

FIRE IT UP

DELIVER HOT PROFITS
OFF THE GRILL!



Unilever
Food
Solutions

Support. Inspire. Progress.

THE PERFECT BLENDS TO

FIRE UP YOUR PROFITS

The heat is on! **Grilling is one of the most common ways of cooking when catering to groups of guests**, and we have the **perfect grill blends** to fire up your kitchen and your profits!

HOT OFF THE GRILL

SOUTH AFRICANS LOVE THEIR MEAT!

- 90% of South African's are meat-eaters.¹
- Braaing is an every day, any day, occurrence for South African's.²
- South African's favourite lunchtime grub is a braai.³

South Africa's meat-eating culture has turned grilling into a daily meal option. Offer your diners the perfect grill with **versatile**, **cost-saving** and **consistent products** that save on your bottom line, secure future profits and deliver a range of South African classics that feel like home!

YOUR GRILL MASTER GUIDE

With budget and staff constraints, you need to **simplify your pantry** and **expand your menu** with products that work across multiple dishes.

Our **basket of perfect grill blends** contains multiple-application, superior flavour, quality ingredients that save on costs, time, oil, and wastage. They're **your perfect grilling experts!**

1. ewn.co.za. INYAMA ENINGI! STUDY FINDS 90% OF SOUTH AFRICANS ARE MEAT-EATERS. [Online]. 2021. Cited 2022/ 07/ 06. Available from URL: <https://ewn.co.za/2021/05/25/in-yama-eningi-study-finds-90-of-south-africans-are-meat-eaters>

2. KuduGrills.com. How to 'Braai': A Barbecue Guide to South African Braai. [Online]. July 2021. Cited 2022/ 06/ 06. Available from URL: <https://kudugrills.com/how-to-braai-a-barbecue-guide-to-south-african-braai/>

3. Sunday Times. South Africans love nothing more than a braai for lunch – and the rest of the world agrees. [Online]. September 2021. Cited 2022/06/06. Available from URL: <https://www.timeslive.co.za/news/south-africa/2021-09-24-south-africans-love-nothing-more-than-a-braai-for-lunch-and-the-rest-of-the-world-agrees/>



SIZZLE, GRILL, CHAR, SMOKE, BRAAI, AND SHISANYAMA!

FIRE UP THE GRILL THE WAY YOU LIKE IT!

Our versatile grill blends are **suitable for any type of grilling style**, so why not explore them all on your menu and stay ahead.



SMOKE

Bring that smoky aroma to the table with slow-cooked meats like lamb or brisket, or use quick bursts of smoke for braai meats like steak. The smoke adds character to the flavour profile of the meat, meaning you need fewer spices and flavourings.



GRILL

Grilling is the perfect cooking method. It requires fewer sauces and condiments, and the high heat seals in the flavour-packed juices, so your meat stays tender and moist. Just sprinkle on some spices for meat and vegetables that are mouth-watering and healthy.

SHISANYAMA

Shisanyama, which means 'burnt meat' in Zulu, is popular in South African braai culture. Deliver perfectly succulent and well-browned meat cuts with a classic shisanyama.



SIZZLE

Nothing beats a sizzling steak that's been cooked on a grill! Sizzle up your diners' taste buds with the perfect tender steak seasoned with our blend of spices to give it the slightest marbling hot off the grill.



BRAAI

You can't go wrong with this classic! Master the braai with steak, boerewors and anything else for that true South African flavour.

FIRE UP YOUR MENU

WITH THESE SIZZLING RECIPES

CHICKEN

Your diners love grilled chicken. Braai a whole chicken by butterflyflying it and making it a "flattie", or use the flame to brown the outside of the chicken before finishing it off in the oven.



SPICY BBQ CHICKEN SKEWERS WITH RED ONION TZATZIKI AND POTATO FLAT BREAD

Aromatic spices and a blend of infused flavours make up this incredibly tasty and trendy dish.



SWEET CHILLI CHICKEN

Fiery, sweet and tangy chicken pieces that are quick to make? Yes, please.



ZESTY MARINATED SPATCHCOCK CHICKEN

Zesty marinated spatchcock chicken with a biltong, mushroom & cheese pap tart, golden braai mielies, braai pap and spicy spinach.



LEMON & HERB CHICKEN SKEWERS

These easy lemon chicken skewers with Robertsons Lemon & Herb Seasoning and garlic are delicious, healthy and fast. Throw them on the grill or braai for 10 minutes and taste the flavours come to life.



FISH

Don't shy away from seafood on the grill! Grilled fish, prawns and crayfish add variety to your menu and are quick to make. Stick them right into the hot coals and sprinkle them with lemon juice to extract the natural flavours.



PORK

Pork is a perfect meat to fire up on the grill. It's tender and lean and adapts to the flavours of almost any cuisine. Grill your pork until well browned, and then season with our unique spice blends for the perfect touch.



BRAAI SALMON TROUT

Grapefruit, garlic and dill stuffed grilled salmon trout served with golden braai mielies, vegetable skewers, sweet potato boerewors boats, cheesy braai muffins, and laced with lemon butter sauce.



ALMIGHTY OINK

Tender and juicy pork ribs marinated in a sweet and sticky barbecue sauce perfect for any occasion.



SKINNY POTATO AND BACON TOWER DELIGHT

Wholesome and mouth-watering single-serving potato bake stacks with mozzarella cheese and streaky bacon garnished with fresh parsley.



LAMB



Grilled lamb, when tenderised and marinated with the right ingredients, **delivers a delicate meat with a rich flavour** that is not too overpowering. Grill up your lamb cuts and serve a superior-flavoured feast!



BEEF



Beef is a diner favourite that never goes out of style. Give your beef a distinctive roast aroma, flavour and mouth-watering char to make your dish more appealing to your diners.



BRAAI LEG OF LAMB

A succulent meat dish packed with South African flavour! Braai leg of lamb served with golden mielies, biltong & cheese roosterkoek, baby potato & egg salad, chakalaka, and creamed spinach - all served with a rosemary jus.



THE MINTY GREEK

Seared lamb cutlets with minted garlic dauphinoise potatoes, chunky Greek salsa and chilli tzatziki dressing.



SPICY BBQ RUMP

Try this spicy BBQ rump recipe! The Cajun flavour brings this cut of beef to life with zing and zest!



FIRE UP YOUR MENU

WITH THESE SIZZLING RECIPES

VEGETABLES

Pap is not the only side dish option. You can grill mushrooms, potatoes, sweet potatoes, butternut and just about any starchy vegetable on a braai. They're quick, flavour-packed sides that add extra sizzle to your dish!



CHARRED CINNAMON BUTTERNUT

Simple and quick to prepare, this butternut dish is the perfect side to add some colour and sweetness to your meat dish.



SAVOURY PAP

Make savoury pap even more delicious with onion, veggie seasoning and chicken stock!



CHAKALAKA BEAN SALAD

Beans are a cheap and satisfying meal, especially when mixed with chakalaka!



LOADED SWEET POTATO FIESTA

Try these baked and stuffed sweet potatoes with a delicious red bean, pepper, tomato and cheese filling. Perfect for meat-free meals.





ROBERTSONS CHICKEN SPICE

The hero of your dish is protein. Give your guests the consistently golden, tender, and delicious chicken they want with the trusted **Robertsons Chicken Spice**.

It enhances the flavour and adds colour to deliver consistently delicious chicken dishes.



COSTS
45c
per average serving.**

BUY NOW 



MADE WITH PURE PAPRIKA TO ADD A GOLDEN COLOUR AND INTENSE FLAVOUR TO CHICKEN.

- An expertly selected, unique blend of 7 herbs and spices.
- Gives great visual appeal to chicken.
- Less salt, more flavour.*

MADE WITH



Paprika



Black Pepper



Cloves



Marjoram



Nutmeg



Sage

**GMO
FREE**

**NO
ADDED
MSG**

**NON-
IRRADIATED**

VEGAN



*vs. normal table salt.

**Costs calculated at time of publication, using standard nutritional serving sizes.



KNORR PROFESSIONAL CHICKEN STOCK GRANULES

You diners expect great taste every time.
Give them real chicken flavour with a versatile
seasoning that enhances the flavour of
your dishes.

Knorr Professional Chicken Stock Granules
are made from real ingredients that add
flavour to your dish without oversalting.



COSTS
33c
per average serving.**

**BUY
NOW**



MORE FLAVOUR

LESS SALT



GUEST FAVOURITE

MADE WITH REAL CHICKEN TO DELIVER A MORE INTENSE CHICKEN TASTE.

- Less salt, more flavour.*
- Time saving vs. creating stock from scratch.
- Can be used during or after cooking.
- Versatile base for wet dishes, sauces or even as a rub on your meat dishes.
- Perfect for multiple applications - grilling, braising, deep frying and roasting.

MADE WITH



Real Chicken



Thyme



Turmeric



*vs. normal table salt.

**Costs calculated at time of publication, using standard nutritional serving sizes.



ROBERTSON'S CAJUN SPICE

Cajun flavours are a popular trend your guests love. Fire up your diners' taste buds with quality, authentic Cajun flavours!

Robertson's Cajun Spice adds smoky, spicy flavour and great visual appeal to every dish.



COSTS
35c
per average serving.**

BUY NOW 



GUEST FAVOURITE



GUEST FAVOURITE

A UNIQUE BLEND OF TEXTURED SEASONING THAT ADDS AN AUTHENTIC CHILLI FLAVOUR.

- The perfect blend of black pepper, chilli, garlic, onion, parsley, paprika, nutmeg and more!
- 1 kg seasons 100 kg of protein.
- Less salt, more flavour.*

MADE WITH



Black Pepper



Chilli



Garlic



Onion



Parsley



Paprika



Nutmeg

**GMO
FREE**

**NO
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MSG**

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IRRADIATED**

VEGAN



*vs. normal table salt.

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ROBERTSONS CHIP & POTATO SEASONING

Your diners want great-tasting chips that look as mouth-watering as they taste.

Robertsons Chip & Potato Seasoning adds delicious flavour and golden colour to your chips.



COSTS
25c
per average serving.**

BUY NOW



ADDS A GOLDEN COLOUR TO YOUR CHIPS.

- 1 kg seasons 100 kg of chips.
- Less salt, more flavour.*
- The perfect chip seasoning made with paprika and chilli.

MADE WITH



Paprika



Chilli

**GMO
FREE**

**NO
ADDED
MSG**

**NON-
IRRADIATED**

VEGAN



*vs. normal table salt.

**Costs calculated at time of publication, using standard nutritional serving sizes.



ROBERTSONS VEGGIE SEASONING

Your diners eat with their eyes, so excite them with colourful, versatile and visually appealing vegetable dishes!

Robertsons Veggie Seasoning brings your veggies to life, expertly blended to add flavour and colour.



COSTS
19.5c
per average serving.**

BUY NOW



WITHOUT



WITH ROBERTSONS
VEGGIE SEASONING



GUEST FAVOURITE

THE PERFECT BLEND OF SEASONING WITH A GREAT VISUAL TO ENHANCE ALL YOUR DISHES.

- Adds visual appeal to multiple dishes such as sandwiches, salads and pizzas.
- Delivers a perfect blend of herbs & spices, including dehydrated vegetables.
- Seasons 77 kg of vegetables.

MADE WITH



Paprika



Black Pepper



Cloves



Marjoram



Nutmeg



Sage



Garlic

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FREE**

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ADDED
MSG**

**NON-
IRRADIATED**

VEGAN



*vs. normal table salt.

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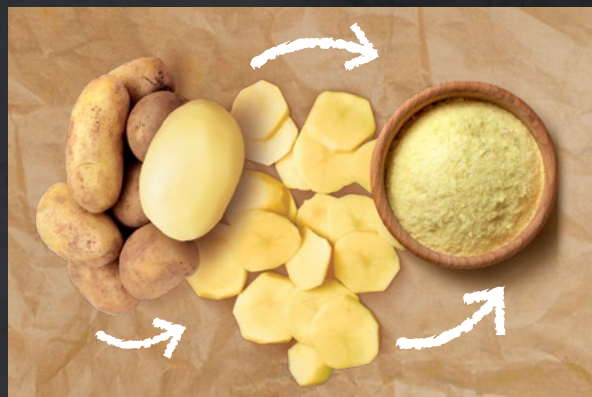
KNORR PROFESSIONAL MASH FLAKES

You know your diners enjoy the taste of scratch-made mashed potato.

Knorr Professional Mash Flakes contain 99% real potatoes in a quick-to-prepare format that delivers consistent mashed potato that looks and tastes as good as scratch.



**BUY
NOW** 



MAKES 15 KG OF MASH



GUEST FAVOURITE

99% REAL POTATOES.

- Ready to serve within 5 minutes in 3 quick & easy steps.
- Reduce wastage – make up only the amount that you need.
- Vegan friendly when made with water or dairy-free milk.
- Gluten free.
- With sustainably sourced potatoes (99%) for a good source of energy.
- Bain-marie stable.

KNORR PROFESSIONAL MASH FLAKES

- No peeling – no waste.
- Gas Costs – R1.50
- Cooking and prep time is 5 min.
- Labour Costs – R5.83
- You can make only the amount you need.

TOTAL COST

R20.85 Total cost per dish/batch.**

VS

FROM SCRATCH

- Wastage – 10% (peeling).
- Gas Costs – R21.60
- Cooking and prep time is 1hr 20min.
- Labour Costs – R84.00
- Potato prices fluctuate a lot.
- The quality can be inconsistent.

TOTAL COST

R26.04 Total cost per dish/batch.**



*vs. normal table salt.

**Costs calculated at time of publication, using standard nutritional serving sizes.

MEAT-FREE

SOLUTIONS

THE RISE
OF VEGGIES.

**MEAT-FREE MEALS
ARE A GROWING TREND
AND WE'VE GOT THE
SOLUTIONS TO MAKE
YOUR MENU STAND OUT!**

From versatile, affordable, and nutritious ingredients to exciting meat-free recipes, expand your menu and deliver a meat-free experience that will leave your customers coming back for more.

IT'S MEAT-FREE MADE EASY!

LEARN MORE





JOIN THE
MOVEMENT
TODAY

We spend our lives in Chefs' whites. Always on task, rarely home. We experiment, we create, we generate happiness on a plate. Our passion is strong, our love sincere. Being a Chef is not a job. It's a calling. One that shouldn't come at a cost.

Let's stand together.

For more information visit

fairkitchens.com

LIVING THE FAIRKITCHENS 'CODE OF CONDUCT'

TALK OPENLY

If we have something to say, we say it – and we make sure others do the same. We talk about our needs and frustrations. We ask for help.

EXCITE PASSION

We train, mentor and inspire the next generation to achieve greatness.

ACT AS ONE

We are Chefs first. No matter our creed, gender or ethnicity, we are here for the same purpose. We respect each other, support each other, we've got each other's backs. We're all for one, and one for all.

MAKE TIME

We make time for breaks. We take the time to take care of ourselves, to reduce stress, chat and laugh.

SAY "GOOD JOB"

We tell people when they've done a good job, because a pat on the back can inspire and motivate. It can make someone's day.



UFS ACADEMY

A must for all Chefs

The revolutionary new
UFS Academy App!

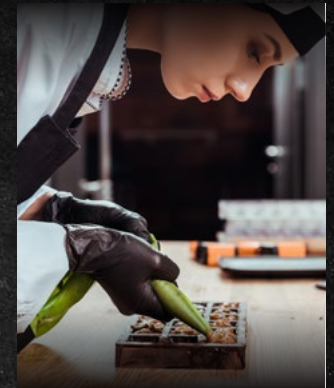
Unilever Food Solutions is a **business built by Chefs**, so we know what you face every day in the kitchen. Our team of industry professionals is here to help make your life a little easier.

Designed to improve your training and skills, the **UFS Academy App** is here! With **100's of training videos** and **exclusive masterclasses** from global and local expert Chefs, this dynamic App is **FREE to download** on Google Play and the iStore.

The courses feature content on the importance of food safety, personal and workplace hygiene, food preparation, and HACCP all the way through to advanced techniques such as mastering Nordic cuisine.

The UFS Academy App is here to share hints, tips and tricks you can use right now.
There are classes for every skill level.

Plus as an added benefit, the completed courses come with certificates endorsed by the **South African Chefs Association**.



**Download our App and
start your training now!**

UFS Academy App available on both



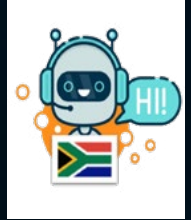


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KHULUMA CHATBOX AND LIVE CHAT



Our always-on chatbot is available on **ufs.com** to assist you with any queries you might have.



FIRE UP YOUR SKILLS

**WITH FREE VIRTUAL TRAINING
FROM OUR UFS CHEFS!**

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