

www.withlovefromthetwins.com

A photograph of two women, likely twins, standing in a kitchen or cafe setting. They are both wearing light blue chef coats and dark aprons. The woman on the right has a logo on her apron that says "LOVE from the TWINS". They are both smiling and looking towards the camera. The background features a brick wall, shelves with various items, and a counter with stools.

GOODBYE AUGUST



Monthly Newsletter

What a month August was.....

It felt a lot like the beginning of great connections and collaborations. We hit the ground running. We had an opportunity to prepare a 4-course tasting menu at the Gypsy Grand in Reitondale, Pretoria, it was such a beautiful evening of fun, music, artistry, architecture and nostalgic South African food. The guest of honour was the philosopher, Oneric Shongwe who explored the concept of embodiment of memory into a tangible idea and feeling through the storytelling of his music and art.

We presented a nostalgic South African menu, featuring hints and cardamom and rooibos tea. On the menu, we had a bit of everything: For starters, we prepared Potato & mince Samosas with a Rooibos Chutney Dip. The second course was a Roasted Butternut & Cardamom Soup and classic Corn Bread to set the mood for the cozy evening, while being serenaded by the artist.

As we predicted, August was a foodie month. Lots of recipe testing and long hours of cooking amazing food.

Also, Soccer is back!!! Our local boys kicked off the season with the MTN8 competition and wow, they came out guns blazing. Premier League football is back, international football weekend was exciting, there's so much soccer to watch. We are such happy girls. Can't wait to make our way to the stadia and sing our hearts out.

The sun is out, the days are getting longer, this is the perfect time to play outside and leave the house a little bit. We are working on so many exciting projects, we can't keep up with all our blessings. We are so grateful to God.

Speaking of blessings, we got nominated for the Food XX Awards '24, this is so exciting. Its an honour to be recognised in our industry amongst our incredible peers. Thank you so much for this recognition Food XX.

FOOD
WRITER
FINALISTS



We have also been quite busy with our mentorship programs, we visited the chef students at F.H. Oodendaal to teach them a few knife skills and do fun recipes together using Laagerrooibos tea.

We also had the incredible opportunity to speak at the All4Youth career hook-up global edition, in partnership with PAWA Africa, to celebrate national Youth Month. We spoke about entrepreneurship and alternative career options.

Some of our co-panelists were IDC, Nestle, adcorp, Indalo Inclusive, and Puma just to mention a few. We loved teaching people about the business of food and inspiring them through our personal journey as business owners. It was so fulfilling connecting and speaking to the students at Varsity College Pretoria.

To many, many more of these events. Also, rumour has it, Pop-Ups are making a comeback... don't say you heard it from us, just keep a lookout on all our social medias.

ROOIBOS SPRITE & CITRUS ICED TEA



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INGREDIENTS

1 cup Sprite
1 cup strongly brewed
Laager Citrus & Ginger
Green Rooibos tea, cooled
1 cup ice
2 Tbls lime juice

For garnish: 2 sprigs
rosemary, slices of lime &
orange. Castor sugar for
rim of glasses (optional)

METHOD

1. Mix the Sprite, tea and lime juice together
2. Dip the rim of 2 chilled glasses in water and dip them in castor sugar
3. Add ice to the glasses.
4. Pour in the iced tea mixture. Garnish





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