

## DIRECTORS SCOOP

I read recently 'What you EMPHASISE you achieve, & you ENCOURAGE what you tolerate'. Whilst it's great to see all the successes from individuals who continually reinforce & emphasise what they are looking to achieve & getting everybody on board with their achievements - I see also that issues arise when someone fails to raise an issue as it occurs (usually because it seems so small) such as an individual starting work 5 minutes late.

In tolerating this kind of behaviour, even though you may want to be understanding, you are in fact giving the message that you are OK with it & the practice will continue & possibly multiply.

In addressing small issues empathetically yet promptly, as a leader you will have far more time to focus on what you EMPHASISE to achieve, which will also lead to greater success.

Alison Frith - Managing Director

## FOODOLOGY®

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

Nudge nudge, wink wink! - Intelligent eating or making conscious decisions about the food choices we make isn't a new concept. Artizian has been using this approach & the so called "nudging" techniques for some time to encourage our customers to make better choices in the workplace, by providing them with healthier alternatives throughout the day or by substituting products, ingredients & cooking techniques. We continuously strive to fulfil our responsibility as workplace caterers & endeavour to make a meaningful, positive difference for our customers every day. For example, moving salt cellars from tables to the point of service, helps reduce salt intake. Although initially, this may cause some negative feedback, it's a very effective way to help our customers eat healthier. Promoting healthier dishes by making them cheaper, potentially subsidised by the less healthy choices has proved to be increasingly effective too. Strong & very often, brave decisions are required to nudge diners in the right direction & encourage them to choose healthier & more nutrient dense options. Equally important is clear communication from the business, highlighting the science-based benefits of these decisions to the customer base. Support the plans from the top & be brave with decisions that ultimately benefit the workforce & your business. Rob Kurz - Foodologist®

### Cauliflower

- More fibre than peas
- Helps to lower cholesterol
- A cruciferous vegetable that helps support liver health

**PURPLE** cauliflower has 2 x as many nutrients as white cauliflower

**CRUCIFEROUS** vegetables contain nutrient-boosting enzymes

**ADD** a teaspoon of mustard powder after cooking to increase enzyme activity



ONE PORTION  
OF YOUR  
FIVE A DAY  
2 large  
florets

Plant  
Power

## BOWL MANIA!



### Signature

Bowlmania has arrived! Our exciting new pop up range is freshly prepared in front of you by our talented chefs! Build your own smoothie & mezze bowls at breakfast & lunchtime!

★ of the month  
a selection of  
Bowls of  
deliciousness

taste  
of Spring  
#Vitality  
#Foodology  
#PlantPower

## BUFFALO CAULIFLOWER BURGER (V)

### Ingredients

#### Batter/Burger

- ½ head of cauliflower
- 60g cornflour
- 60g flour
- ½ tsp baking powder
- 1 tsp cayenne
- 180ml sparkling water

#### Buffalo Sauce

- ½ cup hot chilli sauce
- 1 clove garlic, minced
- 30g butter

#### Bun/Dressing

- 30ml sour cream
- 30ml mayonnaise
- 15g blue cheese
- 1½ baby gem lettuce
- 5 brioche buns

### Method

#### For the batter/burger

- Whisk together all of the dry ingredients except for the cauliflower
- Slowly add the sparkling water to get a thick batter
- Cut the cauliflower into large florets then half again to create a flat base
- Toss the cauliflower into the batter and fry at 180c for 5 minutes
- Remove from the oil & toss through the buffalo sauce

#### For the buffalo sauce

- Bring the hot chilli sauce & garlic to a simmer & whisk through chunks of diced butter to emulsify

#### For the bun/dressing

- Whisk together the sour cream, mayonnaise & crumbled blue cheese
- Place the washed baby gem lettuce leaves on the bottom half of the brioche bun, top with cauliflower & drizzle over the blue cheese dressing.

Serves 5





**WELLBEING IN THE WORKPLACE**

**Is the rise in food related fake news thwarting your employees efforts to eat a balanced diet?**

According to research commissioned by The Institute for Optimum Nutrition (ION), in a survey of 2,001 UK adults, almost half (49%) of respondents said they would like to have a better understanding of nutrition & 26% said they find nutritional advice confusing & conflicting. When seeking nutritional advice, 21% of those surveyed admitted to turning to social media as a source of information, despite many sites containing fake news & unproven advice.

- **78% acknowledged the importance & value of nutrition to every day wellbeing**
- **45% understood that nutrition impacts their health**
- **33% of those surveyed also identified that nutrition affected mental health.**

With so much unreliable nutritional advice appearing on social media newsfeeds, it can be a daunting challenge to obtain accurate & reliable information: **content you can trust.**

I am passionate about helping people to improve their nutrition. I am constantly surprised by how many individuals are influenced by nutritional information that is simply not true and yet eat accordingly in the belief that they are actually eating well! For me, **Intelligent Eating**, is about recognising that when it comes to nutrition, there is “no one size fits all”.

Not everyone is starting from the same position & we're all biochemically unique. However, I do believe that everyone has the capacity to improve their nutrition, one bite at a time & deserves to know where to find content they can trust.



Thrive will be a resource you can trust. We wanted to create something that adds value to people's lives. It's an evidence based digital Nutrition & Wellbeing subscription to help employees THRIVE against the issues specifically affecting workplace wellbeing today.

**Small Changes = BIG Impact**

*Catherine Atfield  
Head of Nutrition & Wellbeing*

**OUR PEOPLE ARE OUR BEST INGREDIENTS**

**February People's Champion Winner - Stuart**



Stuart works at one of our smaller sites & is one of a team consisting of a Manager & 2 Barista/Customer Service Assistants. Very much out of the ordinary the Café Manager had to call in sick on a Monday. Stuart was alerted on the Sunday night & came into work on the Monday at 05:30am so he could start getting everything ready & get ahead for the day. Stuart ensured that customers had everything & managed the site with good humour & enthusiasm. This person really displays the Artizian value of “positivity” & “flexibility” & as he knew that Monday would be a challenging day he also ‘stepped up’ by getting in early to ensure everything ran smoothly that day.

**CSR**

**THAT ONE QUESTION YOU ALWAYS ASK.....  
.....WHAT IS CSR & HOW DO WE APPLY IT TO OUR BUSINESS?**

CSR (Corporate Social Responsibility) can help an organisation show it's socially responsible & environmentally sustainable. To be considered as socially responsible, a company's activities should benefit society. To be considered as environmentally sustainable, a company's activities should not harm the environment. The principles of CSR can aid society, Artizian & its clients. Artizian works within the following CSR pillars, which are Sourcing, Society & Environment. As a boutique caterer with ISO14001 & a TOP 20 rated business by Sustainable Restaurant Association's Food Made Good, we passionately believe we should lead by example. This means working with our clients to achieve the very best outcome within any restrictions that they may impose. We achieve benefits from CSR by educating, informing & inspiring our teams who work across our company to positively influence & optimise the results, nurturing our skills & increasing team work across our organisation, whilst doing something positive for our community.

*Cheers!*



With spring definitely finally here, we saw the launch of the new Gin Bar at one of our central London sites. With literally hundreds of gins to choose from, it was a challenge to decide which ones to delight our customers with. We have chosen 4 classics to start with, all topped up with a range of Fever Tree tonics and appropriate garnishes.

Here's to a blistering hot summer ahead & happy refreshed customers....cheers!

*Roy McGranaghan  
Manager - Operations & Business Support*

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