

contents

03 From Prep to Plate with Knorr Professional Marinades

04 Meet Your Marinades

05 How to Use Your Knorr Professional Dry Marinade

06 How to Use Your Knorr Professional Wet Marinade

07 Match Your Marinade to the Right Cut

08 Marinade Benefits & Inspiration

13 Choose the Marinade That's Best for You

14 From Prep to Plate with Knorr Professional Sauces

15 Meet Your Sauces

16 Sauce Benefits & Inspiration

24 Future 50

25 Fair Kitchens

26 Academy





MARINADES

WHAT MAKES A DISH EXCITING IS THE UNEXPECTED FLAVOUR. FROM **PREP TO PLATE**, KNORR PROFESSIONAL MARINADES HAVE GOT YOU COVERED.

For most Chefs, the **key function of a marinade** is to enhance the flavour of the meat. **Visual cues** are also important as people "eat" with their eyes. A secondary function is to effectively **tenderise the meat**.

We have perfected a range of wet and dry marinades that fulfil the FLAVOUR DELIVERY, VISUAL APPEAL and TENDERISATION requirements of hotel, restaurant, canteen and caterer channels.

Knorr Professional Wet Marinades are the ideal solution for overnight marinating and offer the added convenience of being ready to use. When overnight marinating is not an option, Knorr Professional Dry Marinades allow operators to deliver maximum flavour and tenderisation in as little as 15 minutes.

Knorr Professional Marinades add the menu versatility your diners are looking for with consistent, quality flavour every time.

MEETMARINADES

DRY MARINADES



MARINADE,
TENDERISE OR
SEASON YOUR
MEAT IN JUST
15 MINUTES.
THESE MARINADES
CONTAIN NATURAL
TENDERISERS.



MORE DISHES

• 1 kg Marinates 15 kg of meat!



LESS COST

- 12 month shelf life.
- Improves portion control and eliminates wastage.
- Easy to store no refrigeration space required!



LESS COMPLEXITY

- Just add water to create your marinade.
- Or use as a dry rub.



LESS TIME

 No need to marinate overnight!

WET MARINADES



DELICIOUSLY
FLAVOURED,
AUTHENTIC
MARINADES
WITH NATURAL
TENDERISERS
THAT TENDERISE
OVERNIGHT.



MORE DISHES

 2 L of marinade marinates approximately 12 kg of meat.



LESS COST

- 12 month shelf life when closed.
- Lasts 2 weeks in fridge once opened.
- No need to add any ingredients to the marinade.







MORE CONSISTENCY

 The same great flavour, every time.



LESS TIME

No extra preparation or ingredients required.



MARINADE, BASTE, DRIZZLE OR DIP

• Ready to use.

HOWTOUSE YOUR KNORR PROFESSIONAL DRYMANIANE

1 kg Marinates
15 KG OF
MEAT!



Mix 1 kg of **Knorr Professional** dry marinade with 2 L of water and stir well.



Cover approx. 15 kg meat with the marinade and allow to stand for 15 minutes.



Cook as desired.

HOMTOUSE YOUR KNORR PROFESSIONAL WETMANIAN





2 L **Knorr Professional** wet marinade marinates 12 kg of meat.



Pour marinade directly over your selected meat and baste during cooking.



Cook as desired.

YOUR MARINADE TO THE RIGHT CUT

AITCHBONE FILLET WING RIB PRIME RIB CHUCK **NECK SIRLOIN RUMP** TOPSIDE & SILVERSIDE **FLAT RIB BOLO** THICK THIN **BRISKET** FLANK FLANK SHIN SHIN **KNORR WET MARINADE ■ KNORR DRY MARINADE**

Different cuts of meat, with varying textures and tenderness levels, have different marinating requirements.

We have a marinade solution for every cut of meat. Check out this guide below to help you match the right Knorr Professional Marinade to the right cut, giving you the most out of your marinade.

■ NECK

- Ground beef
- Stew meat

■ CHUCK

- Chuck eye roast
- · Blade roast or steak

SHIN

- Crosscut shank
- Stew meat
- · Ground beef
- · Heel of round ground beef

■ FLAT RIB

Short ribs

SIRLOIN

- · Sirloin steak
- Top loin steak
- T-bone steak
- Porterhouse steak
- · Tenderloin steak or roast

■ BRISKET

- Stew meat
- Ground beef

BOLO

- Chuck shortribs
- Cross rib pot roast
- Arm pot roast or steak

PRIME RIB

- Rib roast
- · Rib steak
- Ribeye roast or steak

■ WING RIB

Top loin steak

FILLET

Fillet steak

AITCHBONE

· Roast beef

RUMP

- Rump steak
- Rolled rump

■ TOPSIDE

· Roast beef

■ SILVERSIDE

- · Round steak
- Bottom round roast or steak
- · Eye of round

THICK FLANK

- Tip steak
- Tip roast

THIN FLANK

- Flank steak
- Ground beef
- Stew meat



BARBECUE

ADDS A ROBUST BARBECUE FLAVOUR PROFILE TO PROTEIN!

- Tenderises protein Consistent flavour
- Quality ingredients Vibrant colour

BUY NOW





Sticky BBO Chicken

Sticky chicken pieces marinated to perfection for a robust barbecue flavour served with a green salad or a veggie side.





Roast Chicken Pieces

This is a winning way to make your chicken pieces browner and crispier. Our marinade of spices and oil will turn your roast chicken from great to gorgeous.

GET RECIPE





- Rotisserie chicken
- Steak & ribs
- Burger patties



PERI-PERI Mayinage

MADE WITH REAL CHILLI FOR AN AUTHENTIC SPICY FLAVOUR.

- Adds flavour, colour and tenderises protein Consistent flavour
- Quality ingredients Adds a juicy visual and texture

BUY NOW





Peri Peri Chicken Subway

Authentic spicy chicken strips marinated in a delicious peri-peri sauce and served in a mini baquette with coleslaw, lettuce leaves, and coriander.







Spiced Up Chicken Fillets

Spicy and tender chicken fillets are marinated in a delicious peri-peri sauce for the perfect balance of heat and flavour.

GET RECIPE









- Grilled chicken
- Chicken wings
- Peri-peri chicken livers
- Seafood dishes
- Potatoes
- Vegetable kebabs
- Chakalaka



LEMON & HERB

MADE WITH REAL INGREDIENTS TO ADD A FRESH LEMON AND HERB FLAVOUR.

- Adds flavour, colour and tenderises protein Consistent flavour
- Quality ingredients Contains parsley, thyme, oraganum and rosemary

BUY NOW





Lemon & Herb Creamy Chicken

Delicious creamy chicken flavoured to perfection in an authentic lemon and herb marinade.





Lentil Salad To-Go

A delicious, wholesome salad packed with lentils and a fresh tomato and cucumber mix in a creamy lemon and herb dressing.











- Grilled fish
- Calamari
- Spatchcock
- Roasted chicken
- · Salad dressing



SPARE RIB

A CONSISTENT SAVOURY FLAVOUR THAT ADDS A GLOSSY SHEEN TO YOUR DISH.

- Can be used as a basting or as a marinade Adds a rich colour
- Sweet, savoury and tangy flavour profile

BUY NOW





Braised Pork Belly

Tender pork belly with an irresistible glossy sheen served with wilted pak choi, mashed potatoes, or steamed coconut rice.

GET RECIPE





Sweet Potato Pie

A hearty, lean cottage pie with a sweet potato crispy base and feta topping, filled with extra lean mince seasoned to perfection.

GET RECIPE











- Ribs
- Steak
- Pulled pork



MOZAMBICAN PERI-PERI

WITH REAL INGREDIENTS FOR A GLOSSY, MEATY FLAVOUR AND HEAT BALANCE.

- Use as a hot sauce to add heat to burgers, chicken and seafood
- Authentic Mozambican flavour Quality ingredients







Butter Chicken and Prawn Curry

A colourful, flavour-packed curry in a glossy Mozambican peri-peri marinade for the perfect balance of heat.





Peri-Peri Chicken Livers with Wheat Triangles and Crème Fraîche

Peri-Peri Chicken Livers in a creamy hot sauce served with golden deep-fried wheat triangles and crème fraiche.











- Grilled chicken
- Prawns
- Chicken wings
- Rib burger

CHOOSE THE MARINADE THAT'S Jeel FOR YOU

Use the application matrix below to match the right Knorr Professional marinade to these top-selling dishes and firm favourites in South African restaurants.











GRILLED STEAK	✓	✓			
GRILLED FISH	1	4			✓
BBQ PORK SPARE RIBS	✓			✓	
GRILLED CHICKEN PIECES	✓	✓			✓
BEEF CHEESE BURGER	✓	✓	✓	✓	
MIXED GRILL	✓	✓	✓	/	✓
GRILLED LAMB CHOPS	✓	✓			



Sauces play an important role in maximising flavours and improving the mouth feel of a dish. Designed for versatility and consistent flavour, Knorr Professional Sauces improve back-of-house and front-of-house efficiency by covering all your flavour, quality, and consistency needs with one range of products.

With Knorr Professional Sauces, enhance your flavour profiles and AMPLIFY YOUR DISHES with fewer ingredients, saving you time and costs.

Your diners want flavour versatility, more menu options, and dish consistency. With Knorr Professional Sauces, satisfy your diners' needs by adding unexpected flavour surprises to their protein dishes.

Give them the flavours they want in various options by using Knorr Professional Sauces in new and unexpected ways. Pair a sauce with a protein for added flavour, as a dip on the side, or as a dressing for meat dishes and salads.

MEET, SAUCES



OUR VERSATILE, READY-TO-USE RANGE OF SAUCES OFFER YOU THE AUTHENTIC FLAVOURS THAT YOUR DINERS KNOW AND LOVE WITHOUT ADDING EXTRA TIME AND PRESSURE TO YOUR BACK-OF-HOUSE.

- Ready to use
- Vegan-friendly*
- As good as scratch
- Versatile as a condiment, cook-in sauce, or dip
- Succulent and mouth-watering results
- Authentic flavours









HAMBURGER

A TOMATO-BASED CHUNKY SAUCE WITH REAL BITS FOR AUTHENTIC FLAVOUR.

- · A consistent, great-tasting chunky relish that is full of flavour
- Rich colour Made with onion and pickles

BUY NOW



The Ultimate Breakfast Muffin

Tender beef patty marinated in a chunky tomatobased sauce, served on an English muffin with streaky bacon, gouda cheese, fried egg, and sliced avocado.

GET RECIPE



Vegan Burger

A flavour-packed vegan patty made from brown rice, toasted walnuts, and panko breadcrumbs served on a bun and topped with a traditional burger sauce.

GET RECIPE









- Hamburger
- Boerie rolls
- Hot dog (relish)
- Pizza



auce

USE IT AS A COLD SALSA OR AS A MARINADE TO ENHANCE MEXICAN DISHES.

- · Chunky, traditional Mexican salsa
- Full of flavour Rich red colour

BUY NOW



Mexican Roast Beef Fillet With Picco De Gallo Vibrant, flavourful, and tender roast beef fillet marinated in a spicy traditional Mexican salsa and served with sweet potato wedges and picco de gallo.

GET RECIPE



Mexican Lasagne

Thin layers of pasta sheets between traditional Mexican salsa, brown lentils and red kidney beans. Topped with sour cream, salsa and taco chips and garnished with cubed avocado.

GET RECIPE









- · Tacos
- Enchiladas
- Burritos
- · Salsa



JARTARE

AS GOOD AS SCRATCH-MADE WITH REAL BITS AND AUTHENTIC FLAVOUR.

 Use as a condiment or pour-over sauce • Perfect for seafood and vegetables • Great texture and visual appeal • Consistent flavour

BUY NOW



Smashed Potatoes with Tartare Sauce

Crispy, golden potatoes gently smashed and served with a side of tartare sauce and sprinkled with dill to finish.

GET RECIPE



Broad Bean Pancakes

With a bold and tangy taste, these savoury broad bean pancakes deliver an appeal that stimulates the appetite! Served with tartare sauce and mint for added freshness.

GET RECIPE







- Fish & chips
- Fish cakes
- Served with seafood as condiment





HONEY& SO

A VERSATILE SAUCE WITH A BALANCE OF SWEET AND SAVOURY FLAVOURS.

- · Use as a stir-fry sauce for meat, chicken, vegetables or fish
- Can be used as a pour-over sauce, basting, or condiment

BUY NOW



Honey and Soy Chicken Burger

Tender chicken breast inside a fresh burger bun topped with a honey and soy mayonnaise for a balance of sweet and savoury flavours.

GET RECIPE



Thai-Style Veggie Stir Fry

Delicious and easy Thai vegetable stir fry made with colourful mixed vegetables. Flavoured with a garlicky, sweet and zesty soya and basil pesto sauce.

GET RECIPE



- Stir-fries
- Dunked wings
- Glaze
- Pork chops



Sauce

A VERSATILE SAUCE WITH A PERFECT BALANCE OF UMAMI FLAVOUR.

- · Use as a stir-fry sauce or as a condiment
- A balanced savoury flavour Adds a rich colour and aroma

BUY NOW



Yakitori Chicken Skewers on Yakisoba Noodles Grilled chicken on a bed of stir-fried noodles, seasoned with the perfect balance of Umami flavour.





Asian Chilli Fried Chicken Wings
Juicy, double-fried chicken wings served with an authentic chilli Asian-inspired sauce.

GET RECIPE



- Sushi
- Stir-fries (Asian dishes)



PERI-PER Sauce

WITH REAL BITS OF CHILLI, ADDS A SPICY FLAVOUR AND GREAT VISUAL APPEAL.

- Use as a condiment or as a cook-in sauce Consistent flavour
- · Authentic chilli flavour · Quality ingredients

BUY NOW



Creamy Peri-Peri Chicken Rigatoni

Creamy chicken rigatoni marinated in a delicious peri-peri sauce for an authentic, spicy flavour and great visual appeal.

GET RECIPE



Knorr Peri-Peri Base Extension

A deliciously consistent peri-peri basting sauce, perfect for grilled chicken or prawns.

GET RECIPE









- Whole chicken
- Spatchcock chicken (flatties)



SWEET& SOUR

ADDS THE PERFECT BALANCE OF SWEET AND SOUR FLAVOURS TO A DISH.

- Use as a condiment or a cook-in sauce Consistent flavour
- · Adds colour, flavour, aroma

BUY NOW



Sweet and Sour Split Pea and Tofu Curry Creamy split pea and tofu curry in a sweet and sour sauce and yoghurt combo, sprinkled with fresh coriander.

GET RECIPE



Noodle Salad To-Go

Red lentil pasta noodles packed with veggies drizzled with sweet and sour mayonnaise. Top with fresh tomatoes and mozzarella, and serve in a glass jar with a lid to seal.

GET RECIPE









- Stir-fries
- Basting on deepfried chicken
- Coat deep fried fish
- Condiment



uce

MADE WITH REAL CHILLI FOR AN **AUTHENTIC SWEET CHILLI FLAVOUR.**

- · Use in cold and hot applications · Chunky chilli texture
- Consistent flavour Quality ingredients Adds colour, aroma and heat

BUY NOW



Hot Sweet Chili Veggie Wrap

Spicy roasted chickpeas brought to life in a wrap and drizzled with an authentic sweet chilli mayonnaise.

GET RECIPE



Chicken Strips Dunked in Sweet Chilli Sauce Chicken is a hugely popular protein in South Africa, and these deep-fried strips served with sweet chilli sauce are bound to become a customer favourite!

GET RECIPE









- Chicken wings
- Spring rolls
- · Samosas
- · Sweet chilli mayo



YOUR RECIPES YOUR FUTURE



Better ways to cook for a more sustainable future

Featuring Knorr Professional Marinades and Sauces



Better ways to cook for a more sustainable future

Diversify your menu with ingredients that are good for both you and the planet. Knorr and the World Wildlife Fund has identified **50 ingredients** which offer **versatile solutions** for delivering delicious plant-based dishes in an efficient and sustainable way.

> Download Knorr's Future 50 recipe book







LIVING THE FAIRKITCHENS 'CODE OF CONDUCT'











CADEIMY

A MUST FOR ALL CHEFS!

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

 100's of training videos and exclusive masterclasses from global and local expert Chefs

· FREE to download on Google Play and the iStore

Get hints, tips and tricks you can use right now!

- Classes for every skill level
- Course content includes the importance of food safety, personal and workplace hygiene, food preparation, HACCP, and advanced techniques
- Completed courses come with certificates endorsed by the South African Chefs Association.













KHULUMA ChatBox and Live Chat *

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

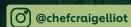
Unilever South Africa (Pty) Ltd 15 Nollsworth Crescent, La Lucia, 4051, South Africa Email: info.unileverfoodsolutions2@unilever.com Customer Care Line: 0860 31 41 51 (Calls charged at local South African rates)

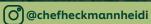
The promoter is Unilever South Africa (Pty) Ltd ("the Promoter"). All recipes in this book have been developed by Unilever Food Solutions' Culinary team. Unilever South Africa reserves the rights to all recipe content and recipe images



















(d) @chefworthingtonmary



(C) @chef_tebogo

For more inspiration and recipe ideas visit ufs.com















