

DIRECTORS SCOOP

Many of us struggle with the frequent need to be in two places at one time & is why I was interested to hear how machine learning can teach us to build more effective teams.

Machines are teaching us that letting go of control, clearly defining goals & what success looks like, then stepping back, in place of being hyper-involved; present & controlling gives others flexibility & creativity to get there. This empowerment unlocks human potential that you frequently didn't even

know existed, resulting in innovative solutions.

It's important to note that micromanaging a process limits what is possible as well as the spark of talented people to give new ideas. Machines are demonstrating the importance of focusing on the purpose rather than the process, as it's the purpose that makes a big difference between leadership & management in achieving goals.

Alison Frith - Managing Director

FOODOLOGY®

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

Back to your roots - There has been an incredible increase in the demand for Vegetable based meals over the last 3 years - 987% in 2017 alone according to Just Eat based on their take away orders for that year. What does this tell us? Are we all turning into a bunch of food snob Hippies? We think the opposite at Artizian. Scientific evidence, rather than an emotional motivation, continues to highlight the benefits of eating more plant-based foods.

From CO2 production & water consumption to an increased nutrient intake, the benefits are wide & far reaching. As the population becomes more educated regarding the environment & their own nutrition, we are making informed decisions of how we can directly make an impact by the food choices we make.

In my opinion moving to an increase of plant-based meals shouldn't be misunderstood purely as a demonization of meat. There's always a place for top quality meat products but we need to make conscious & informed decisions on how we buy them, ensuring animal welfare, effect on the environment, and moderation. In short, by increasing the amount of vegetables we eat, we'll naturally be able to decrease our meat intake & focus on quality rather than quantity. *Rob Kurz - Foodologist®*



Signature

Who said vegan food can't be indulgent? We've got 5 NEW INDULGENT Vegan dishes that will get your taste-buds tingling. Why not try them and let us know #ICantBelieveItsVegan

of the month
a selection of
indulgent vegan
dishes

taste
of Spring
#Vitality
#Foodology
#PlantPower

Rhubarb

- Rich in vitamins C and K
- Supports digestive health
- Fibre & folate provider

ROAST with a drizzle of agave syrup & serve with roast pork

POACH with stem ginger & cardamom pods for a delicious compote

STEW chunks in apple juice. Serve with a dollop of yogurt to help absorption of vitamin K

ONE PORTION
OF YOUR
FIVE A DAY
3 heaped
tbsp



Plant
Power

BUTTERNUT SQUASH RAVIOLI WITH SPINACH PESTO & SAGE BEURRE NOISETTE

Serves 5



Ingredients

FOR THE PESTO

- 30g Parmesan
- 50g baby spinach
- ½ clove of garlic
- 30g pine nuts
- Sea salt
- 100ml olive oil

FOR THE FILLING

- 100g ricotta
- Salt & pepper
- 1 butternut squash
- 30g grated Parmesan

FOR THE PASTA

- 500g '00' flour
- 5 whole eggs
- ½ tsp water
- Semolina for dusting

TO FINISH

- ½ a lemon
- 100g unsalted butter
- Pinch of chopped sage

Method

FOR THE PESTO

Blitz the baby spinach, garlic, pine nuts, parmesan & olive oil with a sprinkle of sea salt to the desired consistency

FOR THE FILLING

Peel & de-seed the squash. Chop into large chunks & roast covered with tin foil for 25mins or until the squash can be mashed. Then leave to chill. Mix the cold mashed squash with the ricotta, grated parmesan & check the seasoning

FOR THE PASTA

Blitz the flour & eggs together until well combined & slowly add the water. Remove dough from the blender & knead until smooth. Wrap the dough in cling film & refrigerate for 1 hour. Once the filling is made & chilled roll the dough through a pasta machine to level 1.5. Dust a table with a little semolina & lay the sheet of pasta on top. Spoon 40g of filling into the centre of the pasta, wet the edges with a little water & top with another sheet of pasta, squeezing out the air as you go. Repeat until all of the pasta & filling are used up

TO FINISH

Bring a pan of salted water to the boil & add the raviolis. Cook the raviolis for 3 mins, regularly check the side of the pasta to suit your taste. Meanwhile in a separate pan heat the butter until it begins to foam & turn a nutty colour. Add the raviolis, chopped sage, seasoning & finish with a squeeze of lemon. Toss the raviolis through the buttery sauce & serve with some more grated parmesan & fresh pesto



EDUCATE, INFORM & INSPIRE

IS AN UNHEALTHY DIET MORE HARMFUL THAN SMOKING TOBACCO?

According to a new study recently published in the Lancet Medical Journal, 'bad diets', killed more people than smoking tobacco. Interestingly, it's not the presence of junk food in the diet, but rather **an absence** of healthier & more nutritious food choices, which was deemed the key culprit.

Crucially, the study found that one in five deaths could be prevented by changing dietary habits & making healthier food choices:

Small Changes = BIG Impact

Specifically, three main dietary factors accounted for more than half of all diet related deaths:

- **low consumption of whole grains**
- **low consumption of fruits**
- **high intake of sodium**

The study also stated that it may be more beneficial to highlight foods which should be included in the diet, rather than the ones which should be reduced.

Supercharge Your Energy Naturally

This is something I have also found to be true. Generally, in life, people *do* substitution. When they increase the

consumption of one thing, they decrease the consumption of other foods. I'm a firm believer in focusing on foods you can eat, rather than fixating on foods you can't. Diets usually focus on foods you can't eat & consequently, people usually fail to achieve their goals.

Educate, Inform & Inspire.



Nutrition Know How it's easy when you know how.

*Catherine Attfield
Head of Nutrition & Wellbeing*

OUR PEOPLE ARE OUR BEST INGREDIENTS

March People's Champion Winner - Sharon

Due to emergency cover required at another site, at short notice, no agency chef was available, so Sharon stepped up & took over the production of the whole menu single handed. She cooked everything from fresh & presented it correctly & on time for the lunch service.

Sharon also produced her own work for the day baking fresh homemade cakes & bread. On top of all this she deck scrubbed the kitchen floor as it was Friday & she knew this job had to be done by the end of her shift. Sadly the normal kitchen porter was off sick so an agency porter was called in to cover - this situation was made even worse when the dishwasher broke down & Sharon ended up helping the agency KP to wash-up by hand. Sharon is a true Artizian Team Player & is a pleasure to have as part of the Team!

Extra Mile Winner - Tom

On Thursday & Friday one of our chefs called in with sickness as well as a member of our sandwich team being taken into hospital, leaving the kitchen brigade with only two chefs, two sandwich chefs & an agency kitchen porter. Tom & his team stepped up to the challenge & made no changes to the daily menu over the two days, even though they were given permission to reduce or change the offer to accommodate the short term loss of key team players, Tom's determination to get a full service out was second to none, never compromising quality, food safety or health & safety. The counters were dressed, the food was ready, teams briefed with 10 minutes to go. Tom managed his team, giving clear direction & encouraging them to deliver nothing short of a great service. It was a challenging day with deliveries, carrying out their daily tasks, ISO, orders as well as ensuring the deliveries were also completed. We were truly amazed & proud of the kitchen team who managed to offer a full service & make no reduction in either quality or quantity. Well done & a great show of team work & will power to get the job done.



First Aid



Artizian Head Office's unsuspecting meeting room became a perilous scene of First Aid Training on Tuesday 9th April. Injuries, allergic reactions & non-breathing casualties were just some of difficulties tackled by a group of ten Team Players, including Junior Marcolino & Catherine Attfield (pictured) & Artizian Founder Alison Frith. The team practiced dressing wounds, administering CPR & learned how to handle a range of other hazards they might encounter onsite, under the guidance of David Mills, who provided the interactive course.

*Jack Frith
Business Solutions Co-ordinator*

CSR

FOG, now you think you look out of your window & see it, but this is the devil below the ground that is having an impact on our environment...

Don't pour Fat, Oil or Grease (FOG) down the drain! - They stick to the inside of sewer pipes, eventually clogging sewer lines & causing sewage backups & overflows, leading to property damage, environmental problems & other health hazards. Food establishments that do not have adequate grease control (e.g. grease traps) can cause significant problems in the public sewer system & they may be fined for these issues. This is also true at home, because it can lead to blockages in household plumbing or in the public sewer system.

Why should I care? - Because it impacts on your business or home as the sewer pipes back up, the sewage & food particles that accumulate can attract insects & other vermin, cause unpleasant odours & create health hazards. Sewage backups often cause significant property damage, leading to expensive clean-up & plumbing repairs. Impact on the environment: Clogged sewers can lead to overflows. As sewage overflows onto streets, it enters the storm drain system & is carried to our local waterways, creating health risks for people, as well as fish & wildlife.

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