

IT'S OUR SAUCY *secret*



Unilever
Food
Solutions

Support. Inspire. Progress.



EXCITE YOUR CUSTOMERS AND STAY **ON TOP** WITH *sauces*

Psst, let's keep this secret between us. Keep flavour, variety and diner excitement at your fingertips with sauces – the forgotten hero of every dish.

Your sauce dominates the flavour profile of your dish, and our **versatile, consistent, and wastage-reducing solutions** are here to help you **make sauce the hero without increasing costs**. They're as good as scratch sauces without the time-consuming foreplay.

Save on your bottom line, generate the best returns, and give your restaurant the saucy edge that leaves your customers coming back for more, and more, and more!

Ready to get saucy? **Let us show you our secrets.**

GREAT SAUCE, *every time!*

PLEASE YOUR CUSTOMERS WITH CONSISTENT SAUCES

Consistent flavour gives you credibility while adding your unique touch **makes your menu stand out!**

Our versatile sauces make the perfect base to ensure **consistency across all your dishes** while allowing you the freedom to get creative with your own flavours.



CONSISTENCY

Deliver **consistent flavour, colour, and texture** across your dishes with consistent base sauces.

LUMP-FREE

Serve sauces that are **smooth** on your tongue with **perfect textures** every time.

AVOID BURNING

Avoid the risk of burning scratch sauces and **wasting expensive ingredients** with **ready-to-use** solutions. Just add water and serve!

BALANCED INGREDIENTS

Well-balanced flavour profiles that **enhance** and **add dimension** to your dish.



LESS WASTAGE, MORE *sauce!*

SKIP THE SAUCY FOREPLAY WITH READY-TO-USE SAUCES

Why waste time on foreplay when you can go straight to the sauce? Deliver **quality, consistent sauces** that taste like they were made from scratch!

We know the time and dedication it takes to prep delicious sauces. That's why our ready-to-use solutions are **convenient, time-saving,** and **eliminate the worry of wastage.**

Save on costs and wastage with our ready-to-use sauces that are simple, convenient, and quick to prepare.

FIRED-UP

picanha

INGREDIENTS

- 100 ml Whisky
10 g **Robertsons Whole Black Peppercorns**
2 g **Robertsons Cayenne Pepper**
150 g **Knorr Professional Jus**
1 L Water

METHOD

For the Rump Steak:

1. Cook the steaks to the desired liking.

For the HellFire Pepper Sauce:

2. In a pot, over high heat, add the whisky and **Robertsons Whole Black Peppercorns** lightly cracked, and reduce the liquid by half.
3. Add the **Robertsons Cayenne Pepper**.
4. Add the hot made-up **Knorr Jus** as per the packaging instructions, and allow the flavours to infuse.

To Serve:

5. Pour the sauce over the steak and garnish with dried onion petals.



CLICK ON PRODUCTS TO BUY 

SHOULDER OF LAMB WITH *cinnamon cola jus*

INGREDIENTS

For the Rub:

- 15 ml **Robertsons Barbecue Spice**
- 5 g Brown sugar
- 1 g **Robertsons Mixed Herbs**
- 30 ml Oil
- 5 g Coarse sea salt
- 1 kg Lamb

For the Gravy:

- 30 g Onions (roughly chopped)
- 5 g **Robertsons Cinnamon**
- 75 g **Knorr Professional Jus**
- 75 g Water
- 120 ml Coca Cola
- 30 g Butter

METHOD

For the Rub:

1. Mix together all the ingredients until well-combined. Seal the lamb cut, apply the rub and roast in a pre-heated oven at 180°C for 30 min per kg (15-20 min extra for bone-in cuts).

For the Gravy:

2. In a saucepan, heat the butter, and sauté the onions until soft and translucent. Reduce the heat, add the cinnamon, and cook for 1 minute or until fragrant.
3. Mix in the **Knorr Jus** powder, whisk well, then add the water and bring to the boil. Simmer for 2 min.
4. Add the cola tonic, and cook for another minute and serve.



CLICK ON PRODUCTS TO BUY 

CHEF'S TIP:

Dried mint can be used instead of mixed herbs.



DECKED-OUT

medallions

INGREDIENTS

For the Fillet Steak:

2.50 kg Beef Fillet

For the Shiraz Onion Sauce:

300 g Red onion (cut julienne)

50 ml Balsamic vinegar

60 g Brown sugar

200 ml Shiraz

5 g Thyme sprigs, fresh

100 g **Knorr Professional Brown Sauce Base**

METHOD

For the Fillet Steak:

1. Cook the steaks to the desired liking.

For the Shiraz Onion Sauce:

2. Cook the onions slowly in the balsamic vinegar until caramelised, then add the brown sugar.
3. Add the Shiraz and reduce by half.
4. Add the thyme and stir.
5. Add the hot made-up **Knorr Brown Sauce Gravy** as per the packaging instructions, stir and allow the flavours to infuse.

CHEF'S TIP:

Pour the sauce over the steak, garnish with dried red onion slices and serve.



CLICK ON 
PRODUCTS TO BUY

PORK SHOULDER WITH HONEY MUSTARD

Tarragon sauce

INGREDIENTS

For the Rub:

- 30 ml Oil
- 10 g Fine sea salt
- 10 g Black pepper (crushed)
- 1 g Cloves (ground)
- 5 g Aniseed (whole seeds or ground)
- 1 kg Pork shoulder

METHOD

For the Rub:

1. Mix together all the ingredients until well-combined, and rub all over the pork before roasting.
2. Roast the pork in a pre-heated oven at 140°C–160°C (15–20 min extra for bone-in cuts).
3. For a beautiful crackling, blister the roast at 220°C for 30 min. Turn the heat down to 140°C until cooked.

For the Gravy:

- 30 g Onions (roughly chopped)
- 15 g Tarragon, dried
- 60 ml Honey
- 120 ml Coca Cola
- 500 ml Water
- 50 g **Knorr Professional Brown Sauce Base**
- 15 g Dijon mustard
- 30 g Butter

For the Gravy:

4. In a saucepan, heat the butter, and sauté the onions on medium heat until soft and translucent. Add the tarragon, and cook for 1 min, then whisk in the honey.
5. Add 400 ml of the water and bring to the boil. Combine the **Knorr Brown Sauce powder** and the remaining water, then add to the boiling sauce, and simmer for 2 min.
6. Add the Dijon mustard, and serve.

CHEF'S TIP:

Rosemary or thyme can be used instead of tarragon.



CLICK ON 
PRODUCTS TO BUY

RUMP STEAK WITH GREEN PHUTU PAP SERVED WITH MUSTARD AND

mushroom sauce

INGREDIENTS

For the Rump Steak:

- 1 kg Rump steak
- 35 ml Red wine
- 35 ml Worcestershire sauce
- 5 g Garlic, crushed
- 5 ml Olive oil

For the Phutu Pap:

- 480 ml Water
- 15 g **Knorr Aromat Original**
- 5 g **Robertsons Black Pepper**
- 3 cups Maize meal
- 15 g Butter
- 100 g Spring onion, finely chopped
- 200 g Green peas, frozen
- 5 g Fresh parsley, finely chopped

For the Mushroom and Mustard Sauce:

- 30 ml Butter
- 300 g Cremini mushrooms
- 30 ml Dry sherry
- 5 g **Knorr Aromat Original**
- 3 g **Robertsons Black Pepper**
- 15 ml Olive oil
- 50 g Onions, finely chopped
- 5 g Garlic, crushed
- 30 ml Brandy
- 50 g **Knorr Professional White Sauce Base**
- 500 ml Milk
- 60 ml Dijon mustard
- 5 ml Whole-Grain mustard
- 2 g Parsley, finely chopped

SEE METHOD ON NEXT PAGE →



RUMP STEAK WITH GREEN PHUTU PAP SERVED WITH MUSTARD AND

mushroom sauce CONTINUED

METHOD

Rump Steak:

1. Put the steaks in a bowl. In a separate container mix the red wine, Worcestershire sauce and garlic together and pour this over the steaks. Cover with the lid, then place in the fridge for a few hours or, preferably, overnight.
2. When you're ready to cook the steaks, drain and dry carefully with kitchen paper, reserving the marinade.
3. Heat a frying pan on high heat and heat the oil until it's very hot.
4. Sear the steaks for 4 min on each side and 2 min before the time is up, add the reserved marinade to the pan and let it bubble and reduce by half.
5. When the steaks are cooked, remove them from the pan to rest for 1 min.



Phutu Pap:

6. Bring 2 cups of water, **Knorr Aromat Original** and **Robertsons Black Pepper** to the boil in a heavy base pot.
7. Add 3 cups of maize meal, aiming for the middle. You should see a tower of maize meal with its base in the water and top protruding. Do not touch it.
8. Put the lid on the pot and cook on medium to low heat for 15 min, until all the water is absorbed or steamed into the maize meal tower.
9. Remove the lid. Take a fork and stir/fluff the porridge until it looks like phutu pap or couscous.
10. Add some more water about half a cup, depending on how moist you want the end product. All water added should be instantly absorbed by the porridge. Stir with a fork again.
11. Replace the lid and let steam for another 15 min. Resist the temptation to open the lid all the time, only open twice to stir and check it's not burning.
12. Heat butter in a pan and fry the spring onion for 2 min. Add peas, cook for 2 min, toss in the phutu pap and fry for 2 min. Add the chopped parsley.



For the Mushroom and Mustard Sauce:

13. Heat butter in a pan over medium heat. Add the mushrooms and sauté for 4-5 min, until they release their juices.
14. Stir in the sherry and cook for 5 min, until the mushrooms are cooked through.
15. Season with **Knorr Aromat Original** and **Robertsons Black Pepper** and dish onto a separate dish and set aside.
16. Add olive oil to the same pan, add the onions and garlic and cook over medium heat for 2 min. Add the brandy, stirring to deglaze the pan, and cook until the brandy evaporates and the onions are translucent. Add the two mustards and the mushrooms to the pan and cook for 1 min.
17. Make a slurry by mixing the **Knorr Professional White Sauce Base** with 100 ml milk until the powder is dissolved. In a small pot bring the remaining milk to the boil and add the slurry while whisking continuously. Bring the sauce to the boil and simmer the sauce for 3 min, whisking continuously.
18. Stir in the mushrooms mixture and serve.

CLICK ON PRODUCTS TO BUY 

GRILLED STEAK WITH A SWEETCORN AND RED PEPPER FRITTER SERVED WITH CRISP BUTTERNUT SHAVINGS AND

*and creamed
peppercorn sauce*

INGREDIENTS

For the Steak:

- 30 ml Oil
- 1 kg Beef rump, cut into 250 g portions
- 20 g **Robertsons Barbecue Spice**

For the Corn and Red Pepper Fritters:

- 500 g Sweetcorn, frozen
- 100 g Red Peppers, small diced
- 5 g **Robertsons Veggie Seasoning**
- 2 g **Robertsons Paprika**
- 10 ml Baking powder
- 150 g Flour, all-purpose
- 160 ml Milk
- 15 ml Oil

Peppercorn sauce:

- 80 g Onions, finely chopped
- 5 g Garlic, crushed
- 30 g Green peppercorns
- 3 g **Robertsons Black Pepper, crushed**
- 500 ml Milk
- 50 g **Knorr Professional White Sauce Base**



CLICK ON PRODUCTS TO BUY 



METHOD

Steak:

1. In a bowl, add the oil, **Robertsons Barbecue Spice** and the steak. Marinate for at least 30 min.
2. On a hot griddle pan, seal the steak on each side for a few minutes to achieve grill marks and desired doneness. If you need to, transfer to a hot oven to finish the cooking process. Rest the steak for 1 min.

Corn and Red Pepper Fritter:

3. Mix together all the ingredients.
4. In a hot pan, add a little oil. Spoon the mixture into a pan and allow to cook on each side for a few minutes. Place on a paper towel to drain off the excess oil.

Peppercorn sauce:

5. Sauté the onions and garlic, then add the black pepper. Set aside.
6. Make a slurry by mixing the **Knorr Professional White Sauce Base** into 100 ml milk until the powder is dissolved. In a small pot, bring the remaining milk to the boil and add the slurry while whisking continuously. Bring the sauce to the boil and simmer the sauce for 3 min, whisking continuously.
7. Add the pepper mix to the white sauce. Season to taste.

CHORIZO MASHED POTATO BALLS WITH *jalapenos*

INGREDIENTS

250 ml	Water	60 g	Onions , finely chopped
300 g	Butter	30 g	Jalapenos, chopped
50 ml	Robertsons Veggie Seasoning	80 g	Chorizo, diced and fried
100 ml	Milk	80 g	Knorr Professional Original Chicken Breeding
100 g	Knorr Professional Mash Flakes	20 g	Panko breadcrumbs
80 g	Hellmann's Tangy Mayonnaise		Oil for deep frying

METHOD

1. In a pot, bring the water, butter and **Robertsons Veggie Seasoning** to the boil then remove from the heat. Add the milk then whisk in the **Knorr Professional Mash Flakes**. Cover for 4-5 min.
2. Add **Hellmann's Tangy Mayonnaise**, onions, jalapeños, and chorizo and mix well. Roll into 30 g balls and chill for 20 min.
3. Combine the **Knorr Professional Original Chicken Breeding** and the Panko breadcrumbs. Toss balls in cold water and then into the breading mixture.
4. Deep fry in hot oil until golden brown.

CHEF'S TIP:

For a vegetarian option, replace the chorizo with cooked chopped mushrooms.



CLICK ON PRODUCTS TO BUY 

CRISPY LEMON *Tatties*

INGREDIENTS

1.20 kg	Baby potatoes	2 g	Fresh rosemary (finely chopped)
15 g	Robertsons Chip & Potato Seasoning	120 g	Lemons (cut into quarters)
5 g	Robertsons Veggie Seasoning	50 ml	Sunflower oil

METHOD

1. Pre-heat the oven to 170 °C.
2. In a pot of boiling water, cook the potatoes until soft, but firm.
3. Drain the potatoes, then lightly press down on the potatoes until they start to crush and open.
4. In a roasting tray, add the potatoes, **Robertsons Chip & Potato Seasoning**, **Robertsons Veggie Seasoning**, rosemary and lemons. Pour the oil over and massage the potatoes.
5. Place in the oven for 30 min.
6. Turn up the heat to 180 °C for 15 min so that the potatoes crisp up.
7. Squeeze the cooked lemons over the roasted potatoes and serve.

CHEF'S TIP:

The potatoes can be boiled the day before to cut down on time.



CLICK ON PRODUCTS TO BUY 

POTATO AND LEEK *soup*

INGREDIENTS

- 60 g **Knorr Professional Vegetable Stock Granules**
- 2 l Water (boiling)
- 30 g Butter
- 120 g Onions, finely chopped
- 200 g Leeks, finely chopped
- 100 g **Knorr Professional Mash Flakes**
- 200 g Cream

METHOD

1. Whisk **Knorr Professional Vegetable Stock Granules** into the boiling water until dissolved, then set aside.
2. In a pot, melt the butter and sauté the onions and leeks on medium heat for 3-4 min until soft.
3. Add the vegetable stock, then whisk in the **Knorr Professional Mash Flakes**, bring to boil and simmer for 3 min.
4. Liquidise until smooth, then return the soup to the pot.
5. Add the cream and simmer for a further 1-2 min. Serve.

CHEF'S TIP:

For a crispy garnish, add deep-fried julienned leeks and drizzle with fresh cream.



CLICK ON PRODUCTS TO BUY 

FLESHY CRANBERRY, BACON AND BOEREWORS-STUFFED CHICKEN DRESSED IN A *lush demi-glace*

INGREDIENTS

For the Stuffing:

- 250 g Boerewors, casing removed
- 100 g Streaky bacon, roughly chopped
- 10 g Garlic, crushed
- 1 g **Robertsons Mixed Herbs**, finely chopped
- 45 g Celery, finely sliced
- 55 g Cranberries, roughly chopped
- 5 g Orange zest
- 115 g **Knorr Professional Mash Flakes**
- 125 g **Knorr Professional Chicken Stock Granules**

For the Chicken:

- 1.60 kg Chicken breast
- 50 g **Robertsons Chicken Spice**
- 100 ml Sunflower oil

For the Demi-Glace Sauce:

- 50 g **Knorr Professional Demi-Glace Base**
- 500 ml Water

SEE METHOD ON NEXT PAGE →



FLESHY CRANBERRY, BACON AND BOEREWORS-STUFFED CHICKEN DRESSED IN A

lush demi-glace CONTINUED

METHOD

For the Stuffing:

1. Fry the boerewors and bacon.
2. Make up the **Knorr Professional Mash Flakes** as per the packaging instructions.
3. Make up the **Knorr Professional Chicken Stock Granules** as per the packaging instructions.
4. Mix together all the stuffing ingredients until well combined.

For the Chicken:

5. Pre-heat the oven to 180 °C.
6. Cut a pocket into one side of each chicken breast, big enough to hold the stuffing, without cutting all the way through.
7. Fill the pockets with the stuffing and use a few toothpicks to close the pockets. (Place any leftover stuffing in a heatproof container to bake alongside the chicken breasts.)
8. Mix together the **Robertsons Chicken Spice** and oil, and rub all over the chicken breasts.
9. Place the chicken breasts on a baking tray and onto a roasting rack. Cook for ± 30 min or until the stuffing is cooked and the chicken breasts are golden brown.
10. Remove the cooked chicken breasts from the baking tray and take out the toothpicks.

For the Demi-Glace Sauce:

11. Add the pan juices from the baking tray into a saucepan.
12. Mix together the **Knorr Professional Demi-Glace Base** and water. Add to the saucepan and cook for 5 min.

To Serve:

13. Slice the stuffed chicken breasts, or cut in half, and pour the sauce over. Serve with sweet-chilli butternut crackers.

CHEF'S TIP:

14. You can substitute the boerewors with pork or beef sausage.



CLICK ON PRODUCTS TO BUY 

MYSTERIOUS

Rib eye

INGREDIENTS

For the Vanilla Exotic Sauce:

- 100 g Butter
- 720 g Assorted wild mushrooms
- 20 g Vanilla paste
- 80 g **Knorr Professional Demi-Glace Base**
- 1 L Water

For the Rib Eye Steak:

- 300 g Rib Eye Steak

METHOD

For the Vanilla Exotic Sauce:

1. Heat the butter in a pan, add the mushrooms, and cook until soft.
2. Add the vanilla paste and cook for 1 min.
3. Add the hot made-up **Knorr Professional Demi-Glace Base** sauce as per the packaging instructions and allow the flavours to infuse.

For the Rib Eye Steak:

4. Cook the steaks to the desired liking.

To Serve:

5. Pour the sauce over the steak. Top with deep-fried mushrooms and fresh thyme.



CLICK ON 
PRODUCTS TO BUY

SAUCE THINGS UP WITH THESE

pantry essentials



- Lump-free
- Cooks in 3 minutes
- No MSG added
- Made with sustainably sourced ingredients

BUY NOW



- A versatile base sauce
- No MSG added
- Made with sustainably sourced ingredients
- With no artificial colours

BUY NOW



- Consistent taste with a dark brown sheen colour
- Use as a base to add your signature touch
- No MSG added
- With no artificial colours

BUY NOW



- Consistent taste every time
- Use as a base to create sauce derivatives
- No MSG added
- With no artificial colours

BUY NOW



- Made with 99% real potatoes
- Made within 5 minutes – in 3 quick and easy steps
- No lumps – smooth, consistent texture

BUY NOW



- Visual appeal: chunky texture enhances the look of the dish
- Taste: a delicious combination of red bell pepper, herbs, chilli and garlic
- Yield: 1 tub seasons ±77 kgs of mixed vegetables

BUY NOW



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

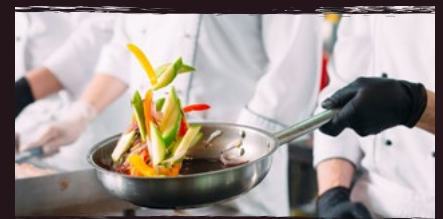
We are Chefs first. No matter our creed, gender or ethnicity, we are here for the same purpose. We respect each other, support each other, we've got each other's backs. We're all for one, and one for all.

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!

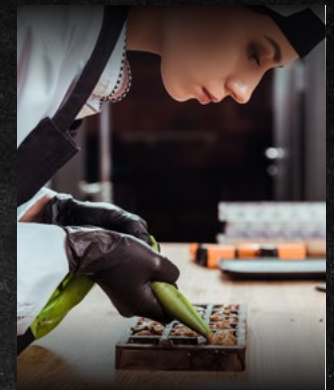
Unilever Food Solutions is a **business built by Chefs**, so we know what you face every day in the kitchen. Our team of industry professionals is here to help make your life a little easier.

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.

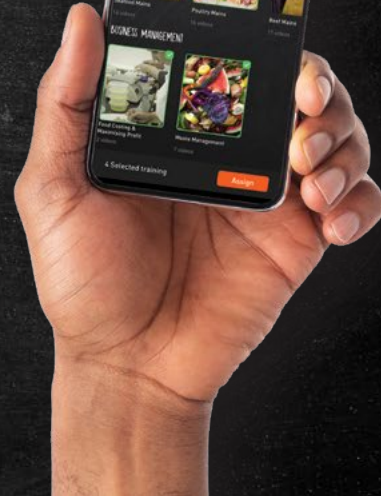
The UFS Academy App is here to share hints, tips and tricks you can use right now.
There are classes for every skill level.

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



VIRTUAL TRAINING *available*



 Follow @chefdanielle_sa



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.

For more inspiration and recipe ideas visit **ufs.com**



Khuluma
ChatBox and Live Chat



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



Unilever
Food
Solutions

Support. Inspire. Progress.

