

2 Cancer related aspects and food:

- *We don't know what plastic is doing to our bodies, there is simply not sufficient reliable data*
- *Pesticide and apparently approved ingredients*
- *Assugrin (well-known European Brand name) vs. **Aspartame and Saccharin***
- *(European Markets made Aspartame and Saccharin in many F&B related products illegal decades ago), but it's used right here in many manufacturing plants, for example **Pepsi** and I believe **Coke light, Coke O** and **TAB** as well as other low sugar beverages) why? Due to Temperatures in Africa it is needed as other components break down with the heat, but it does not occur with Aspartame and or Saccharin????*
- *Did you know: Glycin (E640), Aspartam (E951), Carboxymethylcellulose (E468), Leucin (E641), some of numbers you see on packaging ingredients.*
- ***Saccharin** became mired in controversy in 1977, when a study indicated that the substance might contribute to cancer in rats. An FDA move to ban the chemical failed, though products containing saccharin were required to carry warning labels. In 2000, the chemical was officially removed from the Federal Government's list of suspected carcinogens.*
- *And while **cyclamate** is still banned in the U.S., many other countries still allow it;*
- *The first artificial sweetener, saccharin, was discovered in 1879 when Constantin Fahlberg, a Johns Hopkins University scientist working on coal-tar derivatives, noticed a substance on his hands and arms that tasted sweet. No one knows why Fahlberg decided to lick an unknown substance off his body, but it's a good thing he did. Despite an early attempt to ban the substance in 1911 — sceptical scientists said it was an "adulterant" that changed the makeup of food — saccharin grew in popularity, and was used to sweeten foods during sugar rations in World Wars I and II. Though it is about 300 times sweeter than sugar and has zero calories, saccharin leaves an unpleasant metallic aftertaste. So when cyclamate came on the market in 1951, food and beverage companies jumped at the chance to sweeten their products with something that tasted more natural. By 1968, Americans were consuming more than 17 million pounds of the calorie-free substance a year in snack foods, canned fruit and soft drinks like Tab and Diet Pepsi.*

Microwaves and what really happen to food products:

- *The story of the molecules*

Butter vs Margarine or the other way around:

- *Margarine (did you know flies will never sit on Margarine?) has a similar chemical composition as plastic, is it healthy? Well not relay, but then the benefit is that you won't consume Cholesterol, but eat something your body tries to digest it just as plastic (Value is absolute 0*
- *I prefer Butter, possibly in smaller quantities, never cook hot with butter, milk solids will burn 100% and make butter literally poisonous and possibly cancerous as well*



South African declaration and the law of proper labelling:

- 100 % Garlic - Sample of garlic to be handed around – EXTRA BENEFITS, lots of water (it will always splash when you add it), salt, preservatives, lots of extra turnip at “LOW cost” and plenty of Sulphites. After meal experience, a stinky smell, burbs and possibly some good old farths. Well the Bavarians always say, “wenns Arschel brummt ist s, Herzel gsund), possibly they never visited South Africa when that saying became famous
- White pepper power test (commercial vs Supermarket product) IT ONLY SAYS WHITE PEEPR, BUT NOT WHITE PEPPER CORNS!!!! Which we actually wanted in the first place

Preservatives, shelf extenders, “fake” light

- It is a Public demand that a tomato must be red, right, or Beef, in the store looks 100% perfect and at home, could not have change that fast? Check the light above or in the immediate surroundings. Take a tomato and go to day light.....? Certainly, different Manufacturing costs, public demands / expectations / and willingness to pay for the quality is often highly questionable.

Flour should be wheat only, but please read the label for a chance, there are so many other ingredients / components in it.

The Choice is yours! Standard Flour vs. a GMO-free or Imported 00 (which is protected by Law), stone ground flour, but the results are speaking “TASTING” for them self’s, whilst you have the benefit of a healthier eating experience.

Sliced bread: The law states that a certain % of old bread can be recycled back in to the fresh dough, (I visited some time ago an Industrial Bakery and could observe this practice with my own eyes). Essentially there is a chance that you will eat bread which possibly is more than a couple of year’s old.

Ever seen customers at the bakery rack pushing down and squeezing breads? Just checking that it is fresh!!! Bakery’s by the way have some of the most sophisticated transport network both ways, for deliveries and collection of the old breads, and the rest you know by now.

In-flight catering meals and eating

- Altitude (sample of Veltliner)
- Stress, scared, worries, lack of sleep, Hosties do their own thing so they can go and sleep, Budgets, Menu compositions are approved and evaluated on an ongoing basis, Caterer cannot change, or short cut agreed standard, space to eat, now even worse with plastic cutlery)
- Possibly outdated cook chill system, (food safety paramount) example Japanese Airline in the 80’s. Emergency landing in Russia, several Pax death, many of them food poisoning and severely affected. Traced to infected wound in cook, carrier media was Rice.



Is Chocolate Really Chocolate?

- SA and its temperature, we'll all of you know that it takes less than 37°C to melt chocolate, otherwise you would not have to lick your fingers after eating some Toblerone.
- Remember all the places where such products are sold (out of town) Spaza Shops and Superettes.....
- Cadbury (known as Cadbury slabs, why not cholate) and the word / declaration of Chocolate. Is it a cost issue or is it really the heat in Africa. Looks like, feels like, its known as, but is it? Stabilizers, Soya, Carob, stretching agent, colourants, etc. who knows, I still prefer Swiss Chocolate
- Cadbury chocolate, is it Halaal or not, 2014 pork traces in Malaysia
- 2006 Salmonella in some 6 different products in its [Marlbrook](#) plant, in [Herefordshire](#),
- 2008 melamine contamination in three Beijing factories

Washing Rice and Pastas

- Well keep the washing to Laundry but not cooked foods
- Add just enough water to rice that it cooks well (Parboiled 2 to 1 or the finger trick, 2.5 to 1 for basmati) this way you keep Nutrients, taste and wholesomeness in the product) Have you ever wondered why Risotto tastes that good? Certainly, not washed!
- Pasta should be cooked Al Dente strained to about 85 to 90% and the prepared sauce added over the pasta, Simple, isn't it? Anything else would be considered a cooking Crime!
- And for all those mad pasta cookers, try this: wash and cut up tomatoes, place in cooking vessel (Pot) add a generous amount of mixed herbs and a few cut up chillies, peel a couple of prawns or shrimps, boil the shells, reduce the stock and add to the tomato salsa, add raw shrimps shortly before you serve, simmer the prawns in the tomato sauce till just done and combine with the pasta. If you add Parmesan in Italy you won't make it of the restaurant door before you will have a chef's knife in your back, Bon Appetito!
- I learned that just a few months back. Remember a True Chef is a Life-long Student. In short we have become a species of our own, called ATCIALLS Chefus!

A good mustard Sauce gone bad

- Well, a good mustard sauce should not resemble a Chines Sweet and Sour Sauce, but should taste like Mustard Sauce. Most of the available mustards (many of them flavoured to start with and have not seen mustard seeds at all) contain a lot of Sugar and artificial acids. I recommend to use mustard powder for example Colemans in the yellow small tin.
- Also excellent for marinating meats (dry as is) but be careful its strong!



This one is for all the Banters

- *Lots of Meat, fatty food (as much as you can eat), sounds like an ad for a cheap Restaurant special), just cut out the carbs and you lose a couple of stones.... Sounds easy but is it healthy, can your body take all of that? I won't dispute that one can lose weight this way, but what does it do to your system.*
- *National Study in Finland back in the 60's and 70's (ELABORATE), NOT SURE IF Tim Noakes can support his fundamental Theory of losing weight, whilst thinking a couple of years / decades ahead*

Fish and Seafood

- *Mercury and Lead poisoning, better know your fish or where it comes from*
- *We didn't know when we lived in Hong Kong. Sapeta could not walk the next day and many days thereafter, post consuming a 12 course Seafood dinner in a famous Chinese Harbour Restaurant. (I must admit, I did not see any Chefs fishing) 5 Girls from the Kempinski Hotel had been admitted in a critical care unit in a Hospital). Not sure if all Hong Kong based fish just keep gulping fishing line sinkers.....*
- *Sustainable fishing Initiative's (endangered species) check the leaflets in Fish – Seafood Stores. We can make a difference (STORY OF JELLY FISH ON THE BEACH WITH GRAND PA)*

Foods that never expire

- *Salt*
- *Honey*
- *Vinegar*
- *Sugar*
- *Soy Sauce. ...*
- *Dried Beans. ...*
- *Pure Maple Syrup. ...*
- *Powdered Milk.*
- *And one more??? Guess what*
- *White Rice. Researchers have found that white (or polished) rice will maintain its nutrient content and flavour for 30 years when stored in oxygen-free containers in temperatures below 40° Fahrenheit. ...*
- *Not necessary food but can be consumed, Spirits, Port, Med and Marsala Wine (often found in ancient ships discoveries*



Foods that don't belong in the Fridge

- Bananas
- Potatoes
- Onions
- Garlic
- Bread
- Coffee
- Tomatoes
- Honey
- Bread
- Melons
- Soft textured fruits
- Pumpkin
- Olive Oil
- Basil

Olive Oils

- Use Olive oil for frying, no problem, unless you go over 210°C then its too hot
- There is no cheap Olive oil out there, if you don't pay at least R 90.00 per 500 ml you must read the complete labelling details, regardless how fancy the bottle looks like! True Bob.
- SA Olive Oil should be Certified, however many of them are not and possibly have defects
- Shelf life of Olive oil is only 24 months from date of production and should therefore be purchased in smaller volumes. Unless you bath with it, also possible
- Did you know that Olive trees take at least 7 years growing time until the first harvest, it takes 15 years to have a proper harvest, and it is known that there are olive trees out there more than a 1000 year's old
- There is no difference between green and black olives. There are only green ones. Black ones are just riper. Harvested olives should be at least contain 80% green ones for best olive oil results
- Olive oil content is only 12 % from the total volume of olive mass, the rest is water and fibres and a pip to be exact
- Has the highest **Polifyn** (Polyphenols)??? or (antioxidants) characteristics in any foods known to man and because its Sunday! I will include women
- Understand the health benefit of olive oil and I am sure you won't go back to some kind of blended crap!
- Sadly, there is no Olive Oil Import Tax, otherwise we would consume much more local produced oils and would have less "contaminated" or special (blended) oils on the shelves
- By the way on the recent 2016 International Olive Oil Competition we had 3 SA producers in the first 10 in the World
- Sesame oil (Asian) is only used for flavouring of dishes (hot and cold)

