

DIRECTORS SCOOP

●● I read recently that 'change is inevitable, yet progress is optional' & it's so true! It's evident in so many ways & you just have to reflect on the number of WhatsApp groups you are part of to see how much easier it is to keep up with & share what's happening in our lives, in place of the calls, letters and even postcards of years ago.

Let's face it, change is rarely natural and often makes us

initially retreat into our comfort zones, yet when we fight that urge & embrace as well as learn from change, we grow stronger. In my experience, when we can accept & even learn from change, we usually benefit from experiencing it. I prefer to look at change as my teacher rather than my enemy & is why I'm always keen to learn what's new & happening in the world. ●●

Alison Frith - Managing Director

FOODOLOGY®

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

I have written before about reasons to increase our vegetable intake, thereby reducing the amount of meat that we eat..... but this topic seems to have gathered some serious momentum over the last 6 months or so.

There seems to be a multitude of reasons many people decide to make the switch, "being more healthy", an "awareness of animal welfare" & now more increasingly "the effect that eating meat has on the environment". The environment issue can be explained by the two main contributing factors - the amount of water required to produce a product & the Carbon Dioxide emitted during the production.



By some considerable margin, red meat is the main contributor to both of the above & as such, Artizian have been focussing even more closely with our Plant Power campaign to increase the plant based ingredients in our menus & reduce the amount of red meat featured. Whether it's "Meat Free Monday", "Dirty Vegan" or simply making changes to recipes to include less red meat, we are constantly on a mission to make a difference, both to your gut & our planet. *Rob Kurz - Foodologist®*

Beans

- Reliable source of protein
- Good source of vitamin C, iron & folate
- High in fibre to feel fuller for longer

REDUCES the absorption of sugars, preventing spikes in blood sugar

PAIRING beans with rice = more amino acids (protein blocks) & helps reduce blood pressure

SOYA beans have twice as much protein as any other bean



Signature

Celebrating all things sourdough our 'topped' recipes feature our new loaded posh toast & beautiful handmade pizzas. All inspired by flavours from all around the world these dishes pack a flavourful punch using ingredients in the height of their season.



of the month

Recipes Topped & Loaded with a Flavourful Punch!

taste
of Summer
#SummerVibes
#Thrive
#Foodology

VEGAN MEXICAN BEAN SALAD WITH CHIMICHURRI DRESSING (V)

Serves 5

Ingredients

FOR THE SALAD

- 200g black eyed beans
- 200g black turtle beans
- 200g butterbeans
- 150g sweetcorn
- 150g edamame beans
- 250g cherry tomatoes
- ½ bunch spring onions
- ½ a red onion
- 1 red pepper
- 2 yellow peppers
- 200g diced avocado

FOR THE DRESSING

- 35ml olive oil
- 35ml red wine vinegar
- 2 limes
- ½ bunch flat leaf parsley
- ½ bunch coriander
- 1 garlic clove
- ½ red chilli
- pinch of sea salt

Method

FOR THE CHIMICHURRI DRESSING

- Whisk the olive oil with the red wine vinegar & lime juice
- Mince the garlic, chilli & herbs together then add to the liquid mixture, adding a pinch of sea salt to season

FOR THE SALAD

- Drain & wash the sweetcorn & all the beans, then mix together in a large bowl
- Halve the cherry tomatoes, finely dice the red onion, spring onions & all the peppers
- Add these to the beans along with the diced avocado & mix through the chimichurri dressing





ALLERGENS AND INTOLERANCES – A CHANGE IN THE LAW

After the tragic death of teenager, Natasha Ednan-Laperouse, who died after an allergic reaction to a Pret A Manger baguette, “Natasha’s law”, announced last month, requires food businesses to include full ingredients labelling on pre-packaged food.

Natasha’s parents said “*helping save other allergy sufferers and their families from the enduring agony that we will always bear is a fitting legacy for her life*”.

Environment Secretary Michael Gove said “*These changes will make food labels clear & consistent & will give the country’s two million food allergy*

sufferers confidence in making safe food choices.”

The law, which will apply to England, Wales & Northern Ireland, is set to come into force by the summer of 2021. Businesses will be given a two year implementation period to adapt to the changes. Work has already begun at Artizian’s Head Office. We are currently reviewing our practices & will make the necessary changes over the coming months.

This is by no means an easy task, especially when you consider how many products we create from scratch & pre-pack for sale in our restaurants. Whilst

it’s impossible to eliminate the risks entirely, Artizian believe this change will mean better protection for our allergic consumers.

DID YOU KNOW?

Food allergies in numbers

- **4,500** - UK hospital admissions a year from food allergy
- **10** - Food allergy deaths per year
- **1 in 4** people surveyed said they or a relative had a reaction eating out
- **8%** of children affected by food allergies or intolerances
- **2%** of adults affected by food allergies or intolerances

Source: Food Standards Agency

Catherine Attfield
Head of Nutrition & Wellbeing

OUR PEOPLE ARE OUR BEST INGREDIENTS

June People’s Champion Winner - Jack

Jack, in the role of Kitchen Porter, agreed to help out Front of House on a particularly busy week when there were some team shortages. After agreeing to work on the hot counter for the start of service, Jack said he would like to learn other areas & now most days he finds time for the first busy half hour of service to work on the hot counter.



Jack is now also trained on the till, so he can jump on & off when it’s busy. He is more than happy to work the first half hour of service before having to jump into a very busy & fast moving platewash room for a few hours. When they were short in platewash, due to an agency let down, Jack was so happy that the Front of House team helped them out in platewash, he bought a box of chocolates to thank everyone. The Kitchen Porter’s role is often a forgotten one & we could not be without Jack who truly deserves this reward as a thank you.

CSR - The War on Wet Wipes

Most of us will have a packet of wet wipes in our homes either for cleaning, make-up, baby care products etc., but are we aware of the damage they are causing to the environment?

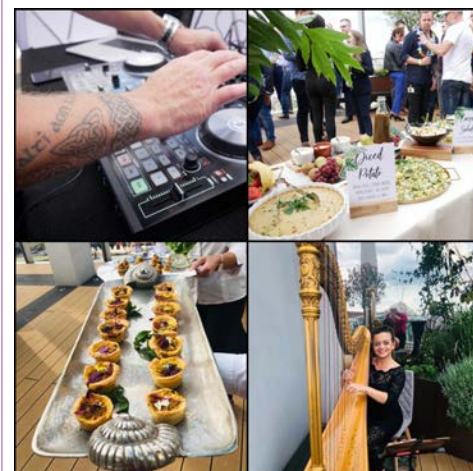
We never talk about wet wipes as a single use plastic, but we really should, as the majority of the market is manufacturing in the same way with the produce being made up of plastic resins like polyester or polypropylene (which equates to 84% of the product), the rest being made up of natural products such as paper & cotton. Wet wipes never fully biodegrade, they simply break into smaller & smaller pieces releasing countless microfibers into the environment.

Millions of wet wipes are thrown down toilets into sewers & make up 93% of the material causing blockages in internal plumbing & the sewer system. Those that are discarded in the bin will often end up in landfill or get incinerated, contributing to carbon emissions

There are lots of reusable cleaning cloths, make-up wipes, baby care products, etc on the market, which cut down on waste going to landfill or being flushed into the sewer system. A change to these products could both save you money and help protect the environment!



Roof Terrace Hospitality



Artizian was pleased to cater for two client events this month on their open air roof terrace in Paddington. First was the employee Summer Party, an Ibiza-inspired summer spectacular where the cocktails, BBQ & good vibes carried on until late into the evening. Not three weeks later saw a very different, but equally delightful, night for the Women in Telecoms & Technology summer reception. The pumping tunes were replaced by a soothing harpist & the delicate hors d’oeuvres, refreshing Pimm’s & wines contributed to a relaxed & elegant atmosphere. We’re thrilled to support such an array of activities & to bring each event a unique flavour!

Szymon Rysz
Manager - Operations & Business Support

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