

DIRECTORS SCOOP

●● If you want to grow, you have to leave your comfort zone & for many it's not as easy as it sounds. Start by thinking about the number of times you have held back from saying what you're thinking in a meeting just in case you stand out & then hope that somebody else will say what you wanted to say? If it's more than 50% of meetings, then it's time to get 'comfortable with the uncomfortable'!

If you can say yes to these 3 questions, then you should say what you're thinking:

1. Do you mean it?
2. Can you defend it?
3. Can you say it with passion?

Every time you feel uncomfortable, know that you are growing & learning – the more you do it, the easier it gets. ●●

Alison Frith - Managing Director

FOODOLOGY®

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

With the issue of global food waste reaching epidemic proportions, Artizian decided to run a Christmas themed waste food workshop for our clients in December. Predicted waste in the UK over the festive season (refood.co.uk): 1,315 tons of turkey, 172 tons of sprouts & 375 tons of mince pies so we felt the need to reach out to our customers with a message of what they could do to minimise their personal food waste during this period of indulgence. Focusing on traditional roast turkey, we encouraged customers to store leftovers in a way to maximise life & usage. Utilising the carcass to make a fresh stock which could be frozen for a later date & using the leftover meat in a curry or sandwich fillings to consume in the period between Christmas & New Year. General food waste reduction tips: **Plan** your week's food shop so you don't buy too much. **Practice** FIFO - First in, first out. **Manage** your fridge/pantry. **Make friends with your Freezer** & store leftovers ready to be re-heated when you are tight for time. In a time when we throw away 1/3 of all the food we produce across the world (enough to feed 1 billion people) we all have a responsibility to make a small difference in order to tackle this global problem. *Rob Kurz - Foodologist®*

Apples

- Rich source of pectin to slow down digestion
- Fibre provider for digestive health
- Rich in cell-protecting polyphenols

HALF of all the fibre in apples is found in the skin

BRAEBURN apples have 1.5 x more polyphenols than Fuji apples

REDDER apples have more anthocyanins = more nutrient dense

ONE PORTION
OF YOUR
FIVE A DAY
1 large
apple



Plant
Power



KING OF ROASTS

Signature

Our amazing West Country top rump of beef & crispy Suffolk pork loin have been carefully sourced & perfectly cooked to go with our Signature sides. Choose from wholegrain mustard & cauliflower cheese or root vegetables roasted with cauliflower leaves.



the month
a selection of
Winter Roasts

taste
of Winter

#Cosy
#Foodology

APPLE TART TATIN WITH CLOTTED CREAM

Ingredients

- 1kg of granny smith apples
- 150g caster sugar
- 45g demerara sugar
- 55g butter, chilled & diced
- 1 cinnamon stick
- 1 star anise
- 1 vanilla pod split in half
- 300g puff pastry

Method

- Core, peel & ¼ the apples, coat them in the demerara sugar & roast at 200°
- In a 20cm oven proof frying pan gently melt the caster sugar until all lumps have disappeared, add the star anise, split vanilla & cinnamon stick
- Carry on cooking the sugar until it turns dark brown & starts to froth
- Add the diced butter gradually. Be careful as the caramel can splash
- Remove the star anise, cinnamon & vanilla. Make sure the caramel is distributed evenly. Arranging them neatly & tightly together press the apples into the caramel
- Roll the pastry 5mm thick & slightly bigger than the pan, lightly tap with a fork to stop it rising too much whilst cooking. Tuck the pastry down the outer side of the apples to form a lid.
- Bake at 190° for 25 minutes
- Place grease proof paper on top of the tart, using a chopping board on top, hold tightly & flip both over
- Serve with clotted cream or custard

Serves 8



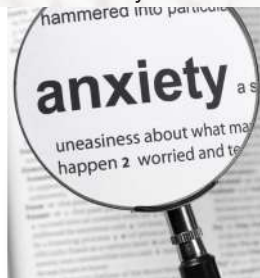


FOOD FOCUS – EAT TO BEAT STRESS.

Although stress is rising among all demographics, Millennials report higher levels of stress than their baby boomer colleagues. Stress was recorded as the biggest workplace health hazard in 2017 & the World Health Organisation is calling stress the health epidemic of the 21st century.

For many, our work life balance has thoroughly invaded our personal life & resulted in 15.4m days a year lost to stress, anxiety & depression: 'I'm so busy, I can't breathe'.

Apparently, it's the cumulative damage of multiple small stresses - the constant drip, drip of micro stress, that we actually don't recognise, that causes health issues as diverse as insomnia, digestive problems & headaches as well as infertility & adult acne!



NUTRIENT DENSITY MATTERS

When stressed, the body produces stress hormones & in order to produce these hormones, depletes the body of essential nutrients. Therefore, if you experience stress or are undergoing a stressful period at work, it's worth improving your nutrient intake to accommodate the likely deficiencies. The primary nutrients depleted in stress are magnesium, B-vitamins & vitamin C. This is because you cannot store these nutrients & therefore need to eat food that contains them, daily.



Eat lots of vegetable fibre

Our biochemistry hasn't changed much from our caveman ancestors, yet we increasingly expect & put pressure on ourselves to perform 24/7 whilst expecting our bodies to

subsist on caffeine, diet coke, sugary, processed foods & possibly alcohol, pain killers & drugs. It's probably no wonder that many of us are struggling to cope. In a recent longitudinal study, the Standard Western Diet or SAD "Standard American Diet", increased the odds of depression too. In fact, not a single study shows us the Western diet is good for positive mental health.



Small Changes = BIG Impact
If you do one thing this year – focus on your nutritional intake, not all calories are equal. Small Changes = Big Impact.

*Catherine Attfield
Head of Nutrition & Wellbeing*

OUR PEOPLE ARE OUR BEST INGREDIENTS

December Peoples Champion Winner - Sarah & Extra Mile Winner – Bernie

These two Elf's were both nominated for spreading a little happiness & festive cheer at the start of the Christmas season for the second year running. The previous Christmas Bernie & Sarah came in on the Saturday & this year, to start the Christmas season off, they stayed on after their hours to decorate Head Office into a magical Santa's grotto as a surprise for all the Head Office Team to arrive to on the Monday. They also spent time researching individual gifts for each member of the Head Office Team which they then placed on each Team Players desk. Sarah & Bernie really love Christmas & even though decorating the office is not part of their normal working day they really enjoyed it, especially as it brought a smile to everyone's face including whoever walked through the door.....even the postman! They are always cheery & regularly stay beyond their hours especially on accounts week, but when it comes to Christmas they get very excited to surprise the Head Office Team & are already planning what surprises they can spring on them this year. Bernie & Sarah really are true office Elf's! Thank you!



CSR

5 Steps to Sustainable Eating - Sustainable eating is defined as consuming food that's healthy for your body & the environment. Most sustainable foods don't have labels & don't come in a box & are foods that minimise harm to the environment during growth & production. Locally grown fruit & veg, as well as protein from animals that are raised in a humane way, are considered sustainable foods. Eating sustainably is much healthier for you & your family & it's easier than you think to put nutrient-rich, eco-friendly meals on your table.

Follow these **FIVE** tips to make sustainable eating part of your everyday life: **Eat Locally** - purchase your produce & meats from local farmers. Most communities have farmers' markets & local farm stands. This reduces carbon emissions, road congestion, boosts the local economy & supports local farmers & best of all locally grown fruit & veg is harvested within hours of landing on your table. **Eat Seasonally** - this goes hand in hand with eating locally. Buy locally grown fruit & veg when they're in season eg. eat root vegetables & hearty greens in the fall & winter; eat salads, fruit & tomatoes in the summer. **Grow Your Own** - the connection you have with the food you grow is special. Whether it's a backyard garden or herbs in a pot on your kitchen windowsill, homegrown is as fresh & local as you can get! **Eat More Plants, Less Meat** - cutting out meat just one day a week, & eating more fruits, veggies & whole grains, will have a positive impact on both the environment & your health. **Learn to Cook** - without basic cooking knowledge, sustainable eating will be a challenge. A little cooking experience will take you a long way toward your goals of eating fresh, unprocessed foods. There are tons of sustainable recipes online, & our chefs are always happy to pass on their knowledge & recipes.

London Marathon

Graeme Ross from Hearing Dogs for the Deaf will be running in the London Marathon this year to help raise money for the charity. Below you will find the URL for his sponsorship page. Lets see if we can help him hit his target. Good Luck Graeme!

<http://uk.virginmoneygiving.com/GraemeRoss5>



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