



**blue
strawberry**
TANTALISING CATERING

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SPRING FEVER

TEMPTING FLAVOURS
AND LUSCIOUS COLOUR

HOT TIPS

FOR GUILT FREE
PARTY NIBBLES

WIN!

A BREAKFAST
FEAST FOR
10 FRIENDS



Nº04
FREE



RETRO FRENCH TOAST

BURSTING WITH FRESH BERRIES



September is truly one of the most glorious months, gardens full of profuse colours, lovely sunny days - perfect for a spring breakfast on the patio, you simply have to enter this month's competition and you could celebrate in style, it is a fabulous menu and it includes the French toast featured on the cover. Add a glass of bubbly and some friends - voila!

If you are planning a year end bash I am sure you will feel inspired after

reading our take on planning the best year end ever!

We are lucky to feature two guest columnists this month, Philippa Courtenay our resident dietician shares some fresh diet tips to see you into summer, and Meghann Pampallis chats to us about coffee and the latest trends. Enjoy!

- Jenni Jackson



PLAN THE PERFECT PARTY

For an unforgettable bash - choose a theme and come dressed or dress the venue accordingly.

- A NATIONALITY: Mexican, Moroccan, Italian, French
- AN EVENT: World cup rugby, the Oscars, Bollywood

- A COLOUR: party in pink, rock and roll red, bring on the blues.
- A LETTER: P – priests and prostitutes
- A PERSON: film stars, politicians, cartoon characters.
- BOOK TITLES: Sex and the city, Grease
- Come as something edible.

We can design bespoke menus to suit every occasion, whacky and wild to fancy and formal.

But if you want to keep it simple we do delicious legs of lamb cooked on a spit braai basted with rosemary and garlic they are simply scrumptious. Pair it with rotisserie chickens – peri peri or lemon and herb, cheesy baked potatoes and crisp fresh salads and you have a winner.

A South African Braai is always a favourite, honey minted lamb chops, succulent boerewors, sticky chicken sosaties, finger licking spare ribs, - are just a few of the yummy options.

Fancy something a little more elegant? Baileys chicken fillets stuffed with almonds and served with a Baileys liqueur sauce. Surf and turf fillets with brandy cream -delectable.

Finish with stunning desserts – to die for chocolate brownies, luscious cream puffs filled with lemon cream and topped with white chocolate, sticky toffee puddings with pecan toffee sauce and fresh cream.



contactus@bluestrawberry.co.za
031 579 1463

THE BEAN MACHINE

IT WAS ONCE SAID THAT "ON THE EIGHTH DAY GOD CREATED COFFEE" ...

... and no doubt, the truth in these words are evident in its popularity. Over 2.25 billion cups are consumed daily worldwide with 60% of these as part of the 'Morning ritual' – clearly coffee has a loyal following!

Since coffee is so popular, Cafe' Vend had the perfect solution for serving coffee at functions. Gone are the days where an urn and a tin of coffee were the sum total on offer, now the use of automated (vending style) coffee machines is the perfect solution. Easy to use, hygienic and convenient, these automated machines produce a consistently good cup of coffee at a push of a button. This option is also affordable. There are a variety of options to choose from and are guaranteed to be aesthetically pleasing and to add that little bit extra to your next function. These machines can offer basic coffee plus a heap of other coffee and hot beverage options, so consider renting one for your next big 'do'

Whether you are an 'instant coffee junkie' or a 'latte snob', you can produce a good cup of coffee in the comfort of your own home by following these simple tips.

1. Never reheat/boil coffee. Always boil the water first, before adding the coffee and use hot and not boiling water. Fresh coffee is the best coffee

2. When using beans or pre-ground coffee – always use fresh! Beans can lose their flavour between 7 -10days after roasting, so don't buy in bulk and buy fresh from local roasteries , if possible. Your local roaster will be able to assist you in the freshest beans.

3. Storage. Air, moisture, heat and light are coffees enemies! Any coffee should be stored in a dark, cool place in an airtight container. Contrary to popular belief, the fridge/freezer is not ideal for storing coffee.

4. Experiment! Whether it is beans, instant, pods or ground coffee – find YOUR favourite! We all have unique tastes so break out of your comfort zone and try different roasts – you might just find your perfect cuppa. Your local roastery can assist you.

5. Always keep your coffee equipment clean. Prevent yesterday's rancid coffee oils from spoiling today's cuppa!

Coffee has long been associated as the perfect complement to chocolate but there are a variety of foods that work well too. Depending on the roast, coffee works very well to bring out the distinct flavours of cheeses, stone fruit, baked goods, potatoes and even roast beef. So never feel that your morning brew is only for that – mornings. Coffee can be a very integral part of any meal or function.

Happy Sipping



CAFÉ VEND .CO.ZA
MEGHANN PAMPALLIS
031 568 2707



WIN! THIS FABULOUS CONTEMPORARY BREAKFAST FOR 10 GUESTS AT YOUR HOME OR OFFICE

ALL YOU HAVE TO DO IS FORWARD THIS MAGAZINE TO 10 FRIENDS
CC US IN, AND YOU WILL BE ENTERED INTO THE DRAW. SIMPLE!

WIN

Breakfast menu

Select 6 items from the list below

- Mini french toast with crisp bacon, strawberries, mascarpone & maple syrup
- Smoked salmon & dill tart
- Baby porkies wrapped in bacon, with a cherry glaze served in a glass
- Mini french toast with crisp bacon & maple syrup
- Cocktail croissants filled with mozzarella, tomato & rocket pesto
- Dainty sweet potato & pecan muffins with frosty topping
- Crumpets draped with a mascarpone cream & a honeycomb chocolate crunch
- Fresh fruit skewers with a passion fruit glaze
- Mini roasted cherry tomato, mozzarella, rocket & pesto quiche
- Camembert, fig & pecan on crackers

HOT TIPS

FOR GUILT FREE PARTY NIBBLES

Anyone who is trying to lose weight or just trying to eat healthy knows how difficult it can be to stick to your eating plan especially when end of year events spring up everywhere and the festive season is in full swing. Here are a few tips to help you to stick to a healthy lifestyle when eating at these events. It's all about making the best choices you can.

However often these events are, it is up to the individual to try and choose the healthiest food options available to attain and maintain a current healthy weight. Traditionally at cocktail parties, food is often served in the form of a buffet and is snack food. A lot of these foods can be unhealthy and high in fat. There are however often snacks that are healthier options and some are listed below:

- Vegetable sticks with dip. Have as little of the dip as you can, as they can be high in fat.



GRILLED CHICKEN STACK
BY BLUE STRAWBERRY

- Use a plate, dish once and move a way from the table otherwise you will continuously pick.
- Don't sit or stand near the buffet table, move away.
- Mingle and chat more, you will eat less and learn more about the

ARE YOU PLANNING AN EVENT?

perhaps your office party? a year end bash, a wedding, product launch, special birthday?

BIG OR SMALL... BOOK IT WITH US

and you will automatically be entered into the draw to win that amazing breakfast for 10 friends



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- Asparagus and ham wraps.
- Ham and pineapple or pickled onion sticks.
- Chicken, beef or pork kebabs.
- Chicken drumsticks (remove the skin).
- Mini pizza slices choose the ones with more vegetable or fish toppings.
- Breadsticks or bread rolls, try to have them plain.
- Stuffed eggs.
- Smoked mussels or oysters on crackers.
- Spinach and feta phyllo tartlets.
- Small sandwiches (avoid the cheese ones or those with mayonnaise).
- Biltong sticks (go for game or ostrich, it is leaner)
- Slices of quiche
- Green salad

Avoid: sausage rolls, pies, samosas, fried or crumbed chicken, hard cheeses and crackers, fried potato skins, garlic bread, crumbed mushrooms, salted nuts, chips or crisps, savory muffins, fried fish or calamari, sesame prawn toasts, spring rolls and fried chicken or fish nuggets.

people you are with.

- Be careful of cocktails being offered they are often high in kilojoules. Rather stick to alcohol that you are used to or better still, avoid it.

However, if alcohol avoidance is not an option then remember the following tips:

- Always opt for the 'lite' option, whether it be wine (1 small glass = 1 fat) or beer (1 dumpie = 1/2 cc + 1 fat)
- Alternate your drinks with a glass of water. Sip on the water when you are thirsty rather than the alcoholic drink.
- Add ice cubes or soda water to your white wine to make your drink last longer.
- Stay away from creamy liqueurs and high-energy mixers.
- If you are a man limit yourself to 2 drinks per day and if you are a woman 1 drink per day.

The best choices should be chosen the most frequently i.e. lite wine, whisky or vodka.



PHILIPPA COURTENAY
REGISTERED DIETITIAN
083 233 3763

ONLY
AVAILABLE
IN DURBAN,
SORRY!

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contactus@bluestrawberry.co.za
t: 031 579 1463