

DIRECTORS SCOOP

On 10th October it is World Mental Health Day. Interestingly, there's a new field of psychology called 'positive psychology' which isn't about "what's wrong with you & how do we fix it", it's about what's right with you, focusing on your ability to love & be loved, as well as kindness & gratitude. It's also about thriving & flourishing using strength, courage & bravery. What

makes each of us happy is quite different & what makes us happy now will be different to what *made* us happy in the past or even in years to come. A great way to start is logging 5 positives each day – good things put a smile on our face, no matter how small they are.

Alison Frith - Managing Director

FOODOLOGY®

Sourcing, cooking & serving the best fresh food for our customers that is nutritionally led & chef inspired!

The arrival of October means that we are now in the middle of the Autumn season. "Where has this year gone?" I hear you say! Don't worry, it's not over yet & we have some exciting & delicious food to bring you over the coming months that will keep you coming back for more.

THE
CHICKEN SHACK

★★★★
TASTE OF AMERICA

The Artizian "Chicken Shack" makes an appearance in October for the first time which is Artizian's wing bar concept. Choose from a selection of General Tso, Bulgogi, Buffalo & Madras glazes, smothered over tender British chicken wings served with freshly made Artizian salads. And if that hasn't got your mouth watering, we are bringing the flavours from across the pond with our Taste of America event. Chicken Gumbo, Boston Ribs, Shrimp 'n' Grits & a Brisket Mac 'n' Cheese slider are just a few of the little treats our restaurants will be serving up. Go on, you know you won't be able to resist! Along with all the tempting & exciting pop up dishes due to make an appearance this month, we will still have our famous Street Food weeks & of course Freaky Halloween treats towards the end of the month. Until next time - happy munching!

Rob Kurz - Foodologist®

Winter squashes

- Rich source of vitamin A, in the form of beta-carotene.
- Beta-carotene is vital for healthy eyes.
- Hokkaido squashes are the 'big daddy' of squash nutrition.

GET 5 x the carotenes by not peeling the squash.

ROAST or bake to increase vitamin A & C intake by 50%.

USE puréed flesh as a milk or water replacement in pretty much any recipe.



THE
CHICKEN SHACK



Signature

The Chicken Shack is Artizian's wing bar concept. Choose from a selection of different glazes smothered over tender British chicken wings served with fresh Artizian salads.

taste
of Autumn
#Foodology
#Harvest

TRUFFLED RICOTTA, BUTTERNUT SQUASH & BABY SPINACH SALAD (V)

Serves 5

Ingredients

FOR THE SALAD

- 1 large butternut squash
- 10ml olive oil
- 150g baby spinach
- 150g ricotta
- 5ml truffle oil
- 50g toasted pumpkin seeds
- pinch of salt

Method

FOR THE SALAD

- Wash the butternut squash & leave the skin on
- Top & tail the squash then cut the squash in half horizontally between the bulb & stem
- Cut the bulb in half vertically & remove the seeds with a spoon, then cut the squash into wedges. Cut the stem into similar sized chunks, toss in a little olive oil & sea salt
- Roast the squash at 190c for 15 minutes or until tender, set aside to cool
- Mix the ricotta & truffle oil together
- Mix the baby spinach with the squash & ricotta, mixing as gently as possible so the ricotta doesn't turn the salad white
- Top with toasted pumpkin seeds





INTELLIGENT EATING – THE SEEDS (& NUTS) OF REVOLUTION

Impossible Foods' latest fundraising gain of \$300 million was the largest fundraising round for a plant based meat company in history. This is pretty good evidence of the plant based revolution happening around us right now. One overriding factor in the plant based revolution is the increasing awareness that what we choose to eat not only affects our own health - but that of the planet too.



Mindless Eating to Conscious Eating, we call this Intelligent Eating.

There is "No Planet B", so we have to all look to change our diets & food choices

to ones that are better for us & the planet. Many express concerns that a plant based diet doesn't provide enough protein & that better protein comes from animal sources. I'm going to stick my neck out here & at this very moment, say, it couldn't possibly be more clear that for the sake of human & planetary health, we all need to eat more plants & fewer animals. There, I've said it!



One of the major impediments to this are the popular myths:

- That only animal foods provide high quality protein - **WRONG**
- That we're not getting enough protein - **WRONG**
- That the more protein we eat, the better - **WRONG**

I think the language we're using about protein is basically leading people in exactly the wrong direction we need them to travel if we are to create & eat more sustainable diets: better for me & better for the planet. This has to change & Artizian will be part of the revolution.

Catherine Attfield
Head of Nutrition & Wellbeing

OUR PEOPLE ARE OUR BEST INGREDIENTS

JULY - Peoples Champion Winner - Marcela

Marcela has been nominated for using her own initiative throughout July which was an exceptionally busy month for hospitality. She single handedly executed all the hospitality requests. There was a large function on for two days with rolling tea/coffee/snacks throughout the day as well as cold & hot lunches & afternoon tea, followed by a bar in the evening. The days were continuous, delivering & clearing of food & beverages as well as having an additional four hospitality requests to deliver & clear on one of the days. Marcela was also maintaining her front of house role on the coffee bar. She has truly worked exceptionally hard & was professional throughout, making us very proud to have her as part of our team!



CSR - Water

Water is a precious commodity. Our very existence depends on it & is vital for everyday living. We shouldn't waste it & we shouldn't take it for granted. In fact, we should find ways to conserve water & also find ways to safely reuse it.

97% of the worlds water is in the oceans. The remaining 3% fresh water is held in river, lakes, reservoirs, glaciers & ground aquifers.

Water is used in massive quantities in the production of food around the world & to reduce our indirect consumption of water we need to make smart swaps in the food we consume. Small changes will have big impacts on the planet. I have listed a variety of different foods items and the water it consumes in litres to produce 1kg.



FOODSTUFF	QTY	WATER CONSUMPTION, LITRES
CHOCOLATE	1 KG	17,196
BEEF	1 KG	15,415
PORK	1 KG	5,988
CHEESE	1 KG	3,178
RICE	1 KG	2,497
PASTA (DRY)	1 KG	1,849
BREAD	1 KG	1,608
APPLE	1 KG	822
BANANA	1 KG	790
POTATOES	1 KG	287
MILK	1 X 250ML GLASS	255
CABBAGE	1 KG	237
TOMATO	1 KG	214

Latte Art in the City



With the UK's love of coffee growing ever stronger, we are always exploring ways of bringing knowledge & fun to our customers. Last month saw one of our premium coffee suppliers, Caravan Coffee Roasters, visit one of our prestigious City of London sites to demonstrate the skill of coffee making & the artwork that goes in to each latte/cappuccino. This event was held to encourage customers to have a go at demonstrating their art skills & the feedback from them was that "**coffee art is not as easy as it looks**"....

Thank you to Josh from Caravan Coffee Roasters for his support & patience on the day.

Roy McGranaghan
Manager - Operations & Business
Support

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