

WHEN THE TEMPS GET CHILLY, **OUR TEAMS KEEP**









LIV CULINARY KITCHEN PARTNERS WITH CROWN NATIONAL

In November 2022 we were introduced to the Crown National Team when Jacques Visagie visited the Village. This relationship kicked off with a great fun day on 9 December 2022. The Crown National EE committee treated us to a day filled with fun, laughter and lovely food. Each house also received a parcel packed with Crown National products and spices - more specifically, Six Gun Grill[®]... The feedback from the moms was unanimous – the spices were the best!

As part of the partnership, Crown National committed to spoil our moms with some cooking demonstrations in our LIV Culinary Kitchen and to introduce them to the Crown National products. On 23 March we had our first cooking day. Patrick and Quinton blessed us with their culinary skills. The main course consisted of Chicken Curry, a Chicken Stew and a Macaroni and Mince dish. These dishes were easy to make, thanks to the sauce powder sachets that were added and all the moms enjoyed a refreshing new way of cooking. For dessert, there was jelly and custard – a very delicious and simple to prepare treat to end off a delectable meal.

A big thank you to the Crown National Team. We look forward to many more such fun mornings!



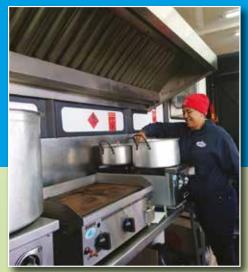
At Tshimologo Child Development Centre In Alexander Township







CPT BRANCH SOUP DRIVE – NOURISHING OUR YOUTH ON THE 16TH JUNE 2023









THE LIMPOPO BRANCH OPENS A NEW SUPERSPAR AT NKUNA KRAAL





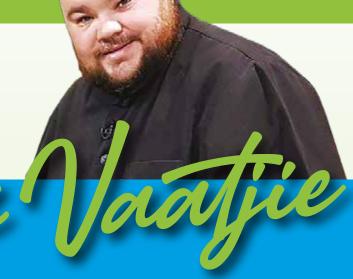








IN THE KITCHEN WITH



Carpetbagger Steak

Ingredients

80g Butter

1 tsp Six Gun Grill® Seasoning

1 Onion, chopped.

6 x Sirloin steaks ±200g each

1 Can smoked oysters or mussels in oil, drained and divided into 6 portions

125g Blue cheese, divided into 6 portions

6 Slices smoked ham

Oil





Method

- Mix the butter and Six Gun Grill® Seasoning and divide in 2.
- Cut a pocket into the side of each steak. Layer the steaks with Butter followed by the diced onion along with the ham, oysters or mussels and blue cheese.
- Close the steak and secure the filling with string or toothpicks.
- Rub the outside of the steak with the other half of the butter and, if needed, season the meat with more Six Gun Grill® Seasoning.
- Heat a griddle pan until very hot. Add the butter and fry the steaks for
 4-6 minutes on each side. Remove, set aside to rest and enjoy.
- Enjoy.