



the complete essential

HOME MEAL REPLACEMENT GUIDE



Oh So Good!





CHICKEN, MEAT & FISH



Braai, fry
and crumb!





PREPARATION FOR PRESSURE FRIED CHICKEN

CHICKEN,
MEAT & FISH



INGREDIENTS

20 kg	Chicken portions
250 g	SO GOOD TENDER & JUICY - CODE: 3693749
4 Litres	Water

METHOD

1. Mix the SO GOOD TENDER & JUICY and water.
2. Put the chicken into the mixture and mix.
3. Leave overnight, or for at least 2 hours in the fridge before using.

INGREDIENTS

100 g	SO GOOD MILK WASH - CODE: 3693748
2 Litres	Water

METHOD

1. Whisk the SO GOOD MILK WASH and water together.
2. Dip the chicken into the mixture before using the breading.
(The dip helps the flour to stick onto the chicken).

NOTE:

- Suitable for chicken strips and potato wedges.



BREADED CHICKEN PIECES

CHICKEN,
MEAT & FISH



INGREDIENTS

OPTIONS: **SO GOOD SHISHAMPAMA MILD BREADING - CODE: 4080002**
SO GOOD SHISHAMPAMA BREADING - CODE: 3693713
(Caution - very hot flavour)
SO GOOD HEITA BREADING - CODE: 3693712

METHOD

1. Empty the packet of So Good breading of your choice into a large tray.
2. Use chicken that has been: Pre-soaked in SO GOOD TENDER & JUICY and pre-dipped with SO GOOD MILK WASH.
3. Add a few pieces of chicken at a time into the breading and coat.
4. Shake off excess breading and place onto a rack.
5. Prepare the number of chicken portions that your fryer takes.
6. Load the fryer with the biggest pieces first.
7. While the batch is frying, prepare the next batch.



SWEET AND SOUR CHICKEN STIR FRY

CHICKEN,
MEAT & FISH

YIELD: ±1.3 KG



INGREDIENTS

120 g	Onion, sliced
400 g	Chicken breast fillets, cut into strips
800 g	Stir fry vegetables
1 tin	Pineapple pieces, drained (440 g)
125 ml	MEISTERCLUB SWEET AND SOUR SAUCE - CODE: 8110813

METHOD

1. Cover the base of a pan with oil and fry onions until soft.
2. Add the chicken and fry until nearly cooked.
3. Add the vegetables and pineapple and stir fry on a high heat until vegetables are cooked, but still crisp.
4. Add the MEISTERCLUB SWEET AND SOUR SAUCE and stir through.
5. Pour into a serving dish.



BBQ COATED CHICKEN WINGS

CHICKEN,
MEAT & FISH

YIELD: ±2.7 KG



INGREDIENTS

2 kg	Chicken wings
100 g	SO GOOD MILK WASH - CODE: 3693748
2 Litres	Water
400 g	SO GOOD HEITA BREADING - CODE: 3693712
650 ml	MEISTERCLUB BBQ SAUCE - CODE: 8110806
For frying	Oil

METHOD

1. Heat oil in a fryer to 180° C.
2. In a bowl, whisk the SO GOOD MILK WASH and water together.
3. Dip the chicken wings into the milk wash before adding them to the SO GOOD HEITA BREADING.
4. Press the breading into the chicken.
5. Shake excess breading off the chicken and fry for 5 - 6 minutes until golden.
6. Pour the MEISTERCLUB BBQ SAUCE into a serving dish and add the chicken. Coat in the sauce.



GIBLETS POPCORN

CHICKEN,
MEAT & FISH

YIELD: ±2 KG



INGREDIENTS

2 kg Giblets
 SO GOOD MILK WASH - CODE: 3693748
 SO GOOD HEITA BREADING - CODE: 3693712
As needed Water

METHOD

1. Cook the giblets until soft and drain.
2. Cut the giblets in half and dip in the SO GOOD MILK WASH.
3. Add the giblets into the HEITA BREADING and coat.
4. Dip the giblets again in the milk wash and coat with the breading (double-coat).
5. Fry at 180°C for 5 - 8 minutes until golden and crispy.



SWEET & STICKY CHICKEN STRIPS

CHICKEN,
MEAT & FISH

YIELD: ±3.0 KG



INGREDIENTS

As needed	Oil
350 g	Onions, sliced
2.0 kg	Chicken breasts, cut into strips
100 g	SO GOOD RED CURRY MIX - CODE: 3693759
500 ml	Water
250 g	Sugar

METHOD

1. Cover the base of a pot with oil and sauté the onions until soft.
2. Add the chicken strips and fry until meat starts changing colour.
3. Add the SO GOOD RED CURRY MIX and fry for 1 minute.
4. Add half the water and all the sugar and heat until it starts to caramelise.
5. Add the rest of the water and allow to simmer until it thickens.



SPICY CHICKEN DRUMSTICKS

CHICKEN,
MEAT & FISH

YIELD: ±1.3 KG



INGREDIENTS

1 kg	Chicken drumsticks
250 ml	MEISTERCLUB PERI-PERI SAUCE - CODE: 8110815
250 ml	MEISTERCLUB GARLIC SAUCE - CODE: 8110809

METHOD

1. Mix the MEISTERCLUB PERI-PERI and MEISTERCLUB GARLIC SAUCE together.
2. Place the drumsticks into a baking dish.
3. Pour the sauce over the chicken.
4. Bake at 180° C for 45 minutes until sticky.



SPICY CHICKEN FILLETS

CHICKEN,
MEAT & FISH

YIELD: ±1.1 KG



INGREDIENTS

1 kg Chicken breast fillets
250 ml **MEISTERCLUB PREGO SAUCE - CODE: 8110802**

METHOD

1. Cut each chicken breast in half (but not all the way through) to have a flattened out butterfly shape.
2. Cover the base of a pan with oil and fry the chicken breasts until light brown.
3. Add the MEISTERCLUB PREGO SAUCE to the pan and bring back up to the boil.
4. Arrange on a serving dish.

NOTE:

- Use for chicken burgers or serve with mash.
- Add equal parts of MeisterClub Prego Sauce - Code: 8110802 and ½ MeisterClub Garlic Sauce - Code: 8110809 together for a creamy, milder sauce.



BBQ CHICKEN GIZZARDS

CHICKEN,
MEAT & FISH

YIELD: ±2.3 KG



INGREDIENTS

2 kg	Gizzards
As needed	Oil
500 g	Onion, chopped
100 g	SO GOOD BBQ SPICE - CODE: 3693750

METHOD

1. Defrost the gizzards and put into a pot. Cover with water and boil until soft.
2. Add more water if needed.
3. Cover the base of a pan/pot with oil and sauté the onions for 2 minutes until soft.
4. Add the SO GOOD BBQ SPICE and stir. Fry for 1 minute.
5. Add the gizzards and the water they were cooked in.
6. Cook for 5 minutes and pour into a serving dish.

NOTE:

- Thicken with 100 g SO GOOD GRAVY MIX if the sauce is too thin.
OR
- Add more water if the dish is too dry.





PERI PERI CHICKEN LIVERS

CHICKEN,
MEAT & FISH

YIELD: ±2.8 KG



INGREDIENTS

2 kg	Chicken livers
As needed	Oil
500 g	Onion, chopped
800 ml	MEISTERCLUB PERI PERI SAUCE - CODE: 8110815

METHOD

1. Defrost and clean the chicken livers. Drain in a colander.
2. Cover the base of a pan with oil and Sauté the onions for 5 minutes until soft.
3. Add the livers and fry for 15 minutes.
4. Add the MEISTERCLUB PERI PERI SAUCE to the pan and cook for 5 minutes.



MNANDI CHICKEN LIVERS

CHICKEN,
MEAT & FISH

YIELD: ±2.6 KG

INGREDIENTS

2 kg	Chicken livers
As needed	Oil
500 g	Onion, Chopped
100 g	SO GOOD CHAKALAKA MIX - CODE: 3693808
500 ml	Water

METHOD

1. Defrost and clean the chicken livers, drain in a colander.
2. Cover the base of a pan with oil and Sauté the onions until soft.
3. Add the livers and fry for 15 minutes.
4. Add the SO GOOD CHAKALAKA MIX to the water and add into the pan.
5. Cook for 5 - 10 minutes.

NOTE:

- Add more water if required.





BBQ CHICKEN LIVERS

CHICKEN,
MEAT & FISH

YIELD: ±2.8 KG



INGREDIENTS

2 kg	Chicken Livers
As needed	Water
As needed	Oil
500 g	Onion, chopped
100 g	SO GOOD BBQ SPICE - CODE: 3693750
250 ml	Water

METHOD

1. Defrost the livers and put into a pot. Cover with water and boil until soft (add more water if needed).
2. Cover the base of a pot with oil and sauté the onions for 2 minutes until soft.
3. Add the livers and fry for 2 minutes.
4. Add the SO GOOD BBQ SPICE and stir.
5. Add the water and cook for 5 minutes.

NOTE:

- Thicken with 100 g SO GOOD GRAVY MIX if the sauce is too thin.
OR
- Add more water if the dish is too dry.



CHILLI CON CARNE

YIELD: ±2.9 KG

CHICKEN,
MEAT & FISH



INGREDIENTS

1.5 kg	Mince
250 g	SO GOOD ITALIAN TOMATO BASE - CODE: 3693757
1 Litre	Water
50 g	SO GOOD RED CURRY MIX - CODE: 3693759 (1/2 sachet)
420 g	(1 Tin) Red kidney beans, drained

METHOD

1. Brown the mince in a pot, making sure it is free of lumps.
2. Whisk the SO GOOD ITALIAN TOMATO BASE with the water and add to the mince.
3. Cook for 10 minutes.
4. Add the SO GOOD RED CURRY MIX and the beans and cook for 5 minutes.



SAVOURY MINCE

CHICKEN,
MEAT & FISH

YIELD: ±2.8 KG



INGREDIENTS

1.5 kg	Mince
500 g	Onion, chopped
100 g	SO GOOD GRAVY MIX - CODE: 3693766
1 Litre	Water

METHOD

1. Brown the mince in a pot, making sure it is free of lumps.
2. Add the onions and cook for 5 minutes.
3. Mix the SO GOOD GRAVY MIX with the water and add to the mince.
4. Bring back to the boil and cook for 5 minutes.



BOBOTIE

CHICKEN,
MEAT & FISH

YIELD: ±3.3 KG



INGREDIENTS

6	Slices of bread
600 ml	Milk
As needed	Oil
500 g	Onion, finely chopped
1.5 kg	Mince
50 g	SO GOOD YELLOW CURRY MIX - CODE: 3693758 (1/2 sachet)
500 ml	Water
150 g	Raisins
200 ml	GRAMA'S CHUTNEY - CODE: 8110010
4	Eggs

METHOD

1. Soak the bread in the milk.
2. Cover the base of a pot with oil. Heat the oil and fry the onions until soft.
3. Add the mince and brown, making sure it is free of lumps.
4. Sprinkle the SO GOOD YELLOW CURRY MIX over and fry for 1 minute.
5. Add the water. Squeeze the milk out of the bread and stir the bread into the mince.
6. Add the raisins and chutney and cook for 2 minutes.
7. Pour into a baking dish.
8. Whisk the eggs and leftover milk together and pour over the mince.
9. Bake in the oven at 180° C until golden brown.



AFRICAN STIR FRY

CHICKEN,
MEAT & FISH

YIELD: ±2.5 KG



INGREDIENTS

As needed	Oil
500 g	Beef strips
2 kg	Stir fry vegetables
250 g	Onions, sliced
200 g	SO GOOD YABABA MIX - CODE: 3693807
1.5 Litres	Water

METHOD

1. Cover the base of a pot with oil and brown the meat in small batches.
2. Remove the meat from the pot and set aside.
3. Add the onions and saute until soft.
4. Add the vegetables and stir fry until soft but still crispy.
5. Add the water and the SO GOOD YABABA MIX into the pot and bring to the boil.
6. Add the meat back into the pot and stir through.

NOTE:

- If using stewing meat, boil the meat first until soft.





LAMB RIBLETS

YIELD: ±2.3 KG

CHICKEN,
MEAT & FISH



INGREDIENTS

2 kg	Lamb riblets
750 ml	JIMMY'S STEAKHOUSE SAUCE - CODE: 8110997
300 g	Golden Delicious apples (3 Apples), cut into ¼ and pips removed

METHOD

1. Arrange the riblets in a baking dish.
2. Slice the apple thinly and arrange on top of the meat.
3. Pour the JIMMY'S STEAKHOUSE SAUCE over and bake at 180° C for 45 minutes.



SWEET AND SOUR PORK

CHICKEN,
MEAT & FISH

YIELD: ±1.4 KG



INGREDIENTS

500 g	SO GOOD HEITA BREADING - CODE: 3693712
50 g	SO GOOD MILK WASH - CODE: 3693748
1 Litre	Water
1 kg	Pork steak, cubed
Oil	For frying
250 ml	MEISTERCLUB SWEET AND SOUR SAUCE - CODE: 8110813

METHOD

- Put the SO GOOD MILK WASH in a bowl and add the water. Whisk to combine.
- Add the pork to the Milk Wash.
- Drain a few pieces of pork and coat in the SO GOOD HEITA BREADING.
- Deep fry in oil until golden brown.
- Repeat until all the pork is cooked.
- Put the pork in a serving dish and pour over the MEISTERCLUB SWEET AND SOUR SAUCE.



FISH SKEWERS

CHICKEN,
MEAT & FISH

YIELD: ±2.3 KG

INGREDIENTS

2 kg	Fish fillets
20	Sosatie sticks
800 g	Baby potatoes
250 ml	MEISTERCLUB LEMON AND HERB MARINADE - CODE: 8110810
	SO GOOD FISH SEASONING - CODE: 3693714



METHOD

1. Cut the fish fillets into 2.5 cm and season with the SO GOOD FISH SEASONING.
2. Boil the potatoes until just soft, drain and cut in half. Season with some Fish Seasoning.
3. Skewer the fish alternately with the potatoes.
4. Drizzle with the MEISTERCLUB LEMON & HERB MARINADE and bake at 180° C for 10 minutes.
5. Turn them over and cook for another 10 minutes.



BATTERED FISH

CHICKEN,
MEAT & FISH



INGREDIENTS

As needed Oil

1 kg **SO GOOD BATTERMIX - CODE: 4656374**

2 Litres Water

METHOD

1. Preheat the oil.
2. Whisk the SO GOOD BATTERMIX and water together until smooth.
3. Dip the fish into batter and place in the fryer.
4. Fry until golden brown.



TEMPURA BATTERED FISH

CHICKEN,
MEAT & FISH

YIELD: ±24 KG



INGREDIENTS

As needed	Oil
3.75 kg	SO GOOD FLAVOURED TEMPURA BATTERMIX - CODE: 3693769
11.25 Litres	Water
20 kg	Hake fillets
700 g	Plain flour

METHOD

1. Preheat the oil.
2. Whisk the SO GOOD FLAVOURED TEMPURA BATTERMIX and water together until smooth.
3. Dip the fish into plain flour.
4. Dip the floured fish into the FLAVOURED TEMPURA BATTERMIX.
5. Deep fat fry until golden brown.

NOTE:

- Also suitable for vegetables.
- Replace plain flour with dry SO GOOD FLAVOURED TEMPURA BATTERMIX for dipping.



CASSEROLES AND STEWS



Great tasting
meals that are perfect
Winter warmers and
great for rainy
Summer days!





BEEF STEW

CASSEROLES
AND STEWS

YIELD: ±4.0 KG



INGREDIENTS

As needed	Oil
250 g	Onion, chopped
2 kg	Meat, cubed
1.5 Litre	Water
100 g	SO GOOD BEEF STEW MIX - CODE: 3693761
500 g	Potatoes, diced
500 g	Mixed vegetables

METHOD

1. Cover the base of a pot with oil and sauté the onions until soft.
2. Add the meat and brown slightly.
3. Add 1 Litre of water to the meat and cook until tender.
4. Mix the rest of the water with the SO GOOD BEEF STEW MIX and add to the meat.
5. Add the potatoes and vegetables and cook for 15 - 20 minutes, stirring often.

NOTE:

Thicken with 100 g SO GOOD GRAVY MIX if the sauce is too thin.



BEEF STROGANOFF

CASSEROLES
AND STEWS

YIELD: ±4.0 KG



INGREDIENTS

As needed	Oil
2 kg	Beef strips
200 g	Peppers
250 g	Mushrooms
200 g	Onion, chopped
5 ml	SO GOOD PAPRIKA - CODE: 3693722 (1 teaspoon / 3 grams)
250 g	SO GOOD CREAMY MUSHROOM & SWEET PEPPER BASE - CODE: 3693756
50 g	SO GOOD ONION GRAVY MIX - CODE: 3693767 (1½ sachet)
1.5 Litres	Water

METHOD

1. Cover base of pot with oil. Brown meat for 1 minute and remove from the pan. (Brown the meat in small batches to prevent it from boiling).
2. Add peppers, mushrooms and onions and fry for 2 minutes. Add the SO GOOD PAPRIKA. Whisk the SO GOOD CREAMY MUSHROOM AND SWEET PEPPER BASE and the SO GOOD ONION GRAVY MIX with the water and add to the pot.
3. Bring to the boil and cook for 2 minutes, stirring continuously.
4. Add the meat and bring back to the boil.



MEAT AND VEGETABLE STEW

CASSEROLES
AND STEWS

YIELD: ±3.7 KG

INGREDIENTS

2 kg	Meat
1.5 Litres	Water
100 g	SO GOOD BEEF STEW MIX - CODE: 3693761
500 g	Vegetables
500 g	Potatoes

METHOD

1. Brown the meat in cooking pot. If the meat is lean, add some oil.
2. Cover with half the water and cook until the meat becomes tender.
3. Mix the SO GOOD BEEF STEW MIX with the rest of the water and add to the meat.
4. Add the vegetables and potatoes and cook for 15 - 20 minutes.





IRISH STEW

CASSEROLES
AND STEWS

YIELD: ±3.7 KG

INGREDIENTS

2 kg	Mutton or lamb
1.5 Litres	Water
100 g	SO GOOD BEEF STEW MIX - CODE: 3693761
500 g	Green beans
500 g	Potatoes

METHOD

1. Brown the meat. If the meat is lean, add some oil.
2. Cover with half the water and cook until the meat becomes tender.
3. Mix the SO GOOD BEEF STEW MIX with the rest of the water and add to the meat.
4. Add the beans and potatoes and cook for 20 - 30 minutes.





BEEF, PRUNE & MUSHROOM STEW

CASSEROLES
AND STEWS

YIELD: ±4.2 KG



INGREDIENTS

As needed	Oil
2 kg	Stewing beef
500 g	Onion, sliced
250 g	Bacon, diced
3 Cloves	Garlic, crushed (2 teaspoons)
300 g	Pitted prunes, chopped
30 g	Tomato puree
2	Bay leaves
50 ml	Worcestershire sauce
1.5 Litres	Water
100 g	SO GOOD STEW MIX - CODE: 3693765
250 g	Mushrooms, halved

METHOD

1. Cover the base of a pot with oil and brown the meat.
2. Add the onions and bacon and fry.
3. Add the garlic and prunes and fry for 1 minute.
4. Add the tomato puree, bay leaves, Worcestershire sauce and 1 Litre water.
5. Cook until meat is tender, stirring from time to time and adding water if necessary.
6. Mix the SO GOOD STEW MIX with the remaining water and add to the meat.
7. Add the mushrooms and cook for 15 minutes.

NOTE:

- Thicken with 100 g SO GOOD GRAVY MIX if the sauce is too thin.



OXTAIL STEW

CASSEROLES
AND STEWS

YIELD: ±4.7 KG



INGREDIENTS

3 kg	Oxtail
300 g	Onion, chopped
1.25 Litre	Water
250 g	SO GOOD POTJIEKOS MIX - CODE: 3693768 (2 1/2 sachets)
500 g	Carrots
500 g	Potatoes

METHOD

1. Put the meat into a pot and brown lightly. If the meat is lean, add some oil. Add the onions.
2. Cover with 1 Litre of water and cook until the meat becomes tender.
Add more water if needed.
3. Mix the SO GOOD POTJIEKOS MIX with the rest of the water and add to the meat.
4. Add the carrots and potatoes and cook for 20 - 30 minutes.

NOTE:

- You can also use SO GOOD STEW MIX.



MEATBALL STEW WITH VEGETABLES

CASSEROLES
AND STEWS

YIELD: ±3.5 KG



INGREDIENTS

1.5 kg	Mince
200 g	Onion, finely chopped or grated
6 Slices	Brown bread, crumbed
TT	Salt and pepper
500 g	Stir-fry vegetables
100 g	SO GOOD STEW MIX - CODE: 3693765
50 g	SO GOOD ONION GRAVY MIX - CODE: 3693767
2 Litres	Water

METHOD

1. To make the meatballs: put the mince, onions, bread crumbs, salt and pepper in a bowl.
2. Blend together and form into balls. Arrange them in a baking dish.
3. Add the vegetables to the meatballs.
4. Mix the SO GOOD STEW MIX and SO GOOD ONION GRAVY MIX with the water and bring to the boil.
5. Pour the gravy over the meatballs.
6. Cover with foil and bake in the oven for 30 minutes. Take out and stir after 15 minutes.
7. Remove foil and bake for 10 minutes to brown on top.



OX LIVER CASSEROLE

CASSEROLES
AND STEWS

YIELD: ±5.2 KG

INGREDIENTS

250 g Onions, sliced
2.5 kg Ox liver
As needed Oil

200 g **SO GOOD HEITA BREADING** - CODE: 3693712
2 Litres **SO GOOD ONION GRAVY MIX** - CODE: 3693767
500 ml **JIMMY'S STEAKHOUSE SAUCE** - CODE: 8110997

METHOD

1. Cut the liver into slices and coat with the **SO GOOD HEITA BREADING**.
2. Cover the base of the pot with oil and fry liver on low heat until cooked through.
3. Remove the liver from the pot and pack it into a tray insert.
4. Sauté the onions in the pot until soft.
5. Add the **SO GOOD GRAVY MIX** into the water and pour into the pot.
6. Cook for 2 minutes until thick.
7. Add the **JIMMY'S STEAKHOUSE SAUCE** and pour over the meat.

NOTE:

- Decorate with chopped herbs.





OX LIVER & CABBAGE

CASSEROLES
AND STEWS

YIELD: ±2.3 KG

INGREDIENTS

As needed	Oil
2.5 kg	Ox liver, sliced
Half	Cabbage, shredded
100 g	SO GOOD STEW MIX - CODE: 3693765
800 ml	Water

METHOD

1. Cover the base of a pot with oil. Add the liver and brown.
2. Layer the liver and cabbage in a baking dish.
3. Mix the SO GOOD STEW MIX with the water, bring to the boil and pour over the liver.
4. Cover with foil and bake in the oven for 40 minutes.





TRIPE AND BEAN STEW

CASSEROLES
AND STEWS

YIELD: ±2.5 KG

INGREDIENTS

250 g	Onions, chopped
1.4 kg	Cooked tripe
600 g	Cooked sugar beans
200 g	SO GOOD CHAKALAKA MIX - CODE: 3693808
1 Litre	Water

METHOD

1. Cover the base of a pot with oil and sauté the onions until soft.
2. Add the cooked tripe and sugar beans to the pot.
3. Add the SO GOOD CHAKALAKA MIX into the water and pour into the pot.
4. Bring to the boil and cook for 5 minutes.

NOTE:

- Add 300 g of sliced Russian to the pot for extra flavour.





TRIPE

CASSEROLES
AND STEWS

YIELD: ±3.0 KG

INGREDIENTS

As needed	Oil
2 kg	Cooked tripe, cut in cubes
500 g	Onion, chopped
100 g	SO GOOD CHICKEN STEW MIX - CODE: 3693760
1 Litre	Water

METHOD

1. Cover the base of a pot with oil. Sauté the onions in the oil until soft.
2. Add the tripe and stir through.
3. Mix the SO GOOD CHICKEN STEW MIX with the water and add to the tripe.
4. Boil for 20 minutes.

NOTE:

- Thicken with 100 g SO GOOD GRAVY MIX if the sauce is too thin.





MEAT/CHICKEN POTJIE

CASSEROLES
AND STEWS

YIELD: ±4.4 KG

INGREDIENTS

3 kg	Meat or chicken
1.2 Litres	Water
200 g	SO GOOD POTJIEKOS MIX - CODE: 3693768
500 g	Potjiekos vegetable mix
500 g	Baby potatoes

METHOD

1. Brown the meat in a pot. If the meat is lean, add some oil.
2. Cover with half the water and cook until the meat becomes tender.
3. Mix the SO GOOD POTJIEKOS MIX with the rest of the water and add to the meat.
4. Add the vegetables and potatoes and cook for 15 - 20 minutes.





CHICKEN A LA KING

CASSEROLES
AND STEWS

YIELD: ±3.8 KG

INGREDIENTS

As needed	Oil
100 g	Onion
100 g	Peppers
250 g	Mushrooms
2 kg	Chicken breast fillets, cut into strips
250 g	SO GOOD CREAMY MUSHROOM & SWEET PEPPER BASE - CODE: 3693756
1 Litre	Water

METHOD

1. Cover the base of a pot with oil. Sauté the onions in the oil until soft.
2. Add peppers and mushrooms and fry for 2 minutes.
3. Add the chicken and brown until the meat starts changing colour.
4. Whisk the SO GOOD CREAMY MUSHROOM & SWEET PEPPER BASE with the water and add to the chicken.
5. Bring to the boil and cook for 2 minutes, stirring continuously.

NOTE:

- Onions, peppers and mushrooms are optional, just as good without!





CHICKEN STEW

CASSEROLES
AND STEWS

YIELD: ±3.4 KG



INGREDIENTS

As needed	Oil
2 kg	Chicken portions
250 g	Onion, chopped
100 g	SO GOOD CHICKEN STEW MIX - CODE: 3693760
1 Litre	Water
300 g	Potatoes, diced
400 g	Mixed vegetables

METHOD

1. Cover the base of a pot with oil. Heat the oil and sauté the onions until soft.
2. Add the chicken and brown slightly. Mix the water with the SO GOOD CHICKEN STEW MIX and add to the chicken.
3. Add the potatoes and vegetables and cook for 15 - 20 minutes, stirring often, until the potatoes are soft.
4. When the potatoes start getting soft, thicken the sauce with the gravy mix if necessary.

NOTE:

- Thicken with 100 g SO GOOD GRAVY MIX if the sauce is too thin.



CREAMY MUSHROOM ROASTED CHICKEN THIGHS

CASSEROLES
AND STEWS

YIELD: ±5 KG

INGREDIENTS

250 g	SO GOOD INSTANT MUSHROOM SAUCE - CODE: 4656376
100 g	SO GOOD CHICKEN GRAVY MIX - CODE: 4656377
2 Litres	Water
2 kg	Chicken thighs
1.6 kg	Potatoes, cubed

METHOD

1. Whisk the SO GOOD INSTANT MUSHROOM SAUCE, SO GOOD CHICKEN GRAVY and water in a mixing bowl.
2. Place the chicken thighs in an oven dish with the potatoes.
3. Pour the sauce over the chicken and potatoes.
4. Cover with tin foil.
5. Bake at 180° C for 45 minutes - 1 hour.





SLOW COOKED ITALIAN TOMATO STEW

CASSEROLES
AND STEWS

YIELD: ±4.0 KG



INGREDIENTS

250 g	Onions, diced
60 g	Crushed garlic (2 Tablespoons)
1.5 kg	Stewing beef
300 g	Carrots, peeled and sliced
500 g	Mushrooms, cut into halves
200 g	Bell peppers, cubed
120 g	Celery, finely chopped
250 g	SO GOOD ITALIAN TOMATO BASE - CODE: 3693757
1.5 Litres	Water

METHOD

1. Cover the base of a pot with oil and sauté the onions until soft.
2. Add the garlic and the meat and cook for 5 minutes.
3. Whisk the SO GOOD ITALIAN TOMATO BASE and the water together and add to the meat.
4. Cook with the lid on until the meat is soft.
5. Add the vegetables and cook for 15 minutes.



TOMATO BREDIE

CASSEROLES
AND STEWS

YIELD: ±3.5 KG



INGREDIENTS

As needed	Oil
2 kg	Meat (beef or lamb)
500 g	Onion, chopped
250 g	SO GOOD ITALIAN TOMATO BASE - CODE: 3693757
1 Litre	Water
500 g	Potatoes, cut into quarters

METHOD

1. Cover the base of a pot with oil and add the meat and onion.
2. Fry the meat and onions until browned.
3. Whisk the SO GOOD ITALIAN TOMATO BASE and water together and add to the meat. Cook over a medium heat until the meat becomes tender for ±1 hour. Stir occasionally.
4. Add the potatoes and cook for 15 - 20 minutes.

NOTE:

Add more water if the sauce becomes too thick.



CURRIES



Flavours of the
World, direct to
your kitchen!





CURRIED MINCE

CURRIES

YIELD: ±3.9 KG



INGREDIENTS

600 g	Onion, chopped
As needed	Oil
2 kg	Mince
100 g	SO GOOD YELLOW CURRY MIX - CODE: 3693758
1 Litre	Water
500 g	Potatoes, diced
500 g	Frozen mixed vegetables

METHOD

1. Cover the base of a pot with oil.
2. Heat the oil and sauté the onions until soft.
3. Add the mince and cook until brown, stirring to break up the lumps.
4. Stir in the SO GOOD YELLOW CURRY MIX and cook for 1 minute.
5. Add the water.
6. Add the potatoes and vegetables and cook for 15 - 20 minutes.

NOTE:

- Use for curry and rice.
- Use to fill vetkoek.
- Use to fill rotis.
- Use to fill pancakes or jaffles.
- Can also be used as a 'bunny chow' filling.



BEEF CURRY

CURRIES

YIELD: ±3.4 KG



INGREDIENTS

As needed	Oil
250 g	Onion, chopped
2 kg	Stewing beef
100 g	SO GOOD RED CURRY MIX - CODE: 3693759
1 Litre	Water
750 g	Potatoes, diced

METHOD

1. Cover the base of a pot with oil. Heat the oil in a pot and sauté the onions until soft.
2. Add the meat and brown.
3. Sprinkle the SO GOOD RED CURRY MIX over the meat and onions and cook for 1 minute, while stirring.
4. Add the water and cook until the meat starts to soften.
5. Add the potatoes and cook for 15 - 20 minutes, stirring often.

NOTE:

- Garnish with fresh coriander leaves.
- The sauce can be thickened with 100 g SO GOOD GRAVY MIX.



MUTTON CURRY

CURRIES

YIELD: ±3.4 KG



INGREDIENTS

As needed	Oil
250 g	Onion, chopped
2 kg	Stewing mutton
100 g	SO GOOD RED CURRY MIX - CODE: 3693759
1 Litre	Water
750 g	Potatoes, diced

METHOD

1. Cover the base of a pot with oil. Heat the oil and sauté the onions until soft.
2. Add the meat and brown.
3. Sprinkle the SO GOOD RED CURRY MIX over and cook for 1 minute, while stirring.
4. Add the water and cook until the meat starts to soften.
5. Add the potatoes and cook for 15 - 20 minutes, stirring often.

NOTE:

- Garnish with fresh coriander leaves.
- For a thicker sauce, add 100 g SO GOOD GRAVY MIX.



LAMB BREYANI

CURRIES

YIELD: ±5.3 KG



INGREDIENTS

2 kg	Chicken or lamb
300 g	Onion, chopped
100 g	SO GOOD LAMB BREYANI MIX - CODE: 3693711
750 ml	Yoghurt or buttermilk
1 kg	Potatoes, cut into quarters and deep fried
1 kg	Cooked rice
500 g	Cooked lentils
1 kg	Onion, sliced

METHOD

1. Marinate the meat in the chopped onions, SO GOOD LAMB BREYANI MIX and yoghurt or buttermilk overnight.
2. Place the potatoes in between the meat.
3. Mix the rice and lentils together and spread over the meat.
4. Cover with foil and bake in the oven for 1 ½ to 2 ½ hours, depending on the type of meat used.
5. Fry the sliced onions in oil until golden brown. Drain on paper towel.
6. When the Breyani is ready, garnish with the fried onions and fresh coriander leaves.



THAI CURRY

CURRIES

YIELD: ±3.5 KG



INGREDIENTS

As needed	Oil
250 g	Onion, chopped
2 kg	Chicken breast, cut into strips
750 g	Stir fry vegetables
100 g	SO GOOD RED CURRY MIX - CODE: 3693759
250 ml	Water
400 ml	Coconut milk

METHOD

1. Cover the base of a pot with oil. Sauté the onions until soft.
2. Add the meat and brown. Add the vegetables and cook for 1 minute.
3. Sprinkle the SO GOOD RED CURRY MIX over and cook for 1 minute while stirring.
4. Stir in the water and coconut milk and cook for 2 minutes.

NOTE:

- Garnish with fresh coriander leaves.



BUTTER CHICKEN

CURRIES

YIELD: ±3.0 KG



INGREDIENTS

As needed	Oil
160 g	Onions, chopped
2 kg	Chicken breasts, cubed
100 g	SO GOOD YELLOW CURRY MIX - CODE: 3693758
250 g	Butter
60 g	Tomato paste
250 ml	Water
250 ml	Cream

METHOD

1. Cover the base of a pot with oil and sauté the onions until soft.
2. Add the chicken and fry until the meat starts changing colour.
3. Sprinkle the SO GOOD YELLOW CURRY MIX over the chicken and cook for 1 minute while stirring.
4. Melt in the butter and add the tomato paste.
5. Gently stir in the water and cream, simmer until the mixture begins to thicken.

NOTE:

- More cream can be added according to taste.
- Use So Good Red Curry for more heat.



MALAY CHICKEN CURRY

CURRIES

YIELD: ±3.4 KG



INGREDIENTS

250 g	Onion, chopped
As needed	Oil
2 kg	Chicken portions
100 g	SO GOOD YELLOW CURRY MIX - CODE: 3693758
1 Litre	Water
750 g	Potatoes, diced

METHOD

1. Cover the base of a pot with oil and sauté the onions until soft.
2. Add the chicken and brown slightly.
3. Sprinkle the SO GOOD YELLOW CURRY MIX over and cook for 1 minute while stirring.
4. Stir in half the water and cook for 5 minutes.
5. Add the potatoes and cook for 15 - 20 minutes, stirring often.
6. Add more water if needed.

NOTE:

- Garnish with fresh coriander leaves. To thicken the sauce, add 100 g SO GOOD GRAVY MIX.



SAMP & BEAN CURRY

CURRIES

YIELD: ±5.3 KG

INGREDIENTS

As needed	Oil
1 kg	Onion, sliced
100 g	SO GOOD YELLOW CURRY MIX - CODE: 3693758
100 g	SO GOOD GRAVY MIX - CODE: 3693766
1.5 Litres	Water
1.5 kg	Cooked samp
1.5 kg	Cooked beans

METHOD

1. Cover the base of a pot with oil. Heat the oil and sauté the onions until soft.
2. Add the SO GOOD YELLOW CURRY MIX and fry for 1 minute.
3. Mix the SO GOOD GRAVY MIX with the water and add. Bring to the boil and cook for 2 minutes.
4. Add the samp and beans and bring back to the boil, stirring continuously.





BEAN & POTATO CURRY

CURRIES

YIELD: ±5.3 KG



INGREDIENTS

As needed	Oil
1 kg	Onion, sliced
100 g	SO GOOD YELLOW CURRY MIX - CODE: 3693758
1 kg	Potatoes, cut into quarters
1.5 Litres	Water
500 g	Frozen peas
100 g	SO GOOD GRAVY MIX - CODE: 3693766
1.5 kg	Cooked beans

METHOD

1. Cover the base of a pot with oil. Heat the oil and sauté the onions until soft.
2. Add the SO GOOD YELLOW CURRY MIX and cook for 1 minute.
3. Add the potatoes and half of the water and cook for 15 minutes.
4. Add the peas.
5. Whisk the SO GOOD GRAVY MIX with the rest of the water and add.
6. When it comes to the boil add the cooked beans and cook for 2 minutes, stirring continuously.



PIES



With... or
without a crust!





ROAST CHICKEN PIE

PIES

YIELD: ±3.6 KG



INGREDIENTS

As needed	Oil
500 g	Onion, chopped
250 g	Mushrooms, sliced
100 g	SO GOOD ONION GRAVY MIX - CODE: 3693767
1.1 Litres	Water
50 g	Cornflour
1.25 kg	Roast chicken, de-boned and flaked
10 ml	Dried parsley
400 g	Frozen puff pastry
1	Egg

METHOD

1. Cover the base of a pot with oil and sauté the onions until soft, but not brown.
2. Add the mushrooms and cook for 5 minutes.
3. Mix the SO GOOD ONION GRAVY MIX with 1 Litre water and add to the pot.
4. Bring up to the boil. Mix the cornflour with the remaining 100 ml water and add to the pot.
5. Add the chicken and parsley and bring back to the boil.
6. Pour into a serving dish and cover with pastry. Trim the edges and use them to decorate the top.
7. Brush with beaten egg and bake for 30 minutes at 180° C until golden brown

NOTE:

- To make a creamier sauce: Halve the SO GOOD ONION GRAVY MIX and water and add 25 g (½ sachet) SO GOOD CHEESE SAUCE with 500 ml water. Bring the onion gravy and cheese sauce to the boil before adding the chicken. Use this mixture in chicken lasagne and also as a filling for savoury pancakes.



CHICKEN COTTAGE PIE

PIES

YIELD: ±4.0 KG



INGREDIENTS

As needed	Oil
500 g	Onions, chopped
100 g	SO GOOD CHICKEN GRAVY MIX - CODE: 4656377
50 g	Corn flour
1 Litre	Water
1.5 kg	Roast chicken, de-boned and flaked
250 g	SO GOOD MASH MIX - CODE: 3693764
1 Litre	Water, boiling

METHOD

1. Cover the base of a pot with oil. Heat the oil and sauté the onions until soft.
2. Whisk the SO GOOD CHICKEN GRAVY MIX, corn flour and water together and add to the onions.
3. Stir over gentle heat until the mixture begins to thicken.
4. Add the flaked chicken to the mixture.
5. Pour the chicken mixture into a baking dish and flatten the top with a spoon.
6. Whisk the SO GOOD MASH MIX and boiling water together until smooth.
7. Spread or pipe the mash over the chicken.
8. Bake at 180°C for 15 minutes until golden brown on top.



COTTAGE PIE

PIES

YIELD: ±4.4 KG



INGREDIENTS

As needed	Oil
500 g	Onion, chopped
1.5 kg	Mince
500 g	Frozen mixed vegetables
100 g	SO GOOD ONION GRAVY MIX - CODE: 3693767
1 Litre	Water
250 g	Bread crumbs, fresh
250 g	SO GOOD MASH MIX - CODE: 3693764
1 Litre	Water, boiling

METHOD

1. Cover the base of a pot with oil. Heat the oil and fry the onions until soft.
2. Add the mince and brown, making sure it is free of lumps.
3. Add the vegetables.
4. Mix the SO GOOD ONION GRAVY MIX with the water and add to the pot.
5. Bring to the boil and cook for 5 minutes.
6. Stir in the bread crumbs and cook until the mixture thickens.
7. Pour into a baking dish and flatten the top with a spoon.
8. Whisk the SO GOOD MASH MIX and boiling water together until smooth.
9. Spread or pipe the mash over the mince.
10. Bake in the oven until golden brown on top.



HAM, PEA, ROASTED POTATO AND CHEESE PIE

PIES

YIELD: ±2.850 KG



INGREDIENTS

As needed	Oil
500 g	Potatoes, diced
500 g	Ham, diced
250 g	Onion, chopped
200 g	Mixed Bell Peppers, chopped
250 g	Frozen peas
350 g	Puff pastry (1 roll)
1	Large egg
500 g	SO GOOD CHEESE SAUCE - CODE: 3693762
1 Litre	Water

METHOD

1. Drizzle the potatoes with oil and roast in a pre-heated oven until soft and crispy.
2. Cover the base of a pot with the oil and sauté the onions.
3. Add the peppers, peas and ham and cook for 5 minutes and add the potatoes.
4. Add the SO GOOD CHEESE SAUCE into the water and add to the pot.
5. Mix together and put into a tray insert.
6. Cover the mixture with puff pastry and brush egg on top of the puff pastry.
7. Bake the pie in a preheated oven at 200°C for 15 - 20 minutes.



QUICHE

PIES

YIELD: ±2.0 KG



INGREDIENTS

600 g	Eggs (8 units)
300 g	Cold meat off cuts
200 g	Grated cheese
500 g	SO GOOD CHEESE SAUCE BASE - CODE: 3693762
500 ml	Water

METHOD

1. Place the cold meat off cuts on the bottom of a half insert tray.
2. Whisk the eggs, water and SO GOOD CHEESE SAUCE together and add the grated cheese.
3. Pour the egg mixture over the cold meat and bake in the oven at 180° C until set and golden brown.



TUNA & CORN QUICHE

PIES

YIELD: ±1.5 KG (2 Quiches)



INGREDIENTS

800 g	Ready-rolled short crust pastry
2	Tins tuna (340 g)
160 ml	JIMMY'S CHIP & BURGER SAUCE - CODE: 811002
1 tin	Whole corn kernel, drained (450 g)
4	Eggs
250 ml	Full cream milk
	Salt and pepper
50 g	Cheddar cheese, grated

METHOD

1. Heat oven to 200° C. Lightly grease two 26 cm quiche tins.
2. Line the base and sides of each tin with short crust pastry. Use a fork to prick the pastry.
3. Line the pastry with baking paper and half-fill with dried beans or rice. Bake for 20 minutes.
4. Remove paper and beans. Bake for 10 more minutes.
5. Reduce the temperature to 180° C.
6. Mix the tuna, sauce and corn together. Spread the mixture onto the pastry. Sprinkle with the cheese.
7. Whisk the eggs, milk, salt and pepper together and pour over the quiche. Bake for 25 - 30 minutes.



FISH PIE

PIES

YIELD: ±3.2 KG



INGREDIENTS

As needed	Oil
200 g	Onion, chopped
500 g	Hake fillets
500 g	Haddock fillets
125 g	Frozen peas
125 g	Frozen corn
250 g	SO GOOD WHITE SAUCE BASE - CODE: 3693763
750 ml	Water
250 g	SO GOOD MASH MIX - CODE: 3693764
1 Litre	Water, boiling

METHOD

1. Cover the base of a pan with oil. Heat the oil and sauté the onions until soft.
2. Cut the fish into chunks and add to the onions. Fry for 5 minutes.
3. Whisk the SO GOOD WHITE SAUCE BASE with the 750 ml of water and add to the fish.
4. Add frozen peas and corn.
5. Bring to the boil and cook for 2 minutes, stirring continuously.
6. Pour into a baking dish.
7. Whisk the SO GOOD MASH MIX with 1 Litre of boiling water.
8. Spread or pipe the potato on top of the fish. Brown under the grill.

NOTE:

- For a more flavourful pie, SO GOOD WHITE SAUCE BASE can be replaced with SO GOOD CREAMY MUSHROOM & SWEET PEPPER BASE.



TOAD IN THE HOLE

PIES

YIELD: ±1.5 KG



INGREDIENTS

500 g	SO GOOD PANCAKE MIX - CODE: 3693792
400 ml	Water
12	MeisterClub Pork Sausages
50 g	SO GOOD ONION GRAVY - CODE: 3693767
500 ml	Water

METHOD

1. Place the SO GOOD PANCAKE MIX in a bowl and add the water. Whisk until smooth.
2. Pour into a full size insert and spread evenly over the bottom.
3. Fry the bangers in a little oil until lightly browned.
4. Place the sausages evenly on top of the dough, leaving a space between each one.
5. Press the sausages into the dough.
6. Bake at 180° C for 25 minutes or until lightly browned.
7. Mix the SO GOOD ONION GRAVY with the water and bring to the boil. Cook for 1 minute.
8. Pour some gravy over the top to glaze. Serve the rest separately.



BREAKFAST MUFFINS

PIES

YIELD: ±1.295 KG (20 MUFFINS)



INGREDIENTS

As needed	Oil
500 g	SO GOOD POTBROOD MIX - CODE: 3693793
330 ml	Lukewarm water
120 g	Onion diced
250 g	Bacon, diced
200 ml	Eggs, beaten
50 g	Cheddar cheese, grated

METHOD

1. Combine the SO GOOD POTBROOD MIX and water and mix till well combined.
2. Cover the base of a pan with oil and sauté the onion and bacon together until dry.
3. Cook the beaten eggs until light scrambled eggs.
4. Add the bacon, onions and scrambled eggs to the MILK mixture and fold in until well combined.
5. Fill a muffin tray with spoons full of mixture.
6. Top with grated Cheddar cheese.
7. Bake in a preheated oven at 180°C for 30 minutes.



PIZZAS & PASTAS



Like Mama
would have
made it!





CHICKEN LASAGNE

PIZZAS
AND PASTAS

YIELD: ±4.3 KG



INGREDIENTS

As needed	Oil
100 g	Onion, chopped
250 g	Mushrooms
1.5 kg	Chicken strips
2 Litres	Water
250 g	SO GOOD CREAMY MUSHROOM & SWEET PEPPER BASE - CODE: 3693756
250 g	SO GOOD WHITE SAUCE BASE - CODE: 3693763
250 g	Lasagne pasta sheets
100 g	Cheese, grated

METHOD

1. Cover the base of a pot with oil. Heat the oil and sauté the onions. Add the mushrooms and fry for 1 minute.
2. Add the chicken and cook until it changes colour.
3. Mix 1 Litre water and SO GOOD CREAMY MUSHROOM & SWEET PEPPER BASE together and add to the meat.
4. Bring to the boil, stirring continuously.
5. Cook for 1 minute and remove from the stove.
6. Whisk 1 Litre water and SO GOOD WHITE SAUCE BASE together, and bring to the boil.
7. Divide the white sauce into 3 parts. Pour $\frac{1}{3}$ of white sauce into the bottom of dish. Cover with pasta sheets.
8. Spoon half the chicken mixture into the dish and spread over the pasta sheets.
9. Cover with another $\frac{1}{3}$ of white sauce. Cover with the rest of the chicken mixture and pour the rest of the white sauce over the top. Sprinkle the grated cheese over and bake at 160° C for 40 minutes.



CHICKEN PASTA

PIZZAS
AND PASTAS

YIELD: ±3.5 KG



INGREDIENTS

500 g	Pasta (shells or screws)
As needed	Water, boiling
As needed	Oil
250 g	Onion, chopped
250 g	Mushrooms, sliced
1.5 Litres	Water
250 g	SO GOOD WHITE SAUCE BASE - CODE: 3693763
1 kg	Cooked chicken, de-boned and diced
10 ml	Dried parsley (2 teaspoons / 2 grams)

METHOD

1. Cook the pasta in salted boiling water until al dente. Stir often to stop the pasta from sticking.
2. Strain and rinse the pasta under cold water.
3. Cover the base of a pot with oil and fry the onions until soft.
4. Add the mushrooms and fry for 5 minutes.
5. Whisk the water and SO GOOD WHITE SAUCE BASE together and add to the pot.
6. Bring to the boil, stirring continuously.
7. Stir in the pasta and chicken. Remove from the stove and pour into a serving dish.
8. Garnish with the parsley.



PASTA WITH ROAST MEAT OR CHICKEN

PIZZAS
AND PASTAS

YIELD: ±3.2 KG



INGREDIENTS

500 g	Pasta (shells or screws)
As needed	Water, boiling
As needed	Oil
250 g	Onion, chopped
250 g	Mixed frozen vegetables
100 g	SO GOOD POTJIEKOS MIX - CODE: 3693768
1 Litre	Water
1 kg	Roast meat or chicken, de-boned and diced
10 ml	Dried parsley (2 teaspoons / 2 grams)

METHOD

1. Cook the pasta in salted boiling water until al dente. Stir often to stop the pasta from sticking.
2. Strain and rinse the pasta under cold water. Cover the base of a pot with oil and cook the onions until soft.
3. Add the vegetables and cook for 5 minutes.
4. Whisk the water and SO GOOD POTJIEKOS MIX together and add to the pot.
5. Bring to the boil and cook for 5 minutes.
6. Stir in the pasta and meat or chicken.
7. Remove from the stove and pour into a serving dish.
8. Garnish with parsley.



SPAGHETTI BOLOGNAISE

PIZZAS
AND PASTAS

YIELD: ±3.0 KG

INGREDIENTS

1.5 kg	Minced beef
250 g	SO GOOD ITALIAN TOMATO BASE - CODE: 3693757
750 ml	Water
500 g	Spaghetti
As needed	Water, boiling

METHOD

1. Put the mince into a pot and cook on the stove until brown and free of lumps.
2. Mix the SO GOOD ITALIAN TOMATO BASE with the water and add to the pot. Bring to the boil and cook for 10 - 15 minutes.
3. Cook the spaghetti in boiling, salted water until soft.
4. Drain and stir into the sauce.

NOTE:

- Serve topped with grated cheese.
- Add more water to the bolognese if needed.





BEEF LASAGNE

PIZZAS
AND PASTAS

YIELD: ±4.3 KG



INGREDIENTS

250 g	SO GOOD WHITE SAUCE BASE - CODE: 3693763
1 Litre	Water
500 g	Lasagne pasta sheets
2.75kg	Bolognaise mince
100 g	Cheese, grated

METHOD

1. Whisk the SO GOOD WHITE SAUCE BASE and water together and bring to the boil.
2. Divide the white sauce into 3 parts.
3. Pour the first $\frac{1}{3}$ of white sauce over the base of the dish.
4. Cover with pasta sheets.
5. Spread half the mince mixture over the pasta sheets.
6. Spread with another $\frac{1}{3}$ of white sauce.
7. Place another layer of pasta sheets on top and spread the rest of the mince over it.
8. Pour the last $\frac{1}{3}$ of white sauce over the mince meat.
9. Sprinkle the grated cheese over and bake at 160° C for 40 minutes.



MACARONI AND CHEESE

PIZZAS
AND PASTAS

YIELD: ±4.3 KG



INGREDIENTS

As needed	Water, boiling
500 g	Macaroni (cooked)
250 g	SO GOOD CHEESE SAUCE BASE - CODE: 3693762
1 Litre	Water
100 g	Cheese, grated
	Tomato, sliced for garnish

METHOD

1. Bring a pot of salted water up to the boil and cook the macaroni until al dente. Drain.
2. Whisk the SO GOOD CHEESE SAUCE BASE with the water, bring to the boil and mix into the pasta.
3. Pour into a baking dish and sprinkle the cheese over. Garnish with the sliced tomatoes.
4. Bake in the oven at 160° C for 40 minutes.

NOTE:

- To cut down on cooking time, bring the sauce to the boil and then mix into the cooked pasta before baking



ALFREDO PASTA

PIZZAS
AND PASTAS

YIELD: ±3.0 KG



INGREDIENTS

500 g	Pasta (macaroni, penne, shells or screws)
As needed	Water, boiling
As needed	Oil
250 g	Onion, chopped
500 g	Ham, diced
250 g	Mushrooms, sliced
250 g	SO GOOD CREAMY MUSHROOM & SWEET PEPPER BASE - CODE: 3693756
1.5 Litres	Water
10 ml	Dry parsley (2 teaspoons / 2 grams)

METHOD

1. Cook pasta in boiling, salted water. Stir often to stop the pasta from sticking.
2. When almost soft, strain and rinse under cold water.
3. Cover the base of a pot with oil and sauté the onions until soft.
4. Add the ham and mushrooms and cook for 5 minutes.
5. Mix the water and SO GOOD CREAMY MUSHROOM & SWEET PEPPER BASE together and add to the pot.
6. Bring to the boil, stirring continuously.
7. Add the parsley and pasta into the sauce and remove from the stove.

NOTE:

- Replace the ham with cold meat off-cuts to make the dish more cost-effective.



BACON, PEA & MUSHROOM PASTA

PIZZAS
AND PASTAS

YIELD: ±3.4 KG



INGREDIENTS

500 g	Pasta
As needed	Water, boiling
As needed	Oil
200 g	Onions
500 g	Bacon, chopped
250 g	SO GOOD INSTANT MUSHROOM SAUCE - CODE: 4656376
1 Litre	Water, boiling
300 g	Peas

METHOD

1. Cook the pasta in boiling, salted water until al dente. Stir often to stop the pasta from sticking.
2. Strain and rinse the pasta under cold water in a colander.
3. Cover the base of a pot with oil and sauté the onions until soft.
4. Add the bacon to the onions and gently fry until brown.
5. Whisk the SO GOOD INSTANT MUSHROOM SAUCE and boiling water together until thick.
6. Add the frozen peas to this mixture.
7. Gently add this mixture to the pasta with the bacon and onion mixture.

NOTE:

- You can also use chicken instead of bacon.



VEGETABLE LASAGNE

PIZZAS
AND PASTAS

YIELD: ±5.1 KG



INGREDIENTS

As needed	Oil
250 g	Onion, chopped
250 g	SO GOOD ITALIAN TOMATO BASE - CODE: 3693757
1.5 Litre	Water
2.75 kg	Roasted (cooked) vegetables
250 g	SO GOOD WHITE SAUCE BASE - CODE: 3693763
500 g	Lasagne pasta sheets
100 g	Cheese, grated

METHOD

1. Cover the base of a pot with oil. Sauté the onions in the oil until soft. Whisk the SO GOOD ITALIAN TOMATO BASE with 500 ml water and add to the onions. Boil for 5 minutes, then stir in the vegetables. Remove from the stove.
2. Whisk 1 Litre water and SO GOOD WHITE SAUCE BASE together, and bring to the boil.
3. Divide the white sauce into 3 parts.
4. Pour the first $\frac{1}{3}$ of white sauce over the base of the dish.
5. Cover with pasta sheets.
6. Spread half the vegetable mixture over the pasta sheets.
7. Spread with another $\frac{1}{3}$ of white sauce.
8. Place another layer of pasta sheets on top and spread the rest of the vegetables over it.
9. Pour the last $\frac{1}{3}$ of white sauce over the vegetables.
10. Sprinkle the grated cheese over and bake at 160°C for 40 minutes.



MUSHROOM AND SPINACH LASAGNE

PIZZAS
AND PASTAS

YIELD: ±3.4 KG



INGREDIENTS

As needed Oil

250 g Onions, chopped

450 g Spinach, chopped

250 g [SO GOOD INSTANT MUSHROOM SAUCE BASE - CODE: 4656376](#)

1 Litre Water, boiling

250 g [SO GOOD WHITE SAUCE BASE - CODE: 3693763](#)

1 Litre Water

500 g Lasagne sheets

100 g Cheese, grated

METHOD

1. Cover the base of a pot with oil and sauté the onions in the oil until soft. Add the spinach.
2. Whisk the SO GOOD INSTANT MUSHROOM SAUCE with 1 Litre boiling water in a bowl until thick.
3. Mix the spinach and onions into the mushroom sauce.
4. Whisk the SO GOOD WHITE SAUCE BASE and 1 Litre water in a pot. Bring to the boil and cook for 1 minute.
5. Pour 1/3 of the white sauce into the base of the dish.
6. Cover with a layer of lasagne sheets.
7. Spread half the mushroom, onion and spinach mixture over the lasagne.
8. Repeat steps 5 - 7.
9. Spread the remaining 1/3 white sauce over.
10. Sprinkle with the grated Cheddar Cheese.
11. Bake at 160° C for 40 minutes.



THREE CHEESE AND SPINACH PASTA

PIZZAS
AND PASTAS

YIELD: ±3.2 KG



INGREDIENTS

As needed	Oil
500 g	Penne pasta, cooked
100 g	Feta cheese, crumbled
100 g	Cheddar Cheese, grated
500 g	Spinach, washed and chopped.
120 g	Onion, chopped
500 g	SO GOOD CHEESE SAUCE BASE - CODE: 3693762
1 Litre	Water
1 TBS	SO GOOD ROAST VEGETABLE SPRINKLE - CODE: 3693770

METHOD

1. Cover the base of a pot with oil and sauté the onions, spinach and SO GOOD ROAST VEGETABLE SPRINKLE.
2. Whisk the SO GOOD CHEESE SAUCE BASE with the water and bring to the boil.
3. Transfer the spinach, pasta and feta, into a half insert and pour over the cheese sauce.
4. Mix through.
5. Sprinkle with the grated cheese and grill until the cheese has melted.



ROAST VEGETABLE PASTA

PIZZAS
AND PASTAS

YIELD: ±3.8 KG



INGREDIENTS

As needed	Oil
250 g	Onion, chopped
125 g	SO GOOD ITALIAN TOMATO BASE - CODE: 3693757 (1/2 sachet)
500 ml	Water
250 g	SO GOOD WHITE SAUCE BASE - CODE: 3693763
1 kg	Roast vegetables, already cooked
1.5 Litres	Water
As needed	Water, boiling
500 g	Pasta

METHOD

1. Cover the base of a pot with oil. Sauté the onions in the oil until soft.
2. Whisk the SO GOOD ITALIAN TOMATO BASE with 500 ml of water and add. Boil for 5 minutes. Whisk the SO GOOD WHITE SAUCE BASE with 1.5 Litres water and add to the pot. Boil for 2 minutes.
3. Stir in the vegetables and remove from stove.
4. Bring a pot of water and salt to the boil and add the pasta. Cook until al dente, stirring continuously.
5. Drain and stir into the vegetables and sauce. Pour into a serving dish.



TUNA BAKE

YIELD: ±2.5 KG

PIZZAS
AND PASTAS



INGREDIENTS

As needed	Oil
500 g	Onion, chopped
60 g	Tomato paste
250 g	SO GOOD WHITE SAUCE BASE - CODE: 3693763
1 Litres	Water
As needed	Water, boiling
500 g	Pasta (any shapes)
2	Tins tuna (drained)
100 g	Cheese, grated

METHOD

1. Cover the base of a pot with oil. Sauté the onions until soft. Add the tomato paste.
2. Whisk the SO GOOD WHITE SAUCE BASE with 1 Litre water and add to the onions.
3. Bring to the boil and cook for 1 minute. Remove from stove.
4. Bring a pot of water and salt to the boil and add the pasta.
5. Cook until al dente. Drain and rinse under cold water.
6. Mix the pasta and tuna into the sauce and pour into a serving dish.
7. Sprinkle the cheese over and brown under the grill or in the oven.



VEGETABLE & POTATO DISHES



Oh so good!





ROAST VEGETABLE BAKE

YIELD: ±3.2 KG

VEGETABLE
AND POTATO
DISHES



INGREDIENTS

2 kg	Roasting vegetables
As needed	Oil
60 ml	SO GOOD ROAST VEG SPRINKLE - CODE: 3693770
500 g	SO GOOD CHEESE BASE - CODE: 3693762
1 Litre	Water
100 g	Cheese, grated

METHOD

1. Drizzle the vegetables with oil and the SO GOOD ROAST VEGETABLE SPRINKLE and mix well.
2. Roast the vegetables at 180°C for 30 minutes until soft.
3. Whisk the SO GOOD CHEESE BASE with the water and bring to the boil.
4. Transfer the vegetables into a half insert and pour over the cheese sauce.
5. Sprinkle with grated cheese and grill until cheese is melted.



POTATO BAKE

VEGETABLE
AND POTATO
DISHES

YIELD: ±2.4 KG



INGREDIENTS

250 g	SO GOOD CHEESE SAUCE BASE - CODE: 3693762
1 Litre	Water
1.3 kg	Potatoes, peeled and thinly sliced
300 g	Onion, thinly sliced
100 g	Cheese, grated

METHOD

1. Whisk the SO GOOD CHEESE SAUCE BASE and water together and bring to the boil.
2. Divide the cheese sauce into 3 parts and the sliced potatoes and onions into 2 parts.
3. Cover the base of the dish with a $\frac{1}{3}$ of the cheese sauce.
4. Arrange half of the potatoes over the cheese sauce, followed by the sliced onions.
5. Cover with another $\frac{1}{3}$ of the cheese sauce.
6. Add the remaining potatoes and onion and cover with the last of the cheese sauce.
7. Cover the dish with foil.
8. Bake in the oven at 180° C for 1 hour.
9. Remove the foil and sprinkle the cheese over the top.
10. Bake for 10 minutes.



BROWN ONION POTATO BAKE

YIELD: ±2.3 KG

VEGETABLE
AND POTATO
DISHES



INGREDIENTS

100 g	SO GOOD ONION GRAVY MIX - CODE: 3693767
1 Litre	Water
1.3 kg	Potatoes, peeled and thinly sliced
300 g	Onion, thinly sliced
100 g	Cheese, grated

METHOD

1. Whisk the SO GOOD ONION GRAVY MIX and water together, and bring to the boil.
2. Divide the onion gravy into 3 parts and the sliced potatoes and onions into 2 parts.
3. Cover the base of a dish with a $\frac{1}{3}$ of the onion gravy.
4. Arrange half of the potatoes over the onion gravy, followed by the sliced onions.
5. Cover with another $\frac{1}{3}$ of the onion gravy.
6. Add the remaining potatoes and onion and cover with the last of the onion gravy.
7. Cover the dish with foil.
8. Bake in the oven at 180° C for 1 hour.
9. Remove the foil and sprinkle the cheese over the top.
10. Bake for 10 minutes.



BASIC MASH

YIELD: ±1.5 KG

VEGETABLE
AND POTATO
DISHES



INGREDIENTS

1.25 Litres Water, boiling
250 g SO GOOD MASH MIX - CODE: 3693764

METHOD

1. Pour the boiling water into a bowl.
2. Sprinkle the SO GOOD MASH MIX over the water and leave to stand for 5 minutes before whisking.



CAULIFLOWER & BROCCOLI

VEGETABLE
AND POTATO
DISHES

YIELD: ±2.3 KG



INGREDIENTS

600 g	Cauliflower
600 g	Broccoli
250 g	SO GOOD CHEESE SAUCE BASE - CODE: 3693762
1 Litre	Water
100 g	Cheese, grated
TT	SO GOOD PAPRIKA - CODE: 3693722

METHOD

1. Bring a pot of water to the boil with salt.
2. Add the cauliflower and broccoli and boil for 5 minutes.
3. Drain and rinse under cold water.
4. Cut into florets and arrange in a serving dish.
5. Whisk the SO GOOD CHEESE SAUCE BASE with water and bring to the boil in a pot, stirring continuously.
6. Cook for 1 minute and pour over the cauliflower and broccoli.
7. Sprinkle with the cheese and SO GOOD PAPRIKA.



CREAMED SPINACH

YIELD: ±2.2 KG

VEGETABLE
AND POTATO
DISHES



INGREDIENTS

2 kg	Fresh spinach, washed and chopped
As needed	Oil
300 g	Onion, chopped
250 g	SO GOOD CHEESE SAUCE BASE - CODE: 3693762
1 Litre	Water

METHOD

1. Steam or cook the spinach for 5 minutes. Drain and rinse under cold water.
2. Squeeze out all the water.
3. Cover the base of a pot with oil.
4. Sauté the onions in the oil until soft. Add the spinach.
5. Mix the SO GOOD CHEESE SAUCE BASE with the water and add to the spinach.
6. Bring to the boil, stirring continuously. Cook for a further 2 minutes.



SPINACH POT

VEGETABLE
AND POTATO
DISHES

YIELD: ±2.5 KG



INGREDIENTS

120 g	Onion chopped
500 g	Spinach, washed and chopped
100 g	SO GOOD ONION GRAVY MIX - CODE: 3693767
1 Litres	Water
500 g	Cooked samp
600 g	Cooked sugar beans

METHOD

1. Cover the Base of a pot with oil and sauté the onion until soft.
2. Add the spinach and half the water and cook until the spinach is soft.
3. Add the SO GOOD ONION GRAVY MIX into the rest of the water and add to the pot.
4. Boil 1 minute until thick and add the samp and the sugar beans.





CREAMY MUSHROOM STUFFING

YIELD: ±2.7 KG

VEGETABLE
AND POTATO
DISHES



INGREDIENTS

20 ml	SO GOOD SPICE FOR RICE - CODE: 4656375 (4 teaspoons / 16 grams)
1.5 kg	Cooked rice
250 g	SO GOOD INSTANT MUSHROOM SAUCE - CODE: 4656376
1 Litre	Water, boiling
10 ml	Dry herbs (2 teaspoons / 2 grams)

METHOD

1. Sprinkle the SO GOOD SPICE FOR RICE onto the cooked rice and blend in evenly. Set aside.
2. Whisk the SO GOOD INSTANT MUSHROOM SAUCE and boiling water together in a bowl until thick.
3. Add the mushroom sauce and dry herbs to the rice and mix through.



SPICY RICE

YIELD: ±2.0 KG

VEGETABLE
AND POTATO
DISHES



INGREDIENTS

45 ml	SO GOOD SPICE FOR RICE - CODE: 4656375 (3 Tablespoons / 40 grams)
2 kg	Cooked rice
80 g	Raisins

METHOD

1. Sprinkle the SO GOOD SPICE FOR RICE onto the cooked rice and blend in evenly.
2. Gently stir the raisins into the rice and serve.



SPICY VEGGIE RICE

YIELD: ±2.7 KG

VEGETABLE
AND POTATO
DISHES



INGREDIENTS

45 ml	SO GOOD SPICE FOR RICE - CODE: 4656375 (3 Tablespoons / 40 grams)
2 kg	Cooked rice
800 g	Mixed frozen vegetables
3	Onions, chopped

METHOD

1. Sprinkle the SO GOOD SPICE FOR RICE onto the cooked rice and blend in evenly.
2. Heat the mixed frozen vegetables in the microwave until cooked / boil in a pot over the stove in water until cooked.
3. Cover the base of a pot with oil and fry the onions.
4. Gently add the vegetables and onions to the rice until well combined.



PUMPKIN FRITTERS

VEGETABLE
AND POTATO
DISHES

YIELD: ±1.3 KG



INGREDIENTS

1 kg Pumpkin
500 ml Water
500 g [SO GOOD PANCAKE MIX - CODE: 3693792](#)
As needed Water

METHOD

1. Chop pumpkin and boil in 500 ml water until soft and dry.
2. Add the SO GOOD PANCAKE MIX to the mashed pumpkin.
3. Add extra water if needed, until you have reached the desired consistency.
4. Drop spoonfuls of mixture into a pre-heated pan with oil and shallow fry until golden underneath before turning to cook on the other side.

NOTE:

- Sprinkle with cinnamon sugar and serve warm.
- For pumpkin balls, drop spoonfulls into deep fryer and fry at 160° C until golden.



SWEET CORN & HERB FRITTERS

YIELD: ±1.0 KG

VEGETABLE
AND POTATO
DISHES



INGREDIENTS

250 g SO GOOD TEMPURA BATTERMIX - CODE: 3693769
2 Eggs
880 g Creamed corn (2 tins)
As needed Oil

METHOD

1. Mix the SO GOOD TEMPURA BATTERMIX, eggs and creamed corn together.
2. Heat the oil in a pot, and add the spoons of the batter to the hot oil.
3. Shallow fry for about 1 minute on each side until golden brown.



AFRICAN VEG BOWL

VEGETABLE
AND POTATO
DISHES

YIELD: ±4.0 KG



INGREDIENTS

350 g	Onions, chopped
1 kg	Carrots, cubed
1	Cabbage, thinly sliced
800 g	Potato, cubed
600 g	Sugar beans, cooked
100 g	SO GOOD RED CURRY MIX - CODE: 3693759
1 Litre	Water

METHOD

1. Cover the base of a pot with oil and sauté the onions until soft.
2. Add the carrots, potato and cabbage.
3. Sprinkle the SO GOOD RED CURRY MIX over and fry for 5 minutes.
4. Add the water and cook until the potatoes and carrots are soft.
5. Add the cooked sugar beans and cook through for 2 minutes.





SHISA CABBAGE

YIELD: ±2.7 KG

VEGETABLE
AND POTATO
DISHES



INGREDIENTS

250 g	Onions, sliced
500 g	Carrots, sliced
1	Cabbage, thinly sliced
100 g	SO GOOD YABABA MIX - CODE: 3693807
1 Litre	Water

METHOD

1. Cover the base of a pot with oil and sauté the onions and carrots until the onions are soft.
2. Add SO GOOD YABABA MIX into the water and to the pot with the cabbage.
3. Cook until the cabbage is soft.
4. Add more water if required.





SPICY SAMP & BEANS

YIELD: ±2.6 KG

VEGETABLE
AND POTATO
DISHES



INGREDIENTS

As needed	Oil
750 g	Cooked beans
750 g	Cooked samp
100 g	SO GOOD CHAKALAKA MIX - CODE: 3693808
1 Litre	Water

METHOD

1. Mix the SO GOOD CHAKALAKA MIX and water and bring to the boil.
2. Add the cooked beans and samp and cook through for 5 minutes.





SPICY BUTTERNUT AND SWEET POTATO

VEGETABLE
AND POTATO
DISHES

YIELD: ±3.0 KG



INGREDIENTS

500 g	Onion, chopped
1.2 kg	Butternut, chopped
1.2 kg	Sweet potato, chopped
200 g	SO GOOD CHAKALAKA MIX - CODE: 3693808
1 Litre	Water

METHOD

1. Cover the base of a pot with oil and sauté the onions in the oil until soft.
2. Add the Butternut and Sweet Potato and fry lightly.
3. Mix the SO GOOD CHAKALAKA MIX into the water and add to the pot
4. Cook until the vegetables are soft.



SOUPS



Homestyle
Flavour!





BROWN ONION SOUP

SOUPS

YIELD: ±4.9 LITRES

INGREDIENTS

As needed	Oil
2 kg	Onion, sliced
300 g	SO GOOD ONION GRAVY MIX - CODE: 3693767 (3 sachets)
3 Litres	Water

METHOD

1. Cover the base of a pot with oil. Heat the oil and sauté the onions until soft and beginning to brown.
2. Mix the SO GOOD ONION GRAVY MIX with the water and add to the onions.
3. Cook for 15 minutes.





MEAT & VEGETABLE SOUP

SOUPS

YIELD: ±6.2 LITRES



INGREDIENTS

As needed	Oil
1 kg	Onion, chopped
600 g	Stewing beef, cubed
1 kg	Mixed soup vegetables
4 Litres	Water
200 g	SO GOOD STEW MIX - CODE: 3693765 (2 sachets)

METHOD

1. Cover the base of a pot with oil. Heat oil and sauté the onions until soft.
2. Add the meat and brown. Add the vegetables.
3. Add half of the water and cook for 30 minutes.
4. Mix the SO GOOD STEW MIX with the rest of the water and add to the pot.
5. Simmer until the meat is tender.



CREAMY CHICKEN & MUSHROOM SOUP

SOUPS

YIELD: ±7.1 LITRES



INGREDIENTS

As needed	Oil
500 g	Onion, chopped
250 g	Mushrooms, sliced
4 Litres	Water
500 g	Potatoes, grated
1 kg	Cooked chicken, de-boned and shredded
500 g	SO GOOD CREAMY MUSHROOM & SWEET PEPPER BASE - CODE: 3693756 (5 sachets)

METHOD

1. Cover the base of a pot with oil. Heat oil and sauté the onions until soft.
2. Add the mushrooms and fry for 1 minute.
3. Add half of the water, potatoes and chicken. Cook for 10 minutes.
4. Mix the SO GOOD CREAMY MUSHROOM & SWEET PEPPER BASE with the rest of the water and add.
5. Bring to the boil and simmer for 5 minutes.



MINESTRONE SOUP

SOUPS

YIELD: ±5.6 LITRES



INGREDIENTS

As needed	Oil
500 g	Onion, chopped
250 g	Carrots, grated
1 kg	Mixed vegetables, meat or both
60 g	Tomato paste
4 Litres	Water
100 g	SO GOOD ONION GRAVY MIX - CODE: 3693767
200 g	SO GOOD POTJIEKOS MIX - CODE: 3693768 (2 sachets)
250 g	Pasta

METHOD

1. Cover the base of a pot with oil. Heat the oil and sauté the onions until soft.
2. Add the carrots, mixed vegetables, meat (if using), and tomato paste.
3. Add half the water and simmer for 20 minutes.
4. Mix the SO GOOD ONION GRAVY MIX and SO GOOD POTJIEKOS MIX with the rest of the water.
5. Add and bring to the boil. Add the pasta and cook for 20 minutes.



CHICKEN & CORN SOUP

SOUPS

YIELD: ±2.5 LITRES



INGREDIENTS

As needed	Oil
200 g	Onion, chopped
100 g	SO GOOD CHICKEN GRAVY MIX - CODE: 4656377
1.5 Litres	Water
As needed	Water, boiling
200 g	Pasta
500 g	Roasted chicken, de-boned and flaked
410 g	Whole corn (1 Tin)

METHOD

1. Cover the base of a pot with oil. Heat oil and sauté the onions until soft.
2. Whisk the SO GOOD CHICKEN GRAVY MIX and water together, and add to the onions.
3. Stir over gentle heat until the mixture begins to thicken.
4. Bring a pot of salted water to the boil and cook the pasta until al dente. Drain.
5. Mix in the pasta and allow to soften.
6. Gently stir in the chicken and corn.
7. Bring to the boil and simmer on low heat for 5 minutes.

NOTE:

- Garnish with parsley



BILTONG SOUP

SOUPS

YIELD: ±2.2 LITRES



INGREDIENTS

250 g	SO GOOD CHEESE SAUCE BASE - CODE: 3693762
2 Litres	Milk
200 g	Biltong, finely grated
20 g	CROWN NATIONAL SAFARI BILTONG SPICE (4 teaspoons)

METHOD

1. Mix the SO GOOD CHEESE SAUCE BASE with the milk and bring to the boil in a pot.
2. Gently stir in the biltong and CROWN NATIONAL SAFARI BILTONG SPICE.

NOTE:

- Garnish with grated cheese and biltong slices. Serve with freshly baked bread.



ROASTED CAULIFLOWER SOUP

SOUPS

YIELD: ±2.5 KG



INGREDIENTS

2	Heads of cauliflower
3	Garlic cloves, minced
120 g	Onion, finely chopped
As needed	Oil
100 g	SO GOOD CHICKEN GRAVY - CODE: 4656377
1.5 Litres	Water
500 ml	Cream
	Salt and pepper to taste

METHOD

1. Cut the cauliflower into small florets and drizzle with oil.
2. Roast the Cauliflower 25 - 30 minutes, stirring after 15 minutes until it starts browning
3. Cover the base of a pot with oil and sauté the onion and garlic until soft.
4. Add the roasted cauliflower to the pot and add the SO GOOD CHICKEN GRAVY POWDER and water and bring to the boil
5. Simmer for 30 minutes.
6. Blend the soup until smooth and add the cream
7. Add salt and pepper to taste.



CURRY BUTTERNUT SOUP

SOUPS

YIELD: ±9.0 KG



INGREDIENTS

5 kg	Butternut, cubed
600 g	Onions, finely chopped
As needed	Oil
100 g	SO GOOD YELLOW CURRY MIX - CODE: 3693758
250 g	SO GOOD WHITE SAUCE BASE - CODE: 3693763
2 Litres	Water
1 Litre	Milk

METHOD

1. Drizzle the butternut with oil and roast until soft.
2. Cover the base of a pot with oil and sauté the onions until soft.
3. Add the SO GOOD YELLOW CURRY MIX and fry for 1 minute.
4. Add the SO GOOD WHITE SAUCE into the water and whisk together.
5. Add the white sauce mix to the pot and bring to boil.
6. Blend till smooth.
7. Add the milk and stir through.

NOTE:

- For an oriental flavour, milk can be replaced with coconut milk.



CREAMY TOMATO SOUP

SOUPS

YIELD: ±7.0 KG



INGREDIENTS

10	Tins of tomato and onion mix (4.1 kg)
250 g	SO GOOD ITALIAN TOMATO BASE - CODE: 3693757
250 g	SO GOOD WHITE SAUCE BASE - CODE: 3693763
2.5 Litres	Water

METHOD

1. Add the tinned tomato and onion mix into a pot.
2. Whisk the SO GOOD ITALIAN TOMATO BASE and the SO GOOD WHITE SAUCE BASE with the water until lump free.
3. Add the water mix into the pot, bring to the boil for 10 minutes.
4. Blend till smooth.



SAUCES, GRAVIES & RELISHES



Elevate your
dish to the
next level!





CHEESE SAUCE

SAUCES, GRAVIES
& RELISHES

YIELD: ±1.2 LITRES

INGREDIENTS

250 g	SO GOOD CHEESE SAUCE BASE - CODE: 3693762
1 Litre	Water

METHOD

1. Whisk the SO GOOD CHEESE SAUCE BASE with the water in a pot.
2. Bring to the boil and cook for 1 minute.

NOTE:

- Use sauce raw in dishes that need cooking.





WHITE SAUCE

SAUCES, GRAVIES
& RELISHES

YIELD: ±1.2 LITRES

INGREDIENTS

250 g SO GOOD WHITE SAUCE BASE - CODE: 3693763
1 Litre Water

METHOD

1. Whisk the SO GOOD WHITE SAUCE BASE with the water in a pot.
2. Bring to the boil and cook for 1 minute.

NOTE:

- Use sauce raw in dishes that need cooking.





GRAVY

SAUCES, GRAVIES
& RELISHES

YIELD: ±2.9 KG



INGREDIENTS

100 g SO GOOD GRAVY MIX - CODE: 3693766
OR
100 g SO GOOD ONION GRAVY MIX - CODE: 3693767
OR
100 g SO GOOD CHICKEN GRAVY MIX - CODE: 4656377
1.2 Litres Water

METHOD

1. Whisk the SO GOOD GRAVY MIX and water in a pot.
2. Bring to the boil and cook for 2 minutes.



MUSHROOM SAUCE

YIELD: ±1.2 LITRES

INGREDIENTS

250 g SO GOOD INSTANT MUSHROOM SAUCE - CODE: 4656376
1 Litre Water, boiling

METHOD

1. Whisk the SO GOOD INSTANT MUSHROOM SAUCE and boiling water together in a bowl until thick.

SAUCES, GRAVIES
& RELISHES





TOMATO RELISH

SAUCES, GRAVIES
& RELISHES

YIELD: ±2.8 KG

INGREDIENTS

As needed Oil
1 kg Onion, chopped
4 Tins, whole peeled tomatoes, chopped
OR
2 kg Tomatoes, chopped
200 g **SO GOOD ITALIAN TOMATO BASE - CODE: 3693757**

METHOD

1. Cover the base of a pot with oil. Heat the oil and add the onions. Sauté until soft.
2. Add the tomatoes and cook for 5 minutes.
3. Add the SO GOOD ITALIAN TOMATO BASE and cook for 2 minutes until the sauce is thick.





CHAKALAKA

SAUCES, GRAVIES
& RELISHES

YIELD: ±3.5 KG

INGREDIENTS

As needed	Oil
500 g	Onions, slices
400 g	Bell pepper strips (red and green)
600 g	Carrots (cut into strips)
100 g	SO GOOD CHAKALAKA MIX - CODE: 3693808
500 ml	Water
4	Tins baked beans (1.64 kg)

METHOD

1. Cover the base of a pot with oil and sauté the onions until soft.
2. Add in the peppers and carrots.
3. Mix the SO GOOD CHAKALAKA MIX with the water and add to the pot.
4. Simmer until the carrots are soft, stirring often.
5. Add in the baked beans and stir through.





COOK-IN SAUCE

SAUCES, GRAVIES
& RELISHES

YIELD: ±600 G

INGREDIENTS

100 g **SOMETHING CHUNKY MIX**
500 g Mayonnaise

METHOD

1. Put all the ingredients in a bowl and whisk until combined and thickened.
2. Spread over meat and bake in the oven.

NOTE:

- **Suggested Something Chunky Mix:**
Lemon and Herb - Code: 4506106
Mango and Chutney - Code: 4506110
Peri Peri - Code: 4506109
Sosatie - Code: 4506113





SALADS



Add a fresh
crunch!





SMOKED CHICKEN SALAD

SALADS

YIELD: ±3.3 KG



INGREDIENTS

500 g	Frozen peas
500 g	Pasta (macaroni, penne, shells or screws)
600 g	Smoked chicken, chopped
	Red pepper, chopped
500 ml	GRAMA'S CLASSIC SALAD CREAM - CODE: 8110101
250 ml	MEISTERCLUB SWEET CHILLI SAUCE - CODE: 8110801
	Spring onions, sliced

METHOD

1. Place the peas in a bowl and pour boiling water over them. Leave for 2 minutes then drain.
2. Cook the pasta in salted water until soft. Drain and rinse under cold water. Pour into a bowl.
3. Add the rest of the ingredients, except the spring onion, and mix through.
4. Garnish with the spring onion.



CHICKEN PASTA SALAD

SALADS

YIELD: ±2.8 KG



INGREDIENTS

500 g	Pasta (macaroni, penne, shells or screws)
375 ml	GRAMA'S CLASSIC SALAD CREAM - CODE: 8110101
250 ml	MEISTERCLUB BBQ SAUCE - CODE: 8110806
600 g	Cooked chicken, chopped
150 g	Cherry tomatoes, ½ or ¼ cut
20 g	Chives, chopped
2 tins	Whole corn kernel, drained (900 g)

METHOD

1. Cook the pasta in salted water until soft
2. Drain and rinse with cold water
3. Mix the pasta, GRAMA'S CLASSIC SALAD CREAM, and MEISTERCLUB BBQ SAUCE together
4. Add the rest of the ingredients and mix through



CROWN
NATIONAL

BROCCOLI SALAD

SALADS

YIELD: ±2.0 KG

INGREDIENTS

750 g	Broccoli, cut the florets off finely
200 g	Raisins
100 g	Red apple, finely chopped
100 g	Green apple, finely chopped
100 g	Red pepper, finely chopped
200 g	Yellow pepper, finely chopped
750 ml	GRAMA'S CLASSIC SALAD CREAM - CODE: 8110101

METHOD

1. Mix all the ingredients together.





POTATO SALAD

SALADS

YIELD: ±2.3 KG



INGREDIENTS

2 kg	Potatoes
500 ml	GRAMA'S TANGY SALAD CREAM - CODE: 8110102
125 ml	GRAMA'S MUSTARD SAUCE - CODE: 8110046
To taste	SIX GUN GRILL - CODE: 4694643
5 g	Chives, chopped

METHOD

1. Place the potatoes in a pot with water and boil until soft, but not falling apart.
2. Peel the potatoes and cut them into quarters (or smaller depending on the size of the potato).
3. Mix the GRAMA'S TANGY SALAD CREAM and GRAMA'S MUSTARD SAUCE together in a bowl.
4. Add the potatoes (preferably while still warm) and mix through. Add SIX GUN GRILL to taste.
5. Garnish with the chives.



BEETROOT AND APPLE SALAD

SALADS

YIELD: ±2.9 KG



INGREDIENTS

1.5 kg	Beetroot, cooked and peeled
700 g	Green apples
120 g	Onion, finely chopped
100 g	Yellow Pepper, finely chopped
500 ml	MEISTERCLUB SWEET AND SOUR SAUCE - CODE: 8110813

METHOD

1. Cut the beetroot and apples into similar sized wedges or pieces and place in a bowl.
2. Add the onion, yellow pepper and MEISTERCLUB SWEET AND SOUR SAUCE and mix through.
3. Pour into a serving dish.



COLESLAW

SALADS

YIELD: ±1.8 KG

INGREDIENTS

500 g	Cabbage, finely sliced
500 g	Carrots, peeled and grated
500 ml	GRAMA'S CLASSIC SALAD CREAM - CODE: 8110101
500 ml	Orange Juice

METHOD

1. Mix the cabbage and carrots together in a bowl.
2. Mix the GRAMA'S CLASSIC SALAD CREAM and orange juice together and mix into the slaw.





DESSERTS



A sweet
finish!





CHOCOLATE MOUSSE

DESSERTS

YIELD: ±1.5 KG

INGREDIENTS

500 g SO GOOD CHOCOLATE MOUSSE - CODE: 3693721
1 Litre Milk

OR

500 g SO GOOD CHOCOLATE MOUSSE - CODE: 3693721
500 ml Water
500 ml Cream

METHOD

1. Whisk the SO GOOD CHOCOLATE MOUSSE and liquids together for 5 - 8 minutes.
2. Pour into containers and refrigerate for 20 minutes or until set.
3. Decorate as required.

NOTE:

- To increase shelf life, use non-dairy cream.





PEPPERMINT CRISP CHOCOLATE MOUSSE

DESSERTS

YIELD: ±1.6 KG



INGREDIENTS

500 g	SO GOOD CHOCOLATE MOUSSE - CODE: 3693721
1 Litre	Full cream milk
100 g	Peppermint crisp chocolate (1 slab)

METHOD

1. Whisk the SO GOOD CHOCOLATE MOUSSE and milk together for 5 - 8 minutes.
2. Grate the chocolate and fold $\frac{3}{4}$ into the Mousse.
3. Sprinkle the rest on top as garnish.
4. Refrigerate for 20 minutes.



TIRAMISU

DESSERTS

YIELD: ±3.3 KG



INGREDIENTS

100 g	Instant coffee granules
1.25 Litres	Warm water
500 g	SO GOOD WHITE CHOCOLATE MOUSSE - CODE: 3693790
1 Litres	Full cream milk
450 g	Sponge finger biscuits (75 units)
	Cocoa, for dusting

METHOD

1. Dissolve coffee granules in the warm water, pour into a shallow dish and leave to cool.
2. Make up the White Chocolate Mousse recipe:
Whisk the SO GOOD WHITE CHOCOLATE MOUSSE and milk together for 5 - 8 minutes.
3. Dip biscuits into the coffee and use to cover the base of a rectangular serving dish.
4. Cover the biscuits with 1/2 of the White Chocolate Mousse mixture.
5. Repeat by layering the remaining dipped biscuits on top of the first mousse layer and top with the remaining mousse mixture.
6. Dust with cocoa and refrigerate for ±20 minutes or until set.

NOTE:

- Use Long Life milk for a longer shelf life.



WHITE CHOCOLATE MOUSSE

DESSERTS

YIELD: ±1.5 KG



INGREDIENTS

500 g SO GOOD WHITE CHOCOLATE MOUSSE - CODE: 3693721
1 Litre Full cream milk

METHOD

1. Whisk the SO GOOD WHITE CHOCOLATE MOUSSE and milk together for 5 - 8 minutes.
2. Pour into containers and refrigerate for ±20 minutes, or until set.
3. Decorate as required.

NOTE:

- Use Long Life milk for a longer shelf life.



CAPPUCCINO MOUSSE

DESSERTS

YIELD: ±1.5 KG

INGREDIENTS

500 g	SO GOOD WHITE CHOCOLATE MOUSSE - CODE: 3693790
1 Litre	Full cream milk
35 g	Instant coffee granules

METHOD

1. Mix SO GOOD WHITE CHOCOLATE MOUSSE, milk and instant coffee together.
2. Whisk together for 5 - 8 minutes.
3. Spoon into a serving dish and refrigerate for ±20 minutes or until set.
4. Decorate as required.

NOTE:

- Use Long Life milk for a longer shelf life.





ROCKY ROAD DESSERT

DESSERTS

YIELD: ±4.250 KG



INGREDIENTS

1.250 kg	SO GOOD BAKED PUDDING - CODE: 040307
50 g	Cocoa powder
500 ml	Water
150 ml	Oil
100 g	Almond flakes
500 g	SO GOOD CHOCOLATE MOUSSE - CODE: 3693721
1 Litre	Milk
150 g	Mini marshmallows
200 g	Glazed cherries
150 g	White chocolate nibs
200 ml	SO GOOD CHOCOLATE SAUCE - CODE: 8110111

METHOD

1. Pre-heat oven to 160° C and grease baking tray (full insert).
2. Mix SO GOOD BAKED PUDDING MIX, cocoa powder, half of the almonds flakes, oil and water in mixing bowl.
3. Mix till combined and pour into greased baking tray - bake for 30 minutes @ 10% steam.
4. Mix SO GOOD CHOCOLATE MOUSSE with milk till smooth and thickened.
5. Add half of cherries, nibs and marshmallows to mousse. Fold in.
6. Layer the baked sponge, SO GOOD CHOCOLATE SAUCE and mousse mixture in a clear bowl and garnish with remainder almond flakes, cherries, nibs, marshmallows and SO GOOD CHOCOLATE SAUCE.



EBONY & IVORY MOUSSE

DESSERTS

YIELD: ±3.0 KG



INGREDIENTS

500 g	SO GOOD WHITE CHOCOLATE MOUSSE - CODE: 3693790
1 Litre	Full cream milk
500 g	SO GOOD CHOCOLATE MOUSSE - CODE: 3693721
1 Litre	Full cream milk

METHOD

Make up the Chocolate Mousse recipe:

1. Whisk the SO GOOD CHOCOLATE MOUSSE and milk together for 5 - 8 minutes.
2. Spoon into a serving dish/containers.
3. Leave to set in the refrigerator for ±20 minutes or until set.

Make up the White Chocolate Mousse recipe:

1. Whisk the SO GOOD WHITE CHOCOLATE MOUSSE and milk together for 5 - 8 minutes.
2. Spoon the White Chocolate Mousse mixture on top of the Chocolate Mousse Layer .
3. Leave to set in the refrigerator for ±20 minutes or until set.
4. Decorate with chocolate shavings.



GINGER MOUSSE

DESSERTS

YIELD: ±1.8 KG



INGREDIENTS

BASE:

- 100 g Margarine
- 200 g Ginger biscuits

FILLING:

- 500 g **SO GOOD WHITE CHOCOLATE MOUSSE - CODE: 3693790**
- 15 ml Ginger, ground (7 grams)
- 1 Litre Full cream milk

METHOD

1. Melt the margarine over low heat, either in a microwave or in a pot.
2. Crush the biscuits and add to the margarine.
3. Line a serving dish / containers with the biscuit mix.
4. Refrigerate for ±30 minutes before adding the filling.
5. Whisk the SO GOOD WHITE CHOCOLATE MOUSSE, ginger and milk together for 5 - 8 minutes.
6. Pour into biscuits base and refrigerate for 20 minutes or until set.

NOTE:

- Garnish with preserved ginger.



WHITE CHOCOLATE & TOFFEE MOUSSE FILLING

YIELD: ±1.7 KG

DESSERTS



INGREDIENTS

0.5 kg	SO GOOD WHITE CHOCOLATE MOUSSE - CODE: 3693790
1 Litre	Milk
300 ml	SO GOOD TOFFEE SAUCE - CODE: 8110112

METHOD

1. Whisk the SO GOOD WHITE CHOCOLATE MOUSSE, Milk and TOFFEE SAUCE together for 5 - 8 minutes.
2. Refrigerate for 20 minutes or until set.
3. Use as required.

NOTE:

- Can be used as filling for pancakes or as a topping on crumpets.
- Use Long Life milk for a longer shelf life



PEPPERMINT CRISP FRIDGE TART

DESSERTS

YIELD: ±2.1 KG



INGREDIENTS

200 g	Biscuits
200 g	Peppermint Crisp
500 g	SO GOOD WHITE CHOCOLATE MOUSSE - CODE: 3693790
1 Litre	Full cream milk
250 ml	SO GOOD TOFFEE SAUCE - CODE: 8110112

METHOD

1. Crush the biscuits to make a biscuit crumble.
2. Crush the peppermint crisp chocolate to make a crumble.
3. In a large bowl, whisk the SO GOOD WHITE CHOCOLATE MOUSSE, SO GOOD TOFFEE SAUCE & full cream milk together. Whisk until the consistency is smooth.
4. In a dessert tray or individual packaging, start to layer the dessert in the following order: Biscuits, mousse mixture & peppermint crumble.
5. Do at least 2 layers, ending with the peppermint crumble.
6. Put in fridge to set for 2 hours.

NOTE:

- Use Long Life milk for a longer shelf life



MILK TART MOUSSE

DESSERTS

YIELD: ±1.5 KG



INGREDIENTS

500 g	SO GOOD WHITE CHOCOLATE MOUSSE - CODE: 3693790
1 Litre	Full cream milk
3.75 ml	Ground cinnamon ($\frac{3}{4}$ teaspoon / 1 $\frac{1}{2}$ grams), plus extra for serving

METHOD

1. Whisk the SO GOOD WHITE CHOCOLATE MOUSSE, cinnamon and milk together for 5 - 8 minutes.
2. Pour into serving containers and refrigerate for ±20 minutes or until set.
3. Sprinkle cinnamon on top to serve.

NOTE:

- Use Long Life milk for a longer shelf life.
- Can be used as a pancake filling.



CHEESECAKE MOUSSE

DESSERTS

YIELD: ±2.1 KG



INGREDIENTS

BASE:

150 g Margarine, melted
200 g Biscuits

FILLING:

500 g **SO GOOD CHEESECAKE POWDER - CODE: 3693716**
1 Litre Full cream milk

METHOD

1. Melt the margarine over low heat, either in the microwave or in a pot.
2. Crush the biscuits and add to margarine.
3. Line a dish / containers with the biscuit mix.
4. Set in fridge for ±30 minutes before adding the filling together.
5. Whisk the SO GOOD CHEESECAKE POWDER and liquids for 5 - 8 minutes until well blended.
6. Spoon into a base and refrigerate for 20 minutes to set.



STRAWBERRY CHEESECAKE

DESSERTS

YIELD: ±2.6 KG



INGREDIENTS

BASE:

100 g Margarine, melted
200 g Biscuits

FILLING:

100 g **SO GOOD STRAWBERRY JELLY POWDER - CODE: 3693718**
 (1/5 sachet)
500 ml Rapidly boiling water
500 g **SO GOOD CHEESECAKE POWDER - CODE: 3693716**
1.25 Litres Full cream milk

METHOD

1. Melt the margarine over low heat, either in the microwave or in a pot.
2. Crush the biscuits and add to margarine.
3. Line a dish/containers with the biscuit mix.
4. Set in fridge for ±30 minutes before adding the filling
5. Add rapidly boiling water to SO GOOD STRAWBERRY JELLY POWDER and whisk.
6. Let the jelly cool down to room temperature. (If hot jelly is added to the cheesecake mix, the jelly settles out.)
7. Whisk the SO GOOD CHEESECAKE POWDER with the milk for 5 - 8 minutes until well blended.
8. Mix the jelly into the cheesecake mixture until smooth.
9. Spoon the filling into dish/containers.
10. Refrigerate for 1 hour or until set.



PINEAPPLE FRIDGE TART

DESSERTS

YIELD: ±2.4 KG (1 TART)



INGREDIENTS

BASE:

100 g Margarine
200 g Biscuits

FILLING:

500 g **SO GOOD CHEESE CAKE POWDER - CODE: 3693716**
1 Litre Full cream milk
Small tin Crushed pineapple (227 g)
1 tin Condensed milk (395 g)

METHOD

1. Melt the margarine over low heat, either in a microwave or in a pot.
2. Crush the biscuits and add to the margarine.
3. Line a loose bottom cake tin with the biscuit mix.
4. Refrigerate for ±30 minutes before adding the filling.
5. Whisk the SO GOOD CHEESECAKE POWDER and milk together for 5 - 8 minutes.
6. Mix the crushed pineapple and condensed milk into the cheese cake mix and whisk through.
7. Pour into biscuit base.
8. Refrigerate for 20 minutes or until set.

NOTE:

- Use Long Life milk for a longer shelf life



BANOFFEE CHEESECAKE MOUSSE

DESSERTS

YIELD: ±2.5 KG



INGREDIENTS

BASE:

100 g Margarine
200 g Biscuits

FILLING:

500 g **SO GOOD CHEESE CAKE POWDER - CODE: 3693716**
1 Litre Full cream milk
500 g Bananas
250 g **SO GOOD TOFFEE SAUCE - CODE: 8110112**

METHOD

1. Melt the margarine over low heat, either in a microwave or in a pot.
2. Crush the biscuits and add to the margarine.
3. Line a serving dish/ containers with the biscuit mix.
4. Refrigerate for ±30 minutes before adding the filling.
5. Whisk the SO GOOD CHEESECAKE POWDER and milk together for 5 - 8 minutes.
6. Mash the bananas and mix into the cheesecake mix.
7. Pour into biscuit base
8. Pour the SO GOOD TOFFEE SAUCE over the cheesecake.
9. Refrigerate for 20 minutes or until set.

NOTE:

- Use Long Life milk for a longer shelf life



MARSHMALLOW CHEESECAKE MOUSSE

DESSERTS

YIELD: ±1.9 KG



INGREDIENTS

BASE:

100 g Margarine
200 g Biscuits

FILLING:

500 g **SO GOOD CHEESE CAKE POWDER - CODE: 3693716**
1 Litre Full cream milk
150 g Mini marshmallows

METHOD

1. Melt the margarine over low heat, either in a microwave or in a pot.
2. Crush the biscuits and add to the margarine.
3. Line a serving dish/containers with the biscuit mix.
4. Refrigerate for ±30 minutes before adding the filling.
5. Whisk the SO GOOD CHEESECAKE POWDER and milk together for 5 - 8 minutes.
6. Mix the marshmallows into the cheesecake mix.
7. Pour into biscuit base
8. Refrigerate for 20 minutes or until set.

NOTE:

- Use Long Life milk for a longer shelf life.
- Decorate as desired.



DECADENT CHEESECAKE MOUSSE

DESSERTS

YIELD: ±1.8 KG



INGREDIENTS

BASE:

100 g Margarine
200 g Biscuits

FILLING:

250 g **SO GOOD CHEESE CAKE POWDER - CODE: 3693716**
750 ml Full cream milk
250 ml Cream
250 g Cream cheese

METHOD

1. Melt the margarine over low heat, either in a microwave or in a pot.
2. Crush the biscuits and add to the margarine.
3. Refrigerate for ±0 minutes before adding the filing.
4. Whisk the SO GOOD CHEESECAKE POWDER, milk and cream together for 5 - 8 minutes.
5. Pour onto the biscuit base.
6. Refrigerate for 20 minutes or until set.

NOTE:

- Use Long Life milk for a longer shelf life.
- Decorate as desired.



OREO CHEESECAKE MOUSSE

DESSERTS

YIELD: ±2.0 KG



INGREDIENTS

BASE:

100 g Margarine
200 g Biscuits

FILLING:

500 g **SO GOOD CHEESE CAKE POWDER - CODE: 3693716**
1 Litre Full cream milk
176 g Oreo biscuits

METHOD

1. Melt the margarine over low heat, either in a microwave or in a pot.
2. Crush the biscuits for the base and add to the margarine.
3. Refrigerate for ±30 minutes before adding the filing.
4. Crush the Oreo biscuits.
5. Whisk the SO GOOD CHEESECAKE POWDER and milk together for 5 - 8 minutes.
6. Mix the crushed biscuits into the cheese cake mix and pour into biscuit base
7. Refrigerate for 20 minutes or until set.
8. Decorate with halved Oreo biscuits.

NOTE:

- Use Long Life milk for a longer shelf life



WHITE CHOCOLATE CHEESECAKE MOUSSE

DESSERTS

YIELD: ±1.8 KG



INGREDIENTS

BASE:

100 g Margarine
200 g Biscuits

FILLING:

250 g **SO GOOD CHEESE CAKE POWDER - CODE: 3693716**
250 g **SO GOOD WHITE CHOCOLATE MOUSSE - CODE: 3693790**
1 Litre Full cream milk

METHOD

1. Melt the margarine over low heat, either in a microwave or in a pot.
2. Crush the biscuits and add to the margarine.
3. Refrigerate for ±30 minutes before adding the filling.
4. Whisk the SO GOOD CHEESECAKE POWDER, the SO GOOD WHITE CHOCOLATE MOUSSE and milk together for 5 - 8 minutes.
5. Refrigerate for 20 minutes or until set.

NOTE:

- Use Long Life milk for a longer shelf life



JELLY POWDER

DESSERTS

YIELD: ± 3.0 KG

INGREDIENTS

500 g	SO GOOD GREENGAGE JELLY POWDER - CODE: 3693720
OR	
500 g	SO GOOD STRAWBERRY JELLY POWDER - CODE: 3693718
OR	
500 g	SO GOOD ORANGE JELLY POWDER - CODE: 3693791
1 Litre	Rapidly boiling water
1.5 Litres	Cold water

METHOD

1. Whisk the SO GOOD JELLY POWDER and the rapidly boiling water together until dissolved.
2. Add cold water.
3. Pour into serving dishes.
4. Refrigerate until set (± 3 hours).

NOTE:

- Rapidly boiling water must be used to prevent undissolved solids and cloudiness.





CUSTARD

DESSERTS

YIELD: ±2.5 KG



INGREDIENTS

500 g	SO GOOD CUSTARD POWDER - CODE: 3693717
1 Litre	Water
1 Litre	Milk

METHOD

1. Whisk the SO GOOD CUSTARD POWDER, water and milk together for 2 minutes until smooth.
2. Rest for 5 minutes before using.

NOTE:

- For a rich and creamy custard use only milk.
- Use Long Life milk for a longer shelf life.
- Use half the water for a thicker custard to use as a pancake filling with SO GOOD TOFFEE SAUCE.



TRIFLE

DESSERTS

YIELD: ±9.5 KG



INGREDIENTS

500 g	SO GOOD STRAWBERRY JELLY POWDER - CODE: 3693718
2.5 Litres	Rapid boiling water
500 g	SO GOOD GREENGAGE JELLY POWDER - CODE: 3693720
2.5 Litre	Rapid boiling water
500 g	SO GOOD CUSTARD POWDER - CODE: 3693717
1 Litre	Milk
1 Litre	Water
600 g	Sponge cake
4 Tins	Fruit cocktail
500 ml	Cream, whipped

METHOD

1. Whisk the SO GOOD STRAWBERRY JELLY POWDER and boiling water until dissolved. Refrigerate til set.
2. Whisk the SO GOOD GREENGAGE JELLY POWDER and boiling water until dissolved. Refrigerate til set.
3. Whisk the SO GOOD CUSTARD POWDER, milk and water together for 2 minutes until smooth.
4. Cut the sponge cake into small pieces and use to cover the base of a serving dish.
5. Drain the fruit cocktail and keep the juice. Set cherries aside for decoration.
6. Spoon fruit and juice over the cake.
7. Top with strawberry and greengage jelly.
8. Cover with a layer of custard.
9. Pipe whipped cream on top and decorate with cherries.
10. Refrigerate for 2 hours to allow jelly to set.



ORANGE PANNA COTTA

DESSERTS

YIELD: ±2.7 KG



INGREDIENTS

500 g	SO GOOD ORANGE JELLY POWDER - CODE: 3693791
1 Litre	Rapidly boiling water
1.5 Litres	Ideal milk, chilled

METHOD

1. Whisk the SO GOOD ORANGE JELLY POWDER and the rapidly boiling water together until dissolved.
2. Leave to cool.
3. Add ideal milk and mix well using a spoon. Whisking at this stage will create bubbles which are not desirable.
4. Pour into a serving dish and refrigerate for ±3 hours or until set.
5. Decorate as required.

NOTE:

- For a fluffy whipped orange dessert: Whisk the final mixture for 3 - 4 minutes before refrigerating.
- For a strawberry Panna Cotta replace the SO GOOD ORANGE JELLY POWDER with a SO GOOD STRAWBERRY JELLY POWDER.



MALVA PUDDING

DESSERTS

YIELD: ±2.7 KG



INGREDIENTS

1.25 kg	SO GOOD BAKED PUDDING MIX - CODE: 040307
150 ml	Oil
500 ml	Water

FOR THE SAUCE

250 ml	Milk
250 g	Margarine
250 g	White sugar (1 ¼ Cup)
250 ml	Cream

METHOD

Make up the pudding recipe:

1. Place SO GOOD BAKED PUDDING MIX, oil and water in a mixing bowl.
2. Mix until all ingredients are well combined and no lumps remain.
3. Pour into a baking dish.
4. Bake at 160°C for 35 - 45 minutes or until baked through and browned.

Make up the sauce recipe:

1. Bring the cream, milk, margarine and white sugar to a simmer, stirring until all the sugar has dissolved.
2. Pour hot sauce over the hot pudding and allow it to soak into the sponge.
3. Best served warm.

NOTE:

- For best results bake in a full tray insert.
- For an orange pudding, replace the milk and cream with 500 ml orange juice.



STICKY TOFFEE PUDDING

DESSERTS

YIELD: ±2.7 KG



INGREDIENTS

1.25g SO GOOD BAKED PUDDING MIX - CODE: 040307
150 ml Oil
500 ml Water

FOR THE SAUCE

500 ml SO GOOD TOFFEE SAUCE - CODE: 8110112
500 ml Full cream milk

METHOD

Make up the pudding recipe:

1. Place SO GOOD BAKED PUDDING MIX, oil and water in a mixing bowl.
2. Mix until all ingredients are well combined and no lumps remain.
3. Pour into a baking dish.
4. Bake at 160° C for 35 - 45 minutes or until baked through and browned.

Make up the sauce recipe:

1. Combine SO GOOD TOFFEE SAUCE and milk in a saucepan.
2. Heat until mixed through and hot. DO NOT boil.
3. Pour hot sauce over the hot pudding and allow the sauce to soak into the sponge.

NOTE:

For best results bake in a full tray insert.



CHOCOLATE PUDDING

DESSERTS

YIELD: ±2.7 KG



INGREDIENTS

1.25 kg	SO GOOD BAKED PUDDING MIX - CODE: 040307
50 g	Cocoa
150 ml	Oil
550 ml	Water

FOR THE SAUCE

500 ml	SO GOOD CHOCOLATE SAUCE - CODE: 8110111
500 ml	Full cream milk

METHOD

Make up the pudding recipe:

1. Place the SO GOOD BAKED PUDDING MIX, cocoa, oil and water in a mixing bowl.
2. Mix until all ingredients are well combined and no lumps remain.
3. Pour into a baking dish.
4. Bake at 160° C for 35 - 45 minutes or until baked through and browned.

Make up the sauce recipe:

1. Combine SO GOOD CHOCOLATE SAUCE and milk in a saucepan.
2. Heat until mixed through and hot. DO NOT boil.
3. Pour hot sauce over the hot pudding and allow the sauce to soak into the sponge.

NOTE:

For best results bake in a full tray insert.



PANCAKES

DESSERTS

YIELD: ±1.0 KG



INGREDIENTS

500 g SO GOOD PANCAKE MIX - CODE: 3693792
750 ml Water

METHOD

1. Whisk the SO GOOD PANCAKE MIX and water together until smooth.
2. Heat a pancake pan on a medium heat and brush lightly with oil.
3. Pour pancake mix into the pan (approximately $\frac{3}{4}$ cup of mixture per pancake), tilting the pan with a circular motion so that the batter coats the surface evenly.
4. Cook pancake for about 2 minutes or until the bottom is light brown. Loosen with a spatula, turn and cook on the other side.

NOTE:

- Serve with cinnamon sugar, syrup and a squeeze of lemon juice.
- If the mixture is too thick, add a little water until desired consistency is reached.

SERVING SUGGESTION:

- TO MAKE A CHOCOLATE PANCAKE: add 25 g sifted cocoa to the SO GOOD PANCAKE MIX before adding the water.
- Delicious served filled with SO GOOD WHITE CHOCOLATE MOUSSE made up using full cream milk.



CRUMPETS

DESSERTS

YIELD: ±0.9 KG

INGREDIENTS

500 g SO GOOD PANCAKE MIX - CODE: 3693792
400 ml Water

METHOD

1. Whisk the SO GOOD PANCAKE MIX and water together until smooth.
2. Heat a non-stick pan on a medium heat and brush lightly with oil.
3. Drop spoonfuls of mixture into the pan.
4. Turn once the top is full of air bubbles and the bottom is golden brown. Cook on the other side.

NOTE:

- For choc-chip crumpets: add 120 g chocolate chips to the dry mix before adding the water.





WAFFLE

DESSERTS

YIELD: ±0.9 KG

INGREDIENTS

500 g SO GOOD PANCAKE MIX - CODE: 3693792
400 ml Water

METHOD

1. Whisk the SO GOOD PANCAKE MIX, water and sugar together until smooth.
2. Pour mixture into pre-heated waffle maker and cook until golden brown and cooked through.

NOTE:

- For a chocolate waffle: add 25 g sifted cocoa to the dry mix before adding the water.
- For a marbled effect, add cocoa to half of the waffle mixture and pour half plain waffle mixture and half chocolate waffle mixture into the waffle maker, using a swirling motion.

SERVING SUGGESTION:

- Serve with SO GOOD SOFT SERVE ICE CREAM, SO GOOD CHOCOLATE SAUCE and chopped pecan nuts.
- Serve with SO GOOD SOFT SERVE ICE CREAM, SO GOOD TOFFEE SAUCE and sliced banana.





SOFT SERVE MIX

DESSERTS

YIELD: ±3.0 KG

INGREDIENTS

- 1 kg SO GOOD VANILLA SOFT SERVE MIX - CODE: 040303
OR
1 kg SO GOOD STRAWBERRY SOFT SERVE MIX - CODE: 050810
2 Litres Water

METHOD

1. Mix SO GOOD SOFT SERVE MIX and water together.
2. Whisk for 3 - 4 minutes or until free of lumps.
3. Leave to rest for 15 - 20 minutes before pouring into Soft Serve machine.
4. Use according to manufacturer's instructions.

NOTE:

- Serve drizzled with SO GOOD CHOCOLATE SAUCE or SO GOOD TOFFEE SAUCE.





CHOCOLATE MILKSHAKE

DESSERTS

YIELD: ±5.6 LITRES

INGREDIENTS

2 kg	READY MADE SO GOOD VANILLA SOFT SERVE - CODE: 040303
600 g	SO GOOD CHOCOLATE SAUCE - CODE: 8110111
3 Litres	Full cream milk

METHOD

1. Combine all ingredients in a blender or milkshake maker and blend until smooth.
2. Serve immediately.

NOTE:

- FOR A TOFFEE MILKSHAKE: Replace the chocolate sauce with SO GOOD TOFFEE SAUCE.
- FOR A MOCHA COFFEE: add 30 g instant coffee granules with the SO GOOD CHOCOLATE SAUCE.





EQUIPMENT & SMALLS CATALOGUE

Finishing touches
for a professional
kitchen



APPLICATION

Ideal for use in steak houses, restaurants, coffee shops, clubs and pubs.

CONSTRUCTION

- 28 000 BTU per burner
- Piezo igniters for safe and easy ignition
- Heavy duty cast iron grates specially designed to disperse excess fat, reducing smoke and flames
- Bull nose design
- Conversion kits available to convert unit to lava rock griller
- Automatic flame failure device shuts off gas in the event of flame going out
- Safety approved by LPG Safety Association of SA

HEATING

- Superior burners allow for fast recovery and improved heat distribution
- 455 mm long extended burners for better heat distribution

(A)



(B)



(C)



SPECIFICATIONS - GGR0400

Surface:	Ribbed Grates
Gas:	LPG
Output:	28 000 BTU
Dimensions:	450 x 675 x 350 mm
Grill Area:	400 x 470 mm
Packed Weight:	58 kg
Regulator:	No

SPECIFICATIONS - GGR0600

Surface:	Ribbed Grates
Gas:	LPG
Output:	56 000 BTU
Dimensions:	610 x 675 x 350 mm
Grill Area:	600 x 470 mm
Packed Weight:	69 kg
Regulator:	No

SPECIFICATIONS - GGR0900

Surface:	Ribbed Grates
Gas:	LPG
Output:	84 000 BTU
Dimensions:	900 x 675 x 350 mm
Grill Area:	900 x 470 mm
Packed Weight:	77 kg
Regulator:	No

Order Codes:

GGR0400 **A** Gas Griller Radiant Anvil - 400 mm - Premier Range
 GGR0600 **B** Gas Griller Radiant Anvil - 600 mm - Premier Range
 GGR0900 **C** Gas Griller Radiant Anvil - 900 mm - Premier Range

Lava Rock Conversion Kits:

Order Codes:

GGR1400 • Gas Griller Radiant Anvil - 400 mm - Lava Rock Conversion Kit
 GGR1600 • Gas Griller Radiant Anvil - 600 mm - Lava Rock Conversion Kit
 GGR1900 • Gas Griller Radiant Anvil - 900 mm - Lava Rock Conversion Kit

Order Codes:

GG0400 • Gas Griller Stand - 400 mm - M/Steel
 GG0600 • Gas Griller Stand - 600 mm - M/Steel
 GG0900 • Gas Griller Stand - 900 mm - M/Steel



Lava Rocks

NOTE:

Heavy duty gas products to be connected by approved gas installer

(A)



(B)



(C)



APPLICATION

Ideal for use in steak houses, restaurants, coffee shops, clubs and pubs.

CONSTRUCTION

- 28 000 BTU per burner
- Piezo igniters for safe and easy ignition
- Heavy duty 16 mm griddle plate for effective heat distribution
- Bull nose design
- Automatic flame failure device shuts off gas in the event of flame going out
- Polished cooking surface for easy cleaning
- Safety approved by LPG Safety Association of SA

HEATING

- 455 mm Long extended burners for better heat distribution
- Superior burners allow for fast recovery and improved heat distribution

SPECIFICATIONS - FTG0400

Surface:	Flat
Gas:	LPG
Output:	28 000 BTU
Dimensions:	450 x 675 x 350 mm
Grill Area:	400 x 480 mm
Packed Weight:	60 kg
Regulator:	No

SPECIFICATIONS - FTG0600

Surface:	Flat
Gas:	LPG
Output:	56 000 BTU
Dimensions:	610 x 675 x 350 mm
Grill Area:	600 x 480 mm
Packed Weight:	72 kg
Regulator:	No

SPECIFICATIONS - FTG0900

Surface:	Flat
Gas:	LPG
Output:	84 000 BTU
Dimensions:	900 x 675 x 350 mm
Grill Area:	900 x 480 mm
Packed Weight:	120 kg
Regulator:	No

ORDER CODES:

FTG0400 **A** Flat Top Griller Anvil - 400 mm - Premier Range - Gas
 FTG0600 **B** Flat Top Griller Anvil - 600 mm - Premier Range - Gas
 FTG0900 **C** Flat Top Griller Anvil - 900 mm - Premier Range - Gas

MILD STEEL STANDS



FEATURES

The collapsible flat design allows the stand to be conveniently transported.

ORDER CODES:

GG0400 • Gas Griller Stand - 400 mm - M/Steel
 GGS0600 • Gas Griller Stand - 600 mm - M/Steel
 GGS0900 • Gas Griller Stand - 900 mm - M/Steel

NOTE:

Heavy duty gas products to be connected by approved gas installer



APPLICATION

Ideal for use in steak houses, restaurants, coffee shops, clubs and pubs.

CONSTRUCTION

- 26 000 BTU per burner
- Heavy duty cast iron grates specially designed to distribute heavy loads and ensure fast, even heating
- Bull nose design
- Safety approved by LPG Safety Association of SA

HEATING

- Heavy duty cast iron burners for better heat distribution
- Superior burners allow for fast heating and improved heat distribution

SPECIFICATIONS - STG0002

Surface:	Open
Gas:	LPG
Output:	52 000 BTU
Dimensions:	300 x 692 x 364 mm
Grid Size:	300 x 300 mm
Packed Weight:	52 kg
Regulator:	No

SPECIFICATIONS - STG0004

Surface:	Open
Gas:	LPG
Output:	104 000 BTU
Dimensions:	600 x 692 x 364 mm
Grid Size:	600 x 300 mm
Packed Weight:	58 kg
Regulator:	No

SPECIFICATIONS - STG0006

Surface:	Open
Gas:	LPG
Output:	156 000 BTU
Dimensions:	900 x 692 x 364 mm
Grid Size:	900 x 300 mm
Packed Weight:	69 kg
Regulator:	No

ORDER CODES:

STG0002 • Stove Gas Anvil - Heavy Duty - 2 Burner
 STG0004 • Stove Gas Anvil - Heavy Duty - 4 Burner
 STG0006 • Stove Gas Anvil - Heavy Duty - 6 Burner

NOTE:

Heavy duty gas products to be connected by approved gas installer

CHICKEN ROTISSERIE - 8 BIRD

EQUIPMENT



FEATURES

- Produces 8 delicious chickens at a time
- Ideal for small supermarkets, restaurants, takeaways, etc
- Hot air circulation using a fan to ensure even heat distribution
- Drip tray included

SPECIFICATIONS - CGA0008

Capacity:	8 x 1.2 kg Chickens
Power:	2,7 kW
Voltage:	230 V, 50/60Hz
Dimensions:	743 x 567 x 587 mm
Weight:	38 kg
Cooking Time:	Approx 1 Hour 40 Minutes @ 180° C

ORDER CODE:

CGA0008 • Chicken Griller Anvil - 8 Bird (Elec)

B

CHICKEN ROTISSERIE - 16 BIRD

EQUIPMENT



FEATURES

- Produces 16 delicious chickens at a time
- Ideal for small supermarkets, restaurants, takeaways, etc
- Hot air circulation using 2 fans to ensure even heat distribution
- Drip tray included

SPECIFICATIONS - CGA0016

Capacity:	16 - 20 x 1.2 kg Chickens
Power:	5 kW
Voltage:	230 V - 2 Phase - 50/60Hz
Dimensions:	943 x 560 x 617 mm
Weight:	58 kg
Cooking Time:	Approx 1 Hour 30 Minutes @ 180° C

ORDER CODE:

CGA0016 • Chicken Griller Anvil - 16 Bird (Elec)

MEDIUM DUTY MICROWAVE - 1100 W

EQUIPMENT



110 W

FEATURES

- 1100 Watts of power for fast heating
- Stainless Steel interior and exterior for easy cleaning
- Durable construction for years of commercial foodservice use
- Up to 100 programmable menu items
- Stackable to save counter space

SPECIFICATIONS - MWM1100

Capacity:	34 L
Voltage:	230 V - 50Hz
Power:	1100W
External Dimensions:	558 x 482 x 349 mm
Cavity Dimensions:	368 x 381 x 216 mm
Packaged Dimensions:	660 x 508 x 432 mm
Packaged Weight:	21.8 kg
Weight:	19 kg

ORDER CODES:

MWM1100 • Microwave MenuMaster - 1100W
SMW0001 • Shelf Microwave - ST/Steel



CONSTRUCTION

- Heavy duty 10 mm cooking plate for high heat retention
- Grease trough drains into bottom mounted grease collection pan
- Splashback prevents undue grease spattering

HEATING

- Rapidly heats up to optimum cooking temperature
- Flat top griller thermostatically controlled up to a max of 300° C
- Egg Griller thermostatically controlled up to max of 180° C
- Element design ensures even heating over entire cooking surface

The egg and bacon griller is ideal for breakfasts. Use either the egg griller (D) for frying eggs in oil bath or use the combination (E) to fry eggs on one side, sausages, bacon and tomatoes on the other side.

Buy the half flat / half ribbed griddle to give you versatility, use the flat half for bacon and eggs and the ribbed side to give burgers and steaks the authentic grill house look. 10 mm mild steel griddle plates.



SPECIFICATIONS - FTA0400

Power:	2 kW
Voltage:	230 V
Grill Area:	355 x 420 mm
Dimensions:	373 x 532 x 241 mm
Weight:	20 kg

SPECIFICATIONS - FTA0600

Power:	3 kW
Voltage:	230 V
Grill Area:	605 x 420 mm
Dimensions:	623 x 532 x 241 mm
Weight:	32 kg

ORDER CODES:

- FTA0400 • Flat Top Grill Anvil - 400 mm (Elec)
FTA0600 • Flat Top Grill Anvil - 600 mm (Elec)

SOUP KETTLE

EQUIPMENT



FEATURES

- Ideal for hotels, canteens, take aways and supermarkets
- Great for soup, sauces, curries, breakfast porridge and stew

SPECIFICATIONS - SKD0008

Capacity:	11 L
Voltage:	230 V
Power:	0.8 kW
Top Diameter:	270 mm
Middle Diameter:	215 mm
Bottom Diameter:	235 mm
Height:	365 mm

ORDER CODE:

- SKD0008 • Soup Kettle - Black - Avenia - 11 L



Stainless Steel Baskets Included

FEATURES

- Specially designed tilt up head for easy removal of insert to remove oil
- Thermostatically controlled with automatic safety cut out at 209° C to prevent oil flashing
- The double pan is convenient for processing different food product types
- During busy periods, use both sides
- During quiet periods, use only one side
- Fast recovery time
- Oil tank has slip-away handles for easy removal
- Micro switch disconnects power when element box is removed

SPECIFICATIONS - FFA2001

Output:	Approx 4 kg French Fries An Hour
Power:	2.5 kW
Voltage:	230 V
Volume of Oil:	5 L
Dimensions:	282 x 448 x 288 mm
Weight:	9 kg
Ideal For:	Raw Product

SPECIFICATIONS - FFA2002

Output:	Approx 8 kg French Fries An Hour
Power:	2 x 2.5 kW
Voltage:	2 x 230 V
Volume of Oil:	2 x 5 L
Dimensions:	573 x 470 x 278 mm
Weight:	12 kg
Ideal For:	Raw Product

NOTE:

Must Be Connected To 2 Separate 16Amp Plugs On Separate Circuits

ORDER CODES:

- FFA2001 • Fish Fryer Anvil - Single Pan (Elec)
 FFA2002 • Fish Fryer Anvil - Double Pan (Elec)
 FFI0001 • Fish Fryer Anvil - Night Cover Only

2 X 10L FLOOR STANDING FRYER - ELECTRIC



Baskets Sold Separately

FEATURES

- Large surge area and effective cold zone
- Stainless Steel tank
- Faster recovery rate of oil temperature
- Lower oil consumption
- Supplied with one drain tank
- Hinged door mechanisms
- Large 40 mm drain valve for fast effective draining

SPECIFICATIONS - FFA6210

Output:	Approx 35 kg French Fries Per Hour
Power:	2 x 6 kW
Voltage:	380 V - 3 Phase (Neutral And Earth)
Volume Of Oil:	2 x 10 L
Dimensions:	510 x 660 x 1000 mm
Weight:	45 kg

ORDER CODE:

- FFA6210 • Fish Fryer Anvil - 2 x 10 L - 12 kW (Elec)



(Baskets Sold Separately)

FEATURES

- Controls are located above the front door and the main terminals are behind the front access panel
- These units are powered by incoloy tubular sheathed elements which ensure consistent peak performance
- Fitted with a 40 mm diameter, full bore spherical valve to drain used oil
- Automatic safety cut off in the event of the oil temperature rising above 206° C
- Suitable for medium sized catering facilities
- Supplied with one drain tank
- Hinged door mechanisms

SPECIFICATIONS - FFA6120

Output:	Approx 35 kg French Fries Per Hour
Power:	12 kW
Voltage:	380 V - 3 Phase (Neutral And Earth)
Volume Of Oil:	20 L
Dimensions:	510 x 660 x 1000 mm
Weight:	45 kg

ORDER CODE:

FFA6120 • Fish Fryer Anvil - 1 x 20 L - 12 kW (Elec)

2 X 20lt FLOOR STANDING FRYER



(Baskets Sold Separately)

FEATURES

- Large surge area and effective cold zone
- Stainless Steel tank
- Faster recovery rate of oil temperature
- Lower oil consumption
- Supplied with one drain tank
- Hinged door mechanisms
- Large 40 mm drain valve for fast effective draining

SPECIFICATIONS - FFA6210

Output:	Approx 35 kg French Fries Per Hour
Power:	2 x 6 kW
Voltage:	380 V - 3 Phase (Neutral And Earth)
Volume Of Oil:	2 x 10 L
Dimensions:	510 x 660 x 1000 mm
Weight:	45 kg

ORDER CODE:

FFA6210 • Fish Fryer Anvil - 2 x 10 L - 12 kW (Elec)

(A)



(B)



FEATURES

- Anvil's belgian style waffle bakers are ideally suited for use in
- kitchens, coffee shops, outdoor markets and ice cream parlours
- Units are fitted with a digital programmable control for heat and time settings
- Audible alarm on completion of the programmed time

SPECIFICATIONS - WBA1001

Power:	1.0 kW
Voltage:	230 V
Plate Diameter:	190 mm
Dimensions:	255 x 440 x 290 mm
Weight:	11 kg

SPECIFICATIONS - WBA1002

Power:	2.0 kW
Voltage:	230 V
Plate Diameter:	190 mm
Dimensions:	520 x 440 x 290 mm
Weight:	22 kg

ORDER CODES:

WBA1001 A Waffle Baker Anvil - 1 Plate - Belgian
WBA1002 B Waffle Baker Anvil - 2 Plate - Belgian

BOILING TABLES GAS

EQUIPMENT

(A)



(B)



FEATURES

- Mild Steel painted
- High quality fabricated support grates
- Suitable for a large range of pot sizes
- Safety approved by LPG safety Association
- Adjustable levelling feet
- Flat packed for easy transport
- Robust construction

SPECIFICATIONS - BTG3004

Output (Total):	72 000 BTU - 21 kW
Dimensions:	904 x 614 x 830 mm
Box Dimensions:	940 x 660 x 300 mm
Packed Weight:	55 kg
Supplied with Regulator:	No
Gas:	LPG

SPECIFICATIONS - BTG3006

Output (Total):	108 000 BTU - 31.6 kW
Dimensions:	1326 x 614 x 830 mm
Box Dimensions:	1340 x 660 x 300 mm
Packed Weight:	58 kg
Supplied with Regulator:	No
Gas:	LPG

ORDER CODES:

BTG3004 A Boiling Table Gas - Commercial - 4 Burner Staggered
BTG3006 B Boiling Table Gas - Commercial - 6 Burner Staggered

FEATURES

- Mild Steel painted
- High quality fabricated support grates
- Suitable for a large range of pot sizes
- Safety approved by LPG safety Association
- Adjustable levelling feet
- Flat packed for easy transport
- Robust construction

(A)



SPECIFICATIONS - BTG2002

Output (Total):	36 000 BTU - 10.5 kW
Dimensions:	904 x 484 x 665 mm
Box Dimensions:	914 x 525 x 300 mm
Packed Weight:	50 kg
Supplied With Regulator:	Yes
Gas:	LPG

SPECIFICATIONS - BTG2003

Output (Total):	54 000 BTU - 15.8 kW
Dimensions:	1326 x 484 x 665 mm
Box Dimensions:	1340 x 525 x 300 mm
Packed Weight:	54 kg
Supplied With Regulator:	Yes
Gas:	LPG

(B)



SPECIFICATIONS - BTG2004

Output (Total):	72 000 BTU - 21 kW
Dimensions:	1748 x 484 x 665 mm
Box Dimensions:	1760 x 525 x 300 mm
Packed Weight:	60 kg
Supplied With Regulator:	Yes
Gas:	LPG

ORDER CODES:

BTG2002	A Boiling Table Gas - Commercial - 2 Burner Straight
BTG2003	B Boiling Table Gas - Commercial - 3 Burner Straight
BTG2004	C Boiling Table Gas - Commercial - 4 Burner Straight

(C)



FEATURES

- Accurate control of conveyor speed
- Individual top and bottom temperatures
- Digital setpoint of speed and temperatures
- Touch control panel prevents accidental adjustment
- 350 mm wide conveyor makes this oven extremely flexible and ideal for pizzas or sub sandwiches
- Variable individual heat controls and adjustable conveyor speed allows the user to bake a range of different products
- Compact in size and stackable allows for maximum use of working space
- Reversible conveyor

SPECIFICATIONS - POA2001

Voltage:	230 V - 2 Phase - 50Hz
Power:	6.7 kW
Dimensions:	1499 x 674 x 436 mm
Conveyor Width:	350 mm
Weight:	55 kg
Max Temperature:	300° C

ORDER CODE:

POA2001 • Pizza Oven Anvil - Digital Conveyor



POPCORN MACHINES

EQUIPMENT



FEATURES

- This counter top unit is ideal for cafes, flea markets and outdoor events
- Bold graphics and excellent product display make this unit a winner
- Interior heater to keep product warm
- 200g capacity per load
- Non-stick kettle with hinge down feature for easy loading
- Bottom element ensures that popcorn stays warm

SPECIFICATIONS - PMK0002

Voltage:	230 V
Power:	1.77 kW
Dimensions:	710 x 800 x 542 mm
Weight:	32 kg

ORDER CODE:

PMK0002 • Popcorn Machine Anvil - 16 Oz



Trays Not Included

FEATURES

- 2 High speed motors with reversing gear
- Internal lighting with n. 4 Halogen lamps 40 W
- 1 Core probe
- Cleaning system - optional

SPECIFICATIONS - COP2206

Outside Dimensions:	810 x 900 x 840 mm
Load Capacity:	6 Trays En 600 x 400 or Gn 1/1
Space Between Trays:	80 mm
Power - Voltage:	9,6 kW - 400 V - 50/60Hz
Temperature:	30 - 260° C
Weight:	110 kg

ORDER CODE:

COP2206 • Sensitive Combi Steam Oven
6 Trays En 600 x 400 Or Gn 1/1

STAINLESS STEEL FRAME



SPECIFICATIONS - PMK0002

Outside Dimensions:	810 x 850 x 600 mm
Equipped With:	Tray Holder For 4 Trays
Weight:	18 kg

ORDER CODE:

COP2160 • Sensitive Combi Steam Oven
6 Trays En 600 x 400 Or GN 1/1

INTEGRATED WASHING SYSTEM



ORDER CODE:

COP2021 • Marco Polo Integrated Washing System



Built-In Blade Sharpener

SPECIFICATIONS - SLM0300

Cut Capacity:	290 x 140 mm
Cut Thickness:	1 - 30 mm
Cut Length:	290 mm
Cut Height:	140 mm
Power:	0.25 kW - 230 V - 50Hz
Dimensions:	650 x 540 x 460 mm
Blade Diameter:	300 mm
Weight:	30 kg

ORDER CODE:

SLM0300 • Slicer Rheninghaus Mondial - 300 mm

START SLICER



Ideal For Cold Cuts And Processed Meats In Medium Size Establishments

Built-In Blade Sharpener

SPECIFICATIONS - SLS0301

Cut Capacity:	250 x 210 mm
Cut Thickness:	1 - 30 mm
Power:	0.22 kW - 230 V - 50Hz
Dimensions:	650 x 500 x 450 mm
Blade Diameter:	300 mm
Weight:	29 kg

ORDER CODE:

SLS0301 • Slicer Rheninghaus Start - 300 mm

VEGETABLE PREPARATION MACHINES



Today, we are encouraged to eat at least 5 portions of fresh fruit and vegetables each day. As variety is the spice of life, your Robot Coupe vegetable preparation machine can be fitted with a large range of discs and cutting sets for slicing, grating, julienne and dicing any fruit or vegetable you wish. Let your imagination and creativity go.

FEATURES

- Industrial induction motor for heavy duty use guarantees durability and reliability.
- Magnetic safety system and motor brake
- Automatic restart of the machine with the pusher
- Complete selection of 50 discs for CL 50 available.

SPECIFICATIONS - VPR0050 (20 TO 300 SERVINGS)

Power:	550W - Single Phase - 250 V - 50Hz
Single Speed:	375RPM
Dimensions:	590 x 350 x 320 mm
Operating Time:	Up To 250 kg/h
Delivered With:	Removable Lid Equipped With A Large Half Moon Hopper (Area:139 cm ²) And A Cylindrical Hopper (Ø:58 mm)

ORDER CODE:

VPR0050 B Veg Prep Machine - CI50 - (300 Servings)



Includes Stainless Steel Bowl, Water Jacket & Plastic Bowl Cover

What sets the KitchenAid mixer apart from domestic mixers?

- Professional mixer designed for commercial use.
- All metal construction.
- Driven by gears not, a belt - therefore maintains constant speed even when large quantities are added to the bowl.
- Machine has chip and stain resistant finish.
- Uses a lift system i.e. mixer's head does not tilt, promoting mixer stability.

A must for any professional kitchen; reliable, quiet and durable with unsurpassed performance. Comes standard with Stainless Steel mixing bowl, whisk, dough hook and beater attachment

SPECIFICATIONS - PMK3005

Motor:	0.32 kW - 220-240 V - 50-60Hz
Dimensions:	410 x 260 x 340 mm
Weight:	12.3 kg

ORDER CODE:

PMK3005 • Planetary Mixer Kitchenaid - 5 L - White

WRAPPING MACHINES

Fitted with water resistant, long lasting pad element



SPECIFICATIONS - WMW9380

Power:	0.175 kW
Voltage:	230 V
Dimensions:	463 x 670 x 158 mm
Weight:	6 kg
Max Roll Size:	380 mm

ORDER CODES:

WMW9380 • Wrapping Machine S/Steel - 380 mm

CHEESE CUTTER MANUAL



ORDER CODES:

CCM0400 • Cheese Cutter Manual - Anvil - 400 mm
XCCM0001 • Cheese Cutter Replacement Wire - Pack of 6

FEATURES

- Pleasing modern design
- Temperature range +40° C to +75° C ambient temperature of 32° C
- Illuminated shelf and base for perfect product presentation
- Castor wheels make the unit easy to move
- Digital display and temperature control for high accuracy
- Grade 304 stainless steel interior
- Unit provided with two adjustable shelves

SPECIFICATIONS - DHC7900

Capacity: 285 L
Shelves: 3
Voltage: 230 V, 50Hz
Dimensions: 900 x 680 x 1200 mm
Weight: 215 kg

SPECIFICATIONS - DHC7200

Capacity: 390 L
Shelves: 3
Voltage: 230 V, 50Hz
Dimensions: 1200 x 680 x 1200 mm
Weight: 260 kg

SPECIFICATIONS - DHFC7500

Capacity: 500 L
Shelves: 3
Voltage: 230 V, 50Hz
Dimensions: 1500 x 680 x 1200 mm
Weight: 300 kg

ORDER CODES:

DHC7900 • Display Unit Heated Salvatore - F/Standing Cencio - 900 mm
DHC7200 • Display Unit Heated Salvatore - F/Standing Cencio - 1200 mm
DHC7500 • Display Unit Heated Salvatore - F/Standing Cencio - 1500 mm



FEATURES

- Pleasing modern design
- Temperature range +2° C to +8° C ambient temperature of 32° C
- Illuminated shelf and base for perfect product presentation
- Castor wheels make the unit easy to move
- Digital display and temperature control for high accuracy
- Grade 304 stainless steel interior
- Unit provided with two adjustable shelves
- Automatic defrost
- Tempered heated glass
- Double glazed glass window to prevent condensation

SPECIFICATIONS - DFC7900

Capacity:	285 L
Shelves:	3
Power:	0.626 kW
Voltage:	230 V - 50Hz
Dimensions:	900 x 680 x 1200 mm
Weight:	215 kg

SPECIFICATIONS - DFC7200

Capacity:	390 L
Shelves:	3
Power:	0.769 kW
Voltage:	230 V - 50Hz
Dimensions:	1200 x 680 x 1200 mm
Weight:	260 kg

SPECIFICATIONS - DFC7500

Capacity:	500 L
Shelves:	3
Power:	0.923 kW
Voltage:	230 V - 50Hz
Dimensions:	1500 x 680 x 1200 mm
Weight:	300 kg

ORDER CODES:

DFC7900 • Display Unit Fridge Salvadore - F/Stand Cappi 900 mm

DFC7200 • Display Unit Fridge Salvadore - F/Stand Cappi 1200 mm

DFC7500 • Display Unit Fridge Salvadore - F/Stand Cappi 1500 mm





FEATURES

- Completely portable and easy to transport
- Minimal frame open design for better display
- Screened glass for up market appearance
- Cable entry from underneath
- Low maintenance Halogen light fittings
- High power German supplied tangential fan blowers
- Fits international standard size pans or inserts up to 100 mm depth (must be ordered separately)
- Removable top glass easy to clean
- High quality smooth running removable sliding doors
- Removable water tray to provide humidity
- Removable chrome wire rack for additional small items
- Thermostatic heat control
- Dry heat element with fan assisted air flow provides even heat distribution
- Humidity tray to maintain moisture

SPECIFICATIONS - HDM0003

Number Of Divisions:	3
Max Insert Depth:	100 mm
Power Rating:	2.5 kW
Voltage:	230 V - 50Hz
Dimensions:	1074 x 728 x 627 mm
Box Dimensions:	1190 x 810 x 760 mm
Packed Weight:	40 kg

ORDER CODES:

HDM0003 • Heated Display Merchandiser Salvadore - 3 Division
HDM1003 • Heated Display Merchandiser - Spare Shelf

ESPRESSO MACHINE

EQUIPMENT



Discover the barista in you! Make a perfect espresso or choose from one of the other coffee specialties. With the Esprecious you can prepare hot drinks of an exceptional class in a professional way based on freshly ground beans. The Esprecious is a comprehensive yet compact espresso machine of an excellent class with a conveniently arranged touch screen. You can simply set the desired variety and strength.

FEATURES

- An innovative and really advanced coffee-making system
- Conveniently arranged touch screen
- Ceramic grinding disc
- Eco mode: intelligent energy-saving mode
- Outlet adjustable in height
- Separate hot water outlet
- Individual setting options
- Unique hot water system for less scaling
- Waste bin full indicator
- Drip tray full indicator
- Total and day counters
- No need for connection to the drain

ORDER CODE:

BVE1000 • Bravilor - Esprecious 12 Espresso Machine



All outputs are calculated on an inlet water temperature of 15° C and an ambient temperature of 21° C. Production results may vary depending on actual water and ambient temperature.

NB: Electromechanical - No PC boards

Installation requires a ventilated room, water connection and a waste drainage.

SPECIFICATIONS - IFB0150

Dimensions:	738 x 690 x 1020 mm
Weight:	94 kg
Storage:	55 kg
Output:	150 kg Per 24Hours
Power:	0.65 kW, 220 V - 240 V, 50Hz

ORDER CODE:

IFB0150 • Ice Flaker Brema - 150 kg Per 24Hrs

HEAT SEALING MACHINES

EQUIPMENT

FEATURES

- Great for storage, portion control and packaging of nuts, biltong and sweets etc
- Adjustable timer to allow for various packet thicknesses

SPECIFICATIONS - HSM0200

Sealing Bar:	200 mm
Power:	0.26 kW
Heating Time:	0 - 1.5 Sec
Dimensions:	320 x 80 x 215 mm
Weight:	2.3 kg

SPECIFICATIONS - HSM0300

Sealing Bar:	300 mm
Power:	0.38 kW
Heating Time:	0 - 1.5 Sec
Dimensions:	30 x 80 x 255 mm
Weight:	3.3 kg

SPECIFICATIONS - HSM0400

Sealing Bar:	400 mm
Power:	0.52 kW
Heating Time:	0 - 1.5 Sec
Dimensions:	530 x 90 x 270 mm
Weight:	4.8 kg

SPECIFICATIONS - HSM0500

Sealing Bar:	500 mm
Power:	0.65 kW
Heating Time:	0.2 - 3 Sec
Dimensions:	707 x 105 x 195 mm
Weight:	5.5 kg

ORDER CODES:

HSM0200 • Heat Sealing Machine - 200 mm
HSM0300 • Heat Sealing Machine - 300 mm
HSM0400 • Heat Sealing Machine - 400 mm
HSM0500 • Heat Sealing Machine - 500 mm



INSECT EXTERMINATORS



SPECIFICATIONS - IEA1001

Voltage: 240 V
Dimensions: 395 x 95 x 300 mm
Lamps: 2 x 10W

SPECIFICATIONS - IEA1002

Voltage: 240 V
Dimensions: 645 x 95 x 390 mm
Lamps: 2 x 20W

ORDER CODES:

IEA1001 **A** Insect Exterminator Avenia - Small

IEA1002 **B** Insect Exterminator Avenia - Medium

OIL TESTERS



FEATURES - OTE0001

- Polar compounds resolution: 0.5% PC/accuracy: $\pm 2\%$ PC
- Temperature: $+50$ $+200^{\circ}\text{C}$ / resolution: 1°C / precision: $\pm 1^{\circ}\text{C}$
- The % of Polar Compounds is immediately visible on the digital display, enabling a rapid evaluation of the thermal oxidation of the frying oil. This will determine if the oil needs to be changed. Frying oil deteriorates during prolonged use over 180°C , and causes the appearance of carcinogenic derivatives
- Great for HACCP check points

ORDER CODES:

OTE0001 • Oil Tester Electronic

OTK0010 • Oil Tester Kit - Pack Of 10

THERMOMETER



FEATURES - THI0002

I.R. WITH WRIST STRAP

- -50 $+300^{\circ}\text{C}$ / -58 $+572^{\circ}\text{F}$
- Display resolution: 0.1° / 1%
- Accuracy: $\pm 2^{\circ}$ / $\pm 2\%$
- Distance ratio: 2/1
- Fixed emissivity: 0.95
- MAX-MIN function
- Without laser pointer
- Instructions for use
- Pocket size for ease of use
- Perfect for measuring surface temperatures
- Ideal for: oven temperatures, fridge temperatures, delivery/receiving of goods temperatures, food display temperature
- Great for HACCP check points

ORDER CODE:

THI0002 • Thermometer Mini Infra Red (-50 to $+300$ Deg)



CHIPPER

Use a chipper bridge to mount the potato chipper safely on the vegetable sink. This allows hygienic collection of the raw chips in the bowl. The chipper is spring loaded and therefore cannot be operated as a free standing unit. It must be attached to the chipper bridge. Nuts and bolts supplied. Chipper can be permanently mounted.

ORDER CODES:

CHA0006 **A** Chipper Global - 6 Hole

CHA0007 **A** Chipper Global - 7 Hole

CBA0001 **B** Chipper Bridge - 500 mm Inner (Perfect for 510 mm Sink)



CAN OPENER TABLE MOUNTED

FEATURES - COB0001

- Designed for aio catering cans. simple to use and geared for minimum effort. advanced blade technology avoids metal fragments and sharp edges. opens cans of all shapes and sizes: round, square, oblong, oval and even dented cans, opener is self adjusting for can height.

ORDER CODE:

COC0001 • Can Opener Cater Ace With Table Clamp



INSERT FULL- 0.8 mm

ORDER CODES:

Description Of Measurements - Full - 530 x 325 mm

INF2065 • Insert S/Steel-Full 65 mm (L)

INF2100 • Insert S/Steel-Full 100 mm (L)

INF2150 • Insert S/Steel-Full 150 mm (L)

INF2001 • Insert S/Steel-Full Lid (L)



INSERT PERFORATED - 0.8 mm

Description Of Measurements - Full - 530 x 325 mm

INF3065 • Insert S/Steel-Full 65 mm Perforated (L)



HALF INSERT - 0.8 mm

ORDER CODES:

Description Of Measurements - Half - 325 x 265 mm

INH2065 • Insert S/Steel-Half 65 mm (L)

INH2100 • Insert S/Steel-Half 100 mm (L)

INH2150 • Insert S/Steel-Half 150 mm (L)

INH2001 • Insert S/Steel-Half Lid (L)

BASTING SPOONS



ORDER CODES:

- BSP0330 **A** Basting Spoon Perforated - 330 mm
 BSP0400 **A** Basting Spoon Perforated - 400 mm
 BSS0330 **B** Basting Spoon Solid - 330 mm
 BSS0400 **B** Basting Spoon Solid - 400 mm

SOUP LADLE



ORDER CODES:

- LDS0011 **A** Ladle Solid - 15 ml
 LDS0001 **B** Ladle Solid - 30 ml
 LDS0002 **C** Ladle Solid - 59 ml
 LDS0004 **D** Ladle Solid - 118 ml
 LDS0006 **E** Ladle Solid - 177 ml
 LDS0008 **F** Ladle Solid - 236 ml

POT FORK



ORDER CODE:

- PFS0400 • Pot Fork S/Steel - 400 mm

GRILL FORK LIFTER



ORDER CODE:

- GFL0500 • Grill Fork Lifter S/Steel - 500 mm

BUFFETWARE UTENSILS



Elegant Design For Enhancing Your Buffet.

ORDER CODES:

- BUF0003 **A** Buffetware Slotted Spoon - 300 mm
 BUF0001 **B** Buffetware Solid Spoon - 300 mm
 BUF0002 **C** Buffetware Notched Spoon - 300 mm
 BUF0004 **D** Buffetware Spout Ladle - 1 Oz / 30 ml
 BUF0005 **D** Buffetware Spout Ladle - 2 Oz / 59 ml
 BUF0007 **E** Buffetware Pastry Server - 300 mm

BUFFETWARE UTENSILS



Elegant design for enhancing your buffet.

ORDER CODES:

- BUF0009 **A** Buffetware Serving Tongs - Scissor Type
 BUF1009 **B** Buffetware Serving Tongs - 1 Piece

COLOURED UTILITY TONGS

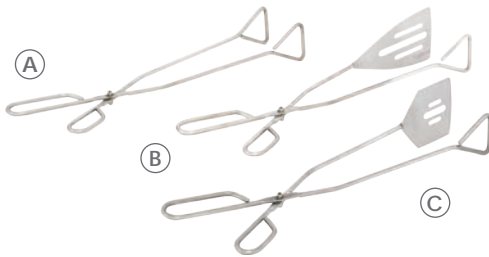


Very hygienic. Available in assorted colours, which is ideal for eliminating the cross contamination of foods. Can also be used in conjunction with our coloured knives and cutting boards. In line with H.A.C.C.P requirements.

ORDER CODES:

- TCU0300 • Coloured Utility Tongs - White - 300 mm
- TCU1300 • Coloured Utility Tongs - Blue - 300 mm
- TCU2300 • Coloured Utility Tongs - Brown - 300 mm
- TCU3300 • Coloured Utility Tongs - Green - 300 mm
- TCU4300 • Coloured Utility Tongs - Red - 300 mm
- TCU5300 • Coloured Utility Tongs - Yellow - 300 mm

ASSORTED TONGS

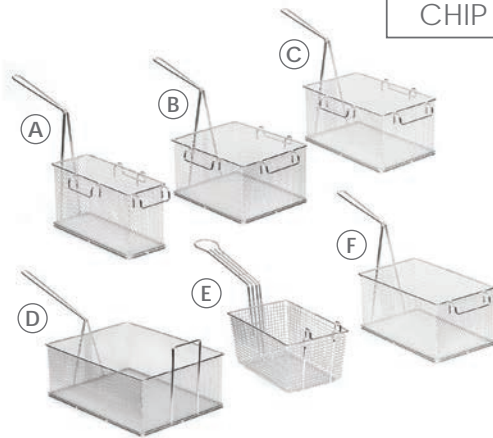


These tongs are extra heavy duty and long lasting for commercial use. Designed specifically for fish, meat, burgers, etc.

ORDER CODES:

- TGG0420 **A** Tongs Grill/Braai Heavy Duty - 420 mm
- TGF0420 **B** Tongs Fish Turner Heavy Duty - 420 mm
- TGH0420 **C** Tongs Hamburger Turner Heavy Duty - 420 mm

CHIP BASKET SQUARE



ORDER CODES:

- CBS0250 **A** Chip Basket Square - 250 x 100 x 130 mm
- CBS1250 **B** Chip Basket Square - 250 x 200 x 130 mm
- CBS0280 **C** Chip Basket Square - 280 x 170 x 130 mm
- CBS0400 **D** Chip Basket Square - 400 x 300 x 150 mm
- CBS1280 **E** Chip Basket Heavy Duty - 280 x 170 x 130 mm
- CBS2280 **F** Chipbasket Square - 280 x 179 x 130 mm (No Side Hooks)

SKIMMER ROUND



ORDER CODES:

- SKS1180 **A** Skimmer Spider - 180 mm - 500 mm
- SKS1200 **A** Skimmer Spider - 200 mm - 535 mm
- SKR0178 • Skimmer Round - 178 mm - 500 mm
- SKR0203 **B** Skimmer Round - 203 mm - 530 mm



HAMBURGER TURNERS

ORDER CODE:

HTB0120 • H/Burger Turner Bevelled Edge - PVC - 120 mm

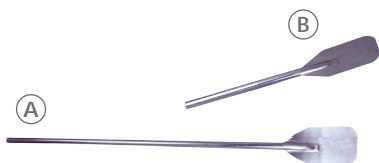


POTATO PEELER

Perfect for peeling vegetables and fruit.

ORDER CODE:

PPV0001 • Potato Peeler Victorinox - Red



PAP STIRRERS

ORDER CODES:

PSS0600 **B** Pap Stirrer S/Steel - 600 mm

PSS1200 **A** Pap Stirrer S/Steel - 1200 mm



MEASURING JUGS PLASTIC

Embossed and printable measures.

ORDER CODES:

MJP0001 • Measuring Jug Plastic - 1 L

MJP0002 • Measuring Jug Plastic - 2 L



FRENCH WHISKS - 8 WIRE

ORDER CODES:

WHF0300 • Whisk French S/Steel - 300 mm

WHF0350 • Whisk French S/Steel - 350 mm

WHF0400 • Whisk French S/Steel - 400 mm

WHF0450 • Whisk French S/Steel - 450 mm



STAINLESS STEEL MIXING BOWLS

ORDER CODES:

- MBS0220 **A** Mixing Bowl S/Steel Round - 220 mm (1.5 L)
 MBS0240 **B** Mixing Bowl S/Steel Round - 240 mm (3 L)
 MBS0290 **C** Mixing Bowl S/Steel Round - 290 mm (5 L)
 MBS0340 **D** Mixing Bowl S/Steel Round - 340 mm (8 L)
 MBS0400 **E** Mixing Bowl S/Steel Round - 400 mm (13 L)



OVEN MITT TEFLON

FEATURES

- Oven mitts can safely be used for temperatures of up to 176° C

ORDER CODE:

- OMT0330 • Oven Mitt Silicone Coated - Silver - 330 mm - Pair



OVEN MITT LEATHER

FEATURES

- Oven mitts can safely be used for temperatures of up to 250° C

ORDER CODE:

- OML0400 • Oven Mitt Red Leather - 400 mm - PAIR



Very hygienic. Available in assorted colours, which is ideal for eliminating the cross contamination of foods.
 Blue - Fish,
 Yellow - Poultry
 Green - Raw Vegetables
 Red - Raw Red Meat
 Brown - Cooked Meats.

CUTTING BOARDS

Order Codes:

- CBP0500 • Cutting Board PE - 513 x 385 x 12 mm - White
 CBP1500 • Cutting Board PE - 500 x 380 x 13 mm - Blue
 CBP2500 • Cutting Board PE - 500 x 380 x 13 mm - Brown
 CBP3500 • Cutting Board PE - 500 x 380 x 13 mm - Green
 CBP4500 • Cutting Board PE - 500 x 380 x 13 mm - Red
 CBP5500 • Cutting Board PE - 500 x 380 x 13 mm - Yellow



KNIFE SHARPENER

ORDER CODE:

- KSH0001 • Knife Sharpener - Hand Held - Lansky



CHIP BAGGING SCOOP

ORDER CODE:

- CBS0001 • Chip Bagging Scoop S/Steel - 190 x 200 mm

PLASTIC DISPLAY CLIP



ORDER CODES:

- PCL0001 **A** Plastic Display Clip - Wide Base
 PCL0002 **B** Plastic Display Clip - Suction Base
 PCL0003 **C** Plastic Display Clip - Thin Base

GRUNTER PROFESSIONAL KNIVES



Available In These HACCP Colours:



Available In These HACCP Colours:



ORDER CODES:

- KNG5250 • Knife Grunter - Cooks 250 mm (Black)
 KNG8250 • Knife Grunter - Cooks 250 mm (Blue)
 KNG3250 • Knife Grunter - Cooks 250 mm (Brown)
 KNG9250 • Knife Grunter - Cooks 250 mm (Green)
 KNG7250 • Knife Grunter - Cooks 250 mm (Red)
 KNG4250 • Knife Grunter - Cooks 250 mm (White)
 KNG6250 • Knife Grunter - Cooks 250 mm (Yellow)

ORDER CODE:

- KNG8200 • Knife Grunter - Bread Knife 200 mm

ORDER CODES:

- KNG9100 • Knife Grunter - Paring 100 mm (Black)
 KNG7100 • Knife Grunter - Paring 100 mm (Blue)
 KNG4100 • Knife Grunter - Paring 100 mm (Brown)
 KNG6100 • Knife Grunter - Paring 100 mm (Green)
 KNG3100 • Knife Grunter - Paring 100 mm (Red)
 KNG8100 • Knife Grunter - Paring 100 mm (White)
 KNG5100 • Knife Grunter - Paring 100 mm (Yellow)

CASSEROLE POTS WITH LIDS



Best quality stainless steel for commercial and industrial use.
 Long lasting and durable.

ORDER CODES:

- PSC0006 • Pot S/Steel - Casserole - 6 L (240 x 140 mm)
 PSC0010 • Pot S/Steel - Casserole - 10 L (280 x 180 mm)
 PSC0012 • Pot S/Steel - Casserole - 12 L (300 x 180 mm)
 PSC0016 • Pot S/Steel - Casserole - 16 L (320 x 190 mm)
 PSC0020 • Pot S/Steel - Casserole - 20 L (350 x 210 mm)
 PSC0030 • Pot S/Steel - Casserole - 30 L (400 x 250 mm)

STOCK POTS WITH LIDS



Best quality stainless steel for commercial and industrial use.
 Long lasting and durable.

ORDER CODES:

- PSS1032 • Pot S/Steel - Stock - 32 L (350 x 350 mm)
 PSS1050 • Pot S/Steel - Stock - 50 L (400 x 400 mm)

CUTTING BOARD REFINISHER



FEATURES

- Removes cuts from cutting board
- Saves money on fewer replacement boards
- Dishwasher safe

ORDER CODES:

CBR0001 • Cutting Board Refinisher - White

XCR1001 • Cutting Board Refinisher Spare Blade Pkt (12)

FOOD PANS FULL



ORDER CODES:

INF5065 • Insert - Full 65 mm Polycarb (Black) - 7.2 L

INF5100 • Insert - Full 100 mm Polycarb (Black) - 12 L

FOOD PANS HALF



ORDER CODES:

Description Of Measurements - Half - 325 x 265 mm

INH5065 • Insert - Half 65 mm Polycarb (Black) - 3.4 L

INH5100 • Insert - Half 100 mm Polycarb (Black) - 5.3 L

FOOD PANS SIXTH



ORDER CODES:

DESCRIPTION OF MEASUREMENTS - SIXTH - 176 x 162 mm

INS5100 • Insert - Sixth 100 mm Polycarb (Black) - 1.6 L

INS5150 • Insert - Sixth 150 mm Polycarb (Black) - 2.4 L

OIL FILTER BAGS AND STAND



Prolong the life of your oil by filtering twice a day, and at the end of every shift add 10% new oil. This is enough to rejuvenate the oil. This method realizes high annual savings in oil costs.

ORDER CODES:

OFS0001 **A** Oil Filter Stand - Conical - 470 mm

OFB0002 **B** Oil Filter Bags - Heavy Duty (10 Packs Of 50)

NOTCHED LIDS



ORDER CODES:

- INF4002 • Insert - Full Lid Notched Polycarb (Clear)
- INH4002 **A** Insert - Half Lid Notched PC
- INT4002 • Insert - Third Lid Notched PC (Clear)
- INS4002 • Insert - Sixth Lid Notched PC (Clear)

BALSAM DISPLAYWARE™



Be kind to the environment with this new melamine displayware that is made from 50% sustainable natural resources which are biodegradable. Introducing Bavarian Cream colour that replicates the colour of china. The heavy weight nature of this melamine looks and feels like china without the replacement costs. Great for environments where food is prepared and displayed in front of the customer. Foods can be prepared in advance and stacked for storage and transportation when used with Palette Displayware Covers. Break-resistant.

ORDER CODES:

- DDB5520 **A** Deli Display Balsam Full 25 mm
- DDB5522 **A** Deli Display Balsam Full 65 mm - Cream
- DDB5524 **A** Deli Display Balsam Full 100 mm

ORDER CODES:

- DDB5526 **B** Deli Display Balsam Long 25 mm
- DDB5528 **B** Deli Display Balsam Long 65 mm
- DDB5530 **B** Deli Display Balsam Long 100 mm

CERAMIC DISPLAY DISHES



ORDER CODES:

- IFP1065 **A** Ceramic Display Dish - Full
- IHP1065 **B** Ceramic Display Dish - Half
- ITP1065 **C** Ceramic Display Dish - Third
- ITP1165 **D** Ceramic Display Dish - 2 Thirds

CLEANING BRUSHES



ORDER CODES:

TGB0450 **A** Grill Brush - Heavy Duty - 450 mm

BRG0001 **B** Grill Brush - Carbon Steel With Handle

HANDLE HAND & NAIL BRUSH KIT



FEATURES

- Includes brush, cord to secure brush in place, hanging hook and an adhesive backed hand washing instructions decal

ORDER CODE:

HAN0001 • Hand & Nail Brush Kit



OUR PRODUCT RANGE

The whole basket!





ESSENTIAL PRODUCTS LIST



MEAL MIXES

PRODUCT	SIZE	CODE
SO GOOD® BEEF STEW	500 g	3693707
SO GOOD® BOLOGNAISE MIX	20 x 160 g	4426151
SO GOOD® BOLOGNAISE MIX	500 g	3693556
SO GOOD® CHEESE SAUCE BASE	500 g	4402607
SO GOOD® CHICKEN A LA KING	500 g	3693565
SO GOOD® CHICKEN & MUSHROOM PIE MIX	20 x 115 g	4426152
SO GOOD® CHICKEN GRAVY MIX	25 x 100 g	4656377
SO GOOD® CHICKEN STEW MIX	500 g	3693706
SO GOOD® CHAKALAKA MIX	25 x 100 g	3693808
SO GOOD® CREAMY MUSHROOM & SWEET PEPPER BASE	10 x 250 g	3693756
SO GOOD® GRAVY MIX	1kg	4408688
SO GOOD® INSTANT MUSHROOM SAUCE	10 x 250 g	4656376
SO GOOD® ITALIAN TOMATO BASE	10 x 250 g	3693757
SO GOOD® LAMB BREYANI MIX	500 g	3693711
SO GOOD® MASH	500 g	3693552
SO GOOD® ONION GRAVY MIX	25 x 100 g	3693767
SO GOOD® POTJIEKOS MIX	25 x 100 g	3693768
SO GOOD® RED CURRY MIX	25 x 100 g	3693759
SO GOOD® SOUP MIX	500 g	3693560
SO GOOD® STEW MIX	500 g	3693558
SO GOOD® WHITE SAUCE	500 g	4402605
SO GOOD® YABABA MIX	25 x 100 g	36938907
SO GOOD® YELLOW CURRY MIX	25 x 100 g	3693758



DESSERTS

PRODUCT	SIZE	CODE
SO GOOD® BAKED PUDDING MIX	2 x 1.25 kg	040307
SO GOOD® CUSTARD POWDER	5 x 500 g	3693717
SO GOOD® CHEESECAKE POWDER	20 x 160 g	4426151
SO GOOD® CHOCOLATE MOUSSE	500 g	3693556
SO GOOD® CHOCOLATE SAUCE	500 g	4402607
SO GOOD® GREENGAGE JELLY POWDER	5 x 500 g	3693720
SO GOOD® ORANGE JELLY POWDER	25 x 100 g	4656377
SO GOOD® PANCAKE MIX	5 x 500 g	3693792
SO GOOD® STRAWBERRY JELLY POWDER	5 x 500 g	3693718
SO GOOD® STRAWBERRY SOFT SERVE MIX	1 kg	050810
SO GOOD® TOFFEE SAUCE	2 Litres	8110112
SO GOOD® VANILLA SOFT SERVE MIX	5 x 500 g	3693792
SO GOOD® WHITE CHOCOLATE MOUSSE	5 x 500 g	3693792



SPRINKLES & SEASONINGS

PRODUCT	SIZE	CODE
CROWN BBQ FIESTA	8 kg	4412005
CROWN BBQ KING	1 kg	4412095
CROWN CHIP SPICE	1 kg	4440025
CROWN CHIP WHITE	1 kg	5416051
CROWN GROUND TURMERIC	1 kg	6092098
SO GOOD® BBQ SPICE	1 kg	3693750
SO GOOD® CHICKEN SPICE	1 kg	3693714
SO GOOD® CHIP SPICE	1 kg	3693751
SO GOOD® CROWN CURRY CT	1 kg	4619188
SO GOOD® FISH SEASONING	800 g	3693773
SO GOOD® MEDIUM CURRY	1 kg	4619240
SO GOOD® PAPRIKA	700 g	3693722
SO GOOD® PERI-PERI SPRINKLE	700 g	3693723
SO GOOD® ROASTED VEGETABLE SPRINKLE	700 g	3693770
SO GOOD® SALT & VINEGAR SPRINKLE	1.3 kg	3693727
SO GOOD® SPICE FOR RICE	900 g	4656375
SO GOOD® SPICE-O-MAT	1 kg	3693771

DRY MARINADES

PRODUCT	SIZE	CODE
SOMETHING CHUNKY® BBQ	1 kg	4506108
SOMETHING CHUNKY® LEMON & HERB	1 kg	4506106
SOMETHING CHUNKY® MANGO & CHUTNEY	1 kg	4506110
SOMETHING CHUNKY® PERI PERI	1 kg	4506109
SOMETHING CHUNKY® SAVOURY	1 kg	4506107
SOMETHING CHUNKY® SOSATIE	1 kg	4506113
SOMETHING CHUNKY® SWEET CHILLI	1 kg	4506124

COATING SYSTEMS

PRODUCT	SIZE	CODE
SO GOOD® TENDER & JUICY	1 kg	3693749
SO GOOD® SHISHAMPAMA MILD BREADING	4 kg	4080002
SO GOOD® BATTERMIX "J" JB	10 kg	4408590
SO GOOD® ALL PURPOSE BATTER	1 kg	3693454
SO GOOD® AMERICAN CHICKEN BREADING	5 kg	4013158
SO GOOD® FLAVOURED TEMPURA BATTERMIX	4 kg	3693769
SO GOOD® MILKWASH	1 kg	3693748
SO GOOD® SHISHAMPAMA BREADING	4 kg	3693713
SO GOOD® HEITA BREADING	4 kg	3693712
SO GOOD® TEMPURA BATTERMIX	5 kg	4085124
SO GOOD® FISH BATTER	10 kg	4085263
SO GOOD® BATTERMIX	1 kg	4656374
SO GOOD® NATIONAL CHICKEN BREADING	1 kg	4402132
SO GOOD® NATIONAL CHICKEN BREADING	12 kg	4402131

SAUCES & MARINADES

PRODUCT	SIZE	CODE
GRAMA'S® ATCHARLAKA SAUCE	2 L	8110817
GRAMA'S® BBQ KING MARINADE	5 L	8115532
GRAMA'S® BBQ SAUCE	5 L	8110016
GRAMA'S® BUSY HOUSEWIFE	2 L	8000012
GRAMA'S® BUSY HOUSEWIFE	5 L	8110222
GRAMA'S® CHUTNEY	2 L	8000014
GRAMA'S® CHUTNEY	5 L	8110010
GRAMA'S® CLASSIC SALAD CREAM	4 L	8110101
GRAMA'S® HERB SALAD DRESSING	2 L	8110104
GRAMA'S® MUSTARD	2 L	8110046
GRAMA'S® RANCH SALAD DRESSING	2 L	8110103
GRAMA'S® SWEET & STICKY SAUCE	5 L	8115682
GRAMA'S® TANGY SALAD CREAM	4 L	8110102
GRAMA'S® TOMATO SAUCE	2L	8000017
GRAMA'S® TOMATO SAUCE	5L	8110260
GRAMA'S® WORCESTER SAUCE	2L	8000015
GRAMA'S® WORCESTER SAUCE	5L	8115664
MeisterClub® BASTING SAUCE	4 L	8110807
MeisterClub® BBQ MARINADE	4 L	8110806
MeisterClub® BBQ MARINADE	750 ml	8110778
MeisterClub® EGTE SOSATIE MARINADE	4 L	8110808
MeisterClub® GARLIC MARINADE	4 L	8110809
MeisterClub® HONEY&MUSTARD MARINADE	5 L	8110766
MeisterClub® LEMON & HERB MARINADE	4 L	8110810
MeisterClub® MEXICAN CHILLI MARINADE	4 L	8110811
MeisterClub® MONKEY GLAND MARINADE	4 L	8110812
MeisterClub® PEPPER MARINADE	4 L	8110814
MeisterClub® PEPPER MARINADE	750 ml	8110777
MeisterClub® PERI PERI MARINADE	750 ml	8110776
MeisterClub® PERI-PERI MARINADE	4 L	8110815
MeisterClub® PREGO MARINADE	4 L	8110802
MeisterClub® RED WINE & ROSEMARY MARINADE	4 L	8110772
MeisterClub® SMOKED JALAPENO MARINADE	4 L	8110770
MeisterClub® SPARE RIB MARINADE	4 L	8110816
MeisterClub® SWEET & SOUR MARINADE	4 L	8110813
MeisterClub® SWEET CHILLI MARINADE	4 L	8110801
MeisterClub® SWEET CHILLI MARINADE	750 ml	8110779
MeisterClub® TANDOORI MARINADE	5 L	8110752
MeisterClub® THAI MARINADE	5 L	8110749
MeisterClub® TIKKA MARINADE	4 L	8110804
JIMMY'S SALAD DRESSING	750ML	8110993
JIMMY'S STEAKHOUSE SAUCE	2L	8110996
JIMMY'S STEAKHOUSE SAUCE	5L	8110997
JIMMY'S STEAKHOUSE SAUCE	750ML	8110995
JIMMYS BURGER & CHIP SAUCE	750ML	8110992
JIMMY'S SWEET MUSTARD	750ML	8110991
SIX GUN GRILL® SAUCE	750 ml	8110775
SIX GUN GRILL® SAUCE	5L	8110922



www.crownnational.co.za

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Kimberley: +27 (0)10 001 8083 • Lesotho: 002665 885 1717 • Nelspruit: +27 (0)13 752 2040 • Port Elizabeth: +27 (0)41 484 3221 • Welkom: +27 (0)57 352 8232





INGREDIENT DECLARATIONS

Know what
you eat!



PRODUCT	SIZE	CODE	INGREDIENT DECLARATION
SO GOOD BAKED PUDDING	2 x 1.25 kg	040307	Cereal (Wheat Gluten), Sugar, Fat Concentrate [Vegetable Fat (Palm Fruit, Antioxidant: BHA), Glucose, Emulsifier, Lactic Casein (Cow's Milk), Stabiliser, Anticaking Agent, Acidity Regulator], Egg Powder (Egg), Emulsifier, Milk Powder (Cow's Milk), Raising Agent, Corn Syrup Solids, Flavouring, Salt, Leavening Agents (Phosphate)
SO GOOD CHEESECAKE	5 x 500 g	3693716	Sugar, Whipping agent [Vegetable oil (Palm Kernel, Hardened Palm Kernel), Emulsifiers, Milk Protein (Cow's Milk), Stabiliser], Skimmed Milk Powder (Cow's Milk), Stabiliser, Vegetable Fat [(Palm Fruit; Antioxidant BHA), Glucose, Emulsifier, Lactic Casein (Cow's Milk), Stabiliser, Anticaking Agent], Flavourings, Acidity regulator
SO GOOD CHOC MOUSSE WHITE	5 x 500 g	3693790	Sugar, Milk Solids (Cow's Milk), Fat Concentrate [Glucose syrup, Vegetable oil (Palm Kernel), Emulsifiers, Milk Protein (Cow's Milk), Stabilizer], Modified Maize Starch, Stabiliser (Sodium alginate, Calcium sulfate, Phosphates, Sugars), Flavourings [Dextrose, Anticaking Agent, Colorant Acidity Regulators]
SO GOOD CHOCOLATE MOUSSE	5 x 500 g	3693721	Sugar, Whipping agent [Glucose Syrup, Vegetable Oil (Palm Kernel, Hardened Palm Kernel), Emulsifiers, Milk protein, Stabiliser], Cocoa, Skimmed milk Powder (Cow's Milk), Stabiliser
SO GOOD CUSTARD POWDER	5 x 500 g	3693717	Sugar, Modified Maize Starch, Skimmed Milk Powder (Cow's Milk), Fat Concentrate [Vegetable Fat (Palm Fruit, Antioxidant: BHA), Glucose, Emulsifier, Lactic Casein (Cow's Milk), Stabiliser, Anticaking Agent, Acidity Regulator], Flavouring Colorant
SO GOOD JELLY GREENGAGE	5 x 500 g	3693720	Sugar, Gelatine (Bovine), Acidity Regulators, Flavouring, Colorants (Tartrazine)
SO GOOD JELLY ORANGE	5 x 500 g	3693791	Sugar, Gelatine (Bovine), Acidity Regulators, Flavouring, Colorants
SO GOOD JELLY STRAWBERRY	5 x 500 g	3693718	Sugar, Gelatine, Acidity Regulators, Flavouring [Maltodextrin, Stabiliser, Preservative (Sulphur dioxide)], Colorants

PRODUCT	SIZE	CODE	INGREDIENT DECLARATION
SO GOOD PANCAKE MIX	5 x 500 g	3693792	Cereal (Wheat Gluten), Sugar, Vegetable Oil (Canola Seed), Egg Powder (Egg), Skimmed Milk Powder (Cow's Milk), Leavening Agents [Phosphate, Acidity Regulator], Salt
SO GOOD SOFT SERVE STRAWBERRY	1 kg	50810	Sugar, Creamer [Corn Syrup Solids, Vegetable Fat (Palm Fruit), Sodium Casienate (Cow's Milk), Vegetable Protein, Anticaking agent], Skimmed Milk Powder (Cow's Milk), Whipping Agent [Glucose Syrup, Vegetable Oil (Palm Kernel, Hardened Palm kernel), Emulsifiers, Milk Protein (Cow's Milk)], Corn Syrup Solids, Stabiliser, Thickener, Flavouring [Maltodextrin, Ascorbic Acid, Preservative Sulphur dioxide], Colourant
SO GOOD SOFT SERVE VANILLA	1 kg	40313	Sugar, Creamer [Corn Syrup Solids, Vegetable Fat (Palm Fruit), Stabiliser, Sodium Casienate (Cow's Milk), Vegetable Protein], Skimmed Milk Powder (Cow's Milk), Whipping Agent [Glucose Syrup, Vegetable Oil (Palm Kernel, Hardened Palm Kernel), Emulsifiers, Milk Protein (Cow's Milk), Stabiliser], Corn Syrup Solids, Stabiliser, Thickener, Flavourings [Maltodextrin, Dextrose, Maltodextrin, Anticaking Agent, Spice Extracts

PRODUCT	SIZE	CODE	INGREDIENT DECLARATION
SO GOOD BATTER ALL PURPOSE	1 kg	3693454	Corn Starch, Cereal (Wheat Gluten), Salt, Whey Powder (Cow's Milk), Thickener, Phosphate, Egg Powder (Egg), Acidity Regulator, Spice
SO GOOD BATTER FISH	10 kg	4085263	Corn Starch, Cereal (Wheat Gluten), Salt, Whey Powder (Cow's Milk), Thickener, Phosphate, Egg Powder (Egg), Acidity Regulator, Spice
SO GOOD BATTERMIX "J"	10 kg	4408590	Cereal (Wheat Gluten), Salt, Flavour Enhancer (MSG), Flavourings (Egg, Soy) [Sugar, Maize, Herbs, Colorant, Acidulants, Flavour Enhancer, Bread Flour, Antioxidants (BHA, BHT, TBHQ, Alpha - tocopherol), Hydrolysed Vegetable Protein, Maize Flour, Partially Hydrogenated Vegetable Fat, Yeast Extract, Anticaking Agent, Antioxidant], Spices & Spice Extracts, Dehydrated Vegetables (Onion & Garlic-Irradiated), Vegetable Oil (Canola Seed)
SO GOOD BATTERMIX	1 kg	4656374	Cereal (Wheat Gluten), Maize Flour, Salt, Modified Starch, Flavour Enhancer (MSG), Mixed Spices, Phosphate, Acidity Regulator, Sugar
SO GOOD BATTERMIX TEMPURA	4 kg	3693769	Cereal (Wheat Gluten), Salt, Modified Starch, Thickeners, Spices & Herbs & Spice Extracts, Sugar, Dextrose, Phosphate, Skim Milk Powder (Cow's Milk), Acidity Regulator, Flavour Enhancers (MSG), Dehydrated Vegetable (Garlic & Onion-Irradiated), Citric Acid, Flavourings [Maize, Flavour Enhancer, Flavourings, Anticaking Agent, Antioxidant (TBHQ, BHA, Alpha- tocopherol)]
SO GOOD BREADING AMERICAN	5 kg	4013158	Cereal (Wheat Gluten), Corn Starch, Salt, Hydrolysed Vegetable Protein (Soy), Spices & Spice Extracts & Herbs, Skimmed Milk Powder (Cow's Milk), Flavour Enhancer (MSG E621), Flavouring [Maize Starch, Flavour Enhancers (E631, E627), Anticaking Agent (E551), Spice Extracts (TBHQ- E319), Acidity Regulator (E339)], Sugar
SO GOOD BREADING HEITA	4 kg	3693712	Cereal (Wheat Gluten), Salt, Flavour Enhancer (MSG), Spices (Irradiated) & Spice Extracts & Herbs, Sugar, Tapioca Starch, Dehydrated Vegetable (Garlic- Irradiated)

PRODUCT	SIZE	CODE	INGREDIENT DECLARATION
SO GOOD BREADING NATIONAL	12 kg	4402131	Cereal (Wheat Gluten), Salt, Flavour Enhancer (MSG), Spices (Irradiated) & Spice Extracts & Herbs, Sugar, Tapioca Starch, Dehydrated Vegetable (Garlic-Irradiated)
SO GOOD BREADING NATIONAL	1 kg	4402132	Cereal (Wheat Gluten), Salt, Flavour Enhancer (MSG), Spices (Irradiated) & Spice Extracts & Herbs, Sugar, Tapioca Starch, Dehydrated Vegetable (Garlic-Irradiated)
SO GOOD BREADING SHISAMPAMA	4 kg	3693713	Cereal (Wheat Gluten), Salt, Spices & Herbs & Spice Extracts, Flavour Enhancer (MSG), Sugar, Dehydrated Vegetables (Onion & Garlic-Irradiated), Corn Syrup Solids, Tapioca Starch, Flavouring [Spice Extracts, Vegetable Oil (Palm Fuit), Antioxidants (BHA, BHT, TBHQ, Alpha - tocopherol)]
SO GOOD BREADING SHISHAMPAMA MILD	4 kg	4080002	Cereal (Wheat Gluten), Salt, Spices & Herbs & Spice Extracts, Flavour Enhancer (MSG), Sugar, Dehydrated Vegetables (Onion & Garlic-Irradiated), Corn Syrup Solids, Tapioca Starch, Flavouring [Spice Extracts, Vegetable Oil (Palm Fuit), Antioxidants (BHA, BHT, TBHQ, Alpha - tocopherol)]

PRODUCT	SIZE	CODE	INGREDIENT DECLARATION
SO GOOD BBQ SEASONING	1 Kg	3693750	Salt, Spices (Irradiated) & Herbs, Sugar, Dextrose, Cereal (Wheat Gluten), Flavour Enhancer (MSG), Dehydrated Vegetables (Onion & Garlic-Irradiated), Vegetable Oil (Canola Seed)
SO GOOD CHICKEN SPICE	1 kg	3693714	Salt, Cereal (Wheat Gluten), Spices (Irradiated), Sugar, Dehydrated Vegetable (Garlic- Irradiated), Anticaking Agent
SO GOOD CHIP SPICE	1 kg	3693751	Salt, Spices & Spice Extracts, Flavour Enhancer (MSG), Dextrose, Acidity Regulator, Dehydrated Vegetables (Onion & Garlic- Irradiated), Flavouring [Maize Starch, Flavour Enhancers, Anticaking Agent, Acidity Regulator]
SO GOOD PAPRIKA GROUND	700 g	3693722	Spice (Paprika) & Spice Extract
SO GOOD PERI PERI SPICE	700 g	3693723	Spices & Herb, Salt, Flavour Enhancer (MSG), Dehydrated Vegetable (Garlic-Irradiated)
SO GOOD SALT & VINEGAR	1.3 kg	3693727	Salt, Acidity Regulator, Potato Starch, Flavour Enhancer (MSG), Sodium Citrate, Anticaking Agent
SO GOOD SEASONING FISH	800 g	3693773	Salt, Spices & Herb, Flavour Enhancer (MSG), Sugar, Corn Syrup Solids, Dehydrated Vegetables (Garlic & Onion- Irradiated), Hydrolysed Vegetable Protein (Soy), Dextrose, Corn Starch, Vegetable Fat [Palm Oil (Palm Fruit), Palm Kernel Oil (Palm Seed), Antioxidant (BHA), Acidity Regulator], Flavouring, Anticaking Agent
SO GOOD SPICE FOR RICE	900 g	4656375	Salt, Maize Flour, Cereal (Wheat Gluten), Dehydrated Vegetable (Onion & Garlic-Irradiated), Spices & Herb & Spice Extracts, Flavour Enhancer, Maltodextrin, Modified Maize Starch), Anticaking Agent, Vegetable Oil (Canola Seed), Colourant
SO GOOD SPICE-O-MAT	1 kg	3693771	Salt, Flavour Enhancer (MSG), Dehydrated Vegetable (Onion- Irradiated), Dextrose, Maize Flour, Yeast Extract, Anticaking Agent, Vegetable Oil (Canola Seed), Spice Extract

PRODUCT	SIZE	CODE	INGREDIENT DECLARATION
SO GOOD BOLOGNAISE	20 x 160 g	4426151	Flavouring [Maltodextrin, Tomato Solids, Corn Starch, Colourants, Maize, Flavour Enhancer, Flavourings, Anticaking Agent, Acidity Regulators, Sugar, Antioxidant (TBHQ), Dextrose, Corn Flour, Colorant, Vegetable Oil (Coconut Kernel), Calcium Phosphate, Thickener], Dehydrated Vegetables (Onion & Garlic-Irradiated, Red Bellpepper), Salt, Sugar, Corn Starch, Spice & Herb & Spice Extracts, Flavour Enhancer (MSG), Preservative: Sodium metabisulphite, Citric Acid
SO GOOD BOLOGNAISE	500 g	3693556	Flavouring [Maltodextrin, Tomato Solids, Corn Starch, Colourants, Maize, Flavour Enhancer, Flavourings, Anticaking Agent, Acidity Regulators, Sugar, Antioxidant (TBHQ), Dextrose, Corn Flour, Colorant, Vegetable Oil (Coconut Kernel), Calcium Phosphate, Thickener], Dehydrated Vegetables (Onion & Garlic-Irradiated, Red Bellpepper), Salt, Sugar, Corn Starch, Spice & Herb & Spice Extracts, Flavour Enhancer (MSG), Preservative: Sodium metabisulphite, Citric Acid
SO GOOD BREYANI LAMB	500 g	3693711	Salt, Spices & Spice Extract & Herb, Cereal (Wheat Gluten), Flavouring
SO GOOD CHEESE SAUCE	10 x 250 g	3693762	Vegetable Fat [Partially Hydrogenated Palm Oil], Lactose, Milk Protein (Cow's Milk), Flavourings [Maltodextrin, Vegetable Fat (Palm Fruit; Antioxidant: BHA), Cheese Solids (Cow's Milk), Emulsifiers (E339, E270), Acidity Regulator (E330), Glucose, Sugar, Corn Flour, Colorant (E150c), Flavour Enhancers (MSG E621, E627, E631), Whey Powder (Cow's Milk)], Skimmed Milk Powder (Cow's Milk), Modified Maize Starch, Cereal (Wheat Gluten), Salt, Phosphate (E452), Dehydrated Vegetables (Onion & Garlic-Irradiated), Spices, Colorant (E160b), Anticaking Agents (E460)

PRODUCT	SIZE	CODE	INGREDIENT DECLARATION
SO GOOD CHEESE SAUCE	500 g	4402607	Vegetable Fat [Partially Hydrogenated Palm Oil], Lactose, Milk Protein (Cow's Milk), Flavourings [Maltodextrin, Vegetable Fat (Palm Fruit; Antioxidant: BHA), Cheese Solids (Cow's Milk), Emulsifiers (E339, E270), Acidity Regulator (E330), Glucose, Sugar, Corn Flour, Colorant (E150c), Flavour Enhancers (MSG E621, E627, E631), Whey Powder (Cow's Milk)], Skimmed Milk Powder (Cow's Milk), Modified Maize Starch, Cereal (Wheat Gluten), Salt, Phosphate (E452), Dehydrated Vegetables (Onion & Garlic-Irradiated), Spices, Colorant (E160b), Anticaking Agents (E460)
SO GOOD CHICKEN A LA KING	500 g	3693565	Full Cream Milk Powder (Cow's Milk), Dehydrated Vegetables (Onion-Irradiated, Red & Green Bellpeppers, Mushroom), Fat Concentrate [Vegetable Fat (Partially Hydrogenated Palm Oil), Lactose (Cow's Milk), Milk Protein (Cow's Milk)], Cereal (Wheat Gluten), Modified Maize Starch, Salt, Flavouring [Bread Flour, Hydrogenated Vegetable Fat, Maize, Flavour Enhancers, Herbs & Spice Extracts, Vegetable Oil, Celery, Preservatives (Potassium sorbate, Potassium metabisulfite), Flavourings, Colourant, Acidulants, Anticaking Agent, Maltodextrin (Wheat Gluten)], Skim Milk Powder (Milk), Flavour Enhancer (MSG), Preservatives: Sodium Metabisulphite & Sodium Benzoate, Phosphate, Thickener, Spice
SO GOOD CURRY CROWN	1 kg	4619188	Maize Flour, Spices (Irradiated), Salt, Cereal (Wheat Gluten)
SO GOOD CURRY MEDIUM	1 kg	4619240	Spices, Maize Flour, Salt
SO GOOD CURRY YELLOW	25 x 100 g	3693758	Spices (Irradiated) & Spice Extract, Maize Flour, Salt, Dehydrated Vegetable (Garlic-Irradiated)
SO GOOD CURRY RED	25 x 100 g	3693759	Spices (Irradiated) & Spice Extracts, Salt, Maize Flour, Anticaking Agent, Dehydrated Vegetable (Garlic-Irradiated), Corn Starch
SO GOOD CURRY TRIPE YELLOW	500 g	3693705	Salt, Cereal (Wheat Gluten), Spices & Spice Extract & Herbs, Dextrose, Dehydrated Vegetable (Onion-Irradiated), Flavour Enhancer (E631, E627)

PRODUCT	SIZE	CODE	INGREDIENT DECLARATION
SO GOOD GRAVY CHICKEN	25 x 100 g	4656377	Cereal (Wheat Gluten), Modified Maize Starch, Flavourings [Maltodextrin, Yeast Extract (Wheat Gluten), Partially Hydrogenated Vegetable Fat (Palm Fruit), Spice (Irradiated), Antioxidants (BHA, BHT, TBHQ, Alpha-tocopherol)], Salt, Sugar, Corn Starch, Vegetable Fat [Partially Hydrogenated Palm Oil, Milk Solids (Cow's Milk)], Spices & Spice Extract & Herb, Dehydrated Vegetables (Onion & Garlic- Irradiated), Colorant, Vegetable Oil (Canola Seed), Anticaking Agent, Flavour Enhancer
SO GOOD GRAVY MIX	1 kg	4408688	Corn Starch, Cereal (Wheat Gluten), Salt, Potato Starch, Corn Syrup Solids, Flavour Enhancer (MSG), Spices & Herbs, Colourant, Maltodextrin, Dehydrated Vegetables (Garlic & Onion- Irradiated, Red Bell Pepper), Flavourings [Hydrolysed Vegetable Protein (Soy), Flavour Enhancer, Anticaking Agent, Spice Extracts, Acidity Regulators, Antioxidant (TBHQ)], Sugar, Dextrose, Vegetable Oil (Canola Seed)
SO GOOD GRAVY MIX	25 x 100 g	3693766	Corn Starch, Cereal (Wheat Gluten), Salt, Dextrose, Potato Starch, Colourant, Hydrolysed Vegetable Protein (Soy), Dehydrated Vegetables (Onion & Garlic-Irradiated), Spices & Herbs, Sugar, Flavour Enhancer
SO GOOD GRAVY ONION	25 x 100 g	3693767	Corn Starch, Salt, Hydrolysed Vegetable Protein (Soy), Dehydrated Vegetable (Onion- Irradiated), Cereal (Wheat Gluten), Flavour Enhancer (MSG), Sugar, Colorant, Spice & Spice Extract
SO GOOD INSTANT MUSHROOM	10 x 250 g	4656376	Vegetable Fat [Partially Hydrogenated Palm Oil, Milk Solids (Cow's Milk)], Modified Maize Starch, Whey Powder (Cow's Milk), Full Cream Milk Powder (Cow's Milk), Dehydrated Vegetables (Mushroom (4.88%), Garlic- Irradiated), Salt, Yeast Extract (Gluten), Colorant, Spice, Flavour Enhancer, Flavourings

PRODUCT	SIZE	CODE	INGREDIENT DECLARATION
SO GOOD ITALIAN TOMATO	10 x 250 g	3693757	Dehydrated Vegetables (Onion & Garlic-Irradiated, Red Bell Pepper), Flavourings [Maltodextrin, Tomato Solids (12.5%), Modified Maize Starch], Sugar, Salt, Corn Syrup Solids, Corn Starch, Spice & Spice Extracts & Herb, Yeast Extract (Gluten), Anticaking Agent, Acidity Regulator, Vegetable Oil (Canola Seed), Flavour Enhancer
SO GOOD MASH	10 x 250 g	3693764	Dehydrated Vegetables (Onion-Irradiated, Potato Flakes), Colourant, Preservative (Sodium Metabisulphite), Fat Concentrate [Vegetable Fat (Partially Hydrogenated Palm Oil, Lactose (Cow's Milk), Milk Protein (Cow's Milk)], Full Cream Milk Powder (Cow's Milk), Salt, Whey Powder (Cow's Milk), Flavouring [Cheese Solids, Vegetable Fat (Palm), Glucose, Phosphates, Anticaking agent (E554), Preservatives (Potassium sorbate, Potassium metabisulphite), Antioxidants (BHA, BHT, TBHQ), Maltodextrin, Modified Maize Starch, Emulsifier, Acidulant], Vegetable Oil (Canola Seed), Yeast Extract, Spices & Spice Extracts
SO GOOD MILK WASH	1 kg	3693748	Skimmed Milk Powder (Cow's Milk), Cereal (Wheat Gluten), Salt, Egg Powder (Egg), Thickener, Anticaking Agent, Colorant (Tartrazine)
SO GOOD MASH	500 g	3693552	Dehydrated Vegetables (Onion-Irradiated, Potato Flakes), Colourant, Preservative (Sodium Metabisulphite), Fat Concentrate [Vegetable Fat (Partially Hydrogenated Palm Oil, Lactose (Cow's Milk), Milk Protein (Cow's Milk)], Full Cream Milk Powder (Cow's Milk), Salt, Whey Powder (Cow's Milk), Flavouring [Cheese Solids, Vegetable Fat (Palm), Glucose, Phosphates, Anticaking agent (E554), Preservatives (Potassium sorbate, Potassium metabisulphite), Antioxidants (BHA, BHT, TBHQ), Maltodextrin, Modified Maize Starch, Emulsifier, Acidulant], Vegetable Oil (Canola Seed), Yeast Extract, Spices & Spice Extracts

PRODUCT	SIZE	CODE	INGREDIENT DECLARATION
SO GOOD MUSHROOM & SWEET PEPPER	10 x 250 g	3693756	Full Cream Milk Powder (Cow's Milk), Dehydrated Vegetables (Onion- Irradiated, Red & Green Bell Pepper, Mushroom), Flavours [Vegetable fat [Palm Fruit, Antioxidant BHA]], Glucose, Wheat Protein, Emulsifier, Anticaking Agent, Flavours, Maltodextrin (Wheat), Brewers Yeast Extract (Gluten), Salt], Cereal (Wheat Gluten), Salt, Modified Maize Starch, Phosphate, Thickener, Spice
SO GOOD PIE CHICKEN & MUSHROOM	20 x 115 g	4426152	Cereal (Wheat), Maize Starch, Milk Powder (Cow's Milk), Flavour Enhancer (MSG), Salt, Flavours, Dehydrated Vegetable (Onion- Irradiated), Colourant, Acidulant, Anticaking Agent
SO GOOD POTBROOD	1 kg	3693793	Cereal (Wheat Gluten), Sugar, Vegetable Fat [Partially Hydrogenated Palm Oil, Milk Solids (Cow's Milk)], Raising Agent, Salt, Skimmed Milk Powder (Cow's Milk)
SO GOOD POTJIEKOS	25 x 100 g	3693768	Dehydrated Vegetables (Potato, Carrots, Cabbage, Onion & Garlic- Irradiated), Salt, Corn Starch, Sugar, Flavours [Maltodextrin, Tomato Solids, Grill Flavour (Partially Hydrogenated Soybean (Soy), Modified Corn Starch, Smoke Flavour], Hydrolysed Vegetable Protein (Soy), Corn Syrup Solids, Spices & Spice Extracts, Anticaking Agent, Vegetable Oil (Canola Seed), Flavour Enhancer
SO GOOD SOUP MIX	500 g	3693560	Dextrose, Flavouring [Maize, Spice Extracts, Acidulant, Sugar, Antioxidant (TBHQ), Vegetable Fat (Palm Fruit), Maltodextrin, Wheat Flour (Wheat Gluten), Emu Isifier, Acidifying Agent, Hydrolysed Vegetable Protein, Yeast Powder, Tomato Powder, Flavour Enhancer, Spice Extracts, Fractionated Coconut oil] (Gluten/ Soy), Modified Maize Starch, Sugar, Salt, Cereal (Wheat Gluten), Preservatives (Sodium metabisulphite, Sodium benzoate), Flavour Enhancer (MSG), Spices & Herbs, Colourant, Maltodextrin, Thickener, Anticaking Agent

PRODUCT	SIZE	CODE	INGREDIENT DECLARATION
SO GOOD STEW BEEF	25 x 100 g	3693761	Flavourings [Maize Starch, Dextrose, Anticaking Agent, Acidity Regulators, Spice Extracts (TBHQ), Sugar, Dextrose, Maltodextrin, Corn Flour, Vegetable Oils (Coconut Kernel), Vegetable Fat (Coconut Kernel), Thickener], Corn Starch, Spices (Irradiated), Cereal (Wheat Gluten), Salt, Dehydrated Vegetable (Garlic- Irradiated), Sugar, Flavour Enhancer, Colorant
SO GOOD STEW BEEF	500 g	3693707	Flavouring [Maize, Flavour Enhancer (MSG), Anticaking Agent, Spice Extracts, Acidulants, Sugar, Antioxidant (TBHQ), Dextrose, Citric Acid, Corn Flour, Veg Oil (Coconut Oil), Calcium Phosphate, Thickener], Spices, Cereal (Wheat Gluten), Salt, Corn Starch, Dehydrated Vegetable (Garlic -Irradiated), Sugar, Flavour Enhancer, Colourant
SO GOOD STEW CHICKEN	25 x 100 g	3693760	Corn Starch, Cereal (Wheat Gluten), Spices (Irradiated), Salt, Dehydrated Vegetable (Garlic-Irradiated), Yeast Extract, Flavour Enhancer, Corn Syrup Solids
SO GOOD STEW CHICKEN	500 g	3693706	Cereal (Wheat Gluten), Spices & Herbs, Corn Starch, Salt, Dehydrated Vegetable (Garlic-Irradiated), Flavour Enhancer, Corn Syrup Solids
SO GOOD STEW MIX	25 x 100 g	3693765	Dehydrated Vegetables (Onion & Garlic-Irradiated, Green Bell Pepper), Corn Starch, Salt, Flavourings [Maltodextrin, Tomato Solids, Sugar, Colourants, Yeast Extract (Gluten), Vegetable fat (Palm Fruit), Wheat Flour (Wheat Gluten), Emulsifier, Acidifying Agent,Hydrolysed Vegetable Protein (Soy), Vegetable Oil (Soya), Antioxidant: Alphanatocopherol], Sugar, Spices & Spice Extracts, Dextrose, Anticaking Agent, Flavour Enhancer, Acidity Regulator, Maize Flour, Vegetable Oil (Canola Seed), Colourant

PRODUCT	SIZE	CODE	INGREDIENT DECLARATION
SO GOOD STEW MIX	500 g	3693558	Dehydrated Vegetables (Onion & Garlic-Irradiated, Green Bell Pepper), Corn Starch, Flavouring [Maltodextrin, Tomato Solids, Sugar, Colourants, Flavourant, Maize, Flavour Enhancer, Acidulant, Antioxidant (TBHQ), Vegetable Oil (Soya), Alpha-tocopherol], Salt, Sugar, Spices & Spice Extracts, Preservative:Sodium metabisulphite, Sodium benzoate, Flavour Enhancer (MSG), Dextrose, Antioxidant Sodium erythorbate, Acidity Regulator, Vegetable Oil (Canola Seed), Anticaking Agent
SO GOOD WHITE SAUCE	10 x 250 g	3693763	Vegetable Fat [Partially Hydrogenated Palm Oil], Lactose, Milk Protein (Cow's Milk), Skimmed Milk Powder (Cow's Milk), Modified Maize Starch, Cereal (Wheat Gluten), Dehydrated Vegetable (Onion- Irradiated), Salt, Phosphates, Spices, Anticaking Agents
SO GOOD WHITE SAUCE	500 g	4402605	Vegetable Fat [Partially Hydrogenated Palm Oil], Lactose, Milk Protein (Cow's Milk), Skimmed Milk Powder (Cow's Milk), Modified Maize Starch, Cereal (Wheat Gluten), Dehydrated Vegetable (Onion- Irradiated), Salt, Phosphates, Spices, Anticaking Agents



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