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# MORE WAYS WITH CHICKEN

DELIVER MORE  
FLAVOURS!



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# CHICKEN IS THE REAL WINNER ON YOUR MENU!

CHICKEN CAN DELIVER THE PROFIT YOU WANT! LET US SHOW YOU HOW.



**MAKE CHICKEN THE MAIN ATTRACTION AND TURN IT INTO TOP-SELLING DISHES!**

**Chicken is the most affordable source of protein<sup>1</sup> and SA's most consumed meat<sup>2</sup> – making it a key item on your menu to **boost your profits**.**

We'll show you new ways to **take your chicken further** with **quality, profitable chicken dishes** that **reduce wastage** and keep your customers coming back for more!

#### REFERENCES

1. Kamer L. Average per capita consumption of meat in Africa between 2019 and 2021, with a forecast for 2031, by type. [Online]. March 2023. [Cited 2023 March 14]. Available from URL: <https://www.statista.com/statistics/1290503/per-capita-consumption-of-meat-in-africa-by-type/#:~:text=Per%20capita%20consumption%20of%20meat%20in%20Africa%202019%2D2021%2C%20by%20type&text=Chicken%20meat%20was%20the%20most,per%20capita%20in%20the%20world.>
2. Claasen L. South Africans have a love affair with chicken. But higher prices are testing if they can afford it. [Online]. August 2022. [Cited 2023 March 14]. Available from URL: <https://www.news24.com/news24/bi-archieve/south-africans-have-a-love-affair-with-chicken-but-higher-prices-are-testing-if-they-can-afford-it-2022-8>



# BOOST PROFITS

## GUIDELINES FOR DRIVING PROFITS



### SERVE CUSTOMER FAVOURITES

Serve **customer favourites** that you know will sell, including **popular menu items** like chicken pieces, chicken livers, breaded chicken, and traditional dishes.



### REDUCE COSTS WITH MENU PLANNING

**Control your food costs** with menu planning. This makes it easier to **purchase the right quantity** of ingredients and **reduces your wastage** and costs per month.



### FOLLOW COSTING BASICS

Follow costing basics to price your **chicken dishes correctly** and achieve your target profit.



Ingredient	Quantity required mg/ml	Cost per item/kilogram	Total cost per dish/batch	% of dish
Chicken Pieces	1000g	R 60.00	R 60.00	81.81
Pepp Sweet Chilli Sauce	100g	R 7.54	R 7.54	10.28
			R 0.38	0.51
			R 0.75	1.02
			R 1.43	1.95
			R 3.40	4.64
			R 73.30	
				UPS % of the dish
				17.89

**NEED SOME HELP?**  
Our **FREE COST CALCULATOR** is available on [ufs.com](https://www.ufs.com)!  
**GET IT NOW!**





# CHICKEN PIECES

**RECIPE YIELD:** 1 kg

**SERVES:** 6

**PREP TIME:** 10 min

**COOK TIME:** 40 min



## CHEFS TIP:

Serve as a combo meal with a side salad, a portion of fries, or even veg.

## INGREDIENTS



1 kg  
Chicken pieces

## METHOD

- Wash the chicken and pre-heat the oven to 160 °C.
- Take the ingredients for your chosen flavour, mix them together and coat the chicken well.
- Roast the chicken for 35 to 40 min or until done, remove from the oven and serve.

## 3 WAYS TO ADD FLAVOUR

### LEMON & HERB CHICKEN

PRICE PER KG\*  
**R99.89**



10 g  
**Robertson's  
Lemon & Herb  
Seasoning**



20 g  
**Knorr  
Professional  
Brown Onion  
Soup**



30 g  
Oil

### LEMON & HERB PERI-PERI CHICKEN

PRICE PER KG\*  
**R97.53**



10 g  
**Robertson's  
Lemon & Herb  
Seasoning**



10 g  
**Knorr  
Professional  
Peri-Peri  
Marinade**



30 g  
Oil

### LEMON & HERB CAJUN CHICKEN

PRICE PER KG\*  
**R102.13**



10 g  
**Robertson's  
Lemon & Herb  
Seasoning**



10 g  
**Robertson's  
Cajun Spice**



30 g  
Oil



# CHICKEN LIVERS

**RECIPE YIELD:** 860 g

**SERVES:** 6 x 140 g

**PREP TIME:** 10 min

**COOK TIME:** 20 min



## CHEFS TIP:

Serve with a side portion of chips, add to a wrap or roti, or even a side salad or a quarter loaf of bread.

## INGREDIENTS



## METHOD

- Heat the oil, add the onions, red peppers and **Robertsons Paprika**, and fry for 5 mins.
- Add your flavour, chicken livers and cream, and cook for 8 to 10 min.
- Remove from the heat and serve.

## 3 WAYS TO ADD FLAVOUR

### CAJUN CHICKEN LIVERS

PRICE PER 140 G\*  
**R7.75**

PRICE PER KG\*  
**R54.10**



15 g  
**Robertsons  
Cajun Spice**



5 g  
**Knorr  
Aromat  
Original**

### PERI-PERI CHICKEN LIVERS

PRICE PER 140 G\*  
**R7.62**

PRICE PER KG\*  
**R53.18**



5 g  
**Robertsons  
Lemon & Herb  
Seasoning**



10 g  
**Knorr  
Professional  
Peri-Peri  
Marinade**

### LEMON & HERB CHICKEN LIVERS

PRICE PER 140 G\*  
**R7.43**

PRICE PER KG\*  
**R51.83**



15 g  
**Robertsons  
Lemon & Herb  
Seasoning**

\*Guideline only. Will differ between regions.



# CHICKEN WINGS

RECIPE YIELD: 2.19 kg

SERVES: 10

PREP TIME: 10 min

COOK TIME: 10 min



## CHEFS TIP:

Replace chicken wings with chicken fillets and serve in a wrap or salad with Hellmann's Creamy Salad Dressing sachet!

## INGREDIENTS



As required  
Oil for  
deep frying



1.6 kg  
Chicken wings  
(2 x 10 portions)



As required  
Cold Water



300 g  
**Knorr Professional  
Original or Spicy  
Chicken Breeding**

## METHOD

- Pre-heat the deep fryer to 160 °C.
- Dip the chicken wings into cold water and then into the **Knorr Professional Chicken Breeding (Original or Spicy)** and toss the chicken wings through the breading, making sure that each chicken wing is well coated in the breading (turn in the breading about 5 times).
- Dust off the excess breading and place the coated wings in the deep fryer and fry at 160 °C for 8 min until the chicken wings are golden brown in colour.
- Drain off any excess oil and place the chicken wings in a bowl, pour over the Knorr Professional sauce, toss the chicken wings through the sauce and serve.

## 2 WAYS TO ADD FLAVOUR

### SWEET CHILLI DUNKIN CRISPY CHICKEN WINGS

PRICE PER KG\*  
**R98.60**



200 g  
**Knorr  
Professional  
Sweet Chilli  
Sauce**

### HONEY & SOY DUNKIN CRISPY CHICKEN WINGS

PRICE PER KG\*  
**R98.60**



200 g  
**Knorr  
Professional  
Honey & Soy  
Sauce**

\*Guideline only. Will differ between regions.



# SPICED CHICKEN LIVER SALAD

RECIPE YIELD: 2.021 kg

SERVES: 10

PREP TIME: 10 min

COOK TIME: 10 min



## CHEFS TIP:

Replace the chicken livers with chicken strips or even fish nuggets!

PRICE PER 200 G\* **R24.15**

## INGREDIENTS



## METHOD

- Pre-heat the deep fryer to 180 °C.
- Coat the chicken livers in **Knorr Professional Spicy Chicken Breading** and deep fry until they are golden brown, crispy and cooked. Drain on paper towel to soak up excess oil.
- Mix the salad ingredients together (up to and including parsley) and place into individual containers.
- Place the cooled, cooked chicken livers on top of the salad.
- Place one **Hellmann's Creamy Salad Dressing sachet** on one side of the container, and seal, label and serve.

\*Guideline only. Will differ between regions.



# BATTERED PERI-PERI WALKIE TALKIES

**RECIPE YIELD:** 2.021 kg

**SERVES:** 10

**PREP TIME:** 10 min

**COOK TIME:** 10 min



## CHEFS TIP:

Serve the walkies with sweet chilli mayo for that extra zing!

PRICE  
PER KG\*

**R48.19**

## INGREDIENTS



As required  
Oil for  
deep frying

+



1 kg  
Chicken feet  
(cleaned)

+



100 g  
Cold Water

+



80 g  
**Knorr  
Professional  
Peri-Peri  
Marinade**

+



300 g  
**Knorr Professional  
Spicy Chicken  
Breeding**

## METHOD

- Pre-heat the deep fryer to 180 °C.
- Clean the chicken feet – ensure nails are removed and feet are cleaned.
- Mix together the chicken feet with the **Knorr Professional Peri-Peri Marinade** and cold water and allow to stand, cover and refrigerate for 15 min.
- Mix together the marinated chicken feet and **Knorr Professional Spicy Chicken Breeding** until the mixture is smooth.
- Place the battered chicken feet into the deep fryer and fry for 5 to 8 min until golden brown.
- Drain off any excess oil.

\*Guideline only. Will differ between regions.



# SWEET CHILLI PERI-PERI CHICKEN

**RECIPE YIELD:** 1.2 kg

**SERVES:** 10

**PREP TIME:** 10 min

**COOK TIME:** 45 min



## CHEFS TIP:

Replace Knorr Professional Sweet Chilli Sauce with Knorr Professional Honey & Soy Sauce.

PRICE  
PER KG\*

**R108.09**

## INGREDIENTS



## METHOD

- Pre-heat the oven to 160 °C.
- Wash the chicken and place in a bowl.
- Mix together the remaining ingredients and pour over the chicken, coat pieces well. Allow to marinate for 10 min, refrigerated and covered.
- Remove from the refrigerator, place in roasting dish and roast in a pre-heated oven for 45 min.

\*Guideline only. Will differ between regions.



# PANTRY ESSENTIALS



**DELIVER HIGH YIELD WITH VERSATILE INGREDIENTS THAT CAN BE USED ACROSS MANY DISHES AND ARE EASY FOR YOUR STAFF TO USE!**



## ONE SPOON, BIG AROMA!

- The perfect blend of coriander, turmeric, cumin, methee and chillies.
- Adds great colour for visual appeal.
- Consistent mouth-watering taste and aroma.
- Made with 20% turmeric.

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## VERSATILE ACROSS RIBS, STEAK, CHICKEN, LAMB, AND SEAFOOD

- Use as a meat tenderiser or in stews to reduce cooking time.
- Mix with oil to use as a rub or cook up and use as a basting.

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## 95% REAL ITALIAN TOMATOES

- 95% real Italian tomatoes (more than 30 tomatoes in each can).
- 24 hours from vine to can for optimum freshness.
- Concentrated product to save prep time.

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## 100% PURE PAPRIKA

- Delivers a rich, intense colour.
- Non-irradiated, no preservatives, no artificial colourants and free from GMOs.

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## TRUSTED ROBERTSONS QUALITY IN EVERY SELECTED HERB, SPICE & BLEND

- New fresh look & taste.
- Just a small amount can make a big difference.
- Adds superior and intense flavour to any dish.

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## 1 KG SEASONS 100 KG OF PROTEIN

- The perfect blend of black pepper, chilli, garlic, onion, parsley, paprika, nutmeg and more!
- Adds a delicious smoky, spicy flavour to your dishes.

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## COATS 500 CHICKEN DRUMSTICKS

- No egg or milk-wash needed.
- One breading solution for variety of applications.
- Crispy, tasty, fried chicken with an added Robertsons Spice blend.

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- No egg or milk-wash needed.
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## MAKES 27L

- Use as a soup or thickener in your dishes.
- Bain-marie stable.
- 150 portions per bag.

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# UPCYCLE CHICKEN

## MAKE CHICKEN GO THE DISTANCE!

Turn leftover chicken into profitable dishes to ensure chicken dishes that do not sell are not wasted.

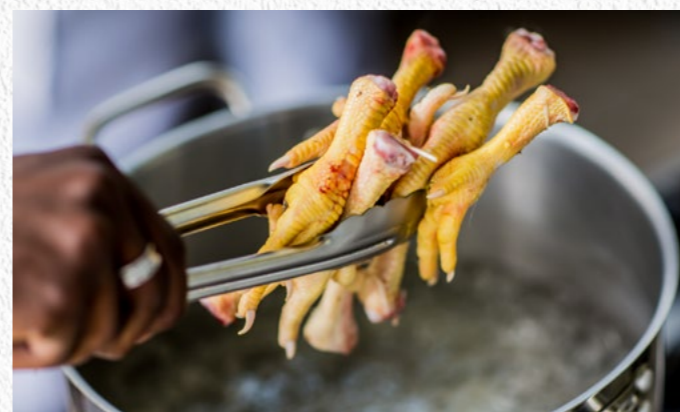
### TURN LEFTOVERS INTO TASTY FILLINGS

Use leftover chicken to create a variety of chicken-based fillings, including chicken mayonnaise, to add flavour variety to your sandwiches, wraps, and salads.



### USE EVERY PART OF THE CHICKEN

By being smart with your recipe choices, you can **repurpose every part of your chicken**, resulting in less wastage. **Reuse your leftover chicken** to create a range of wraps, sandwiches and salads your customers will love.





# REPURPOSING LEFTOVER CHICKEN PIECES

## AS GRAB-AND-GO MEAL OPTIONS

Use leftover chicken pieces as grab-and-go food options. Cold preparation for your cold refrigeration display should be as follows:

### CHICKEN PIECES

**Repurpose chicken pieces** by serving them alongside a portion of various sides, including:

- Samp and beans
- Stiff pap
- Fries
- Green salad
- Vegetables – butternut, creamed spinach, sauteed spinach or roast vegetables
- Salad – beetroot salad, pasta salad, potato salad, coleslaw



### ROTISSERIE CHICKEN

Use leftover rotisserie chicken as a pizza topping or in a sandwich, wrap or salad. **Add versatile sauces to create delicious fillings**, including chicken mayo, sweet chilli chicken mayo, or peri-peri chicken mayo.



### CHICKEN LIVERS

Create a **wrap, chip and liver roll**, serve with pap, or as a **chicken liver bunny chow**.



### BREADED CHICKEN WINGS

Dunk breaded chicken wings in **Knorr Honey & Soy Sauce** or **Knorr Sweet Chilli Sauce**. Serve on its own as a portion of 4 to 6 wings.



### CHICKEN NUGGETS OR BITES

Add chicken nuggets to a green salad and serve with a sachet of **Hellmann's Creamy Salad Dressing** as a side sauce.



### CHICKEN STRIPS

Use **chicken strips** in a wrap, coated in **Knorr Honey & Soy Sauce** or **Knorr Sweet Chilli Sauce**.





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