

COWBOY CRUNCH!

Lactose intolerant?

Then why not try EasyGest? The only lactose-free cow's milk. EasyGest offers all the goodness of real milk without the uncomfortable side-effects associated with lactose intolerance. Which is why, delicious EasyGest is the milk everyone can enjoy.

NOMU
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Food files

Souped up!

I am indeed feeling souped up after a few months "off" with this matter dedicated to one of my favourite types of food-good fare for any time of the year - Soup! It turned out that there wasn't much time off to be had in the end as I admit I was wholly unprepared for the reality of coping with two little children.

With new experiences though, also come new flavours and so I hope you will love this recipe matter as much as I do, as a product of what happens when I have (seems, but not much) time to contemplate all the things I truly love: my family, my dog, my brand and my food.

MEAT: FEEDING: On Goodness Plant
Meat 200g, Beef 100g, Beef 100g
This with the soup and you with a little rest. It's filling, healthy and has a lovely finish.

Ingredients:
1kg fresh wild boar meat pieces, lean the fat in a heavy based skillet and brown the beef with salt, olive oil, onion, garlic, celery and fennel for 40 and until for 2 minutes. Drain and set aside for the next.
Add the soup and bring to the boil then turn down the heat and simmer very gently for 45-60 minutes, skimming the surface when necessary. The meat should be very tender and falling off the bone.
Remove the vegetables and add the meat back to the soup, allowing the soup to cook for a further 15 minutes or until the dumplings rise to the surface. Some playing fun.
*It makes the dumplings sauté in the dry ingredients in a food processor. Add the remaining ingredients and pulse to combine. Sauté with salt and pepper and form into small round balls. Boil for 10-15 minutes before serving to cook through.

beef and lentil broth with lemon and fennel dumplings

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Wild Aloe Jams & Relishes

The healthy alternative to everyday products! Enjoy the benefits of nature's "wonderplant" - the aloe which contains vitamins, minerals, fibre and lots of natural sugars including several of the highly acclaimed glycosaminoglycans which boost the immune system and are vital to good health.

Aloe & Orange Marmalade (with a hint of lemon), and Aloe & Apricot (with crunchy almonds), are seriously delicious on toast, sandwiches, scones and tarts. Aloe Pudding - an innovative form of traditional pudding, and Aloe Tiramisu & Cheesecake are great additions to cheese platters, with cold meats, or sandwiches or with a little. Also a great gourmet gift for family and friends.

Truly Wild products do not contain any artificial additives or preservatives and are certified kosher.

seriously delicious

Wild Aloe Chocaloos

Highly comforting, the healthful properties of aloe with the sweetness of fruit, and mixing these delicious pieces in rich, real dark or milk chocolate to tantalize your taste buds. Aloe's vitamins, minerals, fibre and digestive oil natural sugars - including several of the highly acclaimed glycosaminoglycans which boost the immune system and are vital to good health - make Chocaloos the healthy alternative to everyday confectionery.

Delicious Aloe & Orange Fruit Jellies, coated in Real Dark Chocolate
Tantalize and seduce those, indulge in this mouthwatering treat with a clear conscience.

Delicious Aloe & Strawberry Fruit Jellies, coated in Real Milk Chocolate
Delight your inner child with the rich and creamy, very mouth-watering treat.

Truly Wild Chocaloos do not contain any artificial additives or preservatives and are certified Kosher and Halal.

seriously delicious

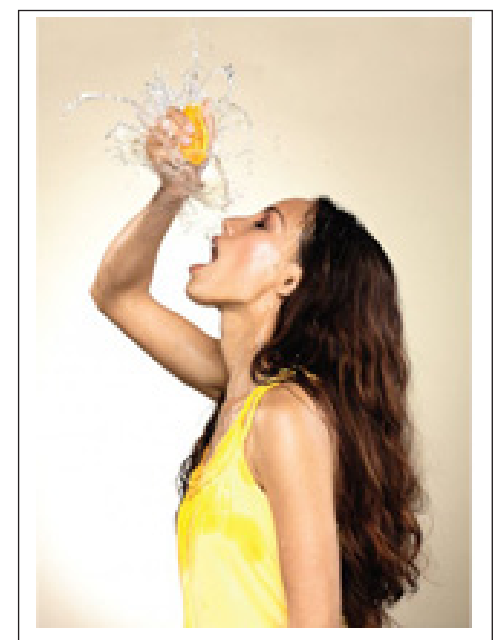
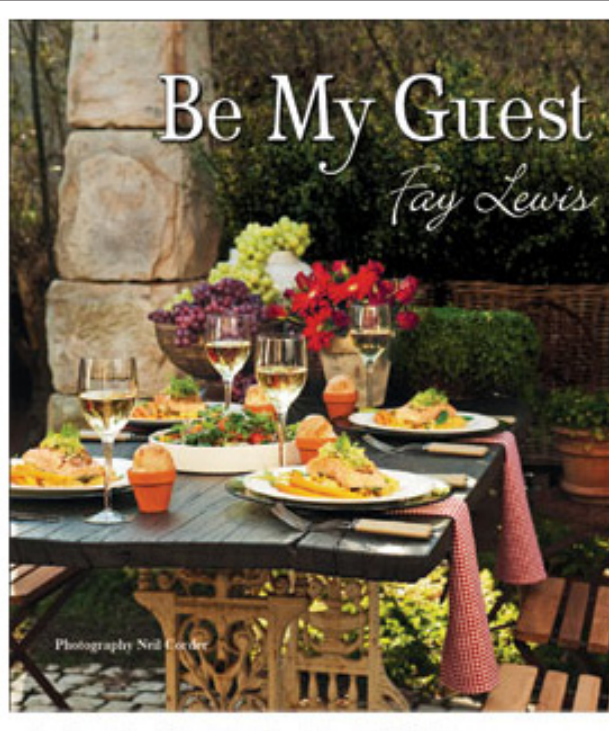
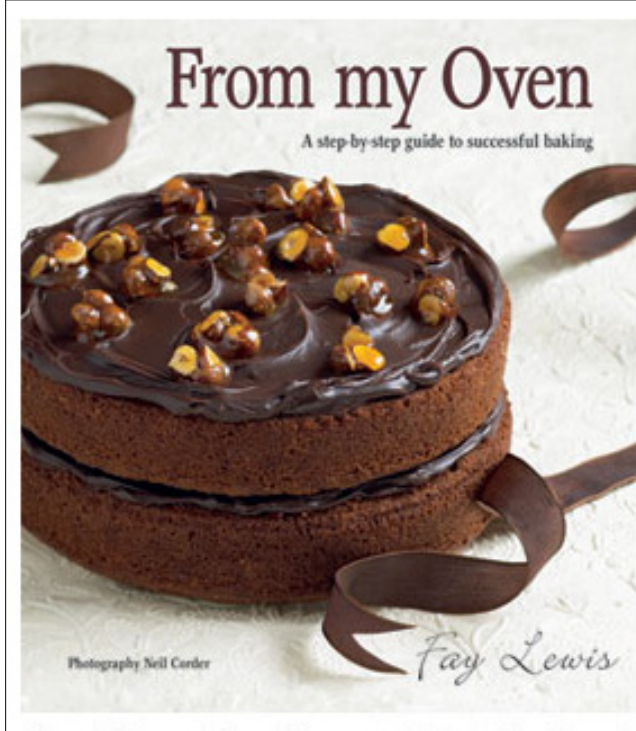
Grilled sirloin with potato gratin, as seen by Prudential.

The chef sees only the specially prepared meal, we see things differently. Whether investing in meals or markets we consider every aspect. Prudential. Proud sponsor of the Eat Out Restaurant Awards 2009. www.prudential.co.za

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RESTAURANT AWARDS
2009

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VSOP
The Real Brand





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