



FOR THE VERY BEST IN QUALITY FOODS
INA PAARMAN'S
 KITCHEN

BAKE MIXES • SALAD DRESSINGS • SEASONINGS • SPICES • LIQUID STOCK CONCENTRATES • STOCK POWDERS
 READY TO SERVE SAUCES • COAT & COOK SAUCES • CHUTNEYS • MARINADES • PESTOS • ICING KITS • RECIPE BOOKS

OUUD-ONDERWYSERS

C01 BAKING HAMPER



- Red Velvet Cake Bake Mix
- Chocolate Brownie Bake Mix
- Vanilla Icing Kit
- Cakes & Desserts Recipe Book

C02 OUTDOOR HAMPER



- Braai & Grill Seasoning
- Sticky Marinade
- Honey Mustard Salad Dressing
- Mushroom Sauce
- Coat & Cook Lemon & Herb Sauce
- What's on the Braai? Recipe Book

C03 PASTA HAMPER



- Pasta Spice
- Tomato & Basil Pasta Sauce
- Beef Bolognaise Pasta Sauce
- Basil Pesto
- Kos is op die Tafel Resepte Boek

Delightful home style **BAKE MIXES.**



C04 C05 C06

Delicious **SALAD DRESSINGS** to suit every taste. No Tartrazine. No added MSG.



C07

Our **SEASONINGS** and **SPICES** now fitted with clip down caps.



C08 C09 C10 C11

READY TO SERVE SAUCES
 New Cheesy Jalapeno Sauce



C12 C13 C14 C15

COAT & COOK SAUCES are excellent over oven bakes, in stews and casseroles.



C16 C17

SWEET CHILLI CHUTNEY
 A traditional tomato relish recipe, made with cherry tomatoes and red chillies.



C18

BBQ MARINADE
 Top quality ingredients have been blended according to Ina's special recipe to guarantee you the best taste ever.



C19

ICING KIT The professional finishing touch to cakes and cupcakes.

- The bag, once emptied, becomes a piping bag.
- Star nozzle included.
- Enough to ice one large cake or 18 cupcakes.



C20

Voeg die fynroeders makie by... www.paarman.co.za

CAPE FOODS
Purveyors of Fine Foods

Popcorn Spice 250 ml
 4 Compartment Jar. Gerieflike houer bevat 4 heerlike geure: 38g salt & vinegar, 30g cheese & chives, 40g cheese & onion en 34g fruit chutney.
www.capefoods.co.za

B10

BIGGI BRANDS

There's Popcorn ... then there's BIGGI Popcorn! A high in fibre, healthy, no cholesterol and no trans fatty acids snack.
www.biggi.co.za

B11 Butter Microwave Popcorn Net wt 100g
 B12 Salt & Vinegar Microwave Popcorn Net wt 100g
 B13 Natural Microwave Popcorn Net wt 100g

Noodsaaklikhede & Plastieksakke / Essentials & Plastic Bags

B19 100 Sandwich Bags Toebroodjiesakkies 150 x 170 mm
 B20 50 Freezer Bags Vriessakkies 230 x 300 mm
 B21 15 Ziplock Bags Ziplock-sakkies 200 x 250 mm
 B22 20 Heavy Duty Black Bags Swaardiens Swartsakke 750 x 950 mm 30 microns!

B23 **Pepper Mill / Pepermeultjie**
 • Works with pumping action
 • Adjustable fineness
 • 1 jaar waarborg
 • Maklik om met een hand te gebruik

B24 **FIRST AID KIT**
 Noodhulpsakke / First Aid Kit

The perfect kit, with all the basic necessities for all your everyday emergencies. / 'n Sterk, plat Nylon sakkie wat maklik onder die motor se sitplek, agter in jou rugsak of in jou laai pas.

redespresso

250g Espresso Ground Rooibos Tea/Tee
 Caffeine-free red cappuccinos, sugar-free iced teas, healthy shakes & more. It's also fun & easy to make using most coffee machines & plungers.

Hamper B15 10 Capsules & 375g Premium Honey

B14

www.redespresso.com

WIESENHOF COFFEE ROASTERY

B16 250g Blue Mountain- Roast 2
 Medium-bodied - An exceptional cup of Joe. A bright cup with dark chocolate aromas and a sweet, lingering finish.
www.wiesenhofcoffee.co.za

Montagu
 DRIED FRUIT & NUTS

B17 **Montagu Hamper**

Mango Strips 100g | Cashew Nuts Raw 100g | Mixed Nuts Raw 100g | Peeled Peach 100g | Mixed Dried Fruit Lollies 100g | Caramel Coated Popcorn 100g | Roasted Corn - Chutney Flavoured 100g | Jungle Mix 100g

B18 **Kiddies Fruit bars / Kinder Vrugtestafies 7 x 40g**

www.montagukiedfruitnuts.co.za