

*"LIFE IS ABOUT RELATIONSHIPS.
BE OPEN TO PEOPLE AND IDEAS
AND ALWAYS GIVE EVERYTHING
YOU'VE GOT." - COERT COETZEE*

BRAAI PACKS



CHUNKS



HENWIL
CHICKENS

5kg CATER RANGE

WINGS



LEG QUARTERS



BREAST ON BONE



DRUMSTICKS



THIGHS



HENWIL
CHICKENS

WHOLE BIRDS



**8 x 800g
FILLETS**



**10 x 1kg
FILLETS**



**2 x 4kg
FILLETS**



**BREAST ON
BONE**



5kg IQF RANGE



2kg IQF RANGE



1kg
TERTIARY RANGE



Bulk
TERTIARY RANGE



1kg
TERTIARY RANGE



SHATTER RANGE

DRUMSTICKS



WINGS



LEG QUARTERS



THIGHS



500kg TERTIARY RANGE



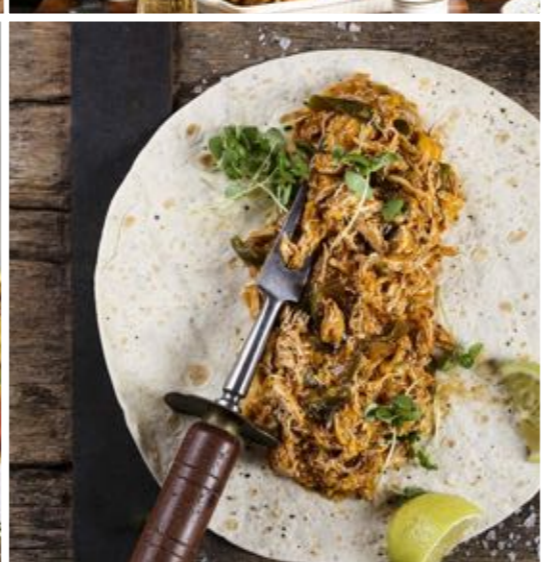


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1978

Henwil Chickens is not simply a chicken producer, but a partner that values our customers at the heart of our business - creating millions of memorable meal occasions. We are a well-seasoned business and we pride ourselves in the quality of our products and service.

The idea for a chicken farm started in 1978 when Mr Hendy Matthews visited his in-laws in East London and went to the large chicken farm of a Mr Burchill. The setup impressed him and he could not rid himself of the idea of starting his own chicken farm and abattoir. After months of planning, the first ten chicken houses were built on his farm, Doornhoek in the Lichtenburg district. At the beginning of 1979, Mr Matthews opened his registered abattoir, which slaughtered a thousand chickens per week. To help with the new venture, his in-laws moved down to Lichtenburg. The name "Henwil" was chosen as a combination of Hendy and Wilson Woods, his father-in-law's name.

The abattoir went from strength to strength and Mr Matthews' brother-in-law, Dorian Parker, also joined the operations by taking over the management of the supplier contracts. In July 1982, Mr Parker took over the management of the abattoir. He immediately realised that it was too small and set off by putting in automatic kill and plucking lines to push up the production from 1 000 chickens to 2 000 chickens per day. Eventually, as the business grew, they slaughtered over 4 000 chickens per day.



1980

In the 1980s, the chicken industry flourished, and Mr Parker invested in a hatchery in Bronkhorstspuit to supply Henwil with day-old chicks. He also built a distribution depot in Randfontein to market the chickens in the Johannesburg and Pretoria areas.

In 1990, a rendering plant was built to process the blood and feathers. After a new government took over and chicken imports flooded the local market, the original Henwil Chickens was sadly liquidated in 2000 and sold to the government. Luckily, in 2002, together with other contract growers (chicken farmers), Mr Parker bought back the abattoir. After taking a few months to get everything in working order again, operations started in full swing.

Mr Manie du Preez ran the administration and finance departments, and Mr Parker was in charge of the production, marketing, distribution and sales. For five years, the abattoir was run with success, and in 2007, Mr Parker decided to hang up his boots and leave the prosperous Henwil Chickens. A new management team, selected by the directors, took over and from there, Henwil has grown into a brilliant company. In the words of Mr Dorian Parker: "The top management of Henwil today must be commended for the operation that is running. It is managed by a great group of guys! Henwil has taught me that you will have ups and downs in life. When you have ups, enjoy it and live with appreciation. If you have downs, you need to get up as fast as possible. That's life!"

With teamwork, determination, and very hard work, the business has grown exponentially into the successful enterprise it is today.



2020

Henwil Chickens was established in 2002 as an abattoir, and over the past 18 years, the business has changed beyond recognition. When financial difficulties threatened its existence early on, the 13 chicken farmers who depended on the abattoir formed a company and bought the facility, becoming stakeholders in the truest sense of the word.

Following 15 years of organic growth into areas such as feed, retail, and fleet, Henwil's board of directors in 2017 called on the business school of the Northwest University to help them chart the way forward. The results of the business strategy exercise pointed to focused expansion: higher volumes, lower unit costs, increased competitiveness, and healthier profit margins.

The Henwil plant upgrade was based on better productivity, efficiencies, cost savings, and to become the best chicken processing facility in South Africa. This was achieved by almost completely rebuilding the abattoir. To preserve water and for the efficient chilling of the chicken, a decision was made to take out the spin chillers and to install an air chiller to bring the chicken temperature down to four degrees Celsius. A weigh line system combined with an automatic cutter system with a capacity of 7 000 chickens per hour was installed. An eight-tonne an hour carton freezer was also installed. Today we pride ourselves as a world-class facility with an impressive product flow and greater flexibility as far as our product mix is concerned. Our end product can be compared to the best producers in the market. Our further aim is to be FSSC 22 000 accredited by the end of February 2021.

**LEFT CLOCKWISE:
Henwil Abattoir, Grower Farm
of Egon Schulenburg, Henwil
Abattoir, Henwil Fleet, Grow-
er Farm of Herman du Preez,
Henwil Fleet**

IF YOU EAT
A GOOD
CHICKEN WING
BE SURE WE SUPPLIED IT!



TANGY FRENCH CHEESE SAUCE

Slowly caramelize an onion for 10 minutes in 1/4 cup butter and 2 tbsp olive oil with 4 sage leaves. Stir in 1 tsp dijon mustard & 1 minced garlic clove. Cook with 1/4 cup flour. Add 2 cups milk and simmer until thick. Taste for salt.

HONEY & MUSTARD

Place 2 tbsp mustard seeds in a saucepan with 1/4 cup honey, 2 tbsp vinegar and 2 tbsp olive oil.

CHICKEN SATAY DIP

Cook together: 1/4 cup chunky peanut butter, 1 cup milk, 2 tbsp worcestershire, 2 tbsp tomato sauce and 2 tbsp sugar. Use as a dip for chicken strips.

HOME-MADE TZATZIKI DIP

Grate 1/4 cucumber and squeeze out excess water. Mix with 1 cup yoghurt and 1/4 cup mayonnaise. Mix in 2 tbsp chopped herbs. Use as a dip for chicken.

BASIL & YOGHURT MARINADE

Mix together 2 tbsp pesto, 1/2 cup double-cream yoghurt and 1/2 cup mayonnaise. Marinate your kebabs for 5 hours prior to 'braai'ing'.

BBQ SAUCE

Roast your whole chicken in BBQ sauce for a sticky and crispy roast chicken.

SRIRACHA & TOMATO SAUCE

Spice up your tomato sauce with a tbsp hot sauce. Drizzle over your chicken burgers or serve as a dipping sauce with chicken schnitzels.

MIXED HERB PESTO

In a blender, place 1 cup olive oil, 2 handfuls rocket, 1 handful basil/parsley or coriander. Blend with 1/4 cup parmesan, 1 lemons juice and zest. Season well.

QUICK AIOLI

Finely grate 2 cloves of garlic, cook in 2 tbsp butter. Allow to cool then stir into 1 cup mayonnaise with a few sprigs thyme. Serve with chicken salads, sandwiches and on burgers.

ASIAN-STYLE BBQ SAUCE

Blend together 3 tbsp soy sauce, 1/2 cup honey, 2 tbsp tomato paste, 1 garlic clove, 1 onion, 1/2 tsp ginger, 1 tsp mixed spice powder. Simmer on low heat for 5 minutes and serve with chicken kebabs.

SWEET CHILLI SAUCE

For a crispy and sweet finish, baste your plain chicken kebabs with sweet-chilli sauce.





HENWIL CEO HENK

& Captain of the Parachute Brigade

Henk Alberts joined Henwil Chickens in February 2018 as the COO of the company and became the CEO during October of the same year. Henk was tasked with executing the new strategy and helped transform Henwil Chickens to become the new Henwil. Together with a board of directors and a strong management team, Henwil Chickens was transformed to become the new Henwil.

Henk was born in 1961 and raised in Wolmaransstad in the middle of the Western Transvaal. He went to the University of Pretoria, where he obtained his BCom Accounting degree. Henk then joined the SA Defence Force as an NDP and served as a captain in the Parachute Brigade. He started his career in the banking industry where he ended up as a manager at Standard Bank and later received the Manager of the Year award.

In 2001 Henk joined two partners to start up Horizon Feeds. During 2007, as the General Manager of the group of companies, he was introduced to the chicken industry, feedlots, crop irrigation farming and cattle farming. He then joined Rosaly Farms, a mega farming group for vegetables near Tarlton. The inspiration for a weekly Sunday potjie with ample veggies in the recipe was born during this time at Rosaly. It was always paired with a couple of good friends and a glass of fine wine. Since then, Henk's famous potjie is a Sunday favourite with the Alberts-family.



HENK'S ITALIAN-STYLE POTJIE

RECIPE SPONSORED BY Standard Bank

SERVES 6

- 4 tbsp extra virgin olive oil
- 800 g Henkil chicken thighs & drumsticks
- 2 onions, sliced
- 1 garlic clove, crushed
- 1 handful fresh basil
- A few sprigs of thyme or rosemary
- 2 bay leaves
- 3 medium potatoes, sliced
- 3 carrots, peeled & sliced
- 2 celery sticks, sliced
- 2 cups sweet white wine
- 2-3 cups chicken stock
- 1 tsp salt
- Freshly cracked black pepper
- 300 g green beans
- 100 g cherry tomatoes
- Basmati rice, to serve
- Fresh basil or parsley, to serve

Place the potjie over hot coals. Add 2 tbsp olive oil and cook the chicken thighs and drumsticks until browned. Remove the chicken and set aside. Add the onions and remaining 2 tbsp olive oil. Cook for 2-3 minutes, stirring often. Add the garlic and herbs and cook for 1 minute longer. Place the chicken back in the potjie and top with potatoes, carrots and celery in layers. Add the wine and 2 cups of stock, then season with salt and pepper. Place the lid on the potjie and simmer for approximately 1 hour. Keep an eye on your potjie and add water or stock if it becomes too dry. Add the green beans and cherry tomatoes. Taste for seasoning. Cook for another 30 minutes uncovered. Ensure the coals are not too hot, so that the liquid does not reduce too quickly. Remove from the heat and allow to cool for 10 minutes. Serve with the rice. Finish with basil or parsley, black pepper and a drizzle of olive oil.

WINE PAIRING Diemersdal Shiraz



Standard
Bank





GENERAL MANAGER LEON

Henwil Chickens proudly introduce to you our General Manager, Mr Leon Smit. Leon was born in Cape Town in 1958 and grew up in Cape Town, Mossel Bay and region of the Strand. In 1981, at the tender age of 23, Leon started his career in the chicken industry when he joined Rainbow Chickens in Worcester, and presently, he is still involved in the chicken industry. Leon moved to Lichtenburg at the end of 2017 when Henwil Chickens approached him to join the Henwil team with the objective to upgrade the plant to enable it to reach double shift capacity. The project was successfully completed in August 2019. Today Leon proudly serve Henwil Chickens as their General Manager.

Leon's chicken recipe has a beautiful history. As a child, they stayed in a place called "Tweede Rus", which means "second rest". The name originated from long ago when farmers still used ox wagons to transport goods from Cape Town Harbour. The oxen had to be rested after every four hours. The first stop from the harbour was "Eerste Rus", the second was "Tweede Rus", and so did the places get their names. While "braaiing" this Cape-style chicken, Leon shared where the recipe came from: In those days, very few families "braaiied" their meat, and it was mostly cooked. Leon's dad had a tradition of "braaiing" chicken every Sunday. As life was very simple during those years, so was the available spices. Leon kept his dad's tradition and raised his three daughters with it. In 2000, the family moved from the Cape to Rustenburg and after they settled, his children one day asked him to please "braai" his "Kaapse hoender" again. That is how the dish got its name.



**Henwil Chickens
Abattoir based in
Lichtenburg, run
by General man-
ager Leon Smit.**



LEON'S CAPE-STYLE CHICKEN

RECIPE SPONSORED BY Bergman

SERVES 6

- 2 cups vegetable oil
- 2 cups tomato sauce
- ¼ cup Worcestershire sauce
- 2 onions, finely chopped
- 2 × 600 g Henwil braai packs
- Salt and pepper

For the marinade, mix the oil, tomato sauce, Worcestershire sauce and onions in a dish. Add the chicken and season with salt and pepper. Ensure that all the chicken pieces are well covered with the marinade. Leave to marinate overnight. Braai the chicken pieces on an open fire. Leon suggests serving this dish with savoury rice and roasted baby potatoes.

WINE PAIRING **Creation Sauvignon Blanc**



WE HAVE
THE SEXIEST
LEGS
BY FAR

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CHIEF MARKETING & SALES

COERT

Coert grew up in Ottosdal, a small farming community in the North West Province where his father was one of the first contract chicken growers for Henwil Chickens in the early 1990s. He started his career in the poultry industry as a young boy when he was tasked to ensure that the chickens were managed at the correct temperature throughout the day and night.

After matriculating in Klerksdorp he continued his tertiary education at the Pretoria Technicon. Two years later he was privileged to start his own business by opening a fast-food poultry restaurant where he quickly became part of one of the fastest-growing chicken franchises in the country. Four years later, he started at one of the biggest chicken wholesalers in South Africa and for 12 years enjoyed a different segment of the industry before joining Henwil Chickens three years ago and moving back to his roots.

In Coert's own words, "We had a vision to expand the business and I was fortunate to be part of a great team that had one vision in mind. Apart from an expansion we also wanted to build a flexible plant to produce and accommodate for the demand in the market and also strive for the best product we can be proud of. I've always believed that nothing in life is worthwhile if you don't think out of the box and take risks, and this is exactly what we did with our branding and packaging. We do have customers at Henwil but rather value them as strategic partners.. My motto has always been: 'Life is about relationships. Be open to people and ideas and always give everything you've got.'"



TIPS FROM COERT

Make your own chicken spice mix: Combine the following in a bowl: ½ tsp paprika, ½ tsp chilli flakes, ½ tsp ground cum-in, ½ tsp salt and a little freshly cracked black pepper.

If you prefer, you can replace this mixture with Cajun, Spanish or chicken-spice seasoning.

COERT'S SWEET CHILLI PIZZAS

SERVES 4

4 pizza bases or 1 kg shop-bought bread dough

Chicken spice mixture (see tips)

4 Henwil chicken breasts

4 tbsp extra virgin olive oil

1 cup Neapolitana sauce

1½ cups mozzarella, grated

2 feta wheels, crumbled

½ cup Peppadews™

½-1 cup sweet-chilli sauce, to taste

2 avocados, sliced

1 handful fresh basil

Freshly cracked black pepper

Preheat your pizza oven or heat a baking tray in the oven at 180°C.

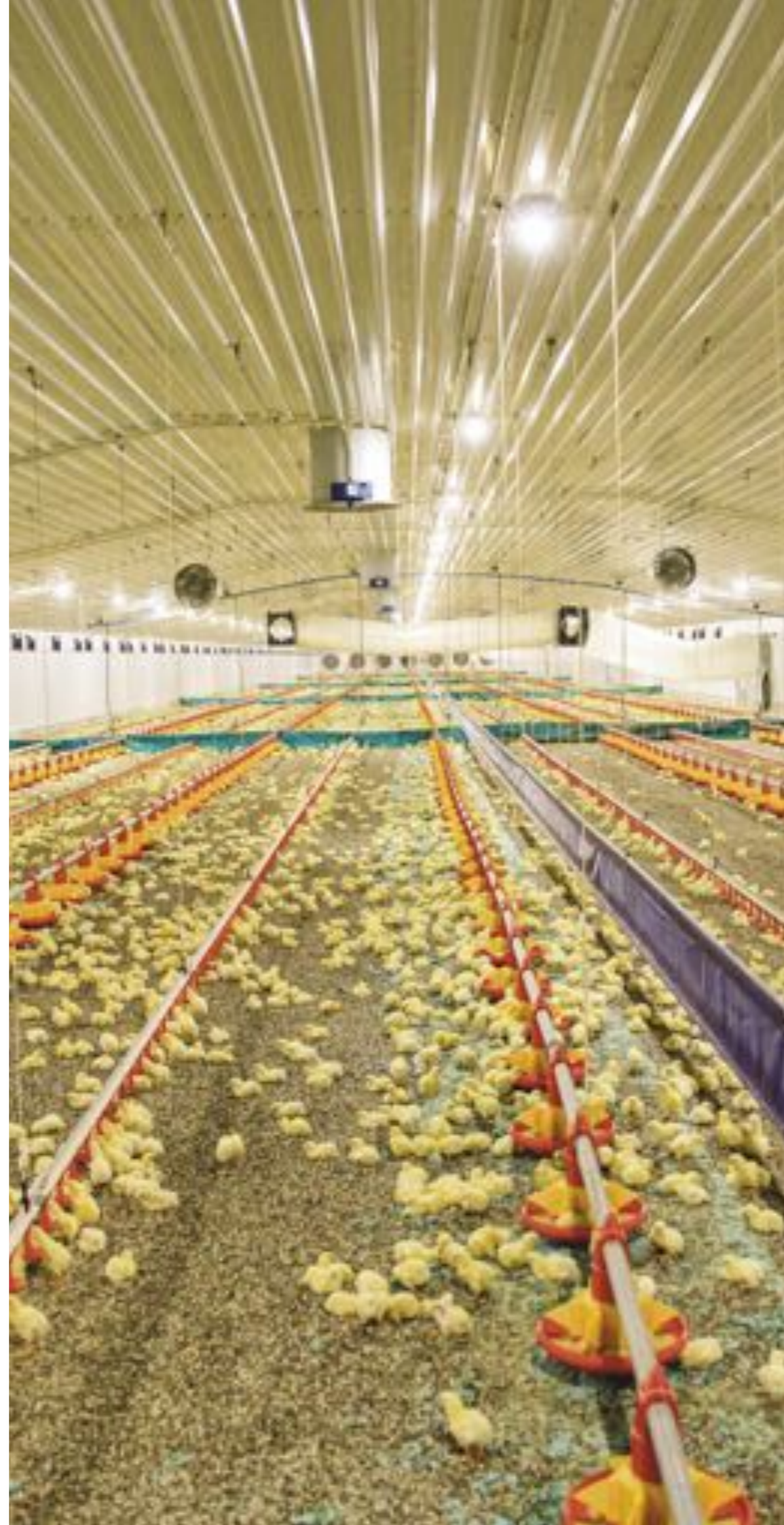
For the shop-bought bread dough, separate the dough into 4 equal balls. On a clean surface, roll out each ball to 5 mm thick. Otherwise, set out your pizza bases. *To prep the chicken* first mix the spices in a bowl. Set aside. Slice the chicken breasts into 5 mm strips. Place in the bowl with the spices and add 1 tbsp olive oil. Mix to ensure the chicken strips are well coated. Heat a frying pan (preferably non-stick) over medium-high heat. Add 1 tbsp olive oil and fry the chicken strips for 2-3 minutes, until golden brown. Remove from the pan and set aside.

Start prepping the pizzas by lightly brushing the edges/crusts with olive oil. Use a large spoon to spread the pomodoro sauce over the pizza bases. Add the grated mozzarella, crumbled feta, Peppadews and chicken strips. Dollop 2-4 tbsp sweet-chilli sauce over each pizza. Bake the pizzas for 10-15 minutes, until the crusts are golden brown around the edges and the cheese is melted. To serve, cut the pizzas into slices and top with avocado, basil and black pepper. Serve immediately.

WINE PAIRING Waterford Sauvignon Blanc

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HENWIL SHAREHOLDERS JOHAN

Johan Theart, the Chairperson of the Henwil board of directors has been supplying Henwil Chickens since 2002. Johan is a proud producer of high-quality chicken for the abattoir, and in 2019, he was appointed as chairperson of Henwil Chickens. Just like most of the chicken growers, he also has a multipurpose farm including cattle, sheep and crops.

Most of the chicken growers at Henwil are shareholders in the company. Growers receive day-old chicks from various suppliers to reduce the risks attached to only using one supplier. Our broiler chickens are farmed in large broiler houses, and there is usually between three and ten broiler houses per farm. The purpose of a broiler house is to provide the chickens with a healthy and comfortable environment that is clean, dry and secure.

Henwil Chickens Feed Mill is the only supplier of feed for the birds. Some growers use an approved alternative feed supplier as a control mechanism to compare the different feed quality and growth of the chickens. All of the farmers have a heart for chicken farming. With good advice and enthusiasm, chickens are produced in the most economical way in order to meet the requirements of the consumer.



 **CAUTION:**
CHICKS
ON THE
MOVE!

**LEFT, Shareholder
Herman du Preez and
RIGHT, farm manager
Hannes van Biljon.**



JOHAN'S POTATO-CHIP CHICKEN CASSEROLE

RECIPE SPONSORED BY National Chix

This recipe has its origin in my mothers-in-law's kitchen. It is known as a "moerby-gereg" in their house. It can be presented as a main dish with great love and success, or it can be divided into smaller portions for our youngsters - we call these "mamma bakkies".

SERVES 6

- 1 medium Henwil chicken
- 4-6 cloves
- Salt and pepper, to taste
- 1 tbsp olive oil
- 1 onion, finely chopped
- 250 g mushrooms, sliced
- 200 g bacon, diced
- 400 ml tin cream of chicken soup (All Gold is best)
- 120 g (1 large packet) cheese & onion potato chips, crushed
- 1¼ cup cheddar, grated
- 1 cup mayonnaise
- 1 tomato, peeled and diced

To cook the chicken, place it in a large pot with the cloves, salt and pepper. Cover with cold water and bring to the boil, then reduce the heat and simmer until the chicken is cooked. This will take 45-75 minutes, depending on the size of the chicken. Meanwhile, heat the oil in a pan and fry the onion, mushrooms and bacon. When the chicken is cooked through, remove it from the pot and shred it with two forks. (Save the cooking water for later.) Preheat the oven to 180°C and grease a baking dish. In a large bowl, mix the shredded chicken and fried onion mixture. Add the soup, ½ of the crushed chips, 1 cup of the cheese, the mayonnaise, the tomato and a splash of the cooking water to loosen the mixture. Mix to combine. Transfer to the baking dish. Sprinkle over the remaining cheese and then the remaining chips. Place the dish in the oven (do not cover it) and bake for 20-25 minutes, or until the casserole is heated through and the cheese is melted.

WINE PAIRING **Haute Cabrière Chardonnay Pinot Noir**



NationalChicks

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JOHAN'S TIP

Immerse the tomato in boiling water for a few minutes, then drain it and cover with cold water. The skin should peel right off.



RAY

The Henwil retail shops in Lichtenburg and Mahikeng, both situated in the heart of the towns, supply an assortment of meat products like mince, steak, wors, biltong, marinades and cold meats, to name a few. Our meat and chicken are Halaal certified. Fresh chicken products are delivered daily from the Henwil Chickens abattoir in Lichtenburg.

For the convenience of our customers, our shops also stock a variety of groceries to cater for all needs. We believe in customer service with a smile and during challenging economic conditions always aim to provide quality products at a reasonable price to satisfy the needs of our customers.



Henwil's first upgraded retail shop opened in Lichtenburg in November 2018. The flagship store stocks Henwil's products, including everyday groceries, fresh produce, a butchery section, fast food unit and walk-in fridge.



SIX GUN BBQ WINGS WITH MIELIES & BLUE CHEESE SAUCE

THIS RECIPE IS SPONSORED BY Crown National

SERVES 6

- 500 g Henwil chicken wings
- BBQ Six Gun Grill Marinade
- 4 whole mielies
- Blue cheese sauce
- 2 tbsp mayonnaise
- 2 tbsp plain yoghurt
- 2 tbsp water or olive oil
- 50 g blue cheese
- 1 handful parsley or chives, chopped

Marinate the chicken wings for at least 30 minutes, or overnight. Prepare a fire. Braai the chicken wings, basting with marinade while they cook. Braai the mielies. In a bowl, combine the mayonnaise, yoghurt and enough water or oil to loosen the mixture. Crumble the blue cheese into the sauce and mix until combined. Add the chopped parsley or chives. Serve the BBQ chicken wings and mielies with the blue cheese sauce as a dip.

RAY'S TIP

Enjoy the blue cheese dressing in a potato salad too.

WINE PAIRING [Blaauwklippen White Zinfandel](#)



IF YOU EAT
A GOOD
CHICKEN WING
BE SURE WE SUPPLIED IT!

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HENWIL FLEET KOBUS

The Henwil Chickens Fleet Division provides cost-effective vehicles and related mobile equipment suitable for the ongoing requirements of the company's different departments. This enables them to be more productive and focus on their core activities. The fleet consists of four departments with 42 vehicles which include live bird trucks, bulk feed tankers, refrigerated trucks and light delivery vehicles. The 11 live bird trucks are used to transport live chickens to the abattoir. The average capacity per truck is 7 380 chickens and on average, we transport 115 000 live chickens to the abattoir per day. The 14 refrigeration trucks range from four to twenty-six tonnes and deliver processed products from Lichtenburg to customers as far as Limpopo. An average of 171 tonnes of meat is transported per day. Henwil Fleet also has six bulk feed tankers which deliver chickenfeed to all the growers affiliated with Henwil Chickens. An average of 6 000 tonnes of feed is delivered per month. Our workshop has four dedicated mechanics who do repairs and maintenance on all the vehicles. We are proud to say, "Keep on rolling!"





ABOVE,
Live bird transport
trucks.

BELOW,
Henwil's transport
trucks in front of the
Henwil factory.

KOBUS' MUSHROOM & BACON LIVERS WITH CHILLI BUTTER

RECIPE SPONSORED BY Mercedes & Fuso

SERVES 6

- ¼ cup olive oil
- 250 g bacon bits or chopped streaky bacon
- 1 kg Henwil chicken livers
- 250 g mushrooms, sliced
- 2 cloves garlic, grated
- 1 onion, sliced
- ½ cup chicken stock
- ½ cup sweet white wine or sherry
- ½ cup double-cream yoghurt

CHILLI BUTTER

- 125 g butter, room temperature
- 2 tsp smoked paprika
- 1 tsp chilli flakes
- Portuguese roll, to serve

Heat the oil in a small pot over medium heat. Fry the bacon until crispy, for 3-5 minutes. Remove the bacon, leaving the fat in the pot. Prep the chicken livers by rinsing and draining them. Fry the livers on high-heat in batches for 1-2 minutes on each side, then remove and set aside. Add the mushrooms, garlic and onion to the pot and cook until just golden brown. Turn the heat to low and add the chicken stock and wine. Bring to a simmer. Season to taste, then remove from the heat.

Add the yoghurt and cooked livers and bacon to the pot. Stir through the sauce to combine. Bring to a quick simmer to warm. To serve, mix the butter and spices together. Toast or warm the bread. Spread spicy butter on the bread and serve with the livers.

KOBUS' TIP

Livers cook super-fast, so don't overdo it. Just sear them quickly, as they will continue cooking in the hot sauce.

WINE PAIRING **Slanghoek Sauvignon Blanc**

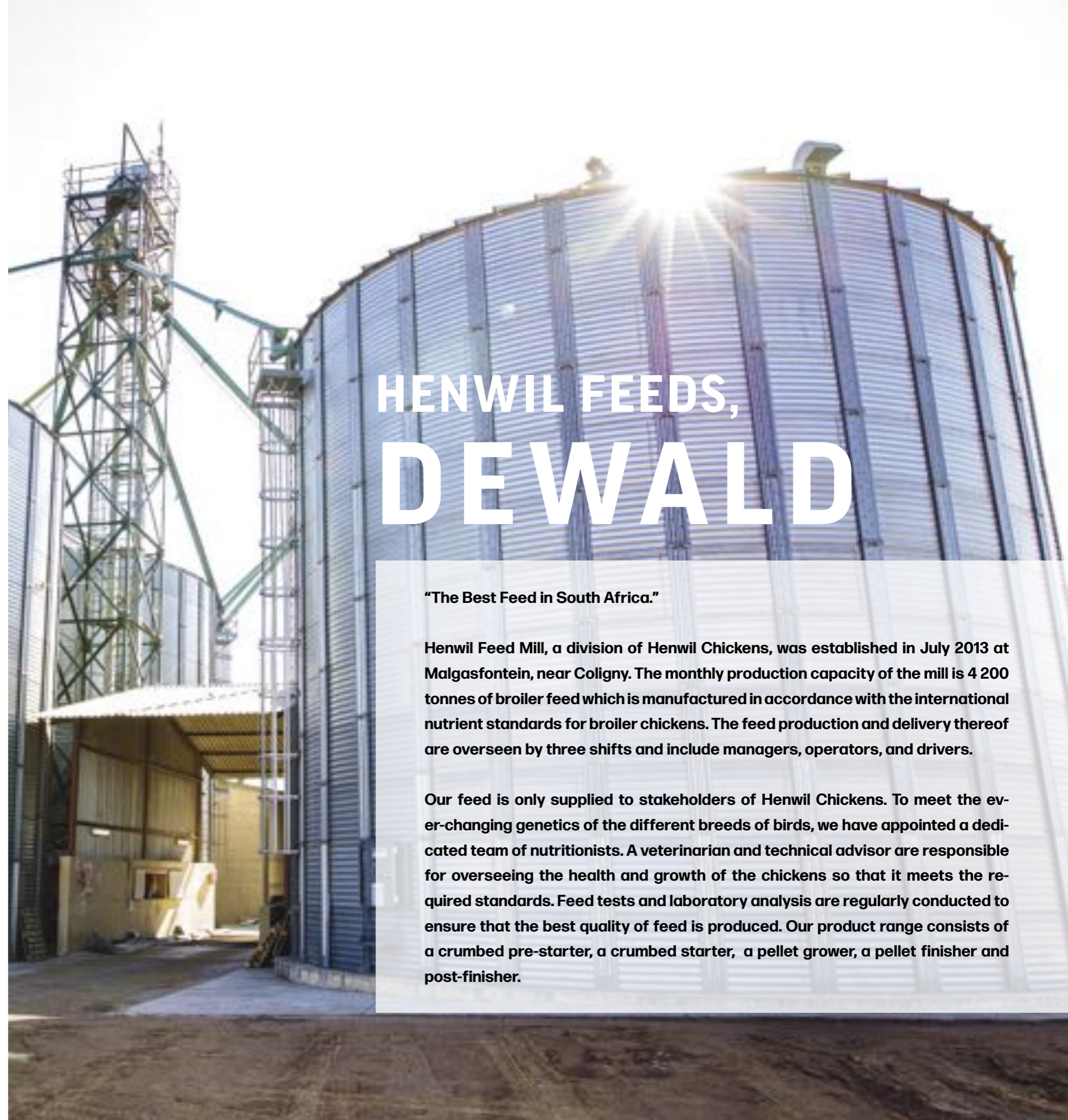


Mercedes-Benz
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(014) 592 1141 www.maemocommercial.co.za
Sales Manager: Donovan Brooks
Service Manager: Dylan King
Parts Manager: Sasha Germishuys





HENWIL FEEDS, DEWALD

“The Best Feed in South Africa.”

Henwil Feed Mill, a division of Henwil Chickens, was established in July 2013 at Malgasfontein, near Coligny. The monthly production capacity of the mill is 4 200 tonnes of broiler feed which is manufactured in accordance with the international nutrient standards for broiler chickens. The feed production and delivery thereof are overseen by three shifts and include managers, operators, and drivers.

Our feed is only supplied to stakeholders of Henwil Chickens. To meet the ever-changing genetics of the different breeds of birds, we have appointed a dedicated team of nutritionists. A veterinarian and technical advisor are responsible for overseeing the health and growth of the chickens so that it meets the required standards. Feed tests and laboratory analysis are regularly conducted to ensure that the best quality of feed is produced. Our product range consists of a crumbed pre-starter, a crumbed starter, a pellet grower, a pellet finisher and post-finisher.



**Henwil Feeds
feedmill situated
in Lichtenburg.**



CHIMICHURRI CHICKEN SOSATIES

THIS RECIPE IS SPONSORED BY Trouw nutrition

SERVES 6

12 Henwil chicken breasts

3 tbsp olive oil

Salt and pepper, to season

1 lemon

CHIMICHURRI

1 cup packed fresh flat-leaf parsley, trimmed of thick stems

2 tbsp fresh origanum leaves (or 2 tsp dried origanum)

3 garlic cloves

1-2 fresh red chillies, deseeded

½ cup olive oil

2 tbsp red-wine or white-wine vinegar

½ tsp sea salt

¼ tsp chilli flakes

Pinch freshly cracked black pepper

Preheat a char-grill pan or braai to medium heat. Skewer 2 chicken fillets horizontally through 3 skewers. Repeat with the remaining chicken fillets. Drizzle the chicken with olive oil and season well with salt and pepper.

For the chimichurri sauce, finely chop the parsley, origanum, garlic and chilli. Place in a bowl with the remaining ingredients. Mix to combine and set aside for serving.

On the braai, grill the chicken for 5-6 minutes each side. While cooking, squeeze the lemon over the chicken. Slice the breasts lengthwise along with the sticks into sosaties and serve with the chimichurri sauce.

WINE PAIRING Steenberg Ruby Rosé



Our mission

feeding the future



DO YOU WANT
TO SEE A
CHICKEN
STRIP?

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PESCA ATLANTIC
FROZEN FOODS CC

DIMITRI

Pesca Atlantic Frozen Foods is a regional multi-temp food distribution company servicing the Food Service and Food Retail industries in Gauteng, Limpopo, North West, Mpumalanga and the Free State.

Pesca Atlantic Frozen Foods is a family-owned business that was established in 2004, but its owners have been gathering experience in this industry since 1976. We are proudly independent and completely owner run. Having been involved in the operations of many other businesses in the hospitality industry, we can understand and relate to our customers.

We pride ourselves on sourcing the highest quality ingredients at very competitive prices. Our friendly sales team is always available to attend to any of your catering needs.

Being a family-owned business, we believe in treating our people, our customers and our suppliers as family. We believe that you should always be treated with respect, love, care and attention as any family member should be treated.



LEFT, Pesca Atlantic head office and warehouse in Samrand.

RIGHT, Bazaruto Sea Foods in Groenkloof, Pretoria.



BAZARUTO'S CHICKEN PAELLA

Recipe courtesy of Bazaruto Seafoods Groenkloof (012) 346 8000.

SERVES 6

- 800 g Henwil chicken drumsticks and thighs
- ¼ cup extra virgin olive oil
- Salt and freshly cracked black pepper
- 1 tbsp sweet/smoked paprika
- 4 Henwil chicken fillets, cubed
- 200 g chorizo, sliced
- 400 g mushrooms, sliced
- 400 g tin artichoke hearts
- 2 green peppers
- 2-3 onions, finely chopped
- 3 garlic, chopped
- 2-4 chopped red chillies in olive oil
- 400-800 g (1-2 tins) chopped tomatoes
- 2 cups rice
- 2 cups green peas
- 1 litre chicken stock
- 1 pinch saffron
- Optional: red/yellow peppers, carrots
- Sliced lemon, to serve

To prepare the chicken, score the drumsticks or wings (2-3 mm deep) and cube the chicken fillets (15-20 mm thick). Fry the chicken drumsticks or wings, chicken fillets, chorizo, mushrooms and artichokes, green peppers separately. Season each ingredient with paprika, salt and pepper while frying. Remove each ingredient from the pan and set aside without mixing them.

Add a little more oil to the pan and fry the onions for 2-3 minutes, until translucent. Add the chopped garlic and chillies and cook for 2 minutes. Add the chopped tomatoes and rice. Mix everything together and spread out evenly across the pan. Add chicken fillets and chorizo, the mushrooms and artichokes, and the peppers and beans in layers, spreading out each layer across the pan.

Mix saffron with stock while still hot so it infuses. Add the stock so that it covers the rice. Add the chicken drumsticks/wings. Once all whole chicken pieces are placed, taste the liquid. Season with salt and pepper if necessary. Cover with foil and simmer for 10-15 minutes. Add the peas. Turn off heat and leave covered for a further 5-10 minutes. Remove foil and serve with lemon wedges and chopped chillies.

WINE PAIRING Fairview Chardonnay



JAN

Jackson Transport is a well-established business with a long-standing reputation exceeding 25 years of customer service excellence in a demanding market. An experienced and highly motivated team leads this business to be a cost-effective and efficient organisation that operates 24/7, 365 days a year.

We are the market leaders offering a premium refrigerated and cross-border logistics solution to the fruit, vegetable, seafood, meat and poultry markets throughout Southern Africa. Our services include maintaining the cold-chain from producer to the final distribution point, and we also transport temperature-controlled hazardous products.

Our teams of dedicated service personnel maintain our fleet of trucks and trailers to substantiate our premium offering to our customer base. Jackson Transport's competent and experienced drivers are carefully selected while they are incentivised to constantly perform at the highest possible levels. We truly pride ourselves in our commitment to service excellence which is reflected in our long-standing relationships with an established and loyal premier customer base.

SA MAIZE FRIED CHICKEN

SERVES 4

300 ml buttermilk
1 tbsp paprika
½ tsp cayenne pepper
4 Henwil chicken breasts
200 g flour
1 tbsp salt
120 g mielie meal
2 eggs, beaten
2 limes, cut into wedges
Vegetable oil, to deep-fry
Coleslaw & sriracha mayonnaise, to serve

In a bowl, mix together the buttermilk, paprika, cayenne pepper. Add the chicken breasts into the buttermilk mixture and leave to marinate for at least 2 hours up until overnight. Remove the chicken from the buttermilk and set the buttermilk aside to use for coating. Prepare three bowls for: buttermilk, flour, salt and mielie meal and the beaten eggs.

Dip the chicken in the bowls in this order: marinade, mealie meal mixture, egg, then the mielie meal again. Firmly press the flour on to the chicken and place onto a clean plate. Do not shake it any excess flour off.

Heat the oil in a deep pot. Deep-fry the chicken in batches for a 2-3 minutes on each side, until golden brown. They should be cooked throughout. Place the pieces onto a baking tray and keep warm at 100°C for serving. Serve with limes, coleslaw and sriracha.

WINE PAIRING Hartenberg Riesling



Mix together 2 tbsp each of lemon juice or apple cider vinegar, mayonnaise, full cream yoghurt, honey and olive oil. Mix through sliced cabbage or coleslaw mix. Dress with coriander or parsley leaves.

SRIRACHA DIPPING SAUCE

Mix together ¼ cup mayonnaise with 2 tbsp sriracha or hot sauce, add additional lemon or lime for tanginess. Use as a dipping sauce for the chicken breasts.



MEAT SA
STRICTLY HALAAL

MOHAMMED

“The African Renaissance - an applied approach in protein supplies and allied products.” Our slogan embodies the value of our positive contribution to the manufacturing base of the South African economy as well as the local community. At Meat SA, we are continually optimising our operations for effective skills transfer, employment, and empowerment. The ethos and mindset of improving service, quality and value to our customers are very important to us.

In 1984 our father, Abdul Azize Mussa, started this business as a small seafood wholesaler in the then Bophuthatswana. Our geographical location in the far interior of South Africa rendered a threshold population inadequate to sustain an entity with seafood as its primary offering. This encouraged the company to diversify its products and adjust to the wants and needs of the local population. Therefore, we changed our name to Ma-fikeng Fish and Meat Market. After some time, the meat side of our business became our primary offering, and the name was changed to Meat SA in 1999.

The management of the business was passed from Mr AA Mussa to his sons, Mohammed Riaz and Shaheer, and has grown to now offer fresh or frozen beef, lamb, poultry, processed meats and allied products. To ensure the food safety of all our customers, Meat SA sources only the finest products and ingredients from FSA/HACCP as well as BR Certified suppliers. All products are handled with stringent hygiene management at our facility drastically upgraded to cope with the increasing demands from the industry and customers.

ASEIA'S MOZAMBIKAN GRILLED CHICKEN

It is a pleasure to share this family recipe from our dear mother Aseia, Bom proveito!

SERVES 4

MARINADE

4 tbsp lemon juice
1 tbsp olive oil
1 tbsp grated garlic
1 tsp lemon pepper
1 tsp chilli powder
1 tsp chilli flakes
Salt, to taste

BASTING SAUCE

125 g butter
1 tsp chilli powder
Bird's-eye chilli, to taste
3-4 tbsp olive oil
4 tbsp tomato puree
1 tbsp grated garlic
Salt, to taste
Lemon juice, to taste
2 tbsp cream

Mix all the marinade ingredients together. Marinate the chicken for 2 hours. Preheat the oven to 160°C. Place the chicken in a dish with a lid. Cook, covered, for 45 minutes. Meanwhile, make a fire. *To prepare the basting sauce*, place the butter, chilli powder and bird's-eye chilli in a small pot. Heat until the butter is melted and the mixture is sizzling and smoky. Add the remaining ingredients (except the cream) and bring to a simmer. Place the chicken on the braai and baste with $\frac{2}{3}$ of the sauce while cooking. Braai until cooked through. Mix the remaining basting sauce with the cream and pour over the chicken before serving. Serve with Portuguese rolls and chips.

DESSERT PAIRING [Coconut malva pudding, page 116](#)





LEN

Established in 2007, Crystal Cool Logistix has since become one of the leading logistics companies in Southern Africa specialising in refrigerated transport. Our head office is situated in Brackenfell, and we also have depots in Johannesburg, Durban, Bloemfontein, and Port Elizabeth. We offer exclusively tailored logistical activities to a large customer base across a wide range of industries and countries in Southern Africa. Our services extend from risk management, ensuring goods arrive on time and in perfect condition, to looking after our drivers who are looking after your shipment. We have built our systems and services around our customers'

needs to ensure that they receive a personal and professional on-time service, every time. With an ever-expanding versatile fleet of over 120 vehicles, we can guarantee trucks in every region of Southern Africa. Our modern, state of the art trucks are backed by a dedicated operations team, ensuring our highly trained drivers deliver your goods on time and in perfect, crystal cool conditions. We can commit to a 20% fleet increase during peak seasons with our spare vehicles. Crystal Cool also specialises in cross border haulage. Our staff are well trained with all the border procedures and documentation processes. We have our own clearing agents at each border post to handle the complete freight forwarding processes. Countries we currently service are Namibia, Lesotho, Botswana, Maputo and Swaziland. In 2008 Crystal Cool implemented the very successful owner-driver program, which annually enables about two or more drivers to become owner-drivers. Crystal Cool, together with an administration company, provides a program of support, guidance and development for the individual owner-drivers. Previous weekly wage-earning employees are given the opportunity to develop as entrepreneurs and to build up a capital base over a four to five-year period. The success of the program is based on high levels of productivity that stems from a genuine pride and sense of ownership. We are renowned for our professional and modern business approach with customer satisfaction being the core of our focus. In this extremely competitive industry with so many risks surrounding it, we decided to view all our services from a customer point of view, to see how we can refine our business structure and constantly upgrading our equipment.





LEN'S TIPS

Marinate the chicken breasts overnight in additional basil pesto before cooking them.

Fry additional mustard seeds with your caramelised onions for delicious taste & texture.



CHICKEN BURGERS WITH BASIL CREAM CHEESE & CARMELISED ONIONS

SERVES 4

4 Henwil chicken breasts
Olive oil
Salt and pepper
1 lemon, halved
1 red onion, sliced
2 tbsp sugar
Basil cream
¼ cup basil pesto
¼ cup plain cream cheese

TO SERVE

4 burger buns
Butter
Lettuce
Tomato, sliced
100 g Danish feta

Prep the chicken by dressing it with olive oil, salt and pepper. Grill over hot coals or cook in a non-stick pan over medium-high heat for 2-3 minutes on each side. Drizzle the juice of half a lemon over the chicken.

For the onions, fry over medium-low heat for 5 minutes. Drizzle with the remaining lemon juice to preserve the purple colour. Sprinkle the sugar over the onions and cook for a few more minutes, until caramelised. *For the basil cream*, combine the pesto and cream cheese.

To serve, slice and butter the burger buns. Toast on each side over a fire or in a non-stick pan. Build the burgers, starting with the bottom bun, then the lettuce, chicken breasts, tomato, basil cream, caramelised onions, Danish feta and finally, the top bun.

WINE PAIRING **Felicité Pinot Noir**



Barcelos
Flame Grilled Chicken

COSTA

Flame-grilled chicken on the move since '93.

Barcelos started serving flame-grilled chicken in Sunnyside, Pretoria in 1993, and then went on to establish itself as a South African favourite with Mozambican and Portuguese roots. After spreading its wings, Barcelos now has stores in 20 countries across the globe. Modern fast lane living has left us with little time to enjoy good, old-fashioned traditions and ideals. This is equally true about food and eating habits.

Therefore, we strive continually to find a balance between the traditional, healthy home-style cuisine and the fast lane demands of the modern world, prepared as authentically as the ancient Portuguese chefs mastered it. With our roots in culture, tradition and history, our restaurants offer a relaxed and convenient dining experience for a diverse range of cultures. Barcelos is committed to its customers, its franchisees and its employees. At Barcelos, we believe everything we do is "Better Together"!



MILD PERI-PERI CHICKEN PIES

SERVES 4

- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp dried origanum
- 1 tsp salt
- ½ tsp ground black pepper
- 1 whole Henwil chicken
- 1 cup Barcelos Mild Peri-Peri Sauce
- 1 roll puff pastry
- 4 eggs, beaten
- 3 cups breadcrumbs
- Vegetable oil, to deep-fry

Preheat the oven to 200°C. In a cup, mix the paprika, garlic powder, origanum, salt and pepper. Rub ½ the spice mix all over the chicken. Rub ½ of the peri-peri sauce all over the chicken.

Place the chicken in an oven dish and cover with tinfoil. Roast in the oven for 45 minutes. Then take out of the oven, remove the tinfoil and allow the chicken to cool. Shred the chicken using your fingertips. Ensure you remove all the bones and skin. Mix the remaining spice mix with the shredded chicken.

Roll out the puff pastry thinly and cut into 15 cm circles. Place 1 tbsp shredded chicken in the middle of each circle and spread it out slightly. Fold the circle over to form a half-moon shape. Seal the edges of the pastry by crimping with a fork or pinching with your thumb and index finger. Brush each sealed pie with egg to allow the breadcrumbs to stick better. Cover the pies in breadcrumbs, shaking off the excess.

Preheat the oil to 180°C in a pot. Deep-fry the pies for 3-4 minutes, until golden brown and puffy. Drain off excess oil. Serve with the remaining peri-peri sauce as a dip.

WINE PAIRING **Vergelegen Cabernet Sauvignon**





WALTL00

MEAT & CHICKEN

EDDIE

Started by two cousins back in 1995, the Waltloo Meat & Chicken brand has become synonymous with quality, affordability and service. Through hard work and instilling honesty, dignity and respect into their work, these two cousins were able to turn their business into a winning concept. It is also these virtues that have established the business into a large franchise that is currently supplying fresh and frozen meat and chicken products to most of the provinces in the country.

CREAMY CAJUN CHICKEN PASTA

SERVES 6

1 onion, finely diced
4 tbsp olive oil
4 Henwil chicken breasts
Salt and pepper
2 cups cream
½ cup Parmesan, freshly grated
2 cloves garlic, grated
500 g tagliatelle
1 red pepper, sliced
1 green pepper, sliced
CAJUN SPICE MIX
2 tsp fresh oregano, chopped
2 tsp fresh thyme, chopped
2 tsp paprika
2 tsp salt
1 tsp cayenne pepper
Freshly cracked black pepper

Start by cooking the onions with 2 tbsp olive oil in a large frying pan over medium heat for 5 minutes. Add the chicken breasts and half of the Cajun spice mixture. Season well with salt and pepper. Grill for 3 minutes on each side, then remove from the pan and set aside.

For the sauce, add the remaining Cajun spices and 2 tbsp olive oil to the pan. Cook on low for 2 minutes, then add the cream, half the Parmesan and the garlic. Cook on low for 2 minutes. Meanwhile, bring a large pot of water to the boil. Cook the pasta for 6 minutes, or until al dente. Save a cup of the pasta water in case the sauce needs to be thinned. Toss the cooked pasta and sliced peppers with the sauce. Add ½ to 1 cup pasta water to adjust the consistency, if needed. Cook for 2 minutes over medium-low heat, then allow to cool for 2 minutes to allow to set. To serve, add the remaining Parmesan. Slice the chicken into strips and arrange over the pasta. Serve immediately.

EDDIE'S TIPS

If you don't have time to create your own cajun spice mix, use a store-bought Cajun spice mix or Six Gun Grill Seasoning.

WINE PARING Seven Springs unoaked Chardonnay





HASSAN & NASEEM

Megachicks is a family-run business that started from humble beginnings in the 1980s out of Lenasia in southern Johannesburg. Now in its second generation, Megachicks supply high-quality Halaal chicken and frozen foods not only to our own wholesale stores but other wholesalers, retailers and informal restaurants across South Africa.

Megachicks only supplies local South African chicken, keeping the economy boosted and nourished. In the last five years, we have seen a growth phase in our business, and a key component of this is our focus on efficiency in all areas. We identified the need to increase our stockholding and create a buffer to serve our customers better, and a partnership with farmers such as Henwil Chickens allows us to achieve these goals.

Space is at a premium in our facility, and after careful assessment of all our options, we decided on a high density “mobile racked” cold storage facility. We wanted to maximise the number of pallets we could store in the limited space available while still having access to every pallet. Having said this we have been blessed with good returns and great farmers, and with the grace of the Almighty we maintain this positive momentum.



TOP LEFT, Megachicks retail store Lenasia.

BOTTOM RIGHT, Megachicks cold storage.



SUMAC CHICKEN

SERVES 6

4 Henwil chicken drumsticks

4 Henwil chicken thighs

MARINADE

3 tbsp olive oil

2 tbsp fresh parsley, chopped

1½ tbsp sumac

1 tsp chilli powder

1½ tsp ground coriander

1 tsp ground cumin

1 tsp salt

½ tsp ground allspice

¼ tsp ground cinnamon

100 g pine nuts

CARAMELISED ONION MIXTURE

2 red onions

½ cup olive oil

4 cinnamon sticks

1 tbsp sumac

1 tsp chilli powder

¼ tsp salt

1 chicken stock cube

2 tbsp fresh parsley, chopped

TO SERVE

Flatbread

1 handful fresh parsley

Prepare the chicken by making slits all over it. In a bowl, mix all the marinade ingredients. Place the chicken in the bowl and massage the marinade into it. Cover and marinate for at least 30 minutes, or overnight. Preheat the oven to 200°C. Place the pine nuts on a lined baking tray and lightly toast in the oven for 2 minutes. Remove and allow to cool down. Place the chicken on the baking tray and pour over any remaining marinade. Cook for 30 minutes, basting several times.

For the caramelised onions, slice the onions in quarters and then quarter again. Heat the oil in a pot over medium-low heat. Add the onions and fry for 5 minutes, until translucent. Add the cinnamon, sumac, chilli powder, salt and stock cube. Mix and then cook for 4-5 minutes. Add the parsley and cook for another 2 minutes. To serve, top the flatbread with a layer of onions and then the chicken. Finish with the parsley and toasted pine nuts.

DESSERT PAIRING [Chocolate decadence, page 117](#)

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JANE

We are passionate about foodservice and believe that we add value to our customers by offering a wide range of products, complemented by simplified order and delivery solutions. We help them make money, save time and enhance their efficiencies. Our attention to food safety standards helps to protect and enhance their reputation. At the heart of our business is our committed customer focus and our business efficiencies drive our competitiveness. That, combined with our passion for foodservice, helps us deliver our objective of being our customers' preferred supplier. We are a supply partner and distributor to thousands of customers across Southern Africa, including coffee shops, restaurants, QSR outlets, pubs and clubs, deli's, butcheries and bakeries. We also supply to hotels, resorts, game lodges, guest houses, and conference centres, schools, hospitals, mines, airlines, and the government, to name a few. Our multi-temperature distribution solution lets our customers receive ambient, chilled and frozen orders in a single delivery, allowing them to spend less time placing and receiving orders and more time with their patrons. We are very proud of our ability to provide a complete one-stop-shop solution that encompassed a wide range of products and services tailored to add value to our customers' establishments, including food items like grocery products, fresh products, frozen products, chilled products, non-alcoholic beverages and an exclusive wine range. Our non-food items include cleaning materials, packaging, disposables and consumables and we supply equipment like glassware, crockery, cutlery, and kitchen equipment. Bidfood is foodservice made easy! We're all about offering products and solutions that make doing business with us, easier for you!

CREAMY COUNTRY CHICKEN DISH

SERVES 4

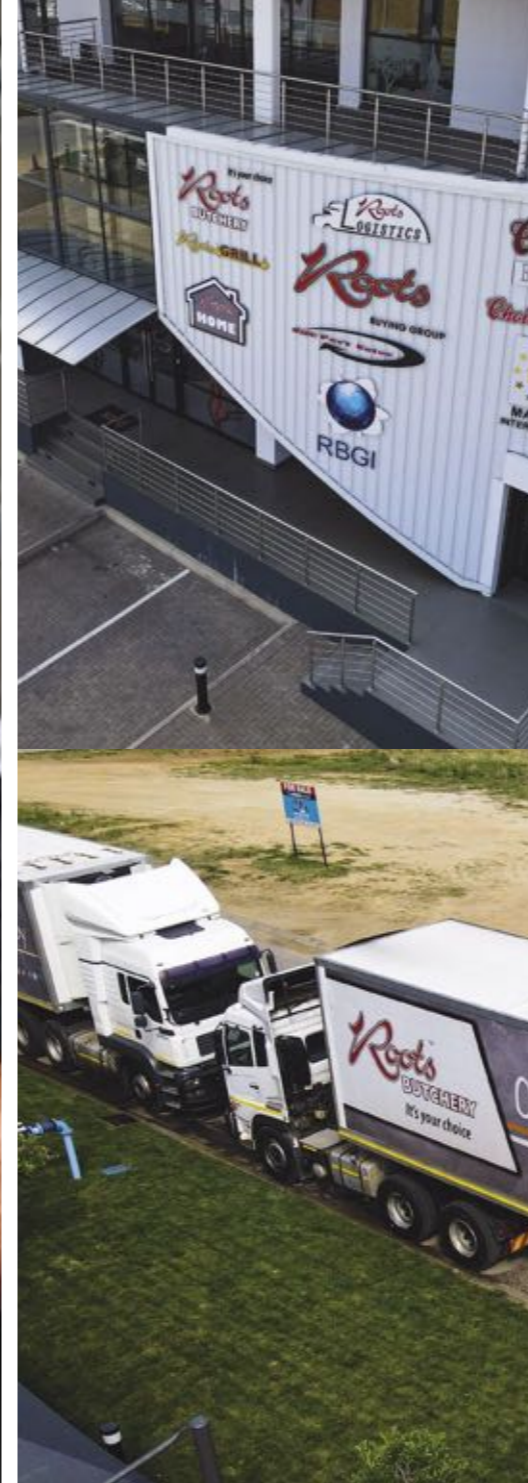
4 Henwil chicken breasts
2-3 tbsp olive oil
½ - 1 teaspoon salt and pepper, or to taste
1 onion, finely sliced
10-20 leaves fresh origanum
2-4 garlic cloves, grated
1-1½ cups vegetable or chicken stock
½-¾ cup cream
¼ cup grated Parmesan
¼ cup sun-dried tomatoes in vinaigrette, sliced
2 cups baby spinach
Cracked black pepper, to serve
Ciabatta or linguine, to serve

Prep the chicken breasts by drizzling with olive oil and seasoning well with salt and pepper. In a large non-stick frying pan, fry the chicken breasts with olive oil over medium heat on each side for 3 minutes, until golden brown. Remove the chicken breasts from the pan and add the onion. Fry over low heat for 5-7 minutes, until soft and translucent. Add the origanum and garlic and fry for 1 minute. Add 1 cup chicken stock and turn up the heat to medium. Simmer for 2 minutes to reduce. Season well with salt and pepper. Add ½ cup cream and the Parmesan and simmer for another 2 minutes to reduce.

Return the chicken breasts to the pan, along with the sun-dried tomatoes. Cook for 2 minutes on medium-low heat. Taste for seasoning. Add the spinach, cover the pan with a fitted lid and cook for a few minutes, until wilted. (Alternatively, flash-fry the spinach in a separate pan with olive oil and then add it to the dish.) Adjust the consistency of the sauce, if needed, by adding the extra cream and stock. Finish with fresh origanum and black pepper. Serve immediately with fresh ciabatta or cooked linguine.

WINE PAIRING Cederberg Chenin Blanc





It's your choice
RootsTM
BUTCHERY
WHOLESALE & RETAIL

JOE & CARLOS

Roots Butchery started as a modest little butchery in Soweto back in 2004. From this humble beginning, we decided to bring the butchery business back to its ROOTS and back to basics by offering quality products, service and the best pricing for our supporters. We've grown from one store in 2004 to just over 110 stores across Gauteng, the Free State, North West, Limpopo, Mpumalanga, KwaZulu-Natal and the Northern Cape in 2020.

We've attributed our success to our original worts recipes, discipline and dedication to operate our business the right way instead of the easy way. Most importantly, our success is due to our loyal supporters. You will notice that we don't have customers, but rather supporters. A customer is defined as a person who buys goods or services from a business, while a supporter is defined as a person who backs a team. Our supporters are not simply customers; they are so much more, and without their support, we would not be the team we are today. We say thank you every day by giving quality products at competitive prices.

CARLOS' TIPS

To braai this dish, use Henwil braai chicken pieces and grill the chicken over hot coals. Baste with marinade while cooking.

MOROCCAN GRILLED CHICKEN

SERVES 6

1 large Henwil whole chicken

FOR THE MARINADE

1 onion, diced

1 lemon, juice & zest

4 tbsp olive oil

2 garlic cloves

2 tsp chilli flakes

1 tsp ground coriander

1 tsp ground cumin

1 tsp ground paprika

1 tsp ground ginger

1 tsp salt

Freshly cracked black pepper, to taste

TOMATO RICE

1 cup basmati rice

1 tsp salt

1 tsp ground paprika

1 tsp tomato paste

Flash-fried chickpeas

1 handful olives

1 handful fresh parsley, chopped

Combine all the marinade ingredients in a blender to make a smooth paste. To prepare the chicken, make small slits all over it. Coat in marinade, ensuring it is evenly distributed. Marinate the chicken for at least 2 hours or overnight. Remove the meat and allow the marinade to spread over the chicken. Keep any remaining marinade in a bowl to use while grilling the chicken. Preheat the oven to 180°C. Roast the chicken for 45 minutes.

For the tomato rice, cook the basmati rice with the salt, paprika and tomato paste. Top with chickpeas, olives and parsley.

WINE PAIRING Tokara Chardonnay

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HONCHOS

Flame Grilled Chicken & Chips

RIDWAAN

Honchos began as a single store in Pietermaritzburg, KwaZulu-Natal in 2005. Now the brand is well known throughout South Africa and opening stores in Africa. We are passionate about using only locally produced fresh produce that stimulates the economy and supports local farming, and in turn, our customers get only the freshest and best. All our buns, wraps and shawarma bases are freshly baked on the premises.

Honchos is loved because of its potent combination of great tasting, flame-grilled chicken and good service. We have attracted a broad following - from youth and tertiary education students to families, social groups and the everyday lunch crowd. This is due in no small part to the generous meal portions Honchos offer, and the fact that we pride ourselves on providing exceptional quality meals with incredible value. The big attraction? The flame grilled chicken - and a wide variety of flavours options, including Tangy Salsa, Legend Roasted Chilli and Mexican Chilli.



APRICOT-GLAZED FLATTIE

SERVES 4

2 tbsp vegetable oil

1 Henwil chicken, flattened

$\frac{3}{4}$ cup apricot jam

2 tbsp soy sauce or balsamic vinegar

Zest and juice of 1 lemon

Pinch of chilli flakes (optional)

Salt and pepper, to taste

2-3 tbsp water

Rosemary

TO SERVE

Couscous or rice

Fresh parsley

Slivered almonds

Prepare the chicken by drizzling with oil and seasoning with salt and pepper. Place between a stainless steel grid. Grill on medium coals for 20 minutes on each side. Meanwhile, make the glaze by mixing the jam, soy sauce, lemon zest and juice, chilli flakes and salt and pepper. Baste the chicken until cooked through. Serve the chicken with couscous or rice with a generous amount of glaze spooned over. Add a sprinkle of fresh parsley and slivered almonds.

RIDWAAN'S TIP

Roast this chicken by roasting in the oven for 30 minutes covered in foil. Remove from the oven and glaze with the sauce, lightly cover in foil again and roast for a further 25 minutes until done. Finish by removing the foil and roasting until browned.

DESSERT PAIRING [Messy peppermint crisp, page 119](#)



SALIM

The Chickery was established in 1980 as a retail outlet specialising in fresh and frozen whole poultry, Cornish hens and roosters, as well as specially cut poultry pieces. It first started as Mrs Badsha's small chicken stall at the English Market in Warwick Avenue. At the time, the chicken distribution industry was dominated by a few national companies. Still, an opportunity existed for a newcomer who could deliver a product of equal quality, but with the marketing advantage of close personal service. Retail outlets and takeaways were impressed by the service, delivery and competitiveness which The Chickery offered. Through sound financial management and a dedicated, customer-driven approach, The Chickery was able to overcome the many hurdles which it faced in this low return and highly competitive market. It later became evident that there was a need to separate the retail and wholesale operations. The wholesale potential was further underlined by the demand from customers for a one-stop facility offering other frozen and chilled products like fish, vegetables, poultry, bait and cheese. As a result, the retail operation was sold, and the wholesale operation relocated to a new and bigger premises. The market was extended to cover the north coast of Natal up to Empangeni, and the south coast to Margate and Port Shepstone, as well as inland to Pietermaritzburg and Newcastle. Our premises were further expanded to cope with the business's progressive growth. Bigger cold rooms and chiller rooms were constructed to ensure that supplies would always be available for customers. Currently, six refrigerated trucks are used for long-distance deliveries, ensuring that products reach retailers in the best possible condition. Our staff was increased from five to thirty-five, and computerisation has replaced the original manual system of accounting stock control. The original concept of quality products, competitive pricing and personal service with an excellent relationship has gone hand in hand with sound management and financial disciplines to ensure lasting service. Mr Mahomed Badsha is still active in the business and continually reminds staff that their job is to build good relationships with everybody they interact with. "Once the relationship with your business partner is built, business becomes easy."



BUTTER CHICKEN

Recipe provided by Muhammad Umayr Badsha

SERVES 4

- 125 g butter
- 1 tbsp fresh red chillies, chopped
- 2 cloves garlic
- 1 medium Henwil chicken
- Juice of 1 lemon (2 tbsp)
- ½ tsp pepper
- Salt, to taste
- ½ tin (200 g) tomato puree
- 125 ml cup cream
- 1 handful coriander, chopped
- 1 tbsp masala spice

Melt the butter in a large pot with a fitted lid. Add the chillies and garlic. Add the chicken and cook over medium heat for 15 minutes. Then flip the chicken over and use a large spoon to pour butter all over it. Cover the pot and cook for a further 10 minutes.

Season the chicken with lemon juice, lemon pepper and salt, and cook for a further 5–8 minutes, still covered. Add the tomato puree and simmer for 5–8 minutes. To finish, add the cream, chopped coriander and methi masala. Mix and heat through, then serve. Best served with rice and naan bread.

DESSERT PAIRING [Millionaire's ice cream, page 116](#)





VEE

Our humble beginnings and over 70 years of experience have enabled us to generate and maintain a grounded, yet professional ethos in all that we do. This professionalism is further combined with firm business policies to ensure maximum efficiency.

Over time, we have grown from a locally-based brand to one which operates on an international level within a wide range of market sectors. These include butcheries, supermarkets, wholesalers and even spaza stores. Regardless of the client, we are constantly pursuing new and innovative ways to position ourselves as frontrunners within our industry.

Through our many years of operation, we are proud to boast a wide array of alliance partners in order to ensure that a variety of products can be obtained. We firmly believe in generating a large clientele base which allows us to expand, maximize productivity and not only enhance our service offerings but those of our clients as well. We aim to build long-term, sustainable and trust-based relationships with both suppliers and clients. By working in tandem with your brand and giving you the personal attention you deserve, we can ensure that we don't just meet expectations, we exceed them.

Sustainability, trust and reliability - these are the driving factors behind all our service offerings. At F. Dawood and Son, we aim to provide affordable and quality chicken for all types of enterprises. For us, no client is too big or too small - we guarantee 100 percent commitment, dedication and satisfaction every step of the way. We believe that profit is not a driver, but a result of our continuous desire to provide nothing but the highest standard of quality possible. Ultimately, we aim to generate a product presence which leaves a lasting, jaded impact - in the process positioning both our brand and our clients as market leaders.



TANDOORI CHICKEN

SERVES 4

1 kg Henwil chicken breasts

MARINADE

2 cups plain yoghurt

Juice of 2 lemons

2 garlic cloves, grated

1 onion, finely diced

2 tbsp ginger, grated

1 tbsp garam masala

1 tsp paprika

1 tsp turmeric

½ tsp salt

½ tsp cayenne pepper

TO SERVE

Pickled beetroot

Plain yoghurt

Naan bread

Prepare the chicken by slicing it into thin strips. Place the chicken strips in a large freezer bag that will hold the marinade.

For the marinade, mix all of the remaining ingredients. Pour over the chicken, then seal the bag and give it a shake to ensure the chicken is evenly coated. Place in the fridge to marinate for at least 4 hours, or overnight.

Heat a griddle pan or braai, place the chicken strips on skewers and cook for 3 minutes on each side, until cooked through and showing grill marks. Serve the chicken with pickled beetroot, naan and salad.

DESSERT PAIRING [Baked peaches & cream, page 117](#)

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SUPER
Chicken Centre

MR. OMAR

Super Chicken Centre had its humble beginning in 1992 when Mr Sheik Hassan Omar started a small chicken outlet in Pretoria which was the culmination of a multitude of other businesses he owned and sold for profit. Having arrived in South Africa in 1952, Mr Omar is a fourth-generation businessman whose collective knowledge and experience in business spans for generations.

Somehow, the food industry appealed to him, and he did not sell Super Chicken Centre despite numerous tempting offers. Instead, he chose to grow the business, buying out neighbouring shops until he owned the whole block on which Super Chicken Centre still stands today - a beacon of hope, tenacity and sound business principles.



In memory of **DADDA**

Super Chicken Centre is the hub of its Pretorian community and Mr Omar and his family are beloved figures amongst its residents and local business owners. Sadly, on July 4, 2020, his son, Irshaad Omar, a successful young entrepreneur and philanthropist passed away in the ICU section of the Midstream Med-clinic due to a respiratory infection. Irshaad's passing came as a great shock not only to the community, but to the industry as well, and the gentle soul will be missed by his family, friends, staff and clients alike. Irshaad was known for his big heart and never turned anyone away who needed his help. In the words of Mr Omar, "Irshaad left too suddenly, too early, but he has left us with a legacy for generations."

OVEN-STYLE BREYANI

SERVES 6

FOR THE SAUCE

- 2 tbsp ghee or butter
- 1 large onion, sliced
- ½ tsp ground turmeric
- ½ tsp freshly ground black pepper
- 3 tbsp garam masala
- 2 chillies, chopped
- 1 x 400 g can peeled & chopped tomatoes
- 4 fresh garlic cloves, grated
- 1 tbsp brown sugar
- Salt, to taste
- 2 cups chicken stock

FOR THE BREYANI

- 400 g Henwil chicken thighs and legs
- 2-3 potatoes, cut into 1 cm dice
- 50 g brown lentils
- 150 g basmati rice
- 1 tbsp fresh coriander, finely chopped to serve
- 1 lemon, sliced to serve

Place the ghee in a saucepan over medium-high heat. Add the onion and sauté until tender and lightly browned. Add the spices to the onion and cook for 3-5 minutes, or until a deep brown colour but not burnt. Stir in the tomatoes and simmer for 10 minutes.

Add the garlic, brown sugar, juice of half a lemon and salt and cook for a further 3 minutes. Remove from the heat and stir in the chicken stock.

To make the breyani, preheat the oven to 170°C. Place all the ingredients except the coriander into a casserole and pour in the sauce. Stir to combine. Bake for 1 hour, stirring halfway. Garnish with coriander and serve.

MAKE YOUR OWN BREYANI SPICE MIX

Into a jar, mix together 2 tsp coriander seeds, 1 tsp smoked chilli flakes, 1 tsp cayenne pepper, 1 tsp ground fennel, 1 tsp ground cumin, 1 tbsp garam masala, 8 cardamom pods, seeded, ½ tsp cinnamon

DESSERT PAIRING Condensed milk tart, page 118





SOTIRI

Sotiri Frantzeskakis is a dynamic and natural-born leader of Greek origin whose experience in the franchising business started in 1996. Having experienced being a franchisee for a number of years, he decided to start his own franchised pizza brand, named Bellissima Pizza Pasta, which opened its first outlet in 2001.

In 2009, Sotiri took the opportunity to merge with Pizza Del Forno. The combination of his vast knowledge in the pizza and takeaway industry added to the existing Pizza Del Forno concept was a recipe for success. He assisted in turning your local neighbourhood pizzeria into an establishment that is not only recognised as your local sit-down restaurant but also provides a delivery and takeaway service. This enabled him to evolve the Pizza Del Forno brand to what we know it as today: A brand that optimises a passion for great food, style and service, and that is how Del Forno Pizza Pasta Grill was born.

Del Forno taps into a traditionally rich Italian heritage, whereby each dish is prepared with care while making use of only the freshest ingredients, therefore creating simply delicious home-style meals that are cooked in a wood-fired pizza oven - all the look and feel of a traditional Italian sidewalk café. As someone passes one of our stores, all their senses will be tickled by heavenly aromas that capture your taste buds. The ambience is captured in the offering of music, décor design and the experience of traditional wood-fired prepared food. Inspired by Nelson Mandela, Sotiri encourages all our restaurants to get involved in their local communities, from assisting underprivileged children and orphanages to schools, churches and local charities.

FINISH WITH A
GENEROUS DRIZZLE
OF EXTRA VIRGIN
OLIVE OIL.



GREEK-STYLE FLAME GRILLED CHICKEN FILLETS

SERVES 2

- 2 Henwil chicken fillets
- 2 tbsp olive oil
- Pinch of salt and pepper
- Pinch of chicken seasoning
- Juice of 1 lemon
- 2 garlic cloves, grated
- ½ tsp dried oregano

To prepare the chicken fillets, butterfly them, then season with salt, pepper and chicken seasoning.

To make the basting sauce, combine the lemon juice, garlic and oregano in a bowl.

Prepare a fire and flame-grill the chicken fillets, basting them on either side while they are cooking. Serve with a Greek salad, for a light summer meal.

SOTIRI'S TIPS

To make Del Forno's ultimate chicken seasoning, mix together 1 teaspoon each paprika, garlic powder, onion powder, ground cumin, dried mixed herbs and chilli flakes.

WINE PAIRING Thelema Sauvignon Blanc

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Nesta® FOODS

LUIS & SILVY

The dynamic duo of brothers Luis and Silverio da Silva started their business venture in 2000. Having grown up in Pretoria and being involved in the family retail business from a very young age, there is no doubt that entrepreneurial blood runs through their veins. Their first independent supermarket opened in Mokopane in 2006 specialising in meat products. Soon after, the opportunity arose to open more branches and that's when the brothers saw a gap in the market to manufacture processed meats. After months of brainstorming, project management and perfecting their recipes in a variety of cold meat products, Nesta Foods manufacturing plant opened its doors in September 2008. From there, the business has grown by leaps and bounds diversifying the Nesta Foods portfolio into manufacturing, fast food outlets, specialised supermarkets, personnel management, logistics, warehousing as well as cold storage and wholesale. Having become a well-established household brand in Limpopo, branches soon opened in Gauteng, Mpumalanga and North West. With a firm vision to continue to expand their footprint, the brothers will continue to grow the Nesta Foods brand always maintaining ethical business practices of integrity, transparency and respect with the main objective of supplying high-quality products directly to the public at a very affordable price. It's good. It's better. It's NESTA!



PORTUGUESE-GRILLED CHICKEN

SERVES 4

- 4 Henwil chicken thighs
- 4 Henwil chicken drums
- Coarse salt

FAMOUS BASTING SAUCE

- 1 tbsp Portuguese Chicken Spice
- 1 tsp Paprika
- 1 Garlic cloves, grated
- 2-3 Bay leaves
- ½ cup White wine

First crush coarse salt over the chicken. Place the chicken onto the skewers and over hot coals. Mix the sauce ingredients when the chicken is half-cooked and start basting with the sauce. Serve with fresh greek salad and garlic bread.

MAKE YOUR OWN PORTUGUESE CHICKEN SPICE

Mix together: 1 tsp each freshly ground black pepper, salt, chilli powder, ground cumin, ground cinnamon, freshly grated nutmeg, dried lemon zest (½ lemon), orange zest (½ orange), ½ tsp dried oregano, 1 bay leaf, crushed with a mortar and pestle, 5 tbsp sweet paprika. Store in the fridge.

WINE PAIRING Rustenberg Shiraz

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RIAZ

Welcome to one of South Africa's oldest family butcheries. The Akoob family has been butchers since 1926, and until this day, our shop has been and still is, in Sparks Road (now Moses Kotane Road), Overport, Durban. We continue to deal in the highest quality beef, mutton, poultry and game, and we also make our own range of speciality foods, including our award-winning sausages and cold meats offering unrivalled, old fashioned service.

At Star Meats, we believe that the quality of our meat starts with the rigorous screening of abattoirs and suppliers, followed by the selection by hand of fresh meat. Once the meat arrives at our premises, stringent hygiene standards, modern equipment, and knowledgeable staff ensure that our customers receive top-quality meat. We achieve consistency through regular quality and hygiene audits.

Our aim is for all our customers to enjoy our products and be proud of where it comes from and how it is produced. Our well-trained and experienced master blockmen and instore cooks will gladly provide you with professional advice that will help you make any meal with our products a roaring success.

We are proud to announce that we have made it a hat-trick by winning the Daily News Your Choice Awards for Best Butchery for the third year running! Our exceptional service, quality and attention to what customers want, has proven once again to be a winning formula. The management and staff of Star Meats would like to thank you for taking the time to vote and would like to assure all customers that in being placed number one for the third year consecutively it is only further motivation to do better.



CHILLI & PEPPER CHICKEN PHYLLO POCKETS

SERVES 6

- 100 g butter
- 1 tbsp cooking oil
- 1 onion, sliced
- 2 red peppers, sliced
- 1 tbsp masala spice
- ½ tsp pepper
- ½ tsp salt
- 1 tsp chilli, chopped
- 2 garlic cloves, grated
- 1 whole chicken, roasted
- ½ cup tomato puree
- ½ lemons juice & zest
- ¼ cup flour
- 2 cups milk

FOR THE PASTRY

- 400 g phyllo pastry, defrosted
- ¼ cup butter, melted
- 1 cup baby tomatoes
- ¼ cup almond flakes, toasted
- 1 handful dill, to serve

Sautee the onions and peppers in a large saucepan with 1 tbsp butter and 1 tbsp cooking oil until translucent. After 5 minutes, add the spices, chilli and garlic and fry for 1 minute. Add the shredded chicken, lemon and tomato puree along with remaining butter. Cook for a further 5 minutes on low heat. Whisk the flour with some of the milk to form a smooth paste, slowly add into the chicken mixture while cooking on medium heat. Slowly pour in the remaining milk and bring to a simmer until the sauce is thickened. Remove from heat and allow to cold down while prepping the pastry.

Melt the butter and lay the pastry horizontally in front of you. Use the butter to brush 4 sheets of pastry and layer on top of each other to glue. Half the 4 sheets lengthwise creating 2 sections. Place 4 tbsp of the mixture in the centre of the pastry, centring it along the length of the sheet. Fold the top and bottom pastry sheets over the filling then roll left flap over the filling, tuck the filling in and fold to the right flap to close. Brush the top side with butter and sprinkle the pastry with almond flakes. Continue with remaining pastry to make 6 chicken pies. Place all the pies together onto a baking sheet, top with baby tomatoes and bake at 180°C for 35 minutes until golden brown and crispy.

DESSERT PAIRING [Banana date pudding, page 119](#)



CHRISTO

Founded in 1990 as a small butchery with eight employees, Intermeat has gone from strength to strength. The business gained a following and expanded, and in 2007 became part of the Foodlovers-group. In 2016, we joined the OK Foods-family to provide a better shopping experience for our customers while keeping our name the same. There are currently four OK Foods/Intermeat stores in South Africa, namely Mafikeng, Potchefstroom, Villiersdorp and Barrydale, employing more than 270 people.

In 2018 and 2019, our hard work and dedication were awarded when we were presented the Shoprite/Checkers Franchisee of the Year award. We are immensely proud to say that Intermeat has been a proud Henwil Chickens client for years!



PULLED CIDER-CHICKEN WRAPS

SERVES 6

- 1 large onion, sliced
- 1 green pepper, sliced
- 1 kg Henwil chicken breasts
- 350 ml cider
- 4 tbsp tomato sauce
- 3 tbsp brown sugar
- 2 tbsp wholegrain mustard
- 2 tsp cayenne pepper
- 2 tsp Worcestershire sauce
- 1 tsp garlic powder
- ½ tsp salt
- ¼ tsp freshly cracked black pepper

TO SERVE

- 6 Wraps, to serve
- Grated cheddar, to serve

Preheat the oven to 180°C. In a casserole dish, place the onion and pepper. Top with the chicken breasts. In a bowl, mix all the remaining ingredients (except the wraps and cheese). Pour over the chicken and cover with foil. Cook in the oven for 2 hours. Then remove the foil and cook for a further 30 minutes to reduce the sauce. Remove from the oven and let stand for 30 minutes to cool down, then shred the chicken with 2 forks. Serve the shredded chicken on toasted wraps, topped with grated cheese. Wrap tightly and eat immediately.

CHRISTO'S TIP

You can also make this dish on the stovetop by placing everything in a large pot, partly covered with a lid. Simmer for 1½ hours on low.

WINE PAIRING **De Grendel Viognier**



DESSERT PAIRINGS



MILLIONAIRE'S ICE CREAM

4 millionaire shortbread, store bought • ½ tub vanilla ice cream • Cones, to serve

Bring the ice cream to room temperature. Break the shortbread into pieces and mix into the ice cream. Set the ice cream in the fridge for 3 hours until set then remove and scoop into cones. Enjoy. Serves 6.



COCONUT MALVA PUDDING

200 ml sugar • 2 large eggs • 1 tablespoon apricot jam • 150 g flour • ¼ cup desiccated coconut • 1 teaspoon baking soda • ½ teaspoon salt • 2 tablespoon butter, melted • 1 teaspoon vinegar • 1/3 cup milk • THE SAUCE • 1 can evaporated milk • ¼ cup white sugar • ½ tsp vanilla, essence

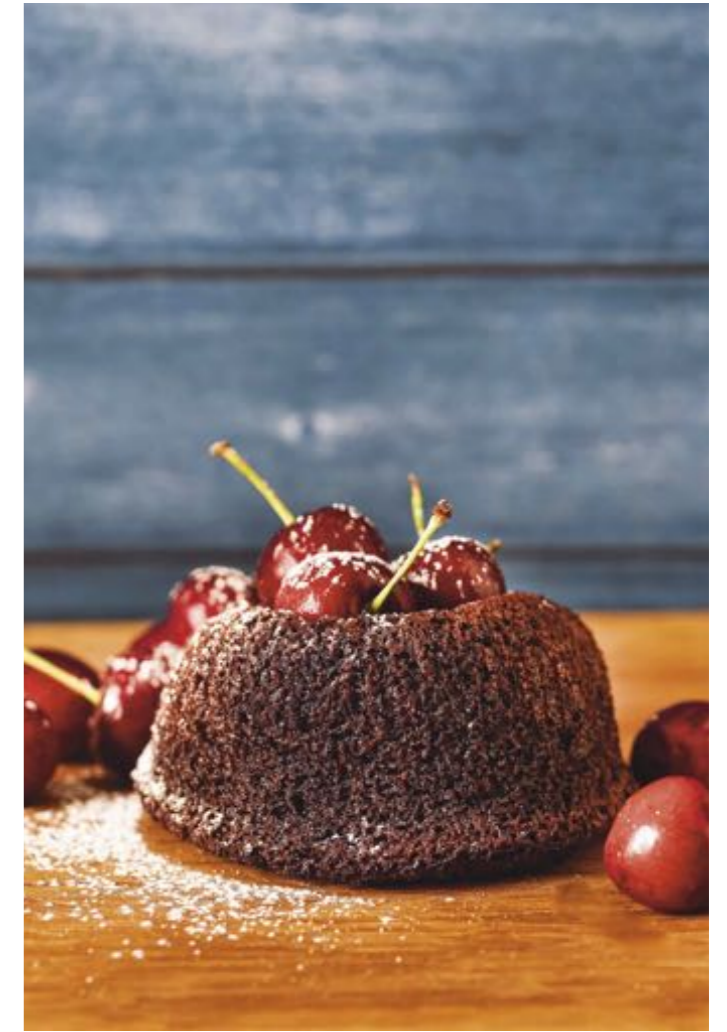
Grease an oven dish. Whip the sugar and eggs then add the jam, butter and vinegar. Sieve the flour, soda and salt. Add the flour to the eggs along with the milk. Add the coconut and beat well. Pour into an oven-proof dish and bake until pudding is golden brown at 180°C for 30-45 min. In a pot, melt together the ingredients for the sauce. Pour the sauce over the pudding as soon as it comes out of the oven. Leave to stand a while before serving. Serve warm with custard and toasted coconut. Serves 6



BAKED PEACHES & CREAM

½ sheet puff pastry • ¼ tbsp butter • ¼ cup sugar • 6 peaches, halved • Vanilla ice cream, to serve

Spread the sheet of pastry out, cut into 4 rectangles. Roll the edges of all sides slightly in and pinch down with a fork. Halve the peaches and place three halves into each pastry. Sprinkle with sugar and top with a knob of butter. Bake for 20 minutes at 180°C. Remove and serve with vanilla ice cream. Serves 4



CHOCOLATE DECADENCE

½ cup butter • 170 g dark chocolate, chopped • ¼ cup flour • ½ cup icing sugar • pinch of salt • 2 large eggs • 2 large egg yolks • Berries, to serve

Spray four ramekins with non-stick spray and dust with cocoa powder or flour. Preheat oven 220°C. Melt the butter and chocolate together. Whisk the flour, icing sugar, and salt together. Whisk all the eggs together. Pour the flour mixture and eggs into the bowl of chocolate. Slowly stir everything together until combined. Spoon chocolate batter into each ramekin. Bake for 12-14 minutes until the sides appear solid and firm, the tops will still look soft. Allow to stand for 1 minute until flipping over onto a serving plate.



CONDENSED MILK TART

1 1/2 packets tennis biscuits • 150 g butter, melted • 700ml full cream milk • 1 tin condensed milk • 2 tsp vanilla extract • 2 eggs, separated • 50 g cornstarch • 50ml water • pinch of salt • Cinnamon

Break the tennis biscuits into fine crumbs and mix in the melted butter until well combined. Line the base of a tart tin and press the biscuits onto the base. In a pot, heat the milk, condensed milk and vanilla over a medium until simmering then remove from heat. Separate the eggs and whisk the egg whites to soft peak in a bowl. Set aside. In another bowl whisk the egg yolks, cornstarch, water and salt. Add the egg yolk mixture slowly while whisking vigorously. Return the pot to low heat and continue to whisk constantly until it thickens, about 5 minutes. Add the egg whites and whisk until well combined. Pour the filling into the lined pastry cases and allow to cool to room temperature before putting it in the fridge. Sprinkle with cinnamon.



QUICK COFFEE CHOCOLATE MOUSSE

1 1/3 cup dark chocolate, chopped • 1/3 cup coffee, cooled • 2 tbsp cacao powder • Pinch of salt • 1 1/2 cups heavy whipping cream, whipped to stiff peaks • 2 teaspoons vanilla extract.

Place the chocolate chips, water, cocoa, and salt in a large mixing bowl, and microwave in short, 30-second bursts, stirring after each interval until the mixture is melted and smooth. Fold in the whipped cream and vanilla. Divide the mixture evenly between 6 dessert glasses or one bowl. Cover, and chill in the refrigerator until set, minimum 1 hour. Top with sweetened whipped cream and sprinkle with cocoa powder optional. For the sauce, melt together 50ml chocolate with 50ml cream. Allow to cool before drizzling over the mouse and decorating with chocolate chips.



MESSY PEPPERMINT CRISP

50 g dark chocolate • 50 ml + 250 ml cream • 1/2 can caramel treat • 1 slab peppermint crisp • 1/2 pack tennis biscuits

Melt the chocolate and 50 ml cream together, set aside to cool down. Whip the cream to soft peaks. In a separate bowl, whip the caramel and swirl into the cream along with the chocolate sauce. Set in the fridge for 1 hour. Crumble over the chocolate and tennis biscuits before serving. Serves 6.



BANANA DATE PUDDING

170g dried dates, soaked in boiling water • 1 cup boiling water with 1 teaspoon baking soda • 1/2 cup dark brown sugar • 1/4 cup butter, softened • 2 large eggs • 1 tbsp vegetable oil • 1 tsp molasses • 1 tsp vanilla essence • 1 1/2 cups flour • 1 1/4 tsp baking powder • 1/2 tsp salt • Custard for serving

Puree the dates to make a chunky-smooth mixture in a blender. Preheat the oven to 180°C. Cream the brown sugar and beat in the eggs and oil. Add the molasses and vanilla. Stir together the flour, baking powder and salt. Beat in the flour mixture into the wet mixture just until combined. Add the date puree and beat just until combined. Butter a bread tin. Spoon the batter in until about 2/3 full. Bake the cake for about 30-45 minutes or until a toothpick inserted into the centre comes out clean. For the sauce, 1 cup cream, 1 cup brown sugar, 1/2 tsp vanilla, warm on the stovetop and drizzle over the loaf cake once removed from the oven.

MOMENTS OF BEHIND THE SCENES



THE MANSION

COME COUNT
OUR CHICKS



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WE RULE
THE
ROOST!