mini Corn Spears	Goldcrest	410 g	Case 24
Whole Kernel Corn	Goldcrest	410 g	Case 12
Fillets of Anchovies in Vegetable Oil	Goldcrest	45 g	Case 24

see more listings on page 181 to 182



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

artichoke pâté

with melba toast

2 x 400 g Goldcrest
artichoke hearts, drained

juice of 1 lemon

60 ml Bertolli olive oil

60 ml parmesan cheese,
freshly grated

15 ml fresh origanum,
finely chopped

60 ml walnuts, toasted

salt and freshly ground black
pepper, to taste

60 ml fresh ricotta

45 ml fresh chives, snipped

Goldcrest melba toast, to serve

Place the artichokes, juice and olive oil into a mixing bowl and blend until smooth with a hand blender. Add the parmesan, origanum and walnuts and pulse until combined and season. Spoon the artichoke mixture into a serving bowl and mix in the ricotta until smooth. Sprinkle with the chives and serve with the Goldcrest melba toast.



recipe brought to you by **HUDSON & KNIGHT**



description	brand	size	pack size
Premium Palm Olein Frying Oil	Crispa Palm	20 L	Each
Premium Sunflower Frying Oil	Crispa Gold	20 L	Each



HUDSON & KNIGHT
THE FATS AND OILS SPECIALISTS

A **Sime Darby** Plantation Company

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tempura platter

tempura batter
75 g cornstarch
75 g plain flour
1 egg, lightly beaten
200 ml soda water, cold
uncooked king prawns, shelled and
deveined
carrot, julienne
kingklip goujons
calamari strips
Crispa Gold oil, for deep frying

Sift the flours together in a medium bowl. Add the egg and the soda water and mix until just combined; the batter can be a little lumpy. Allow the batter to stand for a few minutes. Heat the Crispa Gold oil in a large saucepan or wok. Holding the prawns by the tails, dip in the batter and allow the excess to drain away. Deep fry the prawns until the batter is very lightly browned and the prawns have turned pink and are cooked through. It is best to fry the prawns in batches, so as not to overfill the pan. Drain and serve.

Chef's Tip: This quick and easy recipe makes a light, crisp batter that is suitable for fish, beef, chicken or vegetables.



recipe brought to you by **ace nuts**



description	brand	size	pack size
Blanched Almonds	Bestnut	1 kg	Each
CSSR Raw Almonds	Bestnut	1 kg	Each
Diced Almonds	Bestnut	1 kg	Each
Ground Almonds	Bestnut	1 kg	Each
Salted Almonds	Bestnut	1 kg	Each
Sliced Almonds	Bestnut	1 kg	Each
Slivered Almonds	Bestnut	1 kg	Each
Brazil Nuts	Bestnut	1 kg	Each
Raw Cashew	Bestnut	1 kg	Each
Salted Cashew	Bestnut	1 kg	Each
Hazel Nut Pieces 2-4 mm	Bestnut	1 kg	Each
Natural Hazel Nuts	Bestnut	1 kg	Each
Raw Macadamia Nuts	Bestnut	1 kg	Each
Salted Macadamia Nuts	Bestnut	1 kg	Each
Raw Mixed Nuts	Bestnut	1 kg	Each
Econo Raw Mixed Nuts	Bestnut	1 kg	Each
Salted Mixed Nuts	Bestnut	1 kg	Each
Econo Salted Mixed Nuts	Bestnut	1 kg	Each
Pecan Halves	Bestnut	1 kg	Each

[see more listings on page 183](#)



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

cashew pumpkin soup

2 tablespoons of butter
1 red onion, finely chopped
1 cup of Bestnut cashew nuts,
chopped
500 g pumpkin
2 garlic cloves, minced
1 teaspoon of chilli
2 large potatoes, peeled and diced
2 chicken stock cubes
200 ml white wine
300 ml cream
1 ½ L water
1 grinding of black pepper
1 tablespoon of sugar
1 tablespoon of parsley, chopped for
garnish
salt and black pepper, freshly ground
to taste
garlic bread to serve

Melt the butter in a skillet over a medium-low heat. Add the red onion and toss to coat. Gently sauté the onions until soft, for about 3 minutes, stirring often. Add the garlic and chilli and sauté for an additional two minutes. Place the onions, garlic and chilli in a blender or food processor along with the Bestnut cashew nuts. Process until smooth. Pour the cashew puree into a large, deep saucepan. Add the pumpkin, the potatoes, the chicken stock, the white wine, the sugar and the salt and pepper. Bring to a boil. Reduce the heat to medium and simmer for 30 minutes until the potatoes are tender. Add the water to the soup, stirring constantly. Add the salt and pepper to taste. Pour the cream in. Sprinkle each serving with the parsley and serve hot with the garlic bread.



recipe brought to you by parmalat



description	brand	size	pack size
Long Life Dairy Vanilla Custard	Parmalat	1 L	Case
Full Cream Milk Pods	Parmalat	50 x 20 ml	Case
Fat Free Long Life Milk	EverFresh	1 L	Case
2% Low Fat Long Life Milk	EverFresh	1 L	Case
Full Cream Long Life Milk	EverFresh	1 L	Case
Traditional Mozzarella	Simonsberg	300 g	Case



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

baked tomato and mozzarella tarts

2 rolls of ready-made puff pastry
5-6 beefsteak tomatoes, sliced
300 g Simonsberg mozzarella,
cut into thin slices
salt and black pepper to taste
1 cup of basil pesto
crunchy salad to serve

Preheat the oven to 200 C. Lay out the puff pastry and cut into rectangular pieces as wide as the tomato slices. Arrange the tomato and mozzarella slices alternately on the pastry and season with the salt and black pepper. Bake in the oven for 12-15 minutes until the pastry is golden in colour. Serve warm with the pesto spooned over. Serve with a crunchy salad.



pizzaiola tartines

3 ripe tomatoes, roughly chopped
2 spring onions, chopped
8 pitted green olives, chopped
1 teaspoon of fresh oregano,
chopped
olive oil for drizzling
soft butter for spreading
12 slices of white bread
300 g Simonsberg mozzarella
salt and black pepper to taste

Combine the tomatoes, spring onion, olives and oregano and dress with the olive oil. Stir lightly and set aside. Cut rounds out of the bread slices using a biscuit cutter and spread with the butter on both sides. Toast the rounds in a hot frying pan. Top each toast with the tomato mixture and sliced mozzarella. Season to taste with salt and pepper.



recipe brought to you by **mccain**



description	brand	size	pack size
Baby Marrow Roundels	McCain	1 kg	Case 6
Cut Green Beans	McCain	1 kg	Case 6
Sliced Green Beans	McCain	1 kg	Case 6
Sliced Green Beans	McCain	2.5 kg	Case 4
Broccoli & Cauliflower Mix	McCain	1 kg	Case 6
Broccoli Cuts	McCain	1 kg	Case 6
Brussel Sprouts	McCain	1 kg	Case 6
Vegetable Burger	McCain	1 kg	Case 9
Butternut	McCain	1 kg	Case 6
Diced Carrots	McCain	1 kg	Case 6
Fingerling Carrots	McCain	1 kg	Case 6
Julienne Carrots	McCain	1 kg	Case 6
Carrots Roundels	McCain	1 kg	Case 6
Cauliflower	McCain	1 kg	Case 6
Cut Corn	McCain	2.5 kg	Case 4
Cut Corn	McCain	1 kg	Case 6
Corn Wagon Wheels	McCain	1 kg	Case 10

see more listings on page 183



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

thai salmon fish cakes

with crispy sweet potato

fish cakes

- 418 g can of red or pink salmon, drained and bones removed
 - 1 red chilli, seeded and chopped
 - ½ a red pepper, finely cubed
 - 32 g fresh white breadcrumbs
 - 15 ml fish sauce
 - 3 ml soy sauce
 - 5 ml lemon or lime rind (optional)
 - 1 egg, beaten
 - freshly ground black pepper to taste
 - flour for coating
 - 25 ml sunflower oil for frying
 - lemon wedges, herb salad and sweet chilli sauce to serve
- ### **sweet potato chips**
- 800 g McCain Crinkle Cut sweet potato chips
 - salt and freshly ground black pepper

To prepare the fish cakes, add all of the ingredients, except for the flour and oil into a food processor and pulse until mixed. Add more breadcrumbs if the mixture is a little soft. With lightly floured hands, shape into 50 ml fish cakes, dust with flour and place on a baking tray. Place in the freezer until needed. Meanwhile cook McCain Crinkle Cut sweet potato chips according to the instructions on the pack. Fry the fish cakes in heated oil for 2-3 minutes or until crispy and golden brown. Serve with lemon wedges, herb salad and sweet chilli dipping sauce.



creamy soup

with chunky parsnip, leek and sweet potato

- 4 big garlic cloves, crushed
- 40 ml olive oil
- 40 ml butter
- 300 g leeks, thinly sliced
- 400 g McCain Alternatives chunky parsnips
- 225 g McCain Classics sliced sweet potatoes
- 10 ml ground cumin
- 5 ml ground coriander
- 1.4 L hot vegetable and chicken stock, mixed
- 100 g extra leeks, thinly sliced
- 150 ml cream
- salt and black pepper to taste
- coriander leaves and croutons or crushed bread to garnish

Sauté the garlic and leeks in olive oil and butter mixture until soft. Add McCain Alternatives chunky parsnips and McCain Classics sliced sweet potato and sauté for another 8 minutes. Add cumin and coriander and sauté for 2 minutes. Add the hot stock, cover and simmer for approximately 60 minutes or until the vegetables are soft. Sauté the extra leeks in a little butter until soft and golden brown. Keep aside. Puree the soup until smooth. Stir in the cream and leeks. Season with salt and freshly ground pepper. If the soup is too thick, adjust the consistency with extra stock and water to your taste. Garnish and serve hot with fresh coriander and croutons or crushed bread.



recipe brought to you by lancewood



description	brand	size	pack size
Cheddar Cheese Loaf	Lancewood	2.5 kg	Loaf
Gouda Cheese Loaf	Lancewood	2.5 kg	Loaf
Mozzarella Cheese Loaf	Lancewood	2.5 kg	Loaf
Grated Cheddar Cheese	Lancewood	4 x 2 kg	Case
Grated Mozzarella Cheese	Lancewood	4 x 2 kg	Case
Mascarpone	Lancewood	2.5 kg	Bucket
Crème Fraîche	Lancewood	2.5 kg	Bucket
Original Cream Cheese	Lancewood	5 kg & 2.5 kg	Bucket
Smooth Low Fat & Full Fat Cottage Cheese	Lancewood	5 kg & 2.5 kg	Bucket
Low Fat & Full Fat Chunky Cottage Cheese	Lancewood	5 kg & 2.5 kg	Bucket
Low Fat Plain Yoghurt	Lancewood	5 L & 2.5 L	Bucket
Low Fat Strawberry Yoghurt	Lancewood	5 L & 2.5 L	Bucket
Low Fat Granadilla Yoghurt	Lancewood	5 L & 2.5 L	Bucket
Low Fat Peach Yoghurt	Lancewood	5 L & 2.5 L	Bucket
Fruits of The Cape Low Fat Yoghurt	Lancewood	5 L & 2.5 L	Bucket
Greek Style Yoghurt (Unpreserved)	Lancewood	5 L & 2.5 L	Bucket
Greek Style Yoghurt	Lancewood	5 L & 2.5 L	Bucket

LANCEWOOD

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

salmon and avocado californian wraps

30 ml dill, freshly chopped
250 g tub Lancewood smooth fat
free cottage cheese
zest of 1 lime
salt and freshly ground black pepper,
to taste
4 soft flour wraps
200 g smoked salmon
1 avocado, sliced
2 handfuls of washed and dried
watercress

mayonnaise

Japanese mayonnaise
lime juice
sprinkling of wasabi

Combine the dill, the cottage cheese, the lime zest and seasoning. Spread onto the wraps. Arrange the salmon in a strip, close to one edge, top with slices of the avocado and then with the watercress. Roll up tightly and cover with cling film. Cut into 2 cm thick pieces just before serving. To prepare the mayonnaise: Mix the Japanese mayonnaise with a little lime juice and a sprinkling of wasabi. Garnish with extra watercress and serve with lime infused mayonnaise.

Alternatives: Mix 45 ml wholegrain mustard with the cottage cheese instead of the dill and the lime zest and spread onto the wraps. Top with fried beef strips, sliced mixed peppers, rocket and avocado. Serve with a drizzle of your favourite mayonnaise.

Mix cottage cheese with 45 ml sweet chilli sauce instead of the dill and the lime zest and spread onto wraps. Top with smoked chicken strips, sliced mango, avocado and coriander. Serve with mayonnaise mixed with a little sweet chilli sauce.



recipe brought to you by I&J



description	brand	size	pack size
Fish Cakes 50 g	I&J	2 kg	box
Fish Cakes 100 g	I&J	7.2 kg	box
Fish Bites	I&J	5 kg	box
Fish Fingers	I&J	2 kg	box
Fish Fingers	I&J	5 kg	box
Chicken Steaklets 100 g	I&J	3.2 kg	box
Chicken Nuggets	I&J	6 x 1 kg	box
Chicken Burgers 100 g	I&J	3 kg	box
Great Value Beef Burgers 100 g	I&J	3 kg	box
Catering Beef Burgers 100 g	I&J	3 kg	box
Catering Beef Burgers 100 g	I&J	6 kg	box



I & J was founded in Cape Town in 1910 when the cultured Englishman, George Irvin, and the adventurous and rather unpredictable Swede Carl Johnson, signed a partnership agreement capturing their intention to "carry on together the business as Fishermen, Fish Dealers, Buyers and Salesmen" and to "operate under the style and name of Irvin and Johnson".

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

I&J fish cakes

with curried peach & rice salad

300 g I&J fish cakes, cooked
1 x 410 g canned peach slices in sugar
syrup
30 ml sunflower oil
1 medium onion, chopped
5 ml mild curry powder
375 ml cooked white rice
60 ml raisins
30 ml chutney
5 ml lemon juice
salt and cayenne pepper to taste
60 ml fresh coriander (dhania), chopped
strips of red chilli
lettuce
leaves and lemon wedges

Drain peaches and reserve 30 ml syrup.

Chop peaches coarsely. Heat oil in frying pan; sauté onion. Add curry powder, fry for a few seconds; remove from heat.

Stir in cooked rice, raisins, chutney, lemon juice, 30 ml reserved peach syrup, salt, cayenne pepper and chopped coriander. Garnish with chilli. Serve on lettuce with I&J fish cakes and lemon wedges. **Cooking Instructions:**

Cook directly from frozen. Brush the fish cake lightly with oil and bake on a lightly greased baking tray in a pre-heated oven at 220 C for approximately 20 minutes, turning after 15 minutes. Pan fry in a little preheated oil over moderate heat for 8-9 minutes, turning occasionally. Deep fry at 180 C for 5-6 minutes.



I&J golden fish bites

lunch box ideas

Golden fish bites cones

Cut any wrap or tortilla (available from deli section in supermarket) in half, or in quarters, depending on size. Fold into cones and secure with toothpicks. Fill cones with shredded lettuce, I&J fish bites and any fresh veggies.

Golden fish bites skewers

Thread cooked I&J fish bites onto wooden skewers or toothpicks together with rosa or cherry tomatoes, chunks of cucumber, mushrooms and gherkins.

Golden fish bites pitas

Cut pita breads in half and spread inside of pockets with mayonnaise. Fill pockets with your favourite salad and cooked I&J fish bites.

Veggie bundles

Cut carrots and cucumber (or celery) into long strips. Bundle together with baby corn and sugar snap peas. Tie each bundle with a piece of raffia or string and serve with one of the tasty snacks above.



recipe brought to you by seafrost



description	brand	size	pack size
Patagonica C5	Marfrio	aprox. 11 kg	Kg
Squid (Todarodes Pacificus) Rings Wing off Choice (100% Nett Weight)	Seafrost	40 x 125 g	Case
Squid (Todarodes Pacificus) Rings Wing on (100% Nett Weight)	Seafrost	40 x 125 g	Case
Squid (Todarodes Pacificus) Steak Strips	Seafrost	40 x 125 g	Case
Squid (Todarodes Pacificus) Steaks	Seafrost	1.8 kg	Case 8
Squid (Todarodes Pacificus) Tubes Wing off	Seafrost	5 kg	Case
Squid (Todarodes Pacificus) Tubes Wing on	Seafrost	5 kg	Case
Squid Strips Breaded	Marfrio	15 x 400 g	Case



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calamari stuffed with prawns

8 Seafood medium-sized squid tubes, wing off
8 medium-sized calamari
1 L water
500 ml dry white wine
1 bay leaf
a pinch of salt
250 g cooked, peeled and chopped prawns
1 minced garlic clove
2 tablespoons of chopped parsley
2 chopped red chillies
2 lemons
100 ml extra virgin olive oil
salt and pepper
250 ml cream
100 ml sweet chilli sauce

For four people simmer 8 medium-sized calamari, tubes, in a saucepan. Bring a litre of water, the wine, the bay leaf and a pinch of salt to a simmer. Add the calamari, and simmer for 15 minutes. Remove from the water to drain and cool. In a bowl, mix together the prawns, garlic clove, chopped parsley, red chillies, the juice of the lemons and 100 ml of extra virgin olive oil. Season with salt and pepper and mix well. Stuff the calamari with the mixture. Place the calamari in a baking dish and cover with the cream mixed with the sweet chilli sauce. Bake at 180 C for 20 minutes. Arrange on serving plates and drizzle with the leftover sauce, serve with rice.



from our basket

product solutions from Bidvest Foodservice



main course



main course

recipe brought to you by **unilever food solutions**



description	brand	size	pack size
Real Mayonnaise	Hellmann's	2.5 kg	Case 4
Light Reduced Oil Mayonnaise	Hellmann's	2.5 kg	Case 4
Tangy Mayonnaise	Hellmann's	2.5 kg	Case 4
Fine Whip Reduced Oil Salad Cream	Hellmann's	6.25 kg	Case 2
Tangy Mayonnaise	Hellmann's	20 kg	Each
Fine Whip Reduced Oil Salad Cream	Hellmann's	20 kg	Each
Veggie Seasoning	Robertsons	1 kg	Case 6
Cajun Seasoning	Robertsons	1 kg	Case 6
Sweet Chilli Sauce	Knorr	2 L	Case 6



Inspiration every day

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cajun vegetable baguette

300 g roasting vegetables
10 ml olive oil
5 ml Robertsons veggie seasoning
50 ml Hellmann's Fine Whip
mayonnaise
2 ml Robertsons cajun seasoning
15 ml Knorr sweet chilli sauce
2 baguettes
60 g crumbled feta

Mix vegetables with olive oil and Robertsons veggie seasoning. Bake at 180 C for 3 minutes. Mix Robertsons cajun seasoning and Knorr sweet chilli sauce with Hellmann's Fine Whip mayonnaise. Heat baguettes. Layer baguettes with roasted vegetables, feta and mayonnaise mix.



recipe brought to you by bokomo



description	brand	size	pack size
Muesli Crunch	Nature's Source	1 kg	Case 10
Weet-Bix	Bokomo	900 g	Case 3
Regular Maltabella	Bokomo	1 kg	Case 24
Cornflakes Box	Bokomo	1 kg	Case 10
Regular Maltabella	Bokomo	10 kg	Each
Plain Pronutro	Bokomo	10 kg	Each
Original Pronutro	Bokomo	500 g	Case 24
Weet-Bix	Bokomo	450 g	Case 24
Seedless Raisins	Safari	1 kg	Case 12
Standard Mixed Fruit	Safari	500 g	Case 20
Assorted Fruit Bars	Safari	30 x 32 g	Each
Golden Choice Sultanas	Safari	250 g	Case 40
Pitted Prunes	Safari	500 g	Case 20
Dried Apricots	Safari	500 g	Case 20
Baking Powder	Royal	2 kg	Case 6
Glaced Green Figs	Sugarbird	5 kg	Each
Anchovette Fish Paste	Peck's	225 g	Case 6
Yeast Extract	Marmite	250 g	Case 5
Meat and Vegetable Extract	Beefy Bovril	250 g	Case 5

see more listings on page 183

BOKOMO
www.bokomoindustrial.co.za

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curried chicken and apricot mini sosaties

250 g Safari dried apricots
325 ml apricot juice
15 ml oil
1 onion, finely chopped
1 clove garlic, crushed
2 cm piece ginger, grated
30 ml mild curry powder
5 ml turmeric
2 ml chillies, crushed
45 ml apricot jam
15 ml lemon juice
60 ml Moir's desiccated coconut
250 ml plain yoghurt
500 g chicken breasts, cubed
(± 2 cm x 2 cm cubes)
fresh coriander

yoghurt and cucumber dip

60 ml cucumber, finely chopped
125 ml thick, plain yoghurt

Soak the Safari dried apricots overnight in the apricot juice. Heat the oil and sauté the onion, garlic and ginger until soft. Add the curry powder, turmeric and chillies and sauté for 1 minute. Add the jam, lemon juice and coconut.

Cool and add the yoghurt. Mix with the cubed chicken, cover and refrigerate for at least 2 hours. Soak wooden skewers in water. Drain the apricots and thread together with the chicken onto the skewers. Place on a baking sheet and grill until golden and cooked. Twirl the coriander around sosaties.

To prepare the yoghurt and cucumber dip: Mix 60 ml finely chopped cucumber with 125 ml thick plain yoghurt. Season to taste. Serve the sosaties with the dip.



recipe brought to you by **nestlé**



description	brand	size	pack size
Chef Oil Free French Salad Dressing	Maggi	2 L	Case 6
Gravy Powder	Maggi	1 kg	Case 10
Instant Mashed Potato	Maggi	4 kg	Each
Teriyaki Sauce	Maggi	500 ml	Case 6
Liquid Seasoning	Maggi	800 ml	Case 6
Wasabi Plum Sauce	Maggi	500 ml	Case 6



Creative Food & Beverage Solutions

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

spiced lamb and coriander burgers

1 onion, finely chopped
2 garlic cloves, chopped
10 ml ground coriander
5 ml cumin, toasted
200 g lamb mince
30 ml chutney
30 ml Maggi liquid seasoning
5 g fresh coriander, chopped
50 ml fresh white breadcrumbs
1 egg
40 ml Maggi wasabi
flavoured plum sauce
2 burger buns
lettuce
tomato

Heat the oil in a pan and gently sauté the onion, garlic, ground coriander and cumin until glossy. Allow to cool completely. Place the mince into a bowl and add the chutney, liquid seasoning, fresh coriander, breadcrumbs, egg and cooled onion mix. Mix very well to combine and then chill. Form the cooled mix into patties and compact well. Heat a grill pan and grill the patties on both sides, brushing regularly with Maggi wasabi flavoured plum sauce. Serve on a crisp bun with fresh lettuce and tomato.



bunny chow

with butter chicken curry

1 kg chicken breasts, cut into cubes
60 ml vegetable oil
60 ml butter
1 large onion, grated
2 garlic cloves, crushed
45 ml garam masala
5 ml cinnamon, ground
45 ml turmeric
2 ml cumin
2 ml ground coriander
45 ml tomato paste
60 ml Maggi liquid seasoning
400 ml buttermilk
400 g can of chopped tomatoes
125 ml cream
5 ml cornflour
10 ml fresh coriander leaves, chopped
2 loaves of white country bread

Brown the chicken in batches until brown then set aside. In the same pot sauté the onions in butter and add the chicken, garlic and spices. Cook for a few minutes and then add the tomato paste and the liquid seasoning and fry for 2 minutes. Add the buttermilk, cornflour, tinned tomatoes and cream and simmer until the chicken is tender. Reduce the sauce and add the coriander. For the bunny chow, cut off the top of each loaf and scoop out the filling. When serving fill each loaf up with the curry and top up with the chutney and more fresh coriander.



recipe brought to you by cooking with...



description	brand	size	pack size
Beans in Tomato Sauce	Cooking with..	3 kg	Case 6
Butter Beans	Cooking with..	3 kg	Case 6
Mixed Vegetables	Cooking with..	3 kg	Case 6
Tomato & Onion Mix	Cooking with..	3 kg	Case 6
Tomato Puree	Cooking with..	3 kg	Case 6
Tomato Paste	Cooking with..	3 kg	Case 6

recipe brought to you by cooking with...

Cooking with...
HERBS & SPICES



description	brand	size	pack size
Barbecue Spice	Cooking with...	1 kg	Case 6
Bay Leaves	Cooking with...	100 g	Case 6
Cajun Spice	Cooking with...	1 kg	Case 6
Cayenne Pepper	Cooking with...	800 g	Case 6
Chicken Spice	Cooking with...	1 kg	Case 6
Portuguese Chicken	Cooking with...	1 kg	Case 6
Cinnamon	Cooking with...	600 g	Case 6

see more listings on page 183 to 184

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

balti style chicken

6 chicken breasts
1 teaspoon of fresh chilli, chopped
1 teaspoon of garlic, crushed
1 teaspoon of masala
1 teaspoon Cooking with...
ground ginger
1 teaspoon Cooking with... hot curry
1 teaspoon Cooking with...
garlic herb
1 teaspoon of brown sugar
20 ml Cooking with... tomato paste
250 ml greek yoghurt
300 ml of Cooking with... tomato &
onion mix
1 chicken stock, dissolved in 125 ml
of water
1 onion, diced
30 ml vegetable oil
125 ml of cream
fresh coriander, chopped to garnish

Dice the chicken and marinate it for one hour with the yoghurt, crushed garlic, Cooking with... ground ginger, brown sugar, Cooking with... tomato paste and the chilli. Fry the onions and Cooking with... curry powder and Cooking with... garlic herb in the oil and add the chicken mixture. Add the Cooking with... tomato & onion mixture and chicken stock and cook for 10 minutes. Once the chicken is cooked, finish with the cream and stir thoroughly. Sprinkle with the masala and coriander, and serve.



recipe brought to you by tiger brands



description	brand	size	pack size
Spinach Lasagne	Fatti's & Moni's	250 g	Case 12
Yellow Lasagne	Fatti's & Moni's	250 g	Case 14
Macaroni	Fatti's & Moni's	500 g	Case 40
Macaroni	Fatti's & Moni's	1 kg	Case 20
Elbow Macaroni	Fatti's & Moni's	500 g	Case 20
Screw Noodles	Fatti's & Moni's	500 g	Case 20
Penne Rigate Quills	Fatti's & Moni's	500 g	Case 20
Small Shells	Fatti's & Moni's	500 g	Case 20
Spaghetti	Fatti's & Moni's	500 g	Case 20
Spaghetti	Fatti's & Moni's	1 kg	Case 20



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smoked mackerel pasta salad

250 g uncooked Fatti's & Moni's
pasta quills
15 ml olive oil
1 celery stick, cut into thin slices
2 large oranges
100 g pineapple
100 g seeded grapes
1 small cucumber, coarsely chopped
2 smoked mackerel fillets, flaked
50 g slivered almonds, toasted

dressing

200 g plain Greek yoghurt
½ a lemon, juice and rind
30 ml fennel leaves, chopped
30 ml chives, chopped
salt and freshly ground black pepper
to taste

Cook the pasta according to the instructions on the packet. Rinse well under cold water after draining. Add a little olive oil and toss through. For the dressing, mix the ingredients for the dressing together. Peel the oranges and cut into segments and core the pineapple. In a large bowl, combine the remaining ingredients with the pasta. Pour the dressing over and toss through lightly.



recipe brought to you by tiger brands



description	brand	size	pack size
Tomato Sauce	All Gold	4.5 L	Ctn
Tomato Sauce	All Gold	700 ml	Shr 6
Tomato Sauce	All Gold	350 ml	Shr 12
Tomato Sauce Bulk Pack	All Gold	10 L	Case 2
Tomato Sauce Portion Packs	All Gold	200 x 8 g	Ctn
Tomato & Onion Mix	All Gold	410 g	Shr 12
Tomato & Onion Mix	All Gold	3 kg	Case 6
Tomato Paste	All Gold	3.15 kg	Case 6
Tomato Paste	All Gold	115 g	Shr 24
Tomato Puree	All Gold	410 g	Shr 12
Tomato Puree	All Gold	2.95 kg	Case 6
Whole Peeled Tomatoes	All Gold	2.92 kg	Case 6
Whole Peeled Tomatoes	All Gold	400 g	Shr 12



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pasta a la dikilana

500 g uncooked Fatti's & Moni's macaroni
30 ml butter or margarine
2 onions, chopped
1 green pepper, cut into thin strips
2 garlic cloves, crushed
500 g fresh chicken livers
410 g All Gold tomato and onion mix
2-3 ml cayenne pepper
1 fresh chilli, deseeded and chopped
1 tomato, chopped
125 ml maas
salt and freshly ground black pepper to taste

Cook the pasta according to the instructions on the packet. Heat the butter in a heavy-based saucepan. Add the onion, green pepper and garlic and sauté until the onion is translucent. Add the chicken livers and spices and fry until the livers are just cooked. Add the All Gold tomato and onion mix and maas then heat through. Season to taste. Serve the chicken livers with the macaroni.



recipe brought to you by mission foods



description	brand	size	pack size
Tortillas 10"	Mission Foods	12s	Case 12



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

easy chicken wrap

non-stick cooking spray
vegetable oil
salt and ground black pepper to taste
12 Mission Foods wraps
1 packet shoulder bacon, sliced
24 grilled chicken strips
500 g halloumi cheese
2 large avocados, sliced
50 ml sweet chilli sauce
salt and ground black pepper to taste
green salad to serve.

Heat the oil in a medium saucepan over a medium heat. Add the halloumi cheese and cook for 5 minutes. Remove the halloumi from the pan and add the bacon. Cook until crispy. Slice the avocados. Line the wraps with the cooked chicken, the halloumi cheese, the bacon, the avocado and the sauce. Grease a pan with non-stick cooking spray and lightly heat the wraps. Take the wraps off the heat. Add the salt and pepper to taste. Roll to create a wrap and serve with the green salad.



recipe brought to you by **seafrost**



description	brand	size	pack size
Black Tiger Prawns (Panaeus Monodon) 2/4 (80% Nett Weight)	Seafood	800 g	Case 10
Black Tiger Prawns (Panaeus Monodon) 4/6 (80% Nett Weight)	Seafood	800 g	Case 10
Black Tiger Prawns (Panaeus Monodon) 6/8 (80% Nett Weight)	Seafood	800 g	Case 10
Black Tiger Prawns (Panaeus Monodon) 8/12 (80% Nett Weight)	Seafood	800 g	Case 10
Black Tiger Prawns (Panaeus Monodon) 13/15 (80% Nett Weight)	Seafood	800 g	Case 10
Black Tiger Prawns (Panaeus Monodon) 16/20 (80% Nett Weight)	Seafood	800 g	Case 10
Black Tiger Prawns (Panaeus Monodon) 21/25 (80% Nett Weight)	Seafood	800 g	Case 10
Black Tiger Prawns (Panaeus Monodon) 26/30 (80% Nett Weight)	Seafood	800 g	Case 10
Black Tiger Prawns (Panaeus Monodon) 31/40 (80% Nett Weight)	Seafood	800 g	Case 10
Black Tiger Prawns (Panaeus Monodon) 41/60 (80% Nett Weight)	Seafood	800 g	Case 10
Black Tiger Prawns (Panaeus Monodon) 60/80 (80% Nett Weight)	Seafood	800 g	Case 10
Vannamei Prawns (Litopaneaus Vannamei) 16/20 (80% Nett Weight)	Seafood	800 g	Case 10
Vannamei Prawns (Litopaneaus Vannamei) 21/25 (80% Nett Weight)	Seafood	800 g	Case 10
Vannamei Prawns (Litopaneaus Vannamei) 26/30 (80% Nett Weight)	Seafood	800 g	Case 10
Vannamei Prawns (Litopaneaus Vannamei) 31/40 (80% Nett Weight)	Seafood	800 g	Case 10
Prawn Meat (Panaeus/Metapaneaus/Litopaneaus Vannamei) Broken	Seafood	800 g	Case 10
Prawn Meat (Panaeus/Metapaneaus/Litopaneaus Vannamei) 10/20 (80% Nett Weight)	Seafood	800 g	Case 10

[see more listings on page 184](#)



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

prawn curry

600 g Seafood Raw Head on Black Tiger Prawns
20 ml lemon juice
50 ml oil
1 small onion, finely chopped
½ teaspoon of turmeric
¼ teaspoon of cinnamon
6 cardamom pods
3 bay leaves
1 teaspoon of ginger, finely grated
1 teaspoon of garlic, crushed
1 teaspoon of chilli paste
2 tablespoons of hot curry powder
180 ml coconut milk
1 tin of whole tomatoes with the sauce
200 ml white wine
5 ml sugar
100 ml fresh cream
salt to taste
fresh coriander to finish

Place the prawns in a bowl, add the lemon juice and toss. Allow the prawns to marinate for about 20 minutes then drain off the remaining lemon juice. Heat a little oil in a frying pan or wok to medium hot and fry the onion until it begins to brown. Add the cardamom, turmeric, cinnamon, bay leaves, ginger, sugar, the curry powder and the garlic and cook for another two minutes stirring it constantly. Add the chilli paste, a pinch or so of salt and the coconut milk, the tomatoes and the white wine and bring to almost boiling (the edges of the pan will begin to bubble). Simmer gently for 20 minutes. Remove the whole spices and bay leaves and puree. Return to the pan and reduce to a thick sauce. Toss in the prawns, give it a shake to distribute the prawns and simmer with the lid off for about 5 minutes or until the prawns are cooked but still firm. Finish with the cream and coriander.



recipe brought to you by premier foods



description	brand	size	pack size
Maize Meal	Iwisa	10 kg	Bag
Maize Meal Super Poly	Iwisa	12.5 kg	Bag
Maize Meal Super Poly	Iwisa	50 kg	Bag
Maize Rice	Iwisa	10 kg	Bag
Maize Rice	Iwisa	2.5 kg	Bale 8
Mealie Samp	Iwisa	10 kg	Bag
Mealie Samp	Iwisa	2.5 kg	Bag
Mealie Samp	Iwisa	5 kg	Bag



PREMIER FOODS

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

tasty chicken pie

with maize topping

750 g chicken pieces (about 6 pieces
breasts, thighs, drumsticks)

250 ml chicken stock

30 ml olive oil

1 medium onion, coarsely chopped

2 garlic cloves, crushed

125 g button mushrooms, sliced

60 g butter or margarine

60 ml Snowflake cake wheat flour

250 ml low fat milk

30 ml fresh thyme, chopped

10 ml dried salt and freshly ground
black pepper to taste

topping

200 ml Snowflake cake wheat flour

5 ml baking powder

1 ml salt

125 ml Iwisa maize meal

2 extra large eggs

150 ml low fat milk

15 ml butter or margarine, melted

extra fresh mixed herbs,
chopped (optional)

Bring the chicken pieces with the chicken stock to the boil in a medium, heavy-based saucepan. Simmer for about 20 minutes or until cooked. Remove from the heat. Drain the chicken pieces and keep the stock aside. Leave the chicken to cool, debone and cut the chicken meat into small pieces. Heat the oil in a large, heavy-based frying pan. Add the onion and the garlic and sauté for a few minutes until soft. Add the mushrooms and fry until soft, remove from the heat and set aside. Melt the butter in a medium, heavy-based saucepan. Add the flour and whisk for about 1 minute. Add the milk, 125 ml of the reserved chicken stock, the thyme and the seasoning and cook over a medium heat, whisking constantly, until the sauce thickens. Remove from the heat. Add the chicken and the onion and mushroom mixture. Spoon into a greased, medium ovenproof dish. To prepare the topping: Sift the flour, the baking powder and the salt together. Add the maize meal. Whisk the eggs, milk and melted butter together. Add to the dry ingredients and whisk until smooth. Spread the topping over the chicken mixture. Bake in a preheated oven at 180 C for about 30 minutes or until the topping is cooked and golden brown. Sprinkle the chopped fresh mixed herbs over, if preferred.



recipe brought to you by premier foods



description	brand	size	pack size
Sliced White Bread	Blue Ribbon	Loaf	Bag
Sliced Brown Bread	Blue Ribbon	Loaf	Bag
Premier Crushed Wheat Bread	Blue Ribbon	Loaf	Bag
Premier Brown Bread	Blue Ribbon	Loaf	Bag
Premier White Bread	Blue Ribbon	Loaf	Bag



PREMIER FOODS

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

mince bread tart

30 ml butter or margarine
8 slices Blue Ribbon white or brown bread, crusts removed
30 ml cooking oil
400 g lean beef mince
70 g rindless streaky bacon, chopped
1 medium onion, coarsely chopped
2 garlic cloves, crushed
1 medium tomato, coarsely chopped
5 ml sugar
60 ml dry red wine
10 ml Worcestershire sauce
15 ml fruit chutney
15 ml chopped fresh thyme or 5 ml dried salt and freshly ground black pepper to taste
3 extra-large eggs
250 ml milk

Butter the bread slices. Line a greased, large ovenproof dish with the bread slices. Heat the oil in a medium, heavy-based saucepan and fry the mince until it changes colour. Add the bacon and fry for a further 2-3 minutes. Add the onion and garlic and sauté for a few minutes until soft. Add the tomatoes, sugar, wine, Worcestershire sauce, chutney, thyme and seasoning and simmer until most of the liquid has cooked away. Set aside to cool slightly. Whisk the eggs and milk together and stir the egg mixture into the mince. Spoon the filling into the lined ovenproof dish. Bake in a preheated oven at 180 C for about 35 minutes.



recipe brought to you by **unilever food solutions**



description	brand	size	pack size
Barbecue	Robertsons	6 x 1 kg	Case 6
Chicken Spice	Robertsons	6 x 1 kg	Case 6
Fish Spice	Robertsons	6 x 1 kg	Case 6
Steak & Chops	Robertsons	6 x 1 kg	Case 6
Garlic Salt	Robertsons	6 x 1 kg	Case 6
Meat Tenderiser	Robertsons	6 x 1 kg	Case 6
Peri Peri	Robertsons	6 x 700 g	Case 6
Savoury Rice	Robertsons	6 x 1 kg	Case 6
Cajun Spice	Robertsons	6 x 1 kg	Case 6
Lemon & Herb	Robertsons	6 x 800 g	Case 6
Portuguese Chicken	Robertsons	6 x 1 kg	Case 6
Italian Herb	Robertsons	6 x 200 g	Case 6
Garlic & Herb	Robertsons	6 x 800 g	Case 6
Atlantic Sea Salt	Robertsons	6 x 1 kg	Case 6
Exotic Thai	Robertsons	6 x 800 g	Case 6
Zesty Lemon Pepper	Robertsons	6 x 800 g	Case 6
Veggie	Robertsons	6 x 1 kg	Case 6

[see more listings on page 184 to 185](#)



Inspiration every day

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

rack of lamb

with mint jus

1 rack of lamb
50 g Robertsons steak & chops spice
80 ml whole grain mustard
1 ml Robertsons parsley
1 ml Robertsons thyme
30 ml sunflower oil
15 g Knorr jus
100 ml water
15 ml mint jelly
200 g green beans
200 g baby carrots
5 ml Knorr vegetable bouillon granules
15 ml fresh parsley, chopped
100 g Knorr mash flakes
400 ml water, boiling
7 g Robertsons sea salt
25 g Marvello full fat margarine
200 ml milk, cold
30 g garlic, roasted and crushed

Mix together Robertsons Steak & Chops Spice, Robertsons Parsley, Robertsons Thyme and whole grain mustard and paste onto the rack of lamb. Brown the rack of lamb and finish in the pre-heated oven for ± 8 minutes or until medium rare. Remove from the oven and allow to stand. Add the Knorr jus powder and water to a pot, bring to a boil. Reduce heat and allow to cook for 12 minutes. Add mint jelly, stirring occasionally and cook for a further minute. Blanch green beans and baby carrots, season with Knorr vegetable bouillon granules and sprinkle with chopped fresh parsley. In a pot add boiling water, Marvello full fat margarine and salt. Stir until the margarine is melted. Add milk, and briskly add Knorr mash flakes and stir vigorously. Cover with lid and allow to stand for 2-3 minutes. Add in the roasted garlic and mix well. Place mash and vegetables on the plate, then the rack of lamb on top and pour mint jus.



recipe brought to you by **pacific west**



description	brand	size	pack size
Crumbed Prawn Outlets 10/15	Pacific West	6 x 2 kg	Case
Crumbed Formed Squid Rings	Pacific West	1 kg	Case 5
Crumbed Prawn Outlets 16/20	Pacific West	6 x 2 kg	Case
Crumbed Prawn Outlets 21/25	Pacific West	2 kg	Case 6
Hake Goujon Rice Disks	Pacific West	1 kg	Case 5
Medium Panko Prawn	Pacific West	1 kg	Case 6
Salt & Pepper Breaded Squid Chunks	Pacific West	1 kg	Case 3
Seafood Basket	Pacific West	20 x 230 g	Case
Squid Gnocchi	Pacific West	1 kg	Case 5
Tempura Fish (Merluccius Capensis) Cocktails	Pacific West	5 kg	Case
Tempura Hake (Merluccius Capensis) Fillet 115 g	Pacific West	30 x 115 g	Case
Tempura Hake (Merluccius Capensis) Fillet 145 g	Pacific West	30 x 145 g	Case
Tempura Hake (Merluccius Capensis) Fillet 170 g	Pacific West	5.4 kg	Case
Tempura Natural Squid Rings	Pacific West	5 x 1 kg	Case
Tempura Prawn 16/20	Pacific West	1 kg	Case 4



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

seafood platter

Pacific West prawn cutlets, crumbed

Pacific West natural tempura squid rings

Pacific West tempura hake fillets

Pacific West salt and pepper breaded squid chunks

2 L of oil

wasabi mayonnaise to serve

Heat the oil in a deep fryer. Fry the prawn cutlets until the coatings have gone crispy and brown. Repeat the same process with the squid rings, the hake and the squid chunks. Display the various seafood with the sauce on a platter.



recipe brought to you by southern seas



description	brand	size	pack size
Dressed West Coast Soles (Austroglossus Microlepis) 90/120	Southern Seas	20 Portions	Case
Dressed West Coast Soles (Austroglossus Microlepis) 120/150	Southern Seas	20 Portions	Case
Dressed West Coast Soles (Austroglossus Microlepis) 150/180	Southern Seas	15 Portions	Case
Dressed West Coast Soles (Austroglossus Microlepis) 180/210	Southern Seas	15 Portions	Case
Dressed West Coast Soles (Austroglossus Microlepis) 210/240	Southern Seas	15 Portions	Case
Dressed West Coast Soles (Austroglossus Microlepis) 240/270	Southern Seas	15 Portions	Case
Dressed West Coast Soles (Austroglossus Microlepis) 270/300	Southern Seas	15 Portions	Case
Dressed West Coast Soles (Austroglossus Microlepis) 300/330	Southern Seas	15 Portions	Case
Dressed West Coast Soles (Austroglossus Microlepis) 330/360	Southern Seas	15 Portions	Case
Dressed West Coast Soles (Austroglossus Microlepis) 360/400	Southern Seas	10 Portions	Case
Dressed West Coast Soles (Austroglossus Microlepis) 400/450	Southern Seas	10 Portions	Case
Dressed West Coast Soles (Austroglossus Microlepis) 450/500	Southern Seas	10 Portions	Case
Dressed West Coast Soles (Austroglossus Microlepis) 500/600	Southern Seas	10 Portions	Case
Dressed West Coast Soles (Austroglossus Microlepis) 600/700	Southern Seas	10 Portions	Case
Dressed West Coast Soles (Austroglossus Microlepis) 700/800	Southern Seas	10 Portions	Case



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

pan fried sole

with chilli butter prawns

60 g of butter, clarified
30 ml olive oil
300 g prawn meat, chopped
reserve some whole prawns for
garnish
50 g dried bread crumbs
1 small onion, finely chopped
6 sole, dressed
1 egg, lightly beaten
250 ml white wine
125 ml water
125 ml cream
15 ml sweet chilli sauce
1 teaspoon of corn flour

Prepare the sole by lightly dipping them in flour, then dipping them in beaten egg and then into the bread crumbs. Prepare the sauce by lightly frying the onions in half the clarified butter and then adding the prawn meat, the white wine, the water, the cream and the sweet chilli sauce. Allow to reduce until the sauce coats the back of a spoon, before thickening it with the corn flour. Keep warm to one side. Fry the sole using the remaining clarified butter mixed with the olive oil, fry for 2-3 minutes per side, depending on the size of the sole. Top with the sauce and garnish with the whole prawns.



recipe brought to you by patleys



description	brand	size	pack size
Dijon Mustard	Maille	4.25 kg	Can
Original Dijon Mustard	Maille	210 g	Shr 6
Wholegrain Mustard	Maille	215 g	Shr 6
Cannelloni	Riscossa	250 g	Case 24
Farfalle	Riscossa	500 g	Case 24
Fettuccine	Riscossa	500 g	Case 12
Fusilli Screws	Riscossa	500 g	Case 24
Spinach Lasagne	Riscossa	500 g	Case 12
Lasagne with Egg	Riscossa	500 g	Case 12
Linguine	Riscossa	500 g	Case 24
Penne Zitoni	Riscossa	500 g	Case 24
Rosmarino	Riscossa	500 g	Case 24
Tagliatelle	Riscossa	500 g	Case 12
Risotto Arborio	Riscossa	1 kg	Case 12



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hot salmon salad

350 g salmon fillet

225 g thin french beans, tails
trimmed, tops left on

50 g flaked almonds

200 g pack of rocket leaves

1 tablespoon of black peppercorns

dressing

1 heaped teaspoon of Maille Dijon
Originale mustard

1 heaped teaspoon of
Goldcrest honey

½ a lemon, juice and zest

4 tablespoons of olive oil

sea salt & cracked black pepper
to taste

Gently poach the salmon in lightly salted water. At the same time, cook the beans in lightly salted boiling water until tender. Drain and reserve with the salmon, keeping both warm. Lightly toast the flaked almonds in a dry non-stick pan. Peel the skin from the salmon, carefully flake the flesh into large pieces and place in a bowl with the rocket leaves and cooked french beans. Add the coarse black peppercorns. Mix the dressing ingredients together and pour over the salad. Toss lightly. Transfer to serving bowls or plates. Scatter with the toasted almonds and cracked black pepper.



recipe brought to you by entyce



description	brand	size	pack size
Instant Coffee	Frisco	750 g	Shr 12
VIP Gold Coffee Beans	House of Coffees	250 g	Case 12
VIP Gold Ground Coffee	House of Coffees	250 g	Case 12
Pure Mocca Ground Coffee	House of Coffees	250 g	Pct
Filter Ground Coffee	Kloof	250 g	Pct
Instant Medium Roast Coffee	Koffiehuis	750 g	Shr 12
Creamer	Ellis Brown	200 x 4 g	Ctn
Creamer	Ellis Brown	1 kg	Case 12
Coffee Creamer	Ellis Brown	5 kg	Bag



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country cottage pie

1 onion, chopped
1 garlic clove, crushed
1 tablespoon of oil
750 g mince
1 green pepper, deseeded
and chopped
1 can of chopped tomatoes
1 tablespoon of corn flour
salt and pepper to taste

potato topping

7 medium potatoes, peeled
150 ml boiling water
185 ml Ellis Brown® creamer
salt and pepper to taste

Heat the oil and fry the onion and garlic, then brown the mince. Add the green pepper, tomatoes and salt and pepper to taste. Cook for 8-10 minutes. Combine the corn flour with a little water to form a smooth paste and stir into the mince mixture. Cook until the sauce thickens slightly. Place the mince mixture in an ovenproof dish and set aside. Boil the potatoes until soft, then mash. Add the Ellis Brown® creamer to the water, then stir into the mash and add salt and pepper. Place the mash on top of the mince and bake in the oven for about 30 minutes until golden brown.



creamy curried butternut soup

¼ cup of margarine
2 onions, finely chopped
1 tablespoon of curry powder
2 tablespoons of flour
1 cup of Ellis Brown® creamer
2 cups of hot water
3 chicken stock cubes, dissolved in
4 cups of hot water
1 kg butternut, cut into cubes
salt and pepper to taste
chopped spring onions to garnish

Combine the Ellis Brown® creamer and the hot water. Stir until smooth. In a large saucepan melt the margarine and fry the onions with the curry powder until the onions are soft. Stir in the flour to make a paste. Add the Ellis Brown® creamer and stock mix, a little at a time, stirring continuously. Add the butternut and simmer for about 30-40 minutes until tender. Season with salt and pepper. Puree or press through a sieve until smooth. Sprinkle with the spring onion before serving.



recipe brought to you by caterchicken



description	brand	size	pack size
Chicken Breast Fillet	CaterChicken	10 kg	10 x 1 kg
Chicken Fillet IQF (Catering)	CaterChicken	5 kg	1 x 5 kg
Chicken Drumsticks	CaterChicken	5 kg	1 x 5 kg
Chicken Leg Portions	CaterChicken	5 kg	1 x 5 kg
Chicken Thighs	CaterChicken	5 kg	1 x 5 kg
Chicken Wings	CaterChicken	5 kg	1 x 5 kg
Chicken Breast on Bone	CaterChicken	5 kg	1 x 5 kg
Chicken Griller 1.1 kg - 1.3 kg	CaterChicken	7.2 kg avg	6 x 1.2 kg avg
Whole Chicken 1.4 kg	Country Range	7 kg	5 x 1.4 kg
Whole Chicken 1.7 kg	Country Range	10.2 kg	6 x 1.7 kg
Chicken Mixed Portions 2 kg	Country Range	12 kg	6 x 2 kg


CATER CHICKEN™
 Premium Culinary Chicken.
www.sovereignfoods.co.za

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oven baked chicken fillets

1 kg CaterChicken Rocklands fillet
½ kg shoulder bacon
1 wedge of brie cheese, cut into batons
175 ml cake flour
½ teaspoon of salt (fillet marinade contains salt)
¼ teaspoon of ground black pepper
1 teaspoon of fresh rosemary leaves
500 ml fresh cream
parsley, freshly chopped
or rosemary twigs
basmati rice to serve
vegetables to serve

Thaw the chicken fillets and butterfly. Roll batons of cheese in the butterflied fillets and wrap the rolled fillets in a strip of bacon. Secure if needed with a toothpick. Combine the flour, the salt, the pepper and the fresh rosemary. Roll the chicken breast fillets in the flour and rosemary mixture. Place the fillets in a lightly buttered oven dish. Pour the cream over the chicken. Bake at 180 C for 1 hour. Garnish with parsley or rosemary and serve with the basmati rice and vegetables.



recipe brought to you by southern seas



description	brand	size	pack size
Dressed Baby Kingklip (Genypterus Capensis) 100/200	Southern Seas	20 Portions	Case
Dressed Baby Kingklip (Genypterus Capensis) 200/300	Southern Seas	15 Portions	Case
Dressed Baby Kingklip (Genypterus Capensis) 300/400	Southern Seas	12 Portions	Case
Dressed Baby Kingklip (Genypterus Capensis) 400/500	Southern Seas	10 Portions	Case
Kingklip (Genypterus Capensis) Fillets Medium 350/600g	Southern Seas	10 kg	Case
Kingklip (Genypterus Capensis) Fillets Large 600/1000	Southern Seas	10 kg	Case
Kingklip (Genypterus Capensis) Fillets Medium 350/600	Southern Seas	5 kg	Case
Kingklip (Genypterus Capensis) Fillets Small 180/350	Southern Seas	5 kg	Case
Kingklip (Genypterus Capensis) Fillets XI 1000/1500	Southern Seas	10 kg	Case
Kingklip (Genypterus Capensis) Pieces	Southern Seas	5 kg	Case
Kingklip (Genypterus Capensis) Portions 125/145	Southern Seas	40 Portions	Case
Kingklip (Genypterus Capensis) Portions 180/220	Southern Seas	20 Portions	Case
Kingklip (Genypterus Capensis) Portions 220/250	Southern Seas	20 Portions	Case
Kingklip (Genypterus Capensis) Portions 250/280	Southern Seas	15 Portions	Case
Kingklip (Genypterus Capensis) Portions 280/320	Southern Seas	15 Portions	Case
New Zealand Kingklip (Genypterus Blacodes) Fillets Med 300/600 (Ling)	Southern Seas	10 kg	Case
New Zealand Kingklip (Genypterus Blacodes) Portions 125/145 (Ling)	Southern Seas	40 Portions	Case



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

kingklip thai curry

1 ½ tablespoons of olive oil
1 kg Southern Seas kingklip, cut into quarters
4 carrots, julienne
2 small punnets of sugar peas, halved
1 large onion, chopped
5 ml garlic paste
5 ml Cooking with... ginger
5 ml chilli paste
100 ml Thai red curry paste
1 cube of vegetable stock
200 ml white wine
2 cups of water
400 ml coconut milk
1 tablespoon of brown sugar
10 ml coriander
basmati rice to serve, cooked

Heat the oil in a large frying pan over a medium heat. Add the garlic, ginger, chilli paste and red curry paste. Add the vegetables and stir fry the vegetables for 5 minutes then set aside. Add more oil to the pan and quickly fry the Southern Seas kingklip until lightly cooked on the outside. Add the vegetables and mix all together. Add the coconut milk, wine, water, stock and sugar and let it simmer for 5 minutes. Add the coriander and serve hot with the rice.



recipe brought to you by dairybelle



description	brand	size	pack size
Unsalted Choice Butter	DairyBelle	500 g	Case 50
Salted Choice Butter	DairyBelle	250 g	Case 30
Plain Feta	DairyBelle	400 g	Case 12



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

grilled lamb chops

with feta topping and chickpea stew

12 lean lamb rib chops

feta topping

100 g DairyBelle plain feta

20 ml fresh origanum

30 ml grated lemon zest

5 ml crushed garlic

60 ml soft DairyBelle choice butter

chickpea stew

2 x 410 g cans of chickpeas in
brine, drained

30 ml DairyBelle choice butter

1 onion, chopped

5 ml cumin seeds

5 ml turmeric

410 g can of tomatoes, peeled and diced

salt and freshly ground black pepper

fresh coriander, to garnish

Arrange the lamb chops on the rack of an oven roasting pan. Blend all the ingredients for the feta topping together until a smooth paste is formed. Spread the topping evenly over the surface of each chop. Bake in a preheated oven at 200 C for 10-15 minutes or until the meat is cooked. Meanwhile, prepare the stew. Heat the butter in a heavy-based saucepan. Add the onion and sauté until the onion is translucent. Add the spices and fry for 1 minute or until fragrant. Add the chickpeas and tomatoes. Mix through, season to taste, cover and simmer for 7-10 minutes. Divide the chickpea stew between 6 plates. Arrange the lamb chops and garnish with the coriander. Serve immediately.



recipe brought to you by dairybelle



description	brand	size	pack size
Easy Slices Tangy Cheddar Cheese	DairyBelle	7.2 kg	Ctn
Easy Slices Tangy Cheddar Cheese	DairyBelle	1 kg	Case 6
Cheddar Cheese Bulk Block	DairyBelle	±9 kg	Per kg
Cheddar Loaf	DairyBelle	±2.5 kg	Per kg
Gouda Loaf	DairyBelle	±2.5 kg	Per kg
Mozzarella Loaf	DairyBelle	±2.5 kg	Per kg
Plain Feta	DairyBelle	4 kg	Case 2
Grated Mozzarella Cheese	DairyBelle	1 kg	Case 4
Grated Cheddar Cheese	DairyBelle	1 kg	Case 4
Fiddlers Cheese Loaf	DairyBelle	±2.25 kg	Per kg
Halloumi Cheese Loaf	DairyBelle	4 kg	Case 2
Fresh Cream	DairyBelle	1 L	Case 6
Choice Butter	DairyBelle	250 g	Case 30
Fresh Milk Full Cream	DairyBelle	1 L	Case 6



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

chunky three cheese vegetable lasagne

12 dry spinach lasagne sheets

15 ml olive oil

1 red onion, thinly sliced

2 red salad peppers, seeded and cut into strips

3 baby marrows, thinly sliced

250 g broccoli florets

200 g butternut, cut into 10 mm fingers

500 ml ready-made napoletana sauce

salt and freshly ground black pepper to taste

250 ml DairyBelle cheddar, grated

250 ml DairyBelle edam, grated

25 ml DairyBelle mozzarella, grated

béchamel sauce (white sauce)

50 ml DairyBelle choice butter

50 ml cake flour

450 ml DairyBelle full cream fresh milk

5 ml salt

5 ml freshly ground black pepper

50 ml DairyBelle fresh cream

extra fresh herbs for garnish

green salad to serve

Heat the oil in a heavy-based saucepan.

Add the onion and sauté until the onion is translucent. Add the vegetables and fry for 5 minutes. Add the napoletana sauce and simmer for 5 minutes. Season to taste. Mix the three cheeses together and set aside. For the white sauce:

Melt the butter in a small heavy-based saucepan. Remove from the heat and stir in the flour to make a smooth paste. Gradually add the milk and seasoning.

Return to the heat and simmer, stirring continuously, until the sauce starts to thicken, then stir in the cream. Set aside.

Spoon a layer of white sauce in the bottom of a lightly greased ovenproof dish. Place a layer of pasta sheets over the sauce. Spoon a layer of the vegetable sauce mix over and spread evenly. Follow with a layer of cheese and then a layer of white sauce. Continue layering the pasta, vegetable sauce, white sauce and cheese, ending with a layer of cheese. Bake in a preheated oven at 180 C for 25-30 minutes or until the pasta is cooked. Allow to rest for 10 minutes before serving. Sprinkle with the extra herbs and serve with a green salad of choice. For a meat variation: Add 4 chicken breast fillets and/or 4 rashers of chopped rindless bacon, cooked and cut into bite size pieces.



recipe brought to you by **mccain**



description	brand	size	pack size
Choice Chips 10 mm	McCain	2.5 kg	Case 4
Choice Chips 12 mm	McCain	2.5 kg	Case 4
Crinkle Cut Chips	McCain	1 kg	Case 10
Chips 11 mm	Potato King	1 kg	Case 10
Restaurant Potato Chips 10 mm	McCain	2.5 kg	Case 4
Shoestring Potato Chips 7 mm	McCain	10 kg	Ctn
Signature Potato Chips 12 mm	McCain	2.5 kg	Case 4
Restaurant Chips 12 mm	McCain	2.5 kg	Case 4
Shoestring Chips 7 mm	McCain	2.5 kg	Case 4
Crinkle Cut Sweet Potato Chips	McCain	2.5 kg	Case 4



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

chicken burger

with brie, avocado and caramelised pepper relish and served with sweet potato chips

4 fresh Portuguese rolls
4 chicken breasts, butterflied
20 ml sunflower oil

1 avocado, peeled,
sliced thinly lengthways

16 rocket leaves, washed and dried

12 ripe brie cheese slices

40 ml mayonnaise

800 g McCain Straight Cut
sweet potato chips

caramelised onion and sweet pepper relish

125 ml honey

62 ml soy sauce

3 garlic cloves, finely crushed

20 g fresh mint, finely chopped

1 red onion, finely sliced

1 yellow pepper, finely sliced

salt and freshly ground black pepper

In a medium size heavy-based saucepan, add the honey, soy sauce, garlic, onion, yellow pepper and mint. Allow to simmer until the onion and peppers are tender and the mixture becomes thickened. Set aside. Butterfly the chicken fillets. Fry the chicken breasts in heated oil, in a heavy-based frying pan or on a flat grill until the chicken has cooked through. Season with salt and pepper. Meanwhile cook McCain Straight Cut sweet potato chips according to the instructions on the pack. Cut the Portuguese roll open and spread 5 ml of mayonnaise onto the roll. Stack 4 rocket leaves, 1 chicken breast, 3 slices of brie cheese and top with 30 ml of caramelised onion relish. Lastly place the avocado slices on top and season with salt and freshly ground black pepper. Place the burger top over and serve with McCain Straight Cut sweet potato chips.



recipe brought to you by foodcorp



description	brand	size	pack size
Pilchards in Tomato Sauce	Glenryck	215 g	Shr 24
Pilchards in Tomato Sauce	Glenryck	425 g	Shr 12
Pilchards in Tomato Sauce	Glenryck	155 g	Shr 24
Original Mayonnaise	Nola	20 kg	Bkt
Original Mayonnaise	Nola	3 kg	Case 4
Pure Sunflower Oil	Nola	20 L	Drum
Pure Sunflower Oil	Nola	4 L	Case 4
Buttermilk Rusks	Ouma	1 kg	Case 12
Buttermilk Rusks	Ouma	500 g	Case 12
Buttermilk Rusks Singles	Ouma	30 x 30 g	Case 6
Muesli Rusks	Ouma	500 g	Case 12



FOODCORP

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

chicken and mushroom pie

1 roast chicken
25 g butter
1 large onion, chopped
250 g button mushrooms, quartered
1 tablespoon of flour
200 ml milk
150 ml cream
125 ml Nola mayonnaise
½ teaspoon of dried thyme
500 g puff pastry
1 egg, beaten

Preheat oven to 220 C with fan, 200 C without a fan. Tear the chicken from the bone in large pieces and slice the skin into smaller pieces. Heat the butter, add the onions and cook until soft. Add the mushrooms and cook for 4 minutes. Stir in the flour and cook for another minute, then add the milk and cream and simmer until the sauce thickens. Add the thyme, chicken and mayonnaise and cook for a further 2 minutes. Roll out the pastry to the thickness of a R5 coin and put the chicken mixture into a pie dish. Brush the rim with beaten egg and place the pastry over the dish. Trim off the excess pastry. Press down and crimp the edges with a fork. Cut 2 slits in the pastry to let out steam and brush all over with the rest of the beaten egg. Bake for 15-20 minutes until golden brown.



spinach, feta and mayo muffins

1 cup of cake flour
¾ cup of whole wheat flour
2 tablespoons of castor sugar
4 ½ teaspoons of baking powder
2 cups spinach, blanched and chopped
160 g feta cheese, cut into 1 cm cubes
½ teaspoon of ground nutmeg
1 egg, lightly beaten
¾ cup of milk
⅓ cup of butter, melted
Nola mayonnaise

Preheat oven to 200 C. Prepare a 12 hole muffin tin by brushing with oil or use paper cases. Sift flour, nutmeg and baking powder in a bowl and mix in spinach, sugar and feta. In another bowl mix the egg, milk, butter and mayonnaise. Add liquid ingredients to the dry ones and fold lightly with a fork. Do not over mix. Spoon into muffin tins and bake for approximately 25-30 minutes or until just starting to brown and a toothpick comes out clean. Place muffins on a wire rack to cool.



recipe brought to you by southern seas



description	brand	size	pack size
Mild Cured Couta (Thyrssites Atun) 10 kg	Southern Seas	10 kg	Case 10
Namibian Hake (Merluccius Capensis) Fillets 2/4	Southern Seas	5 kg	Case
Namibian Hake (Merluccius Capensis) Fillets 4/6	Southern Seas	5 kg	Case
Namibian Hake (Merluccius Capensis) Fillets 4/6 Butterfly	Southern Seas	5 kg	Case
Namibian Hake (Merluccius Capensis) Fillets 6/8	Southern Seas	5 kg	Case
Namibian Hake (Merluccius Capensis) Fillets 8/10	Southern Seas	5 kg	Case
Snoek Mild Cured	Southern Seas	12 kg	Kg



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herbed char-grilled hake

with caprese flag

280 g to 320 g hake portions

1 tablespoon of basil, freshly chopped

1 tablespoon of oregano, freshly chopped

1 tablespoon of parsley, freshly chopped

1 teaspoon of garlic, crushed

50 ml olive oil

50 ml lemon juice, to taste

1 tablespoon of capers in vinegar (optional)

fresh basil, flagged to garnish

tomatoes, to garnish

salt and freshly ground black pepper to taste

Mix the chopped fresh herbs, the garlic and the olive oil together in a flat dish. Season the hake with salt and pepper and place into herb marinade. Turn several times to coat the fish properly with the marinade. Cover and leave to marinate for 1-2 hours. Place hake onto a hot griddle pan, and cook for approximately 5 minutes on each side. Be careful not to overcook. Pour marinade in a small pan and bring to the boil. Reduce the heat, add the capers and spoon over the hake. Serve with the flagged fresh basil leaves and fresh tomatoes drizzled with olive oil. Squeeze the lemon juice over for flavour.



recipe brought to you by frey's



description	brand	size	pack size
Back Bacon	Frey's	1 kg	Case 6
Catering Back Bacon	Frey's	1 kg	Ctn 6
Bacon Bits	Frey's	1 kg	Case 8
Catering Bacon	Frey's	1 kg	Case 6
Sliced Neck Bacon	Frey's	1 kg	Case 6
Prime Cut Bacon	Frey's	1 kg	Case 6
Fatless Prime Bacon	Frey's	1 kg	Case 6
Shoulder Bacon	Frey's	1 kg	Case 6
Streaky Bacon	Frey's	1 kg	Case 6
Macon Beef Bacon	Frey's	1 kg	Case 6



FREY'S FOOD BRANDS (PTY) LTD

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

rustic savoury bacon cake

Recipe brought to you by: Sprigs, Kloof

400 g cake flour
45 ml olive oil
45 ml white wine
115 ml water
salt and black pepper

filling

1 onion, chopped
250 g Frey's shoulder or back bacon,
chopped
225 g ricotta cheese
100 g mozzarella, chopped
150 g feta cheese, crumbed
2 eggs
60 ml basil pesto
225 g peas
60 ml almonds, flaked (optional)
olive oil

Preheat the oven to 180 C and grease a 22 cm spring form cake tin lined with baking paper. Mix the flour with a pinch of salt, the olive oil and the wine and just enough water to bind it. Knead to a smooth elastic dough, then roll it out thinly. Line the tin with two-thirds of the rolled out dough, pressing it up the sides. Fry the onion and the bacon in a little olive oil until the bacon is cooked. Remove from the heat. Stir in the ricotta cheese, the mozzarella and the feta cheese. Beat the eggs in a small bowl, remove 5 ml of the egg and set aside. Stir the bulk of the egg into the cheese mixture and add the pesto and the peas and season with the salt and pepper. Mix together. Tip the ingredients into the lined cake tin, smoothing it with a spoon. Slice the remaining one-third of the dough into wide strips and lay them across the filled cake tin in a tight lattice, to cover the filling completely. Press the edges together tightly all the way around. Brush with the reserved egg, sprinkle with the flaked almonds (optional) and bake for 45 minutes. Set aside to cool, unmold and cut into wedges when serving.



recipe brought to you by daybreak superior



description	brand	size	pack size
Chicken Breast Fillets	Daybreak	1 kg	Case 10
Chicken Wings IQF	Daybreak	5 kg	Case
Chicken Braai Pack IQF	Daybreak	2 kg	Case 6
Whole Chicken No Giblets 10 x 1.4 kg	Daybreak	± 14 kg	Case 10
Chicken Leg 1/4 25 Pieces	Daybreak	± 7.5 kg	Per kg
Whole Chicken & Giblets 10 x 1.4 kg	Daybreak	± 14 kg	Case 10
Chicken Thighs 60 Piece	Daybreak	± 10 kg	Per kg
Superior Chicken Thighs IQF Bulk	Daybreak	5 kg	Case

chilli caramel chicken wings

350 ml water
½ cup of brown treacle sugar
½ cup of soy sauce
2 tablespoons of peanut butter
½ cup of sweet chilli sauce
100 ml balsamic vinegar
1 teaspoon garlic, minced
1 teaspoon ginger, minced
1 teaspoon chilli, minced
20 large chicken wings,
tips removed and wings cut in
half at the joint
1 teaspoon sesame seeds, or to taste

In an electric skillet or a large skillet over medium heat, mix together all the ingredients barring the wings and mix until the sugar has dissolved and the sauce is smooth. Fry the wings in a little oil until they have achieved a golden brown colour. Pat off the excess oil and place the wings into the sauce, cover, and simmer for 15 minutes. Uncover and simmer until the wings are tender and the sauce has thickened, about 15 more minutes, spooning sauce over wings occasionally. Sprinkle with sesame seeds and serve hot.



recipe brought to you by frey's



description	brand	size	pack size
Blanched Chicken Banger	Frey's	1 kg	Case 5
Footlong Catering Russian	Frey's	800 g	Case 9
Footlong Russian CONT	Frey's	1.2 kg	Case 6
Short Catering Russian	Frey's	5 x 1 kg	Case
Beef Sausage	Frey's	500 g	Case 9
Breakfast Beef Sausage	Frey's	2 x 2.4 kg	Case 2
Beef Cocktail Sausage	Frey's	800 g	Case 6
Catering Cheese Griller Sausage	Frey's	1 kg	Case 6
Cheese Grill Footlong Sausage	Frey's	1 kg	Case 6
Jumbo Frankfurter Sausage	Frey's	1.2 kg	Case 6
Frankfurter Sausage	Frey's	800 g	Case 9
Pork Sausage	Frey's	500 g	Case 9
Breakfast Pork Sausage	Frey's	4.8 kg	Case
Catering Pork Sausage	Frey's	800 g	Case 6
Cheesy Russian Footlong Sausage	Frey's	7.2 kg	Case
Short Russian Sausage CKT	Frey's	800 g	Case 9
Footlong Viennas	Frey's	1 kg	Case 6

[see more listings on page 185](#)



FREY'S FOOD BRANDS (PTY) LTD

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

spicy bacon pasta

with tomato beer sauce

Recipe brought to you by: Sprigs, Kloof

250 g Frey's streaky or shoulder
bacon, chopped
45 ml olive oil
60 ml capers
6 sundried tomatoes in olive oil,
chopped
4 garlic cloves, peeled and crushed
2 ml chilli powder
4 gherkins, chopped
2 red onions, finely chopped
2 x 400 g tin tomatoes
350 ml beer
12 olives, pitted and chopped
450 g spaghetti or penne pasta
30 ml Italian parsley, chopped
salt and pepper to taste
parmesan cheese to serve

Fry the bacon in olive oil for 5-8 minutes until cooked and starting to crisp up. Remove the bacon from the pan, and set aside. Add the capers, the sundried tomatoes, the garlic, the chilli powder, the gherkins and the onion to the bacon oil. Cook for 10 minutes until browned. Add the tomatoes and beer and bring to the boil. Cook on a medium heat for about 50 minutes, until the sauce thickens. Puree the sauce and return to the pan over low heat. Stir in the bacon, the olives, and season with the salt and pepper. Cook the pasta in salted boiling water until al dente. Toss the pasta with the sauce, garnish with the parsley and a drizzle of olive oil. Serve with the grated Parmesan cheese.



recipe brought to you by supreme



description	brand	size	pack size
Chicken Leg 1/4 Mcp 210-240 g	Supreme	± 12 kg	Per kg
Chicken Leg 1/4 Mcp 240-270 g	Supreme	± 12.5 kg	Per kg
Whole Chicken XL	Supreme	± 13 kg	Per kg
Chicken Livers	Supreme	10 kg	Case 10
Chicken Breast Fillets	Supreme	1 kg	Case 10
9 Piece Cut	Supreme	± 13.5 kg	Per kg
Mixed Chicken Portions	Supreme	2 kg	Bag 6
Chicken Drumsticks	Supreme	5 kg	Case



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chicken breyani

2 kg bag of Supreme mixed portions
6 hard boiled eggs, peeled
6 potatoes, quartered
butter or oil for frying
5 cinnamon sticks
8 cardamom pods
4 onions, thinly sliced and fried to a golden brown and set aside
2 cups of lentils
1 cup of ghee or melted butter, mixed with $\frac{1}{2}$ a cup of oil
700 g basmati rice
 $\frac{3}{4}$ cup of warm water
 $\frac{1}{2}$ teaspoon of saffron

marinade

1 green or red chilli with seeds, finely chopped
 $\frac{1}{4}$ cup of coarsely chopped, fresh coriander leaves
1 teaspoon of turmeric
sprinkling of salt
2 teaspoons of fresh ginger, crushed
2 teaspoons of fresh garlic, crushed
300 ml buttermilk

Mix the chicken and all of the marinade ingredients in a large bowl and leave to marinate overnight in the refrigerator. Fry the potato pieces in a little oil or butter until they start browning and are virtually done. To prepare the rice: Rinse the rice, then parboil until soft but firm, rinse again. Place the rice in a dish, sprinkle with salt and pour over $\frac{1}{2}$ a cup of the melted butter or ghee. To prepare the lentils: Wash them and boil them in unsalted water for about 20 minutes until they start to go soft. To prepare the saffron: Mix water and saffron and put aside. Take a large ovenproof dish and pour the remaining ghee in the bottom. Add the cinnamon sticks and the cardamom pods. Spread $\frac{1}{3}$ of the rice across the bottom of the dish. Sprinkle one third of the cooked lentils over the rice. Add the chicken and marinade. Spread one third of the rice over the chicken. Then add all the onion, then the potatoes. Top with the remaining lentils. Arrange the eggs on top and cover with the remaining rice. Pour over the saffron water. Cover the dish very well and place in a preheated oven at 180 C for 90-120 minutes.



recipe brought to you by southern seas



Angelfish



Butterfish

description	brand	size	pack size
Yellowtail (Seriola Quinqueradiata) Portions 250/280	Southern Seas	15 Portions	Case
Angelfish (Brama Brama) Fillets 180/350 g	Southern Seas	5 kg	Case
Angelfish (Brama Brama) Portions 250/280	Southern Seas	15 Portions	Case
Angelfish (Brama Brama) Portions 280/320	Southern Seas	15 Portions	Case
Atlantic Salmon (Oncorhynchus Keta) Portions 250/280-Vacuum Packed	Southern Seas	15 Portions	Case
Atlantic Salmon (Oncorhynchus Keta) Portions 280/320-Vacuum Packed	Southern Seas	15 Portions	Case
Butterfish (Ruvettus Pretiosus) Portions 125/145-Samples	Southern Seas	40 Portions	Case
Butterfish (Ruvettus Pretiosus) Portions 250/280	Southern Seas	15 Portions	Case
Butterfish (Ruvettus Pretiosus) Portions 280/320	Southern Seas	4.5 kg	Case
Cardinal Port 280/320 g 15p	Southern Seas	15 Portions	Case
Cardinal Portions 250-280 g	Southern Seas	15 Portions	Case
Dorado (Coryphaena Hippurus) Fillets 600/1000 g	Southern Seas	10 kg	Case
Dorado (Coryphaena Hippurus) Portions 250/280	Southern Seas	15 Portions	Case
Dorado (Coryphaena Hippurus) Portions 280/320	Southern Seas	15 Portions	Case
Yellowtail (Seriola Quinqueradiata) Fillets 600/1000g	Southern Seas	10 kg	Case
Yellowtail (Seriola Quinqueradiata) Portions 280/320	Southern Seas	15 Portions	Case

[see more listings on page 185](#)



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

sensational butterfish

6 butterfish portions
100 g flour, seasoned with salt & pepper
2 eggs, lightly beaten
feta
cured red pepper or peppadews
rice to serve
cut beans to serve

Prepare the rice. Prepare the butterfish by dipping them in the egg then rolling in the flour. Tap off excess flour. Bake the butterfish in a preheated oven at 180 C for approximately 5-8 minutes. Serve on top of the rice as the butterfish has a naturally high oil content, garnish with beans to add colour to the plate. Sprinkle the feta and the cured peppers on top to add flavour to one of our best table fish - fat, oily and full of delicious flavour.



summer swordfish

2 cups of all-purpose flour
1 teaspoon of seasoned salt
½ teaspoon of pepper
6 x 150 g swordfish fillets
2 tablespoons of butter
2 tablespoons of pure olive oil
½ cup of fresh coriander leaves, chopped
½ cup of grated cucumber, well drained
1 stalk of dill, chopped
1 garlic clove, crushed
a heavy grind of black pepper
a heavy grind of sea salt
250 ml greek yoghurt

In a large re-sealable plastic bag, combine the flour, half of the seasoned salt and a quarter teaspoon of the pepper and add the fillets. Seal the bag and turn the contents to coat. In a large skillet, heat the butter and the oil. Cook the swordfish over a medium-high heat for 2-3 minutes of each side. Remove and keep warm. Mix the herbs, cucumber, garlic and seasoning into the yoghurt and chill. Serve the swordfish on a fresh garden salad complimented with a herb dressing.



recipe brought to you by nature's garden



description	brand	size	pack size
Thick Out Potato Chips 12 mm	Nature's Garden	2.5 kg	Case 4
Potato Chips 7 mm	Nature's Garden	2.5 kg	Case 4
Straight Cut Potato Chips 10 mm	Nature's Garden	1 kg	Case 10
Cut Corn	Nature's Garden	1 kg	Case 10
Cut Beans	Nature's Garden	1 kg	Case 10
Mixed Vegetables	Nature's Garden	1 kg	Case 10
Cauliflower Florets	Nature's Garden	1 kg	Case 12
Country Veg	Nature's Garden	1 kg	Case 10
Peas	Nature's Garden	1 kg	Case 12
Broccoli Florets	Nature's Garden	1 kg	Case 12
Chantenay Baby Carrots	Nature's Garden	12 x 1 kg	Case 12
Hearty Roasting Vegetables	Nature's Garden	1 kg	Case 12
Hawaiian Stir Fry	Nature's Garden	1 kg	Case 12
Crinkle Cut Chips	Nature's Garden	1 kg	Cases 10



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warm vegetable salad

500 g Nature's Garden
Hawaiian stir fry
olive oil
salt and milled black pepper
1 pack of mixed Italian salad leaves
pitted black olives
shavings of parmesan cheese
large croutons
garlicky vinaigrette

Place the Nature's Garden Hawaiian Stir-Fry in a roaster and drizzle with the olive oil. Season to taste and toss well. Roast at 200 C until cooked and slightly browned. Remove from the oven and allow to cool slightly. Arrange the salad leaves on a platter and spoon the still warm vegetables on top. Sprinkle with the black olives and the parmesan shavings. Tuck in the croutons and serve with a generous helping of garlicky vinaigrette.



smoked cheese quiche

26 cm baked short pie crust in the tin
500 ml cooked Nature's Garden
Country Veg
1 large onion, coarsely chopped
and lightly browned
150 g smoked mozzarella,
cut into quarters
250 g cherry tomatoes
sprinkling of sugar
salt and freshly milled black pepper
dried origanum to taste
125 ml grated gruyere or
mature cheddar cheese
250 ml pouring cream
4 large eggs
whole small fresh herb leaves
(basil, origanum, Italian parsley)

Place the baked short pie crust onto a baking sheet to prevent any spillage. Arrange the Nature's Garden Country Veg, onion and smoked mozzarella in the bottom of the pie crust. Cut a small deep cross in the ends of the tomatoes and sprinkle with a little sugar. Tuck them into the vegetables, the ends facing uppermost. Season to taste and sprinkle with the dried origanum. Sprinkle with the grated cheese. Whisk the pouring cream and the eggs together and pour over the vegetable and cheese mixture. Bake in the oven, preheated to 190 C, for 25-35 minutes or until the filling is set and golden. Unmold the quiche onto a serving platter, tuck in the fresh herb leaves, slice and serve warm.



recipe brought to you by unilever food solutions



description	brand	size	pack size
Red Meat Marinade (wet)	Knorr	6 x 2 L	Case 6
Lemon & Herb Marinade (wet)	Knorr	6 x 2 L	Case 6
Mrs H.S. Ball's Original Marinade & Basting	Knorr	6 x 2 L	Case 6
Mozambican Peri-Peri Marinade & Basting	Knorr	6 x 2 L	Case 6
Spare Rib Marinade & Basting	Knorr	6 x 2 L	Case 6
Beef Granules	Knorr	6 x 1 kg	Case 6
Chicken Granules	Knorr	6 x 1 kg	Case 6
Vegetable Granules	Knorr	6 x 1 kg	Case 6
Atlantic Sea Salt	Robertsons	6 x 1 kg	Case 6
Veggie Seasoning	Robertsons	6 x 1 kg	Case 6
Black Peppercorns	Robertsons	6 x 800 g	Case 6
Black Pepper	Robertsons	6 x 800 g	Case 6
Mixed Herbs	Robertsons	6 x 200 g	Case 6
Spaghetti Bolognese	Knorr	6 x 960 g	Case 6
Beef Stroganoff	Knorr	6 x 928 g	Case 6
Chicken A La King	Knorr	6 x 928 g	Case 6
Sweet & Sour Chicken	Knorr	6 x 960 g	Case 6



Inspiration every day

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braised beef short rib

with demi glace sauce and a herb mash

1 kg of beef short rib meat

1 onion, chopped

40 ml Robertson garlic & herb

10 ml Knorr beef granules

30 ml Robertsons barbecue spice

Robertsons veggie seasoning

1 carrot

oil

sauce

15 g Knorr demi glace sauce powder

200 ml lukewarm water

Knorr mash flakes

1 packet of Knorr mash flakes

600 ml water

4 g Robertsons sea salt

240 ml milk

Preheat the oven to 180 C. Heat the oil in a pan and brown the meat on all sides.

To prepare the demi glace sauce: Place the sauce powder in a pot and then add the lukewarm water and whisk to break the lumps. Bring this mixture to the boil and simmer for 3-4 minutes, stirring occasionally. Place the beef short rib meat into a casserole dish with the chopped onion, Robertsons garlic & herb, Robertsons barbecue spice, Knorr beef granules and carrot and enough demi glace sauce to cover three quarters of the meat. Cover with a tight fitting lid or foil and braise in the oven until tender. For the Knorr mash flakes: Boil the water with the salt. Switch the power off and add the milk. Do not exceed a temperature of 80-85 C. Briskly stir in the contents of the packet with an egg beater, add Robertsons veggie seasoning and Robertsons sea salt. Stir again briefly after 2-3 minutes. Serve with the braised beef and demi glace sauce.



recipe brought to you by rich's



description	brand	size	pack size
Versatié™	Rich's	1 L	10 x 1 L
Puff Pastry Quarter Sheets	Rich's	350 g	20 x 350 g
Ring Donut	Rich's	60 g	84 x 60 g
Mini Sugar Ring Donut	Rich's	18 g	110 x 18 g
Mini Chocolate Ring Donut	Rich's	20 g	110 x 20 g
Premium Jumbo Muffins	Rich's	120 g	24 x 120 g
Premium 60 g Muffins	Rich's	60 g	24 x 60 g
Baked Vanilla Cupcakes	Rich's	35 g	60 x 35 g
Baked Red Velvet Cupcakes	Rich's	40 g	60 x 40 g
Lemon Tart	Rich's	750 g	6 x 750 g
Apple Crumble	Rich's	2.5 kg	1 x 2.5 kg
Toffee Hazelnut Cake	Rich's	1.7 kg	3 x 1.7 kg
Chocolate Fudge Meltdown Cake	Rich's	1.8 kg	3 x 1.8 kg



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rustic chicken pot pie

4 chicken breast fillets
½ cup of flour
1 teaspoon of paprika
½ teaspoon of turmeric
1 teaspoon of salt and pepper
8 large brown mushrooms, halved
125 ml white wine
1 teaspoon of thyme, chopped
2 teaspoons of Italian parsley,
chopped
125 ml Versatié™
2 Rich's® puff pastry sheets
salt and pepper to taste
light summer salad to serve

Cut the chicken breast into strips, no larger than 1 cm in width. Combine the flour, paprika, turmeric, salt and pepper. Dust the chicken pieces with the seasoned flour, and fry lightly. Remove from the pan. Fry the mushrooms using the same pan until cooked. Add the white wine to the mushrooms to deglaze. Add the chicken, Versatié™ and herbs to the mushrooms and allow the sauce to thicken. Season to taste with salt and pepper. Cut the Rich's® puff pastry sheets to the desired size and line in pie dishes. Blind bake at 180 C until golden brown. Cut a separate disc of puff pastry to fit the top of the dish, and bake separately. Fill the pastry casing with the chicken mixture. Bake for 3 to 5 minutes at 180 C for the pastry to crisp. Top the pot pie with the pastry disc. Serve with a light summer salad.



recipe brought to you by I&J



description	brand	size	pack size
Pubstyle Hake Portions 130 g	I&J	5.46 kg	box
Pubstyle Fillets	I&J	5 kg	box
Battered Hake Fillet Portions 150 g	I&J	9.45 kg	box
Battered Hake Fillet Portions 100 g	I&J	5.4 kg	box
Battered Hake Mince Portions 150 g	I&J	9.45 kg	box
Battered Hake Mince Portions 100 g	I&J	2 kg	box
Standard & Select Hake Fillets	I&J	5 kg	box
Red (8-12 oz)			
Blue (6-8 oz)			
Yellow (4-6 oz)			
Green (2-4 oz)			
Kingklip Portions 180 g -320 g	I&J	15 or 20	portions
Dressed Soles 150 g -300 g	I&J	10 or 15	portions
Calamari Rings 32 x 125 g	I&J	4 kg	box
Calamari Steaks	I&J	2 kg	box
Calamari Strips	I&J	4 kg	box



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I&J hake fillets

with baby marrow and ricotta topping

I&J Select hake fillets, frozen
low-fat or fat-free plain yoghurt
baby marrows, coarsely grated
freshly crushed garlic
ricotta cheese
salt and milled black pepper to taste
olive oil
toasted sesame seeds (optional)
lemon wedges and a fresh salad
to serve

Place frozen I&J Select hake fillets in a lightly greased ovenproof dish. Spread a thin layer of yoghurt over the top of each fillet. Combine grated baby marrows with a little crushed garlic. Spoon on top of each fillet. Crumble ricotta cheese over fish. Press down lightly. Season with salt and black pepper. Drizzle with a little olive oil. Bake uncovered in a pre-heated oven at 200 C for 30 minutes, or until just cooked. Sprinkle with toasted sesame seeds. Serve immediately with a fresh salad and/or boiled baby potatoes or brown basmati rice.

Chefs Tip: For variation, replace grated baby marrows with Peppadews™, cut into thin strips.



from our basket

product solutions from Bidvest Foodservice



desserts
cookies and cakes



desserts
cookies and cakes

recipe brought to you by the blenders



description	brand	size	pack size
Rooibos Tagless Tea Bags	Flame Lily	80 x 2.5 g	Case 10
Tagless Tea Bags	Top Tea	100 x 1.5 g	Case 10



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

Rooibos sunset

150 ml Flame Lily Rooibos tea , strong
150 ml vodka
350 ml cranberry juice
150 ml grapefruit juice
1 orange, sliced
ice cubes

Combine the fruit juices and the Flame Lily Rooibos tea, chill and mix with the vodka. Pour into glasses over ice cubes and decorate with the orange slices.



recipe brought to you by magalies



description	brand	size	pack size
Juice Tropical Punch 50% 1:5	Magalies	A10	Case 6
Juice Mango Concentrate 40% 1:5	Magalies	A10	Case 6
Juice Orange + Cells Concentrate 100% 1+5	Magalies	1 L	Case 12
Juice Orange Concentrate 50% 1:5	Magalies	A10	Case 6
Juice Guava Concentrate 20% 1:3	Magalies	A10	Case 6
Juice Tropical Punch Concentrate 100% 1+5	Magalies	1 L	Case 12
Juice Granadilla 50% 1+5	Magalies	A10	Case 6
Juice Guava Concentrate	Magalies	1 L	Case 12
Juice Mango Concentrate 100% 1+5	Magalies	1 L	Case 12



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orange polenta cake

250 g unsalted butter

250 g castor sugar

4 large eggs

200 g polenta

250 g cake flour

2 teaspoons baking powder

2 oranges, zest of 10 ml Magalies
orange concentrate

$\frac{1}{4}$ teaspoon of salt

orange glaze

200 ml orange juice made up from
Magalies orange concentrate

200 g castor sugar

Heat the oven to 160 C. Line the base and sides of a round 23 cm cake tin with baking parchment. Cream the butter and the sugar together until light and fluffy. Add the eggs, one at a time, and mix thoroughly. Once the mixture is combined, add all of the dry ingredients, the zest and the juice of the oranges to the mix. Transfer the mixture to the tin, spread evenly, then cook for about 45 minutes or until a skewer inserted into the centre of the cake comes out clean. Remove from the oven and turn out onto a wire rack to cool. To prepare the glaze: Put the juice and sugar in a medium saucepan and bring to the boil. Let it simmer for 5 minutes, then remove from the heat and allow to cool. Drizzle the orange glaze over the top of the cooled cake.



recipe brought to you by **nestlé**



description	brand	size	pack size
Milo® Crumble	Nestlé	1 kg	Case 5
Bar-One Spread	Nestlé	5 kg	Bkt
Milkybar Dessert Topping	Nestlé	500 ml	Case
Cream Dessert	Nestlé	290 g	Tray 24
Caramel Treat	Nestlé	360 g	Tray 24
Condensed Milk	Nestlé	1 kg	Case 12
Sweetened Condensed Milk	Nestlé	385 g	Tray 24
Cheerios Whole Grain	Nestlé	550 g	Case 12
Aero Peppermint Chunky	Nestlé	40 x 60 g	Box
Aero Chunky	Nestlé	40 x 60 g	Box
Bar-One Large	Nestlé	40 x 55 g	Box
Bar-One	Nestlé	30 x 42 g	Box
Instant Hot Chocolate	Nestlé	1 kg	Shr 12
Instant Hot Chocolate	Nestlé	1.75 kg	Tub
Instant Hot Chocolate Sachets	Nestlé	50s	Case
Kit Kat 2 Finger	Nestlé	36s	Box
Kit Kat 4 Finger	Nestlé	48s	Box
Kit Kat Chunky	Nestlé	24 x 45 g	Box
Chocolate Log Large	Nestlé	40s	Box

see more listings on page 185 to 186



Creative Food & Beverage Solutions

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baby Milo crumble cheesecakes

100 g biscuit crumbs
30 g sugar
75 ml butter, melted
500 g creamed cottage cheese
140 g sugar
20 ml cake flour
pinch of salt
2 eggs
1 egg yolk
30 ml cream
125 ml Milo crumble
fresh fruit to serve
Milo crumble to serve

Mix the biscuit crumbs, 30 g sugar and butter. Place tulip cases into a muffin pan and press the crumbs into the base of each case. Beat the cottage cheese until fluffy. Mix the 140 g sugar, flour and salt, then gradually blend into the cheese, keeping the mixture smooth. Add the eggs and egg yolk, one at a time, beating well after each addition. Stir in the cream and the Milo crumble. Pour into the cases. Bake at 250 C for 5 minutes. Reduce the heat to 100 C and bake for 40 minutes. Turn off the oven and leave the cheesecakes in the oven until cold. Put into the refrigerator until cold, then top with the fresh fruit and additional Milo crumble.



baked Bar-One crème brûlée

1 L double cream
20 ml Bar-One sauce
225 g castor sugar
12 egg yolks
2 vanilla pods

Place the cream in a large saucepan along with the pod seeds of the vanilla and the Bar-One sauce. Bring the cream up to a boil. Cream together the egg yolks and the sugar. It is important that you do not whisk these together rapidly as then you will form a foam on top of the brûlée. When the cream boils, pour it on to the egg yolks and whisk gently, making sure all the egg is incorporated into the cream. Strain into an oven dish and bake at 120 C, for 30 minutes. Keep checking every 5 minutes after 20 minutes as all ovens vary. When set leave to cool. Finish with caramelised sugar.



recipe brought to you by **nestlé**



description	brand	size	pack size
Ricoffy	Nescafé	1.5 kg	Shr 6
Ricoffy	Nescafé	250 g	Shr 6
Ricoffy	Nescafé	750 g	Shr 12
Ricoffy Caffeine Free	Nescafé	750 g	Tray 12
Ricoffy Promotional Pack	Nescafé	1 kg	Can
Ricoffy Stick Packs	Nescafé	200 x 2.7 g	Box

apple and raspberry Milo crumble

200 g butter
200 g flour
100 g castor sugar
150 g fresh raspberries
3 apples, cut into cubes
100 g sugar
5 ml cinnamon
250 ml Milo crumble

In a bowl combine the flour and the sugar then rub in the butter until it forms a dough. Set aside in the fridge to chill. In a pot on a low heat cook the apples together with the sugar and the cinnamon until just soft. Add a dash of water if required. Once the apples are soft, add the raspberries and mix together. Pour into an oven proof dish, sprinkle with the Milo crumble and rub the chilled crumble over the fruit mixture. Bake at 180 C until the crumble has cooked and is golden.



warm Bar-One and cherry cake

825 g can of cherries, drained
½ cup of self raising flour
¼ cup of castor sugar
2 eggs
100 ml milk
50 ml Bar-One sauce
80 g butter, melted

cherry and Bar-One syrup

1 cup of water
1 cup of sugar
½ cup of Bar-One sauce
2 ½ ml of cherry essence

Preheat the oven to 180 C. Place the cherries in a greased, shallow, ovenproof dish. Sift the flour and the sugar into a bowl and make a well in the centre. Gradually whisk in combined eggs, the milk, the Bar-One sauce and the butter until smooth. Spoon the mixture evenly between the cherries. Bake the cake for about 30 minutes. To prepare the syrup: Bring the ingredients to a light boil. Keep stirring until the sugar dissolves; simmer for 2 minutes and reduce a bit. Pour the warm syrup over the freshly made cake and allow the sponge to absorb the syrup. When you are ready to serve the cake remove it from the fridge and heat it up until just warm.



recipe brought to you by **unilever food solutions**



description	brand	size	pack size
Classique *Dairy Cream Alternative	Meadowland	1 L	Case 6
Brownie Mix	Carte D'or	1 kg	Case 6
Chocolate Lava Cake Mix	Carte D'or	800 g	Case 6
Crème Brûlée	Carte D'or	1 kg	Case 6
Custard Powder	Carte D'or	2.5 kg	Ctn
Multi-Purpose Hot Pudding Mix	Carte D'or	1 kg	Case 6
Instant Dessert Butterscotch	Carte D'or	6 x 500 g	Ctn
Cheesecake	Carte D'or	1 kg	Case 6
Instant Dessert Chocolate	Carte D'or	6 x 500 g	Ctn
Crème Caramel	Carte D'or	1.3 kg	Case 6
Instant Dessert Strawberry	Carte D'or	6 x 500 g	Ctn
Tiramisu	Carte D'or	1 kg	Case 6
Instant Dessert Vanilla	Carte D'or	6 x 500 g	Ctn
Cappuccino Mousse	Carte D'or	1 kg	Case 6
Choc Mint Mousse	Carte D'or	1 kg	Case 6
Chocolate Mousse	Carte D'or	1 kg	Case 6
White Chocolate Mousse	Carte D'or	1 kg	Case 6

see more listings on page 186



Inspiration every day

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death by chocolate cheesecake

2 packets of NuttyKrust biscuits
150 g Marvello full fat spread
150 g Carte D'or cheesecake
300 g Carte D'or chocolate mousse
300 ml Carte D'or chocolate sauce
25 g cocoa powder
700 ml Meadowland Classique

Crush the biscuits and combine with the Marvello spread. Press into a springform pan or a pie dish. Mix the Carte D'or cheesecake and the Carte D'or chocolate mousse with the Meadowland Classique. Add the Carte D'or chocolate sauce and mix until smooth and creamy in texture. Consistency should be slightly stiff, but not over beaten. Pour mixture over biscuits and allow to set for 3 hours. Sprinkle with cocoa powder.



recipe brought to you by entyce



description	brand	size	pack size
Original Envelope Tea Bags	Five Roses	200 x 2.5 g	Ctn
Rooibos Envelope Tea Bags	Five Roses	200 x 2 g	Ctn
Tagged Tea Bags	Five Roses	100 x 2.5 g	Case 12
Rooibos Tea Bags	Freshpak	4 x 80 g	Case



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summer dessert

2 cups of Ellis Brown® creamer
3 cups of boiling water
1 packet of jelly powder
fresh fruit to decorate
custard or ice cream to serve

Combine the Ellis Brown® creamer and 2 cups of boiling water. Stir until smooth. Chill. Mix the jelly powder with a cup of boiling water and allow to cool to room temperature, but not to set. Beat the chilled Ellis Brown® creamer until thick and creamy. Add the cooled jelly and beat until smooth. Pour the mixture into a dessert bowl and refrigerate (preferably overnight). Decorate with fruit if desired. Serve with custard or ice cream.



caramel tart

200 g packet of gingernut biscuits
¼ cup of margarine, melted
1 tin of caramel treat
2 cups of Ellis Brown® creamer
½ cup of boiling water
1 cup of whipped cream to decorate

Crush the biscuits finely and mix with the melted margarine. Press into a deep 20 cm pie dish. To prepare the filling: Combine the Ellis Brown® creamer and the boiling water. Stir until smooth. Chill. Beat the chilled Ellis Brown® creamer until thick and creamy. Add the caramel treat and beat until smooth. Pour the mixture into the base and refrigerate (preferably overnight). Decorate with cream if desired.



recipe brought to you by hulett's



description	brand	size	pack size
Sunsweet Brown Sugar	Hulett's	1 kg	Bag
Sunsweet Light Brown Sugar	Hulett's	25 kg	Bag
White Sugar	Hulett's	500 g	Bale 15
White Sugar	Hulett's	1 kg	Bale 10
White Sugar	Hulett's	2.5 kg	Bale 8
White Sugar	Hulett's	10 kg	Bag
White Sugar	Hulett's	12.5 kg	Bag
White Sugar	Hulett's	25 kg	Bag
Castor Sugar	Hulett's	25 kg	Bag
Icing Sugar	Hulett's	25 kg	Bag
Brown Sugar Tubes	Hulett's	1000 x 5 g	5 kg Ctn
White Sugar Tubes	Hulett's	1000 x 5 g	5 kg Ctn
Brown Sugar Sachets	Hulett's	2000 x 6 g	12 kg Ctn
White Sugar Sachets	Hulett's	2000 x 6 g	12 kg Ctn
Equisweet Classic Sweetener Tubes	Hulett's	1000 x 1 g	1 kg Ctn
Equisweet Sucralose Sweetener Tubes	Hulett's	1000 x 1 g	1 kg Ctn
Vending Sugar	Hulett's	25 x 1 kg	Bale

see more listings on page 186



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basic sponge cake

with chantilly cream or divine lamingtons

basic sponge cake

250 g Hulett's castor sugar
4 extra large eggs
280 g cake flour
15 ml baking powder
250 ml milk
100 g butter or margarine
5 ml vanilla or caramel essence

For the basic sponge cake: Grease and line 2 x 20 cm round or square cake tins. Preheat the oven to 180 C. Beat the eggs together well, gradually add the Hulett's castor sugar, beating after each addition. Mixture should be pale yellow, thick and creamy. Sift the flour and baking powder together and fold into the egg and sugar mixture using a large metal spoon. Heat the milk and butter. Do not boil. Stir the milk mixture and essence into the batter. Spoon the batter into the greased cake tins. Bake in a preheated oven for 25-30 minutes or until a skewer comes out clean when inserted in the centre. Turn the cakes onto a wire rack and carefully pull off the baking paper. Allow to cool.

chantilly cream

315 ml fresh, heavy cream
75 ml Hulett's castor sugar
10 ml vanilla essence
250 g flaked almonds, toasted
Hulett's icing sugar to dust

To prepare the chantilly cream filling:

Beat the fresh, heavy cream together with Hulett's castor sugar and vanilla essence until soft peaks form. Sandwich the cake together with some of the cream mixture and use the remaining cream to cover the sides and top of the cake. Use the toasted, flaked almonds to press into the cake. Dust with Hulett's icing sugar. Serve immediately.

for the lamingtons

30 g butter
80 ml milk
320 g Hulett's icing sugar, sifted
25 g cocoa powder, sifted
5 ml vanilla essence
desiccated coconut to dust

To prepare the lamingtons: Melt the butter in a heavy-based saucepan over moderate heat. Stir in the milk, sifted Hulett's icing sugar and sifted cocoa powder. Stir the mixture over heat until coating consistency and stir in the vanilla essence. Cut the cake into squares and dip into the icing using a fork. Shake off excess icing and toss the cakes into desiccated coconut.



recipe brought to you by **ciro**



description	brand	size	pack size
Hot Chocolate	Ciro	1 kg	Shr 6
Hot Chocolate Sachets	Ciro	200 x 25 g	Ctn
Caffé Oro Espresso Beans	Ciro	1 kg	Case 6
Prelude Classic Coffee	Ciro	100 g	Case 60
Decaf Coffee Sticks	Ciro	200 x 1.8 g	Box
Prelude Classic Coffee Filter	Ciro	80 x 75 g	Ctn
Original Coffee Sticks	Ciro	500 x 1.8 g	Box
Instant Coffee	Hostess	5 kg	Ctn
Grand Espresso Coffee Beans	Lavazza	1 kg	Case 6



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crema di ricotta al caffè

- 2 cups of ricotta cheese
 - ¼ cup of coffee or espresso
 - ½ cup of sugar
 - 1 kiwi, diced
- Mash the ricotta in a bowl until soft. Add the sugar and the coffee and mix well. Taste and adjust the sugar if necessary. Spoon into dessert bowls and leave in the fridge for 2-3 hours. Decorate with diced kiwi before serving.



recipe brought to you by **bce**



description	brand	size	pack size
Convection Oven with Stainless Steel Stand	Piron 800	Each	Each
Digital Convection Oven with Humidity	Piron 800	Each	Each
Planetary Mixer	Kitchenaid	5 L	Each
Non-Stick Baking Sheet	Exopat	600 x 400 mm	Each
Hand Held Immersion Mixer	Hamilton Beach	Each	Each
Stainless Steel Sauce Pan	Infiniti	1.6 L	Each
Stainless Steel Sauce Pan	Infiniti	2.3 L	Each
Stainless Steel Sauce Pan	Infiniti	2.7 L	Each
Stainless Steel Sauce Pan	Infiniti	3.1 L	Each
Stainless Steel Oval Serving Platter	Bce	350 mm	Each
Stainless Steel Oval Serving Platter	Bce	410 mm	Each

meringue roulade

with mango and passion fruit

meringue

canola oil spray
6 free range egg whites
1 cup of castor sugar
1 teaspoon of corn flour
1 teaspoon of natural vanilla extract

custard

200 ml mango purée
¾ cup of castor sugar
½ a vanilla bean, split lengthways
½ tablespoon of corn flour
½ tablespoon of flour
2 free range eggs
150 ml pouring cream, whipped

garnish

1 mango, diced
4 passion fruits, pulp only

To prepare the meringue, preheat the oven to 160 C. Line a 30 cm square baking tray with baking paper. Spray with canola oil. Place the egg whites in the clean bowl of an electric mixer and whisk to soft peaks. At a low speed, gradually add the sugar, corn flour and vanilla. Mix on a high speed until the meringue is thick and glossy. Spread the meringue evenly over the baking paper, taking it right to the edge. Bake for 15 minutes or until it is a slight golden colour. Don't open the oven door while cooking. Sprinkle the extra sugar over a fresh sheet of paper on a flat surface. Turn out the cooked meringue onto the sugar dusted paper. Gently peel the backing paper away and cool at room temperature. To prepare the custard, place the mango purée, sugar and vanilla bean in a saucepan and bring to a gentle simmer. Mix the corn flour, flour and egg yolks together and then add a ladle of hot mango juice to the mixture. Mix well and add back to the pan of hot mango juice, mix well again and cook over medium heat until the liquid starts bubbling. Once the custard is thick, remove from the heat and transfer to a bowl. Discard the vanilla bean, cover and chill for 30 minutes. When ready to assemble, loosen the custard with a whisk and gently add the whipped cream to lighten. Spread the custard evenly over the meringue with a spatula. Gently roll the meringue up to create a loose roulade. Set on a platter and chill until ready to serve. Just before serving, garnish the roulade with the mango and passion fruit pulp.



recipe brought to you by **bakehouse**



description	brand	size	pack size
Mini Croissant Selection	Bakehouse	72 x 30 g / 40 g	Case
Mini All Butter Croissant	Bakehouse	150 x 30 g	Case
All Butter Croissant, Curved	Bakehouse	48 x 70 g	Case
All Butter Croissant, Straight	Bakehouse	42 x 85 g	Case
Jumbo All Butter Croissant, Curved	Bakehouse	36 x 90 g	Case
Almond Croissant	Bakehouse	48 x 95 g	Case
Chocolate Croissant	Bakehouse	48 x 95 g	Case
Pain Chocolat	Bakehouse	48 x 90 g	Case
Pain Raisin	Bakehouse	36 x 105 g	Case
Maple Pecan Plait	Bakehouse	48 x 100 g	Case
Cinnamon Swirl	Bakehouse	48 x 88 g	Case
Vanilla Creme Crown	Bakehouse	48 x 100 g	Case
Mini Danish Selection	Bakehouse	120 x 42 g	Case
Portuguese Custard Tart	Bakehouse	48 x 59 g	Case
Spinach & Ricotta Plait	Bakehouse	36 x 120 g	Case
Cheese Twist	Bakehouse	50 x 90 g	Case
Tomato & Cheese Swirly	Bakehouse	35 x 115 g	Case
Pita Bread	Bakehouse	96 x 80 g	Case
Ciabatta Sandwich, Light	Bakehouse	40 x 100 g	Case

french almond frangipane croissant

12 Bakehouse croissants

frangipane

150 g sugar, granulated

100 g almond meal, ground

one egg, white only

2 tablespoons of sugar syrup

2 tablespoons of water

vanilla extract, optional

This recipe makes 12 almond filled croissants. Using baked and cooled Bakehouse croissants, either fresh or up to one day old, weigh out the frangipane ingredients into a mixing bowl and beat gently until the mixture is a smooth paste. Cut the croissants length-ways to make a pocket. Generously spoon the mixture into the croissant and reclose. Lightly wet the surface of each croissant with water and sprinkle with almond flakes. The croissant can be eaten like this, or for maximum freshness, reheat in an oven at 180 C for 5 minutes until the almonds are lightly toasted. Finish off with a generous dusting of icing sugar.

topping

50 g almond flakes

icing sugar

Extra Information: A traditional French almond frangipane croissant is prepared in Parisian bakeries. Traditionally, French bakers use yesterday's unsold croissants to make almond croissants, but a modern twist would be to use fresh croissants for the best tasting product.



recipe brought to you by chateau gateaux



description	brand	size	pack size
Austrian Chocolate Mousse Cake	Chateau Gateaux	240 mm	Case 2
Austrian Chocolate Mousse Cake	Chateau Gateaux	24 x 120 ml	Case
B1 Cake	Chateau Gateaux	240 mm	Case 2
Black Forrest Cake	Chateau Gateaux	240 mm	Case 2
Black Forrest Individual Cakes	Chateau Gateaux	33 Port	Case
Assorted Cheesecake Individuals	Chateau Gateaux	33 Port	Case
Cookies & Cream	Chateau Gateaux	240 mm	Case 2
Granadilla Cheesecake	Chateau Gateaux	240 mm	Case 2
Granadilla Cheesecake Individuals	Chateau Gateaux	33 Port	Case
Lemon Cheesecake	Chateau Gateaux	240 mm	Case 2
Lemon Cheesecake	Chateau Gateaux	33 x 120 ml	Case
New York Baked Cheesecake	Chateau Gateaux	30 x 120 ml	Case
Strawberry Cheesecake	Chateau Gateaux	240 mm	Case 2
Strawberry Cheesecake Individuals	Chateau Gateaux	33 Port	Case
Wildberry Cheesecake	Chateau Gateaux	240 mm	Case 2
Chocolate Brownies	Chateau Gateaux	24 x 170 ml	Case
Chocolate Volcano	Chateau Gateaux	22 x 120 ml	Case

see more listings on page 186 to 187

the marvelously versatile malva pudding from Chateau Gateaux



Our malva pudding is the genuine item – made the traditional way using butter, fresh cream, apricot jam and finished off with a rich toffee sauce. And it comes to you at ultimate convenience – each generous portion individually frozen in its own foil cup ready to heat and serve from frozen in the microwave or oven. Simply tear off the foil cup and heat as required.

Aside from the traditional ways to serve malva pudding with custard, cream and/or ice cream, there are a number of more unconventional ideas to add taste and sparkle to this old family favourite:

- Add cinnamon to your custard for a variation in flavour.
- After heating, coat the malva pudding with a rich, dark chocolate sauce and sprinkle lightly or to taste with fine chilli powder mixed with a pinch of cayenne.
- Cut the malva pudding diagonally, place the triangles on a large plate, parting them with two corners touching - creating a triangular gap between them. Pour a mixed berry coulis into the triangular gap allowing it to spill out onto the plate. Garnish with a mint leaf cluster in the centre of the coulis.
- Using the same triangular arrangement, pour custard into the gap and use a toothpick to swirl a blob of chocolate sauce into the custard.
- Serve two triangles on the same plate, each coated with a different sauce – chocolate and custard; custard and brandy sauce; strawberry and custard.
- Using a scone or biscuit cutter, cut a 30 – 40mm hole in the malva pudding. Fill with pitted black cherries. Place the cutout pudding piece on top of the cherries and cover with fresh cream.
- Blend chopped bananas, or fresh cherries or both into custard as a topping.
- Split a banana down the middle, lightly fry in butter until golden brown. Arrange diagonally on the malva pudding concave then pour a sauce of your choice in the oval.
- To reduce cost and portion size, cut in half diagonally and serve a malva pudding triangle with cream piped along the edge.
- Make a mini birthday cake for one person with candles.

recipe brought to you by mccain



description	brand	size	pack size
Potato Flakes	McCain	1 kg	Bale 10
Hash Browns	McCain	1.5 kg	Case 6
Classics Hash Browns	McCain	1.2 kg	Case 8
Mini Pommes Croquettes	McCain	2.5 kg	Case 4
Mini Pommes Croquettes	McCain	1.5 kg	Case 6
Classics Roast Potatoes	McCain	2.5 kg	Case 4
Rosti	McCain	1.5 kg	Case 6
Sautes Straight Cut Potato Slices	McCain	2.5 kg	Case 4
Pommes Smiles	McCain	1.5 kg	Case 6
Signatures Tasty Taters	McCain	1.5 kg	Case 6



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

brown sugar and nutmeg roasted parsnip muffins

with raw almonds and cinnamon brown sugar

parsnips

200 g McCain Alternatives
chunky parsnips

4 tablespoons of sunflower oil

3 tablespoons of butter

3 tablespoons of brown sugar

1 teaspoon of ground nutmeg

a pinch of salt & black pepper

160 g sunflower oil

400 g amasi

200 g brown sugar

4 extra large eggs

1 teaspoon of vanilla essence

600 g cake flour

1 tablespoon of baking powder

2 teaspoons of bicarbonate soda

2 teaspoons of ground cinnamon

2 teaspoons of mixed spice

1 teaspoon of salt

250 g smooth cream cheese

raw almonds, chopped

brown sugar mixed with 1 teaspoon
ground cinnamon

Cover McCain Alternatives chunky parsnips with the other ingredients and roast for about 50 minutes at 180 C until soft. When roasted parsnips are cool, chop them finely. Mix all the dry ingredients together with a whisk for even dispersion; add teaspoons of cream cheese to the flour, making sure the cream cheese is coated with flour. Whisk all the wet ingredients together and stir in the chopped parsnips. Pour the wet ingredients into the dry ingredients and fold gently using a big spoon. Do not over mix. Line a muffin pan with 11-12 muffin cases and spray with Spray 'n Cook. With an ice-cream scoop and hot water, add one scoop of muffin mix into the cases. Sprinkle with chopped raw almonds. Add another scoop of muffin mix on top. Top with raw almonds and sprinkle with a little cinnamon brown sugar. Bake at 170 C for 25 minutes and then turn the tray. Bake a further 8-10 minutes. Using a skewer, test if the muffins are properly baked in the middle - the skewer must come out clean. Turning the tray ensures even-coloured baking. Allow to cool completely before removing the muffins from muffin pans.

recipe brought to you by patleys



description	brand	size	pack size
Peach Halves in Syrup	Goldcrest	3.06 kg	Case 6
Pitted Lychees	Goldcrest	565 g	Case 24
Gooseberries in Syrup	Goldcrest	425 g	Case 24
Grapefruit Segments	Goldcrest	410 g	Case 12
Pear Halves in Syrup	Goldcrest	3.06 kg	Case 6
Strawberries in Syrup	Goldcrest	420 g	Case 24
Black Cherries in Syrup	Goldcrest	425 g	Case 24



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

black cherry and mascarpone brûlée

3 large egg yolks
420 g tin of Goldcrest pitted black
cherries, drained
400 ml milk
250 ml mascarpone
45 ml castor sugar

Mix the egg yolks and cherries together and set aside. Place the milk and mascarpone in a saucepan and bring to the boil, whisking continuously. Remove the milk mixture from the heat and whisk in the egg mixture until well combined. Return the saucepan to the heat and cook on medium heat until the mixture is thick enough to coat the back of a wooden spoon. Pour the mixture into ramekins and refrigerate, for about 2 hours until set. To serve, sprinkle the sugar over the top and caramelise with a blowtorch.



recipe brought to you by patleys



description	brand	size	pack size
Babybel Cheese	Bel	200 g	Case 8
Mini Babybel Cheese	Bel	5s/110 g	Case 12
Mini Bonbel Cheese	Bel	5 x 110 g	Case 12
Blue Cocktail Cheese Cubes	Bel	78 g	Case 12
Kiri Cream Cheese 6 Portions	Bel	108 g	Shr 10
Laughing Cow Cheese Wedges	Bel	128 g/8s	Case 36
Assorted Party Cheese Cubes	Bel	125 g	Box



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

raspberry and white chocolate tart

crust For the crust, mix the biscuits and butter together, until well combined.

250 g digestive biscuits, crushed

125 g butter, melted

Push the mixture into the base and sides of a 23 cm round, 4 cm deep, loose bottomed fluted flan tin, or 6 individual tartlet cases, to form a shell.

Chill until required.

filling

200 g bar of white chocolate,
broken into pieces

12 Kiri cream cheese portions

100 g mascarpone cheese

150 ml cream, whipped

250 g raspberries

To prepare the filling: Place the white chocolate and Kiri cheese in a bowl, set over a pan of barely simmering water and stir until it melts into a smooth sauce.

Leave to cool slightly, then, using an electric or balloon whisk, blend in the remaining mascarpone until smooth. Stir in the cream and mix until thoroughly combined. Spoon into the pastry cases and chill for 2-3 hours until softly set.

Remove the tart from the tin and arrange the raspberries over the tart.



recipe brought to you by tiger brands



description	brand	size	pack size
Pie Apples	Koo	385 g	Shr 12
Pie Apples	Koo	2.84 kg	Case 6
Apricot Halves	Koo	3.06 kg	Case 6
Fruit Cocktail	Koo	3.06 kg	Case 6
Fruit Cocktail	Koo	410 g	Shr 12
Guava Halves	Koo	3.06 kg	Case 6
Guava Halves	Koo	825 g	Shr 6
Peach Halves	Koo	410 g	Shr 12
Peach Halves	Koo	3.06 kg	Case 6
Peach Slices	Koo	225 g	Case 6
Pear Halves	Koo	3.06 kg	Case 6
Pear Halves	Koo	410 g	Shr 12
Apple Sauce	Koo	400 g	Shr 12



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

individual peach clafoutis

10 Koo peach halves
½ cup of Golden Cloud
self raising flour
½ cup of castor sugar
4 eggs, lightly beaten
1 cup of milk
1 cup of fresh cream
2 teaspoons of vanilla essence

Combine the sifted flour and sugar in a bowl. In a separate bowl, whisk together the eggs, milk, cream and vanilla essence. Add the egg mix to the flour mix and whisk until well combined and smooth. Cut the peach halves into 4 wedges and place the wedges at the bottom of a greased ramekin. Pour the flour mixture over the peaches until just below the brim. Place the ramekins in a baking tray and bake for 15-20 minutes or until the mixture has set and the peaches have risen to the top and the pudding is golden brown. Serve immediately. Can be served with cream or ice cream and dusted with icing sugar.



recipe brought to you by **pakco**



description	brand	size	pack size
Greengage Jelly Powder	Trotters	1 kg	Box
Strawberry Jelly Powder	Trotters	1 kg	Box
Raspberry Jelly Powder	Trotters	1 kg	Box
Orange Jelly Powder	Trotters	1 kg	Box
Lemon Jelly Powder	Trotters	1 kg	Box
Granadilla Jelly Powder	Trotters	1 kg	Box
Cherry Jelly Powder	Trotters	1 kg	Box
Pineapple Jelly Powder	Trotters	1 kg	Box
Hot Atchar	Pakco	3 kg	Bkt
Hot Atchar	Pakco	385 g	Case
Mango Atchar	Pakco	3 kg	Bkt
Grated Mango Atchar	Pakco	3 kg	Bkt
Mango Pickles	Pakco	410 g	Case
Mango Grated Pickles	Pakco	400 g	Case
Mixed Vegetable Pickles	Pakco	385 g	Case
Mixed Vegetable Pickles	Pakco	3 kg	Bott
Lime Pickle	Pakco	3 kg	Bott

[see more listings on page 187](#)



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

ginger mandarin pie

1 packet of Trotters flavoured
orange jelly
200 ml hot water
1 packet of ginger biscuits, crushed
50 g butter, melted
20 ml cornflour
1 tin of mandarin pieces, drained
and return the juice
200 ml evaporated milk, whipped
200 ml condensed milk
1 cup of cream, whipped to serve
¼ cup of nuts, chopped to serve or
preserved ginger, sliced to serve

Combine the butter with the crushed biscuits and use it to line a pie dish. In a small sauce pan heat the water, the sugar, the evaporated milk, the condensed milk and the cornflour at a low heat until thick. Remove from the heat. Dissolve the jelly in the hot sauce thoroughly and set aside to cool. Arrange the mandarin pieces along the bottom of the pie crust and cover them with the orange jelly. Decorate with the freshly whipped cream and the nuts or thin slices of preserved ginger. Dissolve the jelly in the hot water and add this to the condensed milk and evaporated milk. Pour this mixture over the pie crust and refrigerate until set. Arrange the mandarin pieces on top of the pie mix. Heat the mandarin juice and thicken with the cornflour. Pour this over the mandarin pieces and refrigerate until set again. Serve with nuts, or preserved ginger slices and cream.



recipe brought to you by **snackworks**



description	brand	size	pack size
Choice Assorted Biscuits	Bakers	2 kg	Case 2
Tennis Biscuits	Bakers	200 g	Case 12
Provita Sachets	Bakers	23 g	Case 105
Snacktime Assorted Crackers	Bakers	1 kg	Case 6
Romany Creams Biscuits	Bakers	200 g	Case 12
Blue Label Marie Biscuits	Bakers	200 g	Case 12
Provita Crispbread	Bakers	250 g	Case 12
Choice Assorted Biscuits	Bakers	200 g	Case 12
Choice Assorted Biscuits	Bakers	1 kg	Case 5
Eet-Sum-Mor Biscuits	Bakers	200 g	Case 12
Red Label Lemon Cream Biscuits	Bakers	200 g	Case 12
Nuttikrust	Bakers	200 g	Case 12
Mini Tennis Biscuits	Bakers	50 g	Case 24
Mini Eet-Sum-Mor Biscuits	Bakers	50 g	Case 24
Cheese Mini Cheddars	Bakers	33 g	Case 36
Bacon Mini Cheddars	Bakers	33 g	Case 36
Cheese & Onion Mini Cheddars	Bakers	33 g	Case 36
Classic Choc-kits	Bakers	200 g	Case 12
Cream Crackers	Bakers	200 g	Case 12

Snackworks
That's Good Times!

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

mille feuille

Bakers tennis biscuits

custard

125 g sugar

6 egg yolks

40 g flour

500 ml milk

1 vanilla pod

For the custard, cream the egg yolks with the sugar and flour until light and fluffy. Bring the milk with the scraped vanilla pod to the boil, then add to the yolks while whisking. Pour the mixture through a sieve and return to the heat. Cook on a low heat while stirring until thick and smooth. Layer the Bakers tennis biscuits with the custard until the dish is full. Allow to cool and set in the fridge. Then unmold, slice and serve.



trifle

Bakers boudoir biscuits, soaked in brandy sugar syrup

orange segments

orange jelly

200 ml cream, whipped

custard

125 g white sugar

6 egg yolks

40 g flour

500 ml milk

1 vanilla pod

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

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



from our basket

product solutions from Bidvest Foodservice



snacks
and functions



snacks
and functions

recipe brought to you by rainbow



description	brand	size	pack size
Ready2Go 100 g Chicken Burger	Rainbow	6 x 1 kg	6 kg
Ready2Go Chicken Schnitzel	Rainbow	4 x 1.5 kg	6 kg
Ready2Go Chicken Cripsy Strips	Rainbow	5 x 1 kg	5 kg
Ready2Go Chicken Nuggets	Rainbow	6 x 1 kg	6 kg
Ready2Go Chicken Cheezies	Rainbow	6 x 1 kg	6 kg
Ready2Go Salsa Snack Wings	Rainbow	6 x 1 kg	6 kg



The Chicken Experts.

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

crispy tenderstrips

with smoked cheese melt on a croissant

- 1 butter croissant
- 3 to 4 Ready2Go crispy tenderstrips,
deep fried
- 2 tablespoons of smoked cheese,
grated
- 1 tablespoon of mayonnaise
- 1 tablespoon of spring onion, finely
chopped
- ground black pepper

Cut the croissant in half and lightly toast. Combine the cheese and the mayonnaise together. Deep fry the crispy tenderstrips. Place the crispy tenderstrips on the toasted croissant. Top with the cheese and the mayonnaise mixture. Place under the grill for 2 to 3 minutes until the cheese melts. Sprinkle with the chopped spring onion and the ground black pepper. Serve warm.

Chef's tips and recommendations: Flavour the cheese and mayonnaise mix with chopped coriander, chopped chives or chopped Rainbow Simply Chicken Gourmet Sandwich Roll. Serve the croissant with a side salad, coleslaw or a Greek salad.



recipe brought to you by rainbow



description	brand	size	pack size
Ready2Go Fully Cooked Leg Quarter	Rainbow	6 x 1.7 kg	7.02 kg
Ready2Go Smoked Breasts	Rainbow	6 x 1 kg	6 kg
Ready2Go Chicken Cheese Russians	Rainbow	6 x 960 g	5.76 kg
Breakfast Banger	Rainbow	12 x 750 g	9.072 kg
Rainbow French Polony	Rainbow	4 x 2.5 kg	10 kg
Rainbow Simply Chicken Original Premium Polony	Rainbow	4 x 2.5 kg	10 kg
Rainbow Chilli Loaf	Rainbow	4 x 2.5 kg	10 kg
Rainbow Smokey Cheese Loaf	Rainbow	4 x 2.5 kg	10 kg
Rainbow Simply Chicken Smokey Chicken Roll	Rainbow	4 x 2.5 kg	10 kg
Rainbow Simply Chicken Gourmet Sandwich Roll	Rainbow	4 x 2.5 kg	10 kg

[see more listings on page 187](#)



The Chicken Experts.

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

the ultimate Rainbow dagwood

7 slices of fresh white country loaf or another fresh bread of your choice

30 ml butter, softened

assorted salad leaves

30 g Rainbow gourmet sandwich roll, thinly sliced

30 ml cream cheese

30 ml smoked aubergine spread

30 g Rainbow smokey chicken roll, thinly sliced

2 gherkins, sliced

30 g Rainbow original premium polony, thinly sliced

30 g Rainbow smokey cheese loaf, thinly sliced

1 slice of mature cheddar cheese

½ a ripe avocado, sliced

30 g Rainbow chilli loaf, thinly sliced

6 slices of cucumber

30 g Rainbow french polony

1 onion, caramelised

2 tomatoes, thinly sliced

Lay out the slices of bread and butter them all on one side. Set one slice aside as the crown of the dagwood. Spread slice one with cream cheese and then lay the salad leaves and sliced tomato onto the cream cheese. Place the gourmet sandwich roll onto the leaves and set aside. On slice two add the smoked aubergine spread and top with the lettuce leaves, sliced tomato, Rainbow smokey chicken roll and sliced gherkins. On slice three, place the lettuce leaves, a thick layer of Rainbow original premium polony and sliced tomato. On slice four, lay the salad leaves topped with fresh avocado, mature cheddar cheese, sliced tomato and Rainbow smokey cheese loaf. On slice five, lay the lettuce leaves, sliced tomato and sliced cucumber followed by Rainbow chilli loaf. On the sixth and final slice, place a layer of salad leaves topped with Rainbow french polony and a thick layer of caramelised onions. To assemble, lay slice five upon six then add slice four, slice three, slice two, slice one and top with the crown of bread.



recipe brought to you by willowton



description	brand	size	pack size
Platinum Frying Oil	Sunfoil	20 L	Drum
Palm Oil	Sunfoil	20 L	Drum
Sunflower Oil	Sunfoil	20 L	Drum
Full Fat Margarine	Cordon Bleu	500 g	Case 30
Lite Margarine	Sunshine D	500 g	Case 30
Margarine Portions	Sunshine D	125 x 8 g	Case 8
Low Fat Margarine	Romi	500 g	Case 30

nougat cake

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

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

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



recipe brought to you by premier foods



description	brand	size	pack size
Digestive Bran	Snowflake	350 g	Bale 20
Brown Bread Flour	Snowflake	12.5 kg	Bag
White Bread Flour	Snowflake	12.5 kg	Bag
Cake Wheat Flour	Snowflake	12.5 kg	Bag
Nutty Wheat Flour	Snowflake	2.5 kg	Bale 8
Self Raising Flour	Snowflake	500 g	Bale 25
Self Raising Flour	Snowflake	2.5 kg	Bale 8



PREMIER FOODS

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

oatmeal crunchies

500 ml Snowflake cake wheat flour
5 ml bicarbonate of soda
3 ml salt
500 ml rolled oats
500 ml desiccated coconut
375 ml sugar
250 ml seedless raisins
250 g butter or margarine
30 ml golden syrup
1 extra large egg, beaten
5 ml vanilla essence
2 ml almond essence

Sift the flour, bicarbonate of soda and salt together. Add the rest of the dry ingredients. Melt the butter and golden syrup together in a small, heavy-based saucepan and add to the dry ingredients. Add the beaten egg and both essences. Mix well and press the mixture into a large baking tray of about 24 cm x 34 cm. Bake in a preheated oven at 180 C for about 10 minutes. Reduce the oven temperature to 160 C and bake further for about 15 minutes until golden brown. Leave to cool in the pan before cutting into squares. Store in an airtight container.



recipe brought to you by dairybelle



description	brand	size	pack size
Cheddar Cheese Bulk Block	DairyBelle	± 9 kg	Per kg
Cheddar Loaf	DairyBelle	± 2.5 kg	Per kg
Gouda Loaf	DairyBelle	± 2.5 kg	Per kg
Mozzarella Loaf	DairyBelle	± 2.5 kg	Per kg
Plain Feta	DairyBelle	4 kg	Case 2
Grated Mozzarella Cheese	DairyBelle	1 kg	Case 4
Grated Cheddar Cheese	DairyBelle	1 kg	Case 4
Fiddlers Cheese Loaf	DairyBelle	± 2.25 kg	Per kg
Halloumi Cheese Loaf	DairyBelle	4 kg	Case 2
Fresh Milk Low Fat	DairyBelle	1 L	Case 6



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

sweet potato and cheese bake

250 g sweet potato,
peeled and diced

250 g yellow pumpkin,
peeled and diced

60 ml DairyBelle low fat fresh milk

15 ml DairyBelle choice butter

salt and freshly ground
black pepper

2 ml fresh chopped thyme

100 g DairyBelle cheddar, grated

green salad and grilled
ostrich medallions to serve

Roast the pumpkin and sweet potatoes together in a preheated oven at 230 C until the pumpkin and sweet potatoes are soft enough for mashing. Transfer to a mixing bowl and mash with the milk and butter. Add the seasoning and herbs and mix with half of the cheese. Spoon into a greased ovenproof dish and sprinkle with the remaining cheese. Bake in a preheated oven at 180 C for 20-25 minutes or until the cheese is golden in colour. Serve warm with a green salad of your choice and grilled ostrich medallions.



recipe brought to you by **mama's & today**



description	brand	size	pack size
Chicken Tikka Bites		100 x 30 g	Case
Raw Chicken & Mushroom Pie	Mama's	24 x 160 g	Case
Raw Cornish Pie	Mama's	24 x 160 g	Case
Raw Mutton Curry Pie	Mama's	24 x 160 g	Case
Raw Pepper Steak Pie	Mama's	24 x 160 g	Case
Raw Prego Steak Pie	Mama's	24 x 160 g	Case
Raw Roast Chicken Pie	Mama's	24 x 160 g	Case
Sausage Roll	Mama's	50 x 160 g	Case
Raw Spinach & Feta Pie	Mama's	24 x 160 g	Case
Raw Steak & Kidney Pie	Mama's	24 x 160 g	Case
Raw Steak Pie	Mama's	24 x 160 g	Case
Puff Pastry	Today	20 x 400 g	Case
Sausage Roll	Today	50 x 70 g	Box



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

mama's cornish pies

6 cornish Mama's pies
1 packet peas, carrots and corn
45 ml butter
45 ml cake flour
80 g cheddar cheese, grated
steamed broccoli to serve

Bake the pies according to the packet instructions.
Lift the top crust and stuff with cooked peas, diced carrots and whole-kernel corn. Melt the butter in a saucepan, add cake flour and mix well. Gradually add milk, stirring continuously over a low heat until the mixture thickens. Stir in the grated cheddar cheese and season to taste. Spoon the sauce over the vegetables and replace the top crust of the pie. Serve with steamed broccoli.



caramelised onion tarts

with butternut, feta and rocket

caramelised onion
80 ml butter
6 onions, sliced

tarts
1 egg
15 ml water
400 g Today's cheese and herb puff pastry
olive oil

topping
300 g roasted butternut cubes
100 g feta cheese
rocket leaves
salt and ground black pepper to taste

Heat the butter in a large saucepan. Slice the onions thickly and sauté until soft and caramelised. Season to taste. Thaw the pastry completely at room temperature. Roll out the puff pastry on a lightly floured surface. Cut into 6 x 10 cm x 8 cm rectangles. Preheat the oven to 180 C. Make a light 1 cm indent with the back of a butter knife, 1 cm from the edge of the pastry. Scatter the caramelised onions over the inside of the pastries. Drizzle olive oil over the top. Combine the egg and the water and brush the rim of each tart. Bake for 20 minutes until golden brown. For the topping: Mix the butternut cubes with the feta. Serve with rocket leaves on top. Season with salt and ground black pepper.



recipe brought to you by county fair



description	brand	size	pack size
Crispy Chicken Breast Strips	Earlybird Farm	3 kg	Case
Chicken Chimoosas	Earlybird Farm	3 kg	Case 3
Chicken Gizzards	Earlybird Farm	10 kg	Case 10
Chicken Kebabs	Earlybird Farm	± 4.5 kg	Per kg
Chicken Kebabs Tomato & Herb	Earlybird Farm	± 4.5 kg	Per kg
Chicken Liver Catering	Earlybird Farm	10 kg	Case 10
Chicken Nuggets	Earlybird Farm	3 kg	Case
Chicken Portions Mixed IQF	Earlybird Farm	6 x 2 kg	Case 12
Chicken Schnitzel	Earlybird Farm	45 Port	Case 4.5
Chicken Thighs	Earlybird Farm	8 x 1.5 kg	Per kg
Flavoured Chicken Burgers	Earlybird Farm	80 g	Case 36

description	brand	size	pack size
Chicken Snack Pack	County Fair	3 kg	Case
Crumbed Chicken Breast	County Fair	5 kg	Case
Chicken Breast Bone-on IQF	County Fair	6 x 2 kg	Case 12
Crumbed Chicken Burgers	County Fair	50 x 100 g	Case
Chicken Cheezy Bites	County Fair	143 x 35 g	Case
Chicken Chickles	County Fair	200 x 25 g	Case

see more listings on page 188



County Fair

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

Goldi flavoured chicken burgers

Who can go wrong with a Goldi chicken burger?

Serve it as is, with interesting toppings such as salsa, avocado and bacon, or creamed spinach and mozzarella.

Serve it with grilled vegetables as a tasty side dish.

Lose the bun and simply add your favourite toppings; ham, pineapple, mushrooms and some grated mozzarella cheese on top.



County Fair snack box

The County Fair Snack Pack contains:

- 1 kg cheezy bites
- 1 kg breast nuggets
- 1 kg chickles


Convenience in a box for any special occasion!

Create a tasty chicken snack platter from the freezer into the fryer and garnish with a tasty sweet chilli dipping sauce and fresh herbs.



recipe brought to you by pillsbury



description	brand	size	pack size
TubeSet™ Batters Mix Case Variety	Pillsbury	6 x 1.36 kg	Case 6
TubeSet™ Batters Blueberry	Pillsbury	6 x 1.36 kg	Case 6
TubeSet™ Batters Chocolate Choc Chip	Pillsbury	6 x 1.36 kg	Case 6
TubeSet™ Batters Cappuccino Coffee Flavoured Choc	Pillsbury	6 x 1.36 kg	Case 6
TubeSet™ Batters Caramel Fudge Chip	Pillsbury	6 x 1.36 kg	Case 6
TubeSet™ Batters Plain Creme	Pillsbury	6 x 1.36 kg	Case 6
TubeSet™ Batters Honey Flavoured Muesli	Pillsbury	6 x 1.36 kg	Case 6
TubeSet™ Batters Lemon Flavoured Poppyseed	Pillsbury	6 x 1.36 kg	Case 6
TubeSet™ Batters Raisin Bran	Pillsbury	6 x 1.36 kg	Case 6
TubeSet™ Batters Banana Nut	Pillsbury	6 x 1.36 kg	Case 6
TubeSet™ Batters Black Forest	Pillsbury	6 x 1.36 kg	Case 6
Dry Mixes Chocolate Choc Chip	Pillsbury	1 x 10 kg	Bag
Dry Mixes Bran	Pillsbury	1 x 10 kg	Bag
Dry Mixes Scone 	Pillsbury	1 x 10 kg	Bag
Individually Wrapped Jumbo Muffins Blueberry	Pillsbury	24 x 135 g	Case

see more listings on page 188

mediterranean bread

*with caramelised onions, tomatoes,
feta and olives*

500 g Pillsbury™
Plain Crème TubeSet™

250 g plain sifted flour

2 tablespoons of balsamic vinegar

2 tablespoons of sugar

2 onions, peeled and sliced

2 tablespoons of butter

1 punnet of cherry tomatoes

200 g feta, crumbed

100 ml pitted black olives

2 sprigs of freshly picked rosemary

1 egg, beaten

a pinch of rock salt

In a frying pan, over a medium heat, 'sweat off' the sliced onions with the butter, until they become transparent. Then add 1 tablespoon of the sugar and sauté until caramelised. Add the balsamic vinegar, then remove from the heat and set aside. Add the flour to the Pillsbury™ Plain Crème TubeSet™. Knead out and place on a baking tray. Sprinkle the bread mixture with the cocktail tomatoes, crumbed feta, pitted olives and picked rosemary. Brush with the egg, sprinkle with salt and bake in a preheated oven at 160 C for 30 minutes or until golden brown.



cake pops

½ Pillsbury™ Vanilla Choc TubeSet™

¼ tub of Pillsbury™ Creamy
Supreme™ vanilla or milk chocolate
flavoured frosting

500 g white/brown baking chocolate

50 lollipop sticks

sprinkles to garnish

Add the Pillsbury™ Vanilla Choc TubeSet™ mix to a greased baking pan. Bake in a preheated oven at 160 C for 15 minutes as you would sponge mixture. Allow to cool. Cut into rough pieces. Mix with the Pillsbury™ Creamy Supreme™ vanilla or milk chocolate flavoured frosting. Mould into rounds on the lollipop sticks and put in the freezer to set. Melt the baking chocolate over a double boiler or gently in the microwave until melted. Dip each lollipop in the chocolate until coated and garnish with sprinkles. Stand upright to set.



from our basket

product solutions from Bidvest Foodservice



packing and cleaning
solutions



packing and
cleaning
solutions

products brought to you by mpact



description	brand	size	pack size
Food Wrap Versafilm Lite	Mpact	380 x 1400 m	Each
Fomopak No 40	Mpact	75s	Case 4
Fomopak No 41	Mpact	75s	Case 4
Fomopak Superpak No 53 3 Division	Mpact	75s	Case 4
Fomopak No 6	Mpact	125s	Case 4
Fomopak No 2D	Mpact	125s	Case 4
Fomopak No 71 m	Mpact	250s	Case 4
Fomopak No 73/73D	Mpact	250s	Case 4
Fomopak No 69	Mpact	250s	Case 2
Fomopak No 53	Mpact	75s	Case 4

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

products brought to you by **unilever**



description	brand	size	pack size
Washing Bar	Sunlight	125 g	Case 144
Dishwashing Liquid	Sunlight	750 ml	Case 25
Dishwashing Liquid	Sunlight	5 L	Case 4
Washing Powder	Skip	9 kg	Each
Ammoniated Cream	Handy Andy	5 L	Case 4
Ammoniated Cream	Handy Andy	750 ml	Case 25
Washing Powder	Omo Multi Active	1 kg	Each
Washing Powder	Omo Multi Active	250 g	Each
Washing Powder	Omo Multi Active	2 kg	Each
Washing Powder	Omo Auto	250 g	Each
Washing Powder	Omo Auto	1 kg	Each



products brought to you by centillion



description	brand	size	pack size
Red Paper Serviettes 2Ply	Centillion	1000 x 330 x 330 mm	Ctn
Apple Red Paper Serviettes 2Ply	Centillion	1000s x 330 x 330 mm	Ctn
Burgandy Paper Serviettes 2Ply	Centillion	1000 x 330 x 330 mm	Ctn
Midnight Blue Paper Serviettes 2Ply	Centillion	1000 x 330 x 330 mm	Ctn
Pine Green Paper Serviettes 2Ply	Centillion	1000 x 330 x 330 mm	Ctn
White Paper Serviettes 1Ply	Centillion	1000s x 300 x 300 mm	Case
Yellow Passion Serviettes 2Ply	Centillion	1000 x 330 x 330 mm	Ctn
Cardboard Christmas Crackers Assorted Fillers B/C	Centillion	50s	Box
White Paper Serviettes 1Ply	Centillion	1000 x 300 x 300 mm	Ctn
White Paper Serviettes 2Ply	Centillion	1000 x 330 x 330 mm	Ctn
White Take Away Econo Serviettes 1Ply	Centillion	3000 x 200 x 300 mm	Ctn
Cost Cutter Paper Towels	Centillion	6s x 200 mm x 150M	Shr
Standard Center Feed Paper Towels 325	Centillion	4 x 240 x 360 mm	Shr
Floor Stripper	Centillion	5 L	Case 4
White Paper Serviettes 1Ply	Centillion	3000s	Case
Coffee Ripple Cups	Centillion	250 ml x 500s	Case
Coffee Ripple Cups	Centillion	350 ml x 500s	Case
Ripple Cups	Centillion	250 ml x 1000s	Case
Ripple Cups	Centillion	350 ml x 1000s	Case
Wrapped Milkshake Straws	Centillion	2000s	Case

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

products brought to you by **reckitt**



description	brand	size	pack size
Air Freshener Wild Flower Assorted	Airwick	180 ml	Shr 6
Firelighter	Blitz	500 g	Shr 6
Brass Polish	Brasso	250 ml	Shr 6
Brass Polish	Brasso	125 ml	Shr 6
Lavender Floor Polish	Cobra	400 ml	Shr 6
Floor Wax Polish	Cobra	5 L	Case 4
Antiseptic Disinfectant	Dettol	750 ml	Shr 6
All in 1 Lemon Cleaner	Finish	28s	Box
All in 1 Lemon Cleaner	Finish	15s	Case 16
Powder Toilet Cleaner	Harpic	500 g	Shr 6
Pot Pourri Powder Carpet Freshener	Haze	400 g	Shr 6
Brilliant White Bleach	Jik	750 ml	Shr 6
Perfumed Bleach	Jik	750 ml	Shr 6
Regular Bleach	Jik	750 ml	Tray 12
Regular Bleach	Jik	5 L	Case 2
Toilet Cleaner	Jik	750 ml	Shr 6
Tony Red Shoe Polish	Kiwi	50 ml	Shr 24
Dark Brown Shoe Polish No4	Kiwi	100 ml	Shr 12

see more listings on page 189

products brought to you by kimberly-clark



description	brand	size	pack size
Bath Tissue Unwrapped	KLEENEX®	100 x 110	48 Rolls of 350
Barrel Rolled Hand Towel	SCOTT®	235 x 444	4 Rolls of 800
New Roll Control Rolled Hand Towel	SCOTT®	205 x 444	4 Rolls of 585
Multifold Folded Hand Towel	SCOTT®	240 x 212	6 Packs of 400
Facial Tissue	KLEENEX®	212 x 190	36 Boxes of 86
L20 Wiper - Large Roll / White	WYPALL*	270 x 1500 m	1 Roll
X50 Jumbo Wiper Roll	WYPALL*	250 x 400 m	1 Roll



These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

products brought to you by **nampak**



description	brand	size	pack size
Blue Wrapped Toilet Rolls 2-Ply #189	Nampak (Elite)	48s	Case
Unwrapped Toilet Rolls 1-Ply #174	Nampak	48s	Case
Jumbo Tidy Wipe #499	Nampak	160 mm x 1500 m	Each
Blue Roll Tidy Cloth #981	Nampak	400 m	Each



Nampak

products brought to you by harding's



description	brand	size	pack size
Chafing Fuel Methanol Paste	Harding's	250 ml / 200g	Case 24 Can
Chafing Fuel Methanol Paste	Harding's	5 L	Case 4 Bkt
Chafing Fuel Methanol Gel	Harding's	250 ml / 200 g	Case 24 Can
Chafing Fuel Methanol Gel	Harding's	5 L	Case 4 Bkt



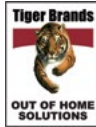
CHAFER HEATING FUEL

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

product lists

continued...

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description	brand	size	pack size
Spaghetti in Tomato Sauce	Koo	225 g	Shr 6
Chick Peas	Koo	400 g	Case 12
Green Peas	Koo	3 kg	Case 6
Green Peas	Koo	410 g	Shr 12
Pickle Dill Cucumbers	Koo	A10	Can
Pickle Dill Gherkins	Koo	375 g	Shr 12
Shredded Sauerkraut	Koo	400 g	Shr 12
Cream Style Sweetcorn	Koo	420 g	Shr 12
Mixed Vegetables	Koo	3 kg	Case 6
Mixed Vegetables	Koo	420 g	Shr 12

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description	brand	size	pack size
Fillets of Anchovies in Vegetable Oil	Goldcrest	60 g	
Rolled Fillets of Anchovies with Capers in Vegetable Oil	Goldcrest	45 g	Case 24
Crab Meat	Goldcrest	170 g	Case 24
Smoked Mussels	Goldcrest	105 g	Case 25
Sardines in Oil	Goldcrest	120 g	Case 100
Tuna Chunks in Brine	Goldcrest	1.7 kg	Case 6
Shredded Tuna in Brine	Goldcrest	1.7 kg	Case 6
Shredded Tuna in Brine	Goldcrest	170 g	Case 48
Minced Garlic	Goldcrest	210 g	Shr 12
Minced Ginger	Goldcrest	210 g	
Honey	Goldcrest	375 g	Case 24
Fig Jam	Goldcrest	340 g	
Gooseberry Jam	Goldcrest	340 g	Case 12
Raspberry Jam	Goldcrest	340 g	Case 12
Strawberry Jam	Goldcrest	340 g	Case 12
Youngberry Jam	Goldcrest	340 g	Shr 12
Mint Jelly	Goldcrest	165 g	Case 24
Lentils	Goldcrest	400 g	
Mushrooms Pieces & Stems	Goldcrest	410 g	Case 24
Whole Mushrooms	Goldcrest	410 g	Case 24



description	brand	size	pack size
Dijon Mustard	Goldcrest	4.08 kg	Can
Wholegrain Mustard	Goldcrest	4.25 kg	Case 3
Wholegrain Mustard	Goldcrest	3.9 kg	Case 6
Whole Chestnuts in Water	Goldcrest	230 g	Case 24
Black Pitted Olives	Goldcrest	2.95 kg	Case 6
Sliced Black Olives	Goldcrest	3.42 kg	Case 6
Whole Black Olives	Goldcrest	340 g	Shr 12
Whole Green Olives	Goldcrest	3.15 kg	Case 6
Stuffed Pimento Olives	Goldcrest	3.15 kg	Case 6
Palm Hearts	Goldcrest	400 g	Case 24
Chick Peas	Goldcrest	410 g	Case 24
Petit Pois Peas	Goldcrest	400 g	
Dill Cucumbers	Goldcrest	780 g	Case 6
Sweet & Sour Cucumbers	Goldcrest	780 g	
Sweet & Sour Gherkins	Goldcrest	405 g	Case 12
Chilli Jalapeno	Goldcrest	3 kg	Case 4
Minced Red Chilli	Goldcrest	210 g	Shr 12
Dill Cucumbers	Goldcrest	2.9 kg	Case 6
Sweet & Sour Sliced Cucumbers	Goldcrest	2.9 kg	Case 6
Cocktail Gherkins	Goldcrest	2 kg	Case 6
Green Cocktail Onions	Goldcrest	130 g	Case 24
Red Cocktail Onions	Goldcrest	130 g	Case 24
White Cocktail Onions	Goldcrest	130 g	Case 24
Whole Red Pimentos	Goldcrest	400 g	Case 24
Buttered Microwave Popcorn	Goldcrest	100 g	Case 24
Salted Microwave Popcorn	Goldcrest	100 g	Case 24
New Peeled Potatoes	Goldcrest	410 g	Case 24
Atlantic Sea Salt Grinder	Goldcrest	100 ml	Case 20
Whole Cranberry Sauce	Goldcrest	397 g	
Whole Cranberry Sauce	Goldcrest	454 g	Case 24
Apple Sauce	Goldcrest	360 g	Case 12
Mint Sauce	Goldcrest	140 g	Case 24
Mint Sauce	Goldcrest	2 kg	Case 4
Snails 60/66	Goldcrest	800 g	Case 12
Pepper Grinder & Black Pepper	Goldcrest	100 ml	Case 20
Cream Style Sweetcorn	Goldcrest	420 g	Case 12
Melba Toast	Goldcrest	100 g	Case 28
Tomato & Onion Mix	Goldcrest	420 g	Case 24
Tomato & Onion Mix	Goldcrest	3 kg	Case 6
Tomato Puree	Goldcrest	410 g	Case 24
Choice Grade Tomato Puree	Goldcrest	2.9 kg	Case 6
Whole Peeled Tomatoes	Goldcrest	2.9 kg	Case 6
Italian Whole Peeled Tomatoes	Goldcrest	425 g	Case 24
Plum Whole Peeled Tomatoes	Goldcrest	400 g	Case 24
Green Peppercorns	Goldcrest	800 g	Shr 12

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.



description	brand	size	pack size
Pine Kernels	Bestnut	1 kg	Each
Pistachio Kernels	Bestnut	1 kg	Each
White Pistachio	Bestnut	1 kg	Each
Walnut Halves	Bestnut	1 kg	Each



description	brand	size	pack size
Peas	McCain	2.5 kg	Case 4
Peas	McCain	1 kg	Case 6
Peas & Corn Mix	McCain	1 kg	Case 6
Pumpkin Chunks	McCain	1 kg	Case 6
Chopped Spinach	McCain	1 kg	Case 12
IQF Spinach	McCain	1 kg	Case 12
Sweet Potato	McCain	1 kg	Case 6
Alternative Chunky Parsnip	McCain	1 kg	Case 6
Mixed Vegetables	McCain	4 x 2.5 kg	Case
Mixed Chunky Vegetables	McCain	2.5 kg	Case 4
Mixed Country Vegetables	McCain	1 kg	Case 6
Mixed Frozen Vegetables	McCain	1 kg	Case 6
Quick Mix Vegetables	McCain	2.5 kg	Case 4
French Stir Fry	McCain	1 kg	Case 12
Hawaiian Stir Fry	McCain	1 kg	Case 6



description	brand	size	pack size
Cornflour	Maizena	500 g	Case 10
Cornflour	Maizena	5 kg	Each
Whole Red Glace Cherries	Sugarbird	1 kg	Case 6
Vanilla Essence	Moirs	1 L	Case 12
Custard Powder	Moirs	500 g	Each
Coconut	Moirs	40 x 200 g	Case 40



description	brand	size	pack size
All Purpose Curry	Cooking with...	1 kg	Case 6
Hot Curry	Cooking with...	1 kg	Case 6
Medium Curry	Cooking with...	1 kg	Case 6
Fish Spice	Cooking with...	1 kg	Case 6
Garlic Herb	Cooking with...	800 g	Case 6
Garlic Salt	Cooking with...	1 kg	Case 6
Ginger	Cooking with...	700 g	Case 6

description	brand	size	pack size
Italian Herbs	Cooking with...	300 g	Case 6
Lemon Herb	Cooking with...	800 g	Case 6
Meat Tenderiser	Cooking with...	1 kg	Case 6
Mixed Spice	Cooking with...	800 g	Case 6
Mixed Herbs	Cooking with...	300 g	Case 6
Nutmeg	Cooking with...	800 g	Case 6
Origanum	Cooking with...	300 g	Case 6
Paprika	Cooking with...	700 g	Case 6
Parsley	Cooking with...	300 g	Case 6
Coarse Black Pepper	Cooking with...	750 g	Case 6
White Pepper	Cooking with...	800 g	Case 6
Black Peppercorns	Cooking with...	800 g	Case 6
Peri-Peri	Cooking with...	700 g	Case 6
Rice Seasoning	Cooking with...	1 kg	Case 6
Steak & Chops	Cooking with...	1 kg	Case 6
Thyme	Cooking with...	300 g	Case 6
Turmeric	Cooking with...	800 g	Case 6

description	brand	size	pack size
Prawn Meat (Panaeus/Metapenaeus/Litopaneaus Vannamei) 20/40 (80% Nett Weight)	Seafrost	800 g	Case 10
Prawn Meat (Panaeus/Metapenaeus/Litopaneaus Vannamei) 40/60 (80% Nett Weight)	Seafrost	800 g	Case 10
Prawn Meat (Panaeus/Metapenaeus/Litopaneaus Vannamei) 60/80 (80% Nett Weight)	Seafrost	800 g	Case 10
Prawn Meat (Panaeus/Metapenaeus/Litopaneaus Vannamei) 80/120 (80% Nett Weight)	Seafrost	800 g	Case 10
Prawn Meat Tail on 46/55 (Prawn Size 21/25)	Seafrost	800 g	Case 10
Prawn Meat Tail on 57/66 (Prawn Size 26/30)	Seafrost	800 g	Case 10
Cooked Shrimps	Seafrost	240 g	Case 40

description	brand	size	pack size
Classic White Sauce	Knorr	3 x 1 kg	Case 3
Classic Brown Sauce	Knorr	3 x 1 kg	Case 3
Demi Glace Sauce	Knorr	3 x 800 g	Case 3
Jus Sauce	Knorr	3 x 800 g	Case 3
Garde d'or Hollandaise Sauce	Knorr	6 x 1 L	Case 6
Classic Roast Meat Gravy	Knorr	3 x 800 g	Case 3
Classic Black Pepper Sauce	Knorr	3 x 800 g	Case 3
Classic Creamy Cheese Sauce	Knorr	3 x 800 g	Case 3
Classic Creamy Mushroom Sauce	Knorr	3 x 800 g	Case 3
Classic Roast Onion Gravy	Knorr	3 x 800 g	Case 3
Mash Flakes	Knorr	2 kg	Each
Tomato Pronto	Knorr	6 x 2 kg	Case 6

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

description	brand	size	pack size
White Roux	Knorr	6 x 750 g	Case 6
Brown Roux	Knorr	6 x 750 g	Case 6

description	brand	size	pack size
Catering Viennas	Frey's	1 kg	Case 5
Viennas Catering	Frey's	1 kg	Case 6
Viennas CONT	Frey's	1 kg	Case 6
Pickled Eisbein	Frey's	approx ± 6 kg	Kg
Smoked Boneless Gammon Large	Frey's	approx ± 8 kg	Kg
Mini Smoked Gammon	Frey's	approx ± 6 kg	Kg
Polony	Frey's	1 kg	Each
Pork Fillets	Frey's	approx ± 4 kg	Case 4

description	brand	size	pack size
Yellowfin Tuna (Thunnus Albacares) Portions 250/280-Vacuum Packed	Southern Seas	15 Portions	Case
Yellowfin Tuna (Thunnus Albacares) Portions 280/320-Vacuum Packed	Southern Seas	15 Portions	Case

description	brand	size	pack size
Passions	Nestlé	300 g	Case 12
Quality Street Choice Chocolates & Toffees	Nestlé	500 g	Case 8
Smarties	Nestlé	24 x 22 g	Box
Smarties Partipac	Nestlé	750 g	Case 4
Tex Large	Nestlé	40s	Box
Tex	Nestlé	30 x 22 g	Box
Nespray Milk Powder	Nestlé	1.8 kg	Shr 6
Milo	Nestlé	2 kg	Shr 6
Milo	Nestlé	500 g	Shr 6
Milo	Nestlé	1 kg	Case 12
Nesquik Chocolate Flavour	Nestlé	500 g	Can
Peppermint Crisp Large	Nestlé	40s	Box
Cappuccino Sachets	Nescafé	180s	Ctn
Cappuccino Sticks	Nescafé	10 x 18 g	Case 10
Classic Coffee	Nescafé	100 g	Case 12
Classic Coffee	Nescafé	200 g	Shr 12
Classic Coffee Stick Packs	Nescafé	200 x 1.8 g	Box

description	brand	size	pack size
Classic Coffee	Nescafé	1 kg	Shr 6
Select Decaffeinated Coffee	Nescafé	200 g	Tray 12
Select Decaffeinated Coffee	Nescafé	100 g	Case 12
Select Decaffeinated Coffee Stick Packs	Nescafé	200 x 1.8 g	Box

description	brand	size	pack size
Pannacotta	Carte D'or	1 kg	Case 6
Assorted Jelly	Carte D'or	8 x 500 g	Ctn
Greengage Jelly	Carte D'or	4 x 500 g	Ctn
Lemon Jelly	Carte D'or	4 x 500 g	Ctn
Orange Jelly	Carte D'or	4 x 500 g	Ctn
Pineapple Jelly	Carte D'or	4 x 500 g	Ctn
Strawberry Jelly	Carte D'or	4 x 500 g	Ctn
Chocolate Sauce	Carte D'or	2 L	Each
Wild Berry Sauce	Carte D'or	2 L	Each
Strawberry Sauce	Carte D'or	2 L	Each
Banana Syrup Milkshake	Carte D'or	1 L	Each
Bubblegum Syrup Milkshake	Carte D'or	1 L	Each
Chocolate Syrup Milkshake	Carte D'or	1 L	Each
Lime Syrup Milkshake	Carte D'or	1 L	Each
Strawberry Syrup Milkshake	Carte D'or	1 L	Each

description	brand	size	pack size
White Sugar Tubes	Hulett's	1000 x 5 g	Ctn
Brown Sugar Cubes	Hulett's	250 g	Case 12
White Sugar Cubes	Hulett's	250 g	Case 12
Treacle Sugar	Hulett's	750 g	Bale 20

description	brand	size	pack size
Christmas Pudding Individual Cakes	Chateau Gateaux	33 Port	Case
Cookies & Cream Cake	Chateau Gateaux	24 x 120 ml	Case
Double Decker Chocolate Individual Cakes	Chateau Gateaux	24 x 120 ml	Case
Fudge Picasso	Chateau Gateaux	240 mm	Case 2
Fudge Picasso	Chateau Gateaux	24 x 120 ml	Case
Hazelnut Praline Mousse	Chateau Gateaux	240 mm	Case 2
Hot Mud Pudding	Chateau Gateaux	28 x 150 ml	Case
Irish Coffee Cake	Chateau Gateaux	240 mm	Case 2
Marula Mamba	Chateau Gateaux	24 x 75 ml	Case
Mississippi Mud Pie	Chateau Gateaux	33 x 100 ml	Box

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description	brand	size	pack size
Mixed Individual Cakes	Chateau Gateaux	24 x 120 ml	Case
Mozart Cake	Chateau Gateaux	240 mm	Case 2
Rococo Chocolate Cake	Chateau Gateaux	240 mm	Case 2
Toffee Apple Individual Cakes	Chateau Gateaux	24 Port	Case
Walnut Truffle	Chateau Gateaux	240 mm	Case 2
Ying Yang Italian Tiramisu	Chateau Gateaux	24 x 120 ml	Case
Marula Mamba	Chateau Gateaux	48 x 75 ml	Case
Cape Malva Pudding	Chateau Gateaux	24 Port	Case
Apple Crumble Tart	Chateau Gateaux	30 x 140 ml	Case
Pecan Tart	Chateau Gateaux	30 x 110 ml	Case



description	brand	size	pack size
Lime Pickles	Pakco	430 g	Case
Chillies Pure Ground	Pakco	2.5 kg	Bag
Tumeric Ground	Pakco	2.5 kg	Bag
Curry Powder Roasted	Pakco	2.5 kg	Bag
Curry Powder Roasted	Pakco	3 kg	Box
Roasted Masala	Pakco	3 kg	Box
Bombay Masala	Pakco	3 kg	Box
Roasted Masala	Pakco	2.5 kg	Bag
Bombay Masala	Pakco	2.5 kg	Bag
Garum Masala	Pakco	2.5 kg	Bag
Gravy Powder Bisto Original	Bisto	2.5 kg	Box
Custard Powder	Hinds	2.5 kg	Box
Chilli Bite Mix	Pakco	3 kg	Box
Curried Chillies	Pakco	3 kg	Bott



description	brand	size	pack size
MCP 120 - 150 g Keel	Rainbow	4 x 3.38 kg	13.5 kg
MCP 150 - 180 g Keel	Rainbow	4 x 3.3 kg	13.2 kg
MCP 120 - 150 g Drum	Rainbow	4 x 3.38 kg	13.5 kg
MCP 150 - 180 g Drum	Rainbow	4 x 3.3 kg	13.2 kg
MCP 150 - 180 g Thigh	Rainbow	5 x 2.48 kg	12.38 kg
MCP 180 - 210 g Thigh	Rainbow	4 x 2.95 kg	11.7 kg
MCP 210 - 240 g Thigh	Rainbow	4 x 3.38 kg	13.5kg
MCP 210 - 240 g Leg Quarter	Rainbow	5 x 2.25 kg	11.2 5kg
MCP 240 - 270 g Leg Quarter	Rainbow	5 x 2.55 kg	12.75 kg
MCP 270 - 300 g Leg Quarter	Rainbow	4 x 2.85 kg	11.4 kg

description	brand	size	pack size
Chicken Cordon Bleu	County Fair	37 x 135 g	Case
Chicken Drummies	County Fair	100 x 50 g	Case
Chicken Kiev Garlic	County Fair	37 x 135 g	Case
Chicken Kiev Lemon Pepper	County Fair	37 x 135 g	Case
Chicken Nuggets	County Fair	215 x 22 g	Case
Chicken Schnitzel	County Fair	48 x 125 g	Case
Crumbed Chicken Steaks	County Fair	80 x 75 g	Case
Tipless Chicken Wings	County Fair	± 7 kg	Per kg
Chicken Braai Pack	County Fair	6 x 2 kg	Case 12

description	brand	size	pack size
Individually Wrapped Jumbo Muffins Chocolate Choc Chip	Pillsbury	24 x 135 g	Case
Individually Wrapped Jumbo Muffins Cappuccino Coffee Flavoured Choc Chip	Pillsbury	24 x 135 g	Case
Individually Wrapped Jumbo Muffins Caramel Fudge Chip	Pillsbury	24 x 135 g	Case
Individually Wrapped Jumbo Muffins Banana Raisin	Pillsbury	24 x 135 g	Case
Individually Wrapped Jumbo Muffins Lemon Flavoured Poppyseed	Pillsbury	24 x 135 g	Case
Individually Wrapped Standard Muffins Blueberry Mix Case	Pillsbury	12 x 55 g	Case
Individually Wrapped Standard Muffins Mixed Case	Pillsbury	12 x 55 g	Case
Individually Wrapped Standard Muffins Blueberry	Pillsbury	48 x 55 g	Case
Individually Wrapped Standard Muffins Chocolate Choc Chip	Pillsbury	48 x 50 g	Case
Individually Wrapped Standard Muffins Cappuccino Coffee Flavoured Choc Chunk	Pillsbury	48 x 55 g	Case
Individually Wrapped Standard Muffins Caramel Fudge Chip	Pillsbury	48 x 55 g	Case
Individually Wrapped Standard Muffins Honey Flavoured Bran	Pillsbury	48 x 60 g	Case
Individually Wrapped Standard Muffins Lemon Flavoured Poppyseed	Pillsbury	48 x 55 g	Case
Vanilla Choc Individually Packed Muffins	Pillsbury	48 x 55 g	Case
Frozen Cookies Choc Chip	Pillsbury	100 x 35 g	Case
Frozen Cookies Chocolate Choc Chip	Pillsbury	100 x 35 g	Case
Frozen Cookies Crunchie	Pillsbury	100 x 45 g	Case
Frozen Cookies Ginger	Pillsbury	100 x 45 g	Case
Frozen Cookies Oatmeal & Raisin	Pillsbury	100 x 35 g	Case
Frozen Cinnamon Scrolls & Topping	Pillsbury	50 x 100 g	Case
Frozen Flat Bread	Pillsbury	18 x 340 g	Case
Par-baked Freezer-to-Oven Pizza Cheese & Tomato Square	Pillsbury	16 x 498 g (Ave)	Case
Frozen Croissants	Pillsbury	50 x 60 g	Case

These are just some of the products available from this supplier. We offer an extensive basket, so speak to your representative for more information about our range.

description	brand	size	pack size
Cockroach and Ant Insect Power	Mortein Target	300 ml	Shr 6
Odourless Insecticide	Mortein Target	300 ml	Shr 6
Furniture Polish	Mr Min	275 ml	Shr 6
Black Shoe Polish No4	Nugget	100 ml	Shr 12
Pre Wash Aerosol Detergent	Preen	300 ml	Case 36
Spray Starch	Robin	275 ml	Shr 6
Silver Polish	Silvo	250 ml	Shr 6
Dry Spring Carpet Shampoo	Vanish	750 ml	Shr 6
Window Cleaner	Windolene	750 ml	Shr 6
High Speed Oven Cleaner	Zeb	275 ml	Shr 6

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Food Allergen Update!

In theory, any food can cause a food allergy. However the reality is that only a handful of foods are to blame for 90% of allergenic reactions to food. These are commonly referred to as the "big eight"!

- Milk
- Eggs
- Peanuts (groundnuts)
- Tree Nuts (including Brazil, hazelnuts, almonds, walnuts, macadamia nuts and pine nuts)
- Fish
- Shellfish (including mussels, crab, shrimps and calamari)
- Soy
- Wheat

Food allergens generally manifest in children and most allergenic reactions are to milk, peanuts, eggs, soya and wheat. Most children "grow-out" of allergic reactions to food in early adulthood. Adults, however show a tendency toward allergies to peanuts, fish, shellfish, citrus fruit and wheat.

An allergy to a food is an abnormal response to a food, triggered by the body's immune system. Basically the body's immune system responds to a harmless food as if it was a threat, resulting in the bodies' rejection of the food by means of an allergic reaction.

The first time your body is exposed to a food allergen, your body makes a specific antibody (Immunoglobulin) to the allergen. The next time that your body is exposed to the same food allergen, the allergen binds to the anti-body and this signals the body to release massive amounts of chemicals in response to the allergen, such as histamine.

These chemicals will cause you to have various symptoms of a food allergy; the symptoms can be mild or severe. A severe allergic reaction, has the potential to be life threatening and is called anaphylaxis. Allergenic symptoms include the following:

- Itching in the mouth or swelling
- Gastro-intestinal symptoms such as stomach cramps, vomiting, diarrhoea
- Hives or eczema
- Tightening of the throat or difficulty breathing
- Drop in blood pressure, dizziness

All pre-packaged food products in South Africa, must carry information regarding the presence of the common "big eight" allergens and whether the product may carry traces of any other allergens due to unavoidable cross contamination during production. The allergen may either be listed in brackets behind the ingredient in the ingredient declaration or directly beneath the list of ingredients stating "Contains: Wheat (gluten)".

Printed menu's and buffet settings must also carry information, clearly informing guests of the foods that contain allergens so that the guest can make an informed choice and therefore prevent any unwanted reactions.



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