

Eat,
drink
and be
Merry

The Scoop

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Newsletter

artizian

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DIRECTORS SCOOP

Choosing your attitude forms part of Artizian's induction, as it's said that people's most questionable behaviour can be found in workplaces. The challenge is to be aware & focus on choosing the *right attitude*, which can be as simple as focusing on 5 chairs, then choosing the right chair to exude the right behaviour: **Red chair** = the judging others chair, often plays the 'I'm right' game, likes to blame, complain & judge as well as gossip. **Yellow chair** = the protective chair, fearing failure, judging ourselves, acting the victim & full of self-doubt. **Green chair** = the wait chair where we're observant, mindful, conscious, taking time to stop & pause.

Blue chair = the what am I thinking chair, taking a magnifying glass to our behaviours, where we are assertive but not aggressive, & communicate well. **Purple chair** = the empathy chair where we show compassion & understanding, put our egos on the back burner, focusing on what's important to the person in front of us. Apparently, the balance challenge should start with a week's diet of not judging yourself or others, & it's harder than you think... Purple is definitely my Christmas Choice.

Alison Frith - Managing Director

FOODOLOGY®

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

For me, Christmas is a time for people to come together & share special time with one another. The excitement begins planning the kids presents & the excruciating task of trying to work out how to fit so many people around the dining room table!

We follow a similar process within Artizian when planning our clients Christmas lunches. It has always been a special time of the year in sites with the excitement building from both our Team Players & our customers & trying to figure out how to fit as many customers as we can. Our teams on site work hard to deliver the most memorable Christmas lunches so that work colleagues in our buildings can soak up a little bit of that Christmas spirit together & enjoy some festive time with their work colleagues.

As ever, our senior team will be visiting our restaurants on their Christmas lunch days with great excitement & pride. Not only does it give us the opportunity to enjoy the time with each other, but to showcase our Foodology approach to making positive differences every day. A classic Signature Turkey roast dinner has been developed by Richard & our team of chefs to help bring the festive spirit into our sites & I have no doubt that the service & dedication of our teams will be one of the lasting presents you will receive this year. Have a very Merry Christmas from us all!

Rob Kurz - Foodologist®

Citrus Fruits

- Rich in vitamin C & antioxidant flavones (hesperidin)
- Supports immune health
- Fibre provider

STORE in the fridge to increase nutrient density

RED oranges have 34 x more vitamin A than regular oranges

ZEST & pith contain 17 x more antioxidants than the juice

ONE PORTION
OF YOUR
FIVE A DAY
80g



Plant
Power

Winter Wonderland



Signature

Join us in a winter wonderland & enjoy a selection of magical treats from the Artizian 'Signature Range', with so many choices from Christmas turkey roll to our vegan eggnog panna cotta you are sure to 'have yourself a merry little Christmas'...

#tasteofchristmas



ORANGE & OLIVE OIL CAKE (V)

Ingredients

FOR THE CAKE

- 3 oranges zested
- 8 eggs
- 360g caster sugar
- 200ml olive oil
- 250g polenta
- 3 tsp baking powder

FOR THE SYRUP

- 3 oranges, juiced
- 15g caster sugar
- 1 sprig of rosemary & thyme
- 30g chopped pistachios

Method

FOR THE CAKE

- Whisk the eggs & caster sugar together until it becomes pale & fluffy
- Slowly pour in the olive oil & orange zest, reserve the juice for the syrup
- Fold through the polenta & baking powder, pour into a cake tin lined with greaseproof paper
- Bake at 180c for 35 minutes or until a knife can be inserted into the centre of the cake & removed clean

FOR THE SYRUP

- Bring the orange juice to the boil with the caster sugar, simmer for 5 minutes
- Remove the herbs from the stalks before chopping & adding to the syrup
- Pour the warm syrup over the warm cake (do it whilst warm as it will ensure the juice is absorbed)
- Garnish with the chopped pistachios & serve

Serves 10





Christmas may once have traditionally been a time of over consumption, with opportunities to overeat & drink 'booze' at almost every turn. So much so, that at one point you might have been laughed out of a bar for sipping on mocktails or non-alcoholic drinks. However, this year, ordering non-alcoholic **is** the cool thing to do.

Online searches for the word "mocktail," for example, are up 42% over the past year, while the phrase "non-alcoholic" is up 81% (Global Google Trends, Nov 2019).



Research shows people want more alcohol-free options & this trend is growing fast. Whilst fizzy water & lime is still an option, the market is overflowing with delicious alternatives to the boring, soft, sugary drinks (There were 42 new 'non-alc.' product launches in October 2019).

Think of booze-free cocktails made with egg whites, herbs, shrubs & homemade syrups & if you're 'gin curious' – seek out the array of delicious alcohol-free options. (Yes, I have tried quite a few!) such as Ceder's, Seedlip & Stryk No Gin.

Wishing you a festive & very merry Christmas.



Catherine Attfield
Head of Nutrition & Wellbeing

CSR - Christmas Trees - Ho Ho Ho....



What can we do this year to help make this a more sustainable Christmas in our business & homes?

This edition of Scoop focuses on the first of the 5R's of recycling & that is to **Rethink** what we are going to purchase.

Christmas trees - the UK uses as many as 8 million natural Christmas trees each year & sadly, about 7 million of these are discarded, so if you want to purchase a live tree think about getting a living potted tree which can be kept alive & with a little maintenance throughout the year can be used year on year. You will still get the lovely fresh pine fragrance without the issue of needles dropping off.

Once Christmas is over Recycle your tree with your local authority who will collect for free, needles can be used to enrich your soil as the needle mulch allows your soil to breath, keeps it from becoming dense & will infuse your soil with valuable nutrients.

If you have an artificial tree, great, continue using it, but if you no longer want to use it, then why not donate it to a local charity shop/nursing home or school at the beginning of December to save it sitting in a landfill site for thousands of years.

Decorations - Cut down on the plastic! - Be creative & make your own, try drying fresh orange slices, not only will these make great decorations but also make a great air freshener, along with gingerbread snowflakes decorated with white icing & cinnamon stick stars, your home or office will be filled with wonderful aromas.

Science – a 2m artificial tree has a carbon footprint equivalent to 40kg of greenhouse gas emissions, this is more than twice that of a real tree that ends its life in landfill & more than 10 times that of tree's that are burnt. The carbon footprint of a 2m real tree with no roots is equivalent to 16kg of greenhouse gas emissions if it ends up in landfill. This is because the tree decomposes & produces methane gas which is 25 times more potent as a greenhouse gas than carbon dioxide.

If you normally burn your Christmas tree on the bonfire, plant it or have it chipped to spread on the garden, that will significantly reduce the carbon footprint by up to 80% or around 3.5kg of greenhouse gas emissions. Burning the tree emits the carbon dioxide that it stored up when it was growing so there would be no net increase.



New Menu Launch



Our site in Saunderton, Buckinghamshire is ready for the cold weather, with a great **NEW** selection of winter warmers following their menu refresh in November. Chef Manager, Graeme has worked tirelessly with Szymon, Manager-Operations & Business Support & Richard, our Executive Development Chef to develop some great new dishes including our heritage beetroot salad, with spinach, toasted hazelnuts, crumbled goat's cheese & balsamic dressing, beef shin & Rebellion ale pie with button mushrooms, shallot mash & tender stem broccoli, & truffled macaroni cheese with sautéed wild mushrooms, parmesan, & garlic brioche.

These fantastic lunches will certainly be keeping me warm throughout December & January! Thank you to Graeme, Szymon & Richard for their hard work in getting these & many more dishes ready for winter.

Matt Hart
Head of Operations



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