



FROM  
**PREP**  
TO *Plate*



SAUCES &  
MARINADES



Unilever  
Food  
Solutions

**Support. Inspire. Progress.**

# contents

- 03 **From Prep to Plate with Knorr Professional Sauces**
- 04 **Meet Your Sauces**
- 05 **Sauce Benefits & Inspiration**
- 13 **From Prep to Plate with Knorr Professional Marinades**
- 14 **Meet Your Marinades**
- 15 **How to Use Your Knorr Professional Dry Marinade**
- 16 **How to Use Your Knorr Professional Wet Marinade**
- 17 **Match Your Marinade to the Right Cut**
- 18 **Marinade Benefits & Inspiration**
- 23 **Choose the Marinade That's Best for You**
- 24 **Future 50**
- 25 **Fair Kitchens**
- 26 **Academy**



FROM  
PREP  
TO

Plate

WITH



SAUCES

SAUCES ARE YOUR KEY TO FLAVOUR.  
FROM PREP TO PLATE, KNORR PROFESSIONAL  
SAUCES HAVE GOT YOU COVERED

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 *your* 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

\*not including Honey & Soy Sauce



**NEW**  
FORMULATION



# KNORR PROFESSIONAL HAMBURGER sauce

**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 tomato-based 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**



## TOP DISHES

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

**NEW**  
FORMULATION



# KNORR PROFESSIONAL MEXICAN SALSA *sauce*

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**



## TOP DISHES

- Tacos
- Enchiladas
- Burritos
- Salsa



# KNORR PROFESSIONAL **TARTARE** *sauce*

**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**



### TOP DISHES

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



# KNORR PROFESSIONAL HONEY & SOY Sauce

**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**



## TOP DISHES

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





# KNORR PROFESSIONAL SOYA 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.

**GET RECIPE** 



### Asian Chilli Fried Chicken Wings

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

**GET RECIPE** 



### TOP DISHES

- Sushi
- Stir-fries  
(Asian dishes)



# KNORR PROFESSIONAL PERI-PERI 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**



## TOP DISHES

- Whole chicken
- Spatchcock chicken (flatties)



# KNORR PROFESSIONAL SWEET & SOUR *sauce*

**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**



## TOP DISHES

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



# KNORR PROFESSIONAL SWEET CHILLI *sauce*

**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**



## TOP DISHES

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

FROM  
**PREP**  
TO

*Plate*

WITH



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.



# MEET *your* MARINADES

## 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.

# HOW TO USE YOUR KNORR PROFESSIONAL DRY *marinade*

1 kg Marinates  
**15 KG OF  
MEAT!**



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



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



**3.** Cook as desired.

# HOW TO USE YOUR KNORR PROFESSIONAL WET *marinade*



**1.** 2 L Knorr Professional wet marinade marinates 12 kg of meat.



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



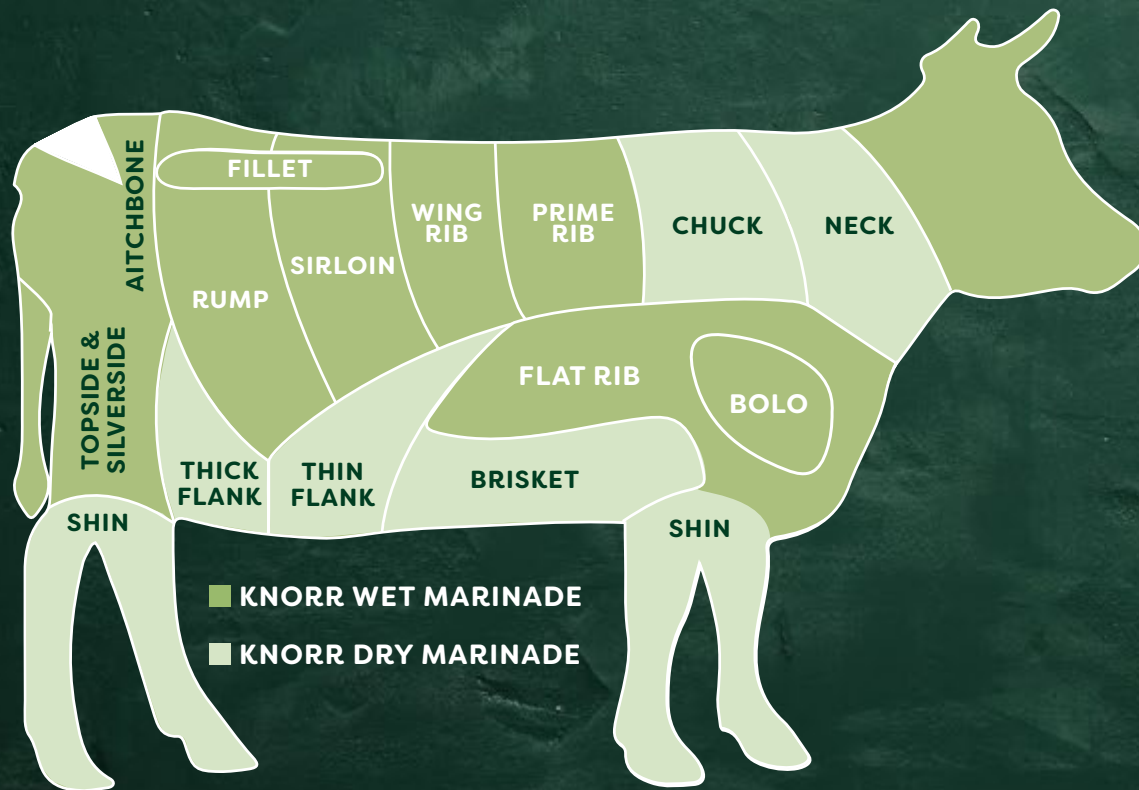
**3.** Cook as desired.



# match YOUR MARINADE TO THE RIGHT CUT

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



KNORR PROFESSIONAL

# BARBECUE *marinade*

**ADDS A ROBUST BARBECUE  
FLAVOUR PROFILE TO PROTEIN!**

- Tenderises protein • Consistent flavour
- Quality ingredients • Vibrant colour



## TOP DISHES

- Rotisserie chicken
- Steak & ribs
- Burger patties

**BUY NOW**



### Sticky BBQ Chicken

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

**GET RECIPE**



### 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**





KNORR PROFESSIONAL

# PERI-PERI *marinade*

**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 baguette with coleslaw, lettuce leaves, and coriander.

**GET RECIPE**



### 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**



### TOP DISHES

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



KNORR PROFESSIONAL

# LEMON & HERB *marinade*

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.

**GET RECIPE**



## 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.

**GET RECIPE**



## TOP DISHES

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



# KNORR PROFESSIONAL SPARE RIB *marinade*

**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 choy, 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** 



## TOP DISHES

- Ribs
- Steak
- Pulled pork



# KNORR PROFESSIONAL MOZAMBICAN PERI-PERI *marinade*

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



**BUY NOW** 



## Butter Chicken and Prawn Curry

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

**GET RECIPE** 



## 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 fraîche.

**GET RECIPE** 



### TOP DISHES

- Grilled chicken
- Prawns
- Chicken wings
- Rib burger

# CHOOSE THE MARINADE THAT'S *best* 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		✓			✓
BBQ PORK SPARE RIBS	✓			✓	
GRILLED CHICKEN PIECES	✓	✓	✓		✓
BEEF CHEESE BURGER	✓	✓	✓	✓	
MIXED GRILL	✓	✓	✓	✓	✓
GRILLED LAMB CHOPS	✓	✓			

# YOUR RECIPES YOUR FUTURE 50 FOODS

Better ways to cook for a  
more sustainable future

Featuring Knorr Professional  
Marinades and Sauces



**Knorr**  
PROFESSIONAL

## 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







# 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.

Visit [fairkitchens.com](http://fairkitchens.com)



IF YOU NEED HELP,  
CALL THE SADAG 24/7  
HELPLINE FOR **FREE**  
Call: 0800 006 333

LIVING THE  
FAIRKITCHENS  
'CODE OF CONDUCT'

**T**ALK  
OPENLY

**E**XCITE  
PASSION

**A**CT  
AS ONE

**M**AKE  
TIME

**S**AY  
"GOOD JOB"

# UFS ACADEMY

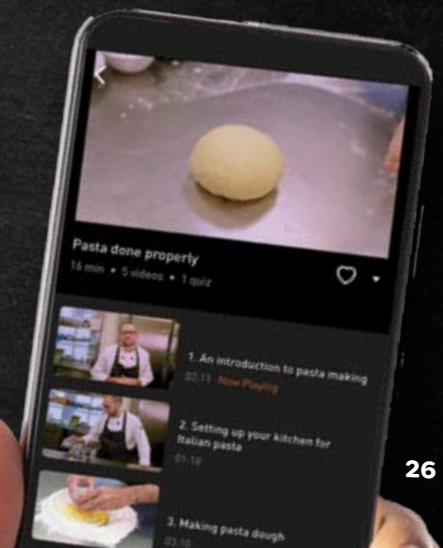
## A MUST FOR ALL CHEFS!

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.



DOWNLOAD THE DYNAMIC  
FREE UFS ACADEMY APP AND  
START TRAINING TODAY  
UFS ACADEMY APP AVAILABLE ON BOTH





# KHULUMA ChatBox and Live Chat

Our always-on chatbot is available on [ufs.com](https://www.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](mailto: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.



 @chefcraigelliot



 @chefheckmannheidi



 @chefpinkyread



 @chefdanielle\_sa



 @chefworthingtonmary



 @chef\_tebogo



For more inspiration and recipe ideas visit [ufs.com](https://www.ufs.com)



Unilever  
Food  
Solutions

Support. Inspire. Progress.