

DIRECTORS SCOOP

Drucker said “The most important thing in communication is to hear what isn’t being said”. Good communication is key to all relationships, whether work or social & if non-verbal communication accounts for 93% of all human communication - how do you hear what isn’t said? We constantly give out wordless signals & communicate how we really feel through body signals - the gestures we make, the way we sit, how fast or loud we talk & the eye contact

we make are some of the ways we send strong messages. What we say doesn’t always reflect how we are feeling, so, it’s important to listen & note body language. Listening is a discipline & if you’re talking, you’re not listening! Listen to learn rather than respond & for longer, to notice what’s missing & hear gaps. Be curious, ask questions to find the right answer & explore what else is true – it will enhance your relationships, problem solving & innovation.

Alison Frith - Managing Director

FOODOLOGY®

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

Sustainable Fish Friday’s

During June, Artizian will be showcasing the best of sustainable fish in association with the MSC (Marine Stewardship Council), Marine Conservation Society & our fishmonger M&J Seafoods (who were recently awarded this year’s MSC Fresh Fish Food service Wholesaler Of The Year). Although Artizian already only purchase fish that is rated 3 or below on the MCS Good Fish Guide, during June we will be showcasing only the *most* sustainable fish. Fresh Mackerel, Haddock, Mussels & Sea Bream will be highlighted as sustainable options on the Fish Friday Menus with Smoked Haddock Kedgeree, Miso Mackerel Salad & Provencal Gnocchi with roasted Sea Bream just to name a few. If that wasn’t enough, M&J will be holding Artizian engagement days during which there will be tasting samples & a chef’s talk discussing sustainability & how we can all play our part in looking after the oceans fish stocks. Keep a look out on the restaurant’s “what’s on” board to see when the roadshow will be visiting your site.

Rob Kurz - Foodologist®



Signature

Working with our great fish suppliers we have brought you some of our favourite most sustainable recipes. Why not try our Signature gluten free battered haddock or provencal gnocchi with roasted sea bream*.

of the month
a selection of
Sustainable Fish Dishes

taste
of Summer
#SummerVibes
#Thrive
#Foodology

Berries

- Excellent source of vitamin C
- Fantastic source of fibre
- High in antioxidants

RICH source of ellagic acid, a powerful antioxidant.

HELPS to lower insulin spikes and inflammation in the body

BRIEFLY heating, triggers a spike in the release of nutrients



BROCCOLI, DATE & ALMOND SLAW (V)

Ingredients

FOR THE DRESSING

- 5ml white wine vinegar
- 125g butter beans
- 50g Greek yoghurt • 1 lemon
- 20ml light mayonnaise

FOR THE SLAW

- 3 large broccolis
- 200g flaked almonds
- 30g sesame seeds
- 1 large red onion
- 150g pitted dates
- 30ml warm tap water

Method

FOR THE SLAW

- Using a food processor with the grate attachment, shred the broccoli including the stems
- Toast the flaked almonds for 5 minutes at 160c or until golden brown
- Soak the dates in warm water for 5 minutes until slightly softened

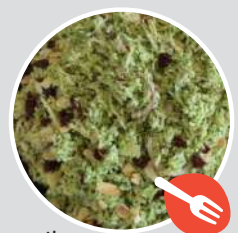
FOR THE DRESSING

- Blend together the mayonnaise, Greek yoghurt, lemon juice & butter beans until smooth

TO FINISH

- Finely shred the red onion & mix with the broccoli & dressing, check the seasoning
- Remove the dates from the water & chop
- Mix all ingredients together topping with some flaked almonds, sesame seeds & serve

Serves 10





THE RISE OF THE CONSCIOUS CONSUMER:

Mindless Eating to Intelligent Eating.

Millennials & Generation Z now outnumber baby boomers & by 2020 more than 50% of the workforce will be millennials or younger. Then, there is generation C, who are not defined by age, but rather by mindset & attitude. They are more conscious & much more mindful that their food choices not only affect their own health, but that of the Planet too. Apparently, their key concerns are creation, curation, connection & community making any organisation who ignores this, does so at their peril!

So how does all of this affect your food service offer?

It appears we have now reached 'peak stuff' & so creating moments that are memorable are now more important than buying 'things'.

Experiences now better define us as people – who & what we are matters more than what we have or possess. No longer set menus, set eating times or repeated weekly menus. Diversity matters, with a huge dollop of consciousness & **TRUST**.

It's all about food creating a sense of wonder & defining that 'consumption' moment; hence the popularity of Pop Ups, summer roof top bars & artizan products that fulfill the increased demand for transparency, provenance & the quality of what we put into our bodies.

Millennials have become the most health conscious generation – ever! Eating well is part of their psyche & no longer a marginalised behaviour. Increasingly,

health & wellbeing drives consumer choice as well as more awareness around nutrition & sustainable diets.

Effectively it's a move from Mindless Eating to Intelligent Eating & the movement towards this is growing at a phenomenal pace.

Small Changes = BIG Impact



Catherine Attfield
Head of Nutrition & Wellbeing

OUR PEOPLE ARE OUR BEST INGREDIENTS

April People's Champion Winner - Stuart

Stuart recently stepped up to cover for his Cafe Manager for a 2 week period whilst he was out covering another site. Although his job title is Barista, he took charge of the role managing the day to day operations of the site, completed the weekly bookwork in a timely & orderly fashion & dealt with all client requests.



Praise was received regarding Stuarts work from members of the HO team along with an email from the client praising him:- *"Hi, I just wanted to send you a quick message to let you know all the positive feedback Stuart received while covering you. He is very friendly with the staff & often remembers people's regular coffee orders in the morning. Stuart likes to put his own twist on presentation, which staff have noticed. He did a brilliant job stepping up & covering you while you were at another site & is helpful if I needed anything."*

April Extra Mile Winner - Chris

Chris has gone above & beyond his normal duties in the following way, with his own site to run he was asked if he could cover two weeks annual leave of a Manager for another site he had never worked at. Chris agreed to do this without hesitation.



Not only was this a significant further distance for him to travel - Chris voluntarily took it upon himself to visit both sites some days to ensure all the teams were okay & that bookwork at both sites was closed & completed. Chris even ensured that month end was finalised in a timely manner. He kept in touch with his Team Players at his own site, continually encouraging those who had to step up in his absence. He was positive, flexible & displayed the true Artizian values of "Top Brief".

CSR

Recycling at home.... can we do more.... we certainly can!!!!

There are lots of items your local authority will not recycle due to the fact they just do not have the facility to recycle every piece of waste generated. I have found an excellent company called TerraCycle who offer free recycling programmes funded by brands, manufacturers & retailers around the world to help you collect & recycle your hard-to-recycle waste. All you have to do is use the link below & then simply choose the scheme you would like to sign up for, you then have the option to either drop off at collection points or download the free shipping label & send the waste in the post. Now with 2 boys aged 15 & 11 I've signed up to crisp packets & bread packaging & in 2 weeks I've filled up a carrier bag, they eat me out of house and home!! Gary Piper - Manager, Compliance. **Happy Recycling!** - <https://www.terracycle.com/en-GB>

Bowl Mania

Bowlmania hit our sunny corner of Surrey this Spring, bringing the launch of our Signature® breakfast smoothie bowls & Signature® mezze bowls with great enthusiasm & uptake from our customers.

With summer around the corner we cannot wait to serve BBQ jackfruit burgers with Artizian's Signature® slaw accompanied with a Peroni Libera 0% on the terrace. What a way to spend a day at work!

Chris Fentiman
Cafe Manager



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