

READY TO FEED FUTURES?

FEED

N. 03

DECEMBER'20

Special Christmas
and New Year
Edition




sovena
Feeding Futures

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Confit cod is the star of the celebration



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The Christmas festivities of chef Vítor Sobral

**Abundance as tradition
and the imagination to
transform leftovers into
new and tasty menus**

The secret of a successful Christmas dinner for the Portuguese chef Vítor Sobral, a longstanding partner in the Sovena Group, is “to follow tradition and make those classic dishes again”, he says. At the dining table of the renowned chef, cod is the star of the celebration. The ingredient can be used in different recipes: confit cod (see the recipe on page 5), slices of cod with a vegetable gratin, boiled cod with vegetables and egg, and roasted cod cheeks. For dessert, there are options to suit all tastes. Pumpkin fritters, sweet soles, doughnuts, queen’s cake, orange tart, meringues,

egg custard (made by his mother) and rice pudding, compete every year for the prize of best dessert. The Christmas get together, whose main feature is a table full of food, holds particular importance for the chef. "The date has a special meaning for me. Wherever I am on December 24th, it's my mother's birthday and her children and grandchildren are always there in family gatherings. It's the only day of the year where we are guaranteed to all be there. This Christmas, it might be the first time in five decades that we're not", observes the chef.

For lunch on the 25th, chef Vitor Sobral opts for a wider variety of meat and fowl as the basis for the

the menu. Amongst the main dishes, there is roast kid, cockerel and roast loin of pork. To go with it, baked rice, cold pepper sauce and salad with winter lettuce from the home garden. The chef takes a particular interest in this festive season with leftovers from food. "With a bit of imagination, you can transform everything. Baked cod slices with vegetables is perfect for leftover cod", he suggests.



Eat well, waste less and save more are the objectives of the digital caption of the Fula brand, "Just enough and more".

The Sovena Group is committed to not wasting food and making the most of what it can offer through the caption "Just enough and more" on the Fula brand's social media. The campaign sets the challenge of helping Portuguese families to eat well, waste less and save more in a practical way. That's why Fula shares recipes with the aim of making the most of ingredients to give leftovers a new lease of life. The caption "Just enough and more" is supported by the influencers

Filipa Gomes, Paula Bollinger, Isabel Zibaia, Ana Rita Clara, Rita Rugeroni and Francisco Garcia. Every month, they share recipes that use leftovers. Pumpkin cupcakes, banana and chocolate cake, fried vegetables, vegetable fritters and fishcakes are some of the recipes to savour that are shared on the brand's social networks.



Confit cod with baked potatoes

At the dining table of the Portuguese chef Vítor Sobral, cod is the centre of the celebration.





TYPE OF MEAL
Christmas dinner



PREPARATION TIME
120 min



Portions
10 People



DIFFICULTY
Easy

Ingredients:

Confit cod

2kg soaked dried cod

10 garlic cloves, sliced

1 bay leaf

300 ml Olivari Marmelo Estate
Reserve EVOO

1 teaspoon of peppercorns

Baking potatoes

1kg new potatoes for baking

3 garlic cloves, sliced

Rosemary to taste.

Paprika to taste

100 ml Olivari Marmelo Estate
Reserve EVOO

50 ml white wine

PREPARATION:

For the confit cod:

Mix together all the ingredients and cook in extra virgin olive oil, with the oven heated to 302°F, for 30 minutes. The oil should cover the cod completely.

Let the oil cool, strain it and keep in an airtight container in a cool place. Use for future cooking with cod and fish, or confits.

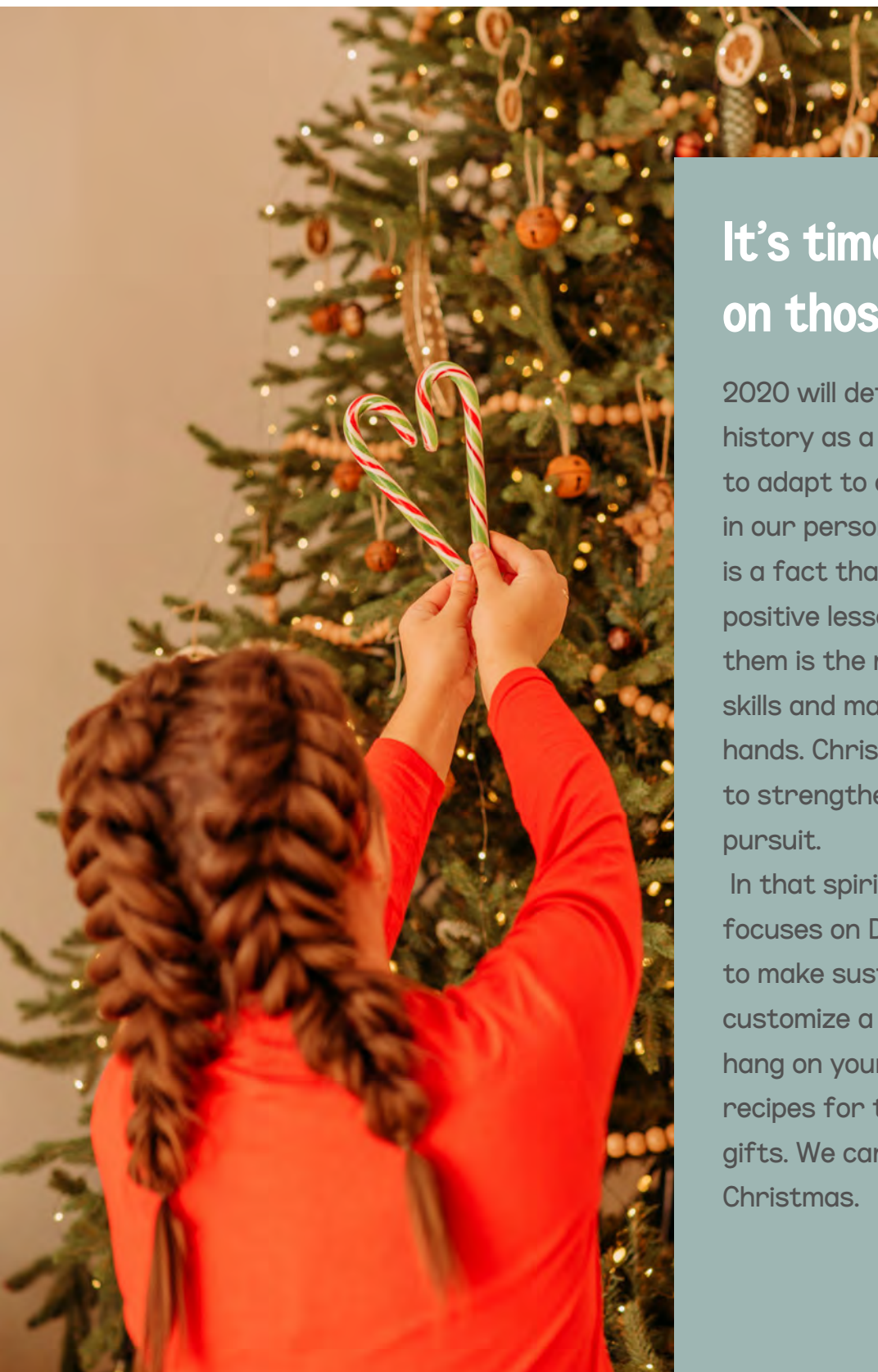
Confit cod can be enjoyed with a garnish of choice, or it can be flaked for other recipes, such as cod au gratin, rice with cod, cod pasta, cold or warm salads, etc. It should be added when the cooking of these dishes is near completion, as the cod is already cooked.

For the oven baked potatoes:

Combine all the ingredients, spread on a tray and bake, covered with aluminium foil, in an oven heated to 302°F for approximately 60 minutes. Remove the cover and let it brown a little.



Christmas with
your own hands



It's time to brush up on those manual skills

2020 will definitively go down in history as a period in which we had to adapt to a new reality. Whether in our personal or professional life, it is a fact that there is always some positive lesson to be taken. One of them is the need to develop manual skills and make things with our own hands. Christmas is an excellent time to strengthen our skills in this noble pursuit.

In that spirit, the Sovena Group focuses on DIY and suggests ways to make sustainable gift wrapping, customize a Christmas wreath to hang on your doorstep and also recipes for tasty treats to give as gifts. We can all shine this Christmas.



Creative and environmental gift wrapping

Making gift wrapping for a Christmas present is much easier than choosing from what's offered in stores. All that is needed is a little creativity and confidence. Using a smooth surface for support is also essential. Take a piece of paper (a sheet of kraft, newspaper or from a magazine) of a suitable size for what you want to wrap, sticky tape, string and a sprig from a plant (rosemary is a good idea). Then center the gift in the middle of the reusable paper,

fold at the ends so that you can wrap the present and use sticky tape to fasten. Put the string on the centre of the wrapping, stretch round the sides and wrap around the largest area. Cross the thread to go through the smallest part of the package and tie a loop. To finish, position the sprig under the string, fasten with sticky tape, and write a personalised message on the wrapping.





Personalized wreaths

Decorating the house for Christmas is something special we should do for ourselves. The decorative accessories that can be given a handmade touch are wreaths to hang on doors.

According to tradition, this object symbolizes luck and is hung at the entrance to welcome visitors. The wreath can be personalized in lots of different ways. One suggestion is to use dry eucalyptus branches, six pine cones and wire. Bend the wire to form a circle. Then intertwine a eucalyptus branch around the structure and repeat this stage until the wire is full.



If necessary, use a nylon thread to hold the branches together. Finally, fit the pine cones between the branches and the wire, ensuring they are secure, and hang from your front door. You can also substitute the branches with baubles from the Christmas tree or even use a felt fabric base with collages made from different items symbolizing Christmas.



Grandmother's recipe book

To give your celebrations an extra special flavor, how about going back to your grandmother's recipes and making some tasty biscuits for the family? The ingredients for the dough are: 2 whole eggs, 2 egg yolks (keep the whites for the icing), 500g of flour, 125g of brown sugar, 120ml of vegetable oil,

cinnamon, ginger and orange zest to taste. Mix all the ingredients in a bowl or food processor to make a smooth and flexible dough. Roll out the dough until it is about 3mm thick and cut the biscuits into shapes of your choice. Place in a preheated oven at 356°F for around 15 minutes.

After cooling, decorate the biscuits with the topping. For the icing: add the egg whites and two tablespoons of sugar in a mixer, at low speed, and gradually add the remaining sugar. Add a spoonful of lemon juice and beat until the icing is smooth. You can also add food colouring, mixing well. Enjoy!



Length of service

The Length of Service Awards initiative began in 2018 for the entire Sovena group and in the last 3 years it has been wonderful to celebrate this event with our employees. 5, 10, 15, 20, 25, 30, 35 or up to 40 years employed at Sovena... That's a long time and we can only say THANK YOU...! Thank you for being part of the Sovena story and all the professionalism, dedication, hard work and commitment over the years. We are immensely proud that you are part of Sovena.



What's up?

Sovenia Portugal: Algés' Unit

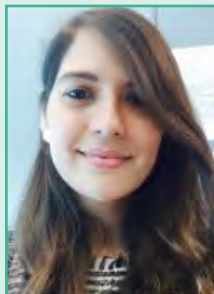
5 years



**Francisco
Matias**



**Pedro
Freitas**



**Filipa
Sousa**



**Sara
Mandeiro**



**Elsa Da
Silva**



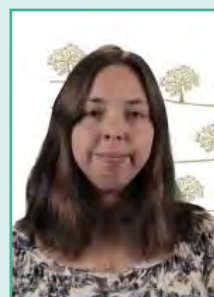
**Gustavo
Barros**



**Andreia
Albuquerque**



**Catarina
Lopes**



**Susana
Rodrigues**



**Cleto
Balbino**

10 years



**Jorge
Andrade**



**Bruno
Nunes**



**Nuno
Costa**



**Tânia
Diogo**



**Francisco
Bilé**

15 years

15 years



**Tomás de
Almeida**

25 years



**Agostinho
Lobo**

30 years



**Madalena
Manta**

35 years



**Rui
Gomes**

40 years



**Francisco
Redondo**



Sovena Portugal: Barreiro's Unit

10 years



**Fábio
Travessa**



**Cláudia
Costa**

15 years



**Carlos de
Jesus**



**Ana Paula
Santana**



**Miguel
Vale**

20 years



**David
Rafael**



**Carlos
Pinto**



**João
Pereira**

40 years



**Ana Maria
Figueira**

Sovena Portugal: Palença's Unit

5 years



**Rodrigo
Toledo**



**Luís
Teixeira**



**Jorge
Lopes**



**Paulo
Teixeira**

10 years



**João
Antunes**

15 years



**João
Chasqueira**



**Hugo
Ferreirinho**



**Sara
Rodrigues**



**Henrique
Teles Feio**



**Roberto
Martins**



Sovena Portugal: Palença's Unit

25 years



**Eduardo
Jorge**



**Luís
Lemos**



**Vasco
Rodrigues**

30 years



**Alberto Rego
Monteiro**



**José
Favinha**

35 years



**Teresa
Almeida**

40 years



**José Carneiro
Silva**

Sovena Spain: Brenes' Unit

5 years



**Tomás
Molina**



**Juan Carlos
Espejo**



**Francisco
Díaz**



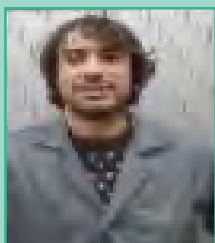
**Pablo
Cabrerizo**

10 years



**Inma
Garrido**

15 years



**David
Pino**



**Sergio
Muñoz**



**Carmelo
Blanco**



**Felipe
Copano**



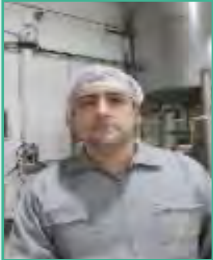
**Trinidad
Sánchez**



What's up?

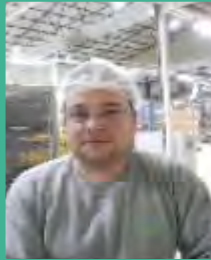
Sovena Spain: Brenes' Unit

15 years

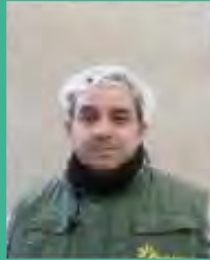


José
Álvarez

20 years



Felipe Artese-
ro



Francisco
Urbano



Alberto
Medina



Antonio
Daza

25 years



Gabriel
Estevez



Francisco
Márquez

Sovena Spain: Andujar's Unit

5 years



Manuel
Merchán



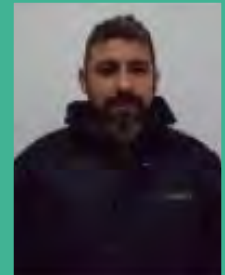
Raúl
Sabariego



Pedro
Corpas

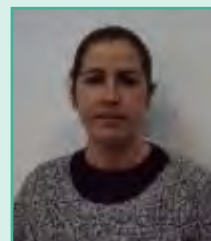


Alicia
Díaz



Juan Carlos
Blanco

10 years



Carmen
Rodríguez

15 years



Eduardo
Servent



Rafael
Estepa



Salvador
Jiménez



Francisco
Alcaide



Sovena Spain: Andujar's Unit

15 years



Juan
Almansa



David
Cátedra



Francisco
Jesús López

30 years



Juan
Berzosa



Jesús
García

40 years



Mª Dolores
Muñoz

Sovena Spain: Agropuro

5 years



Maria
Nebreda



Victor
Iniesta

Sovena Spain: Plasencia

5 years



Rosa
Batuecas



José
Palacios

Sovena Brasil

5 years



Tatiane
Pimentel



Felipe
Gevaerd



Paula
Guedes



Douglas
Royer



Rodrigo
Palini



What's up?

Sovena Brasil

5 years



**Alexander
Lopes**



**Gilsonery
Menezes**

Sovena USA

5 years



**Cindy
Sanderson**



**Jennifer
Bartlett**



**Stephen
Hajec**



**Randy
Lugo**



**Heather
Magliocca**



**Nicholas
Rappa**



**Karen
Pitts**



**Michael
Rusaw II**

10 years



**Ana
Gagne**



**Gerald
Jones**

15 years



**Anthony
Tuzzolino**



**Ramo
Klempic**



**Ricardo
Colon**

20 years



**Rasim
Velic**



Christmas Designs

The Sovena Christmas Designs Competition started in 2017 in Portugal, and was extended to Spain in 2018 and Brazil in 2020. It's a way to get the little ones at home involved in Sovena's latest trends... Safety, Healthy Eating, Sustainability and this year the Future of Food.

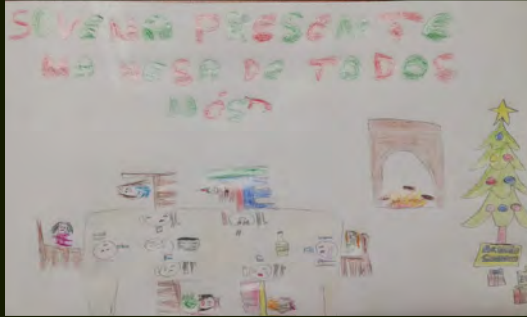
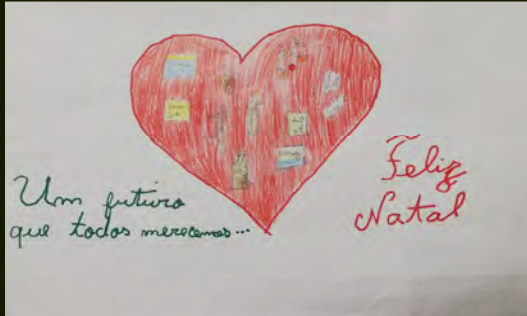
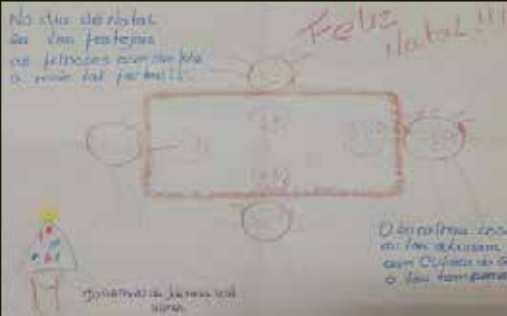
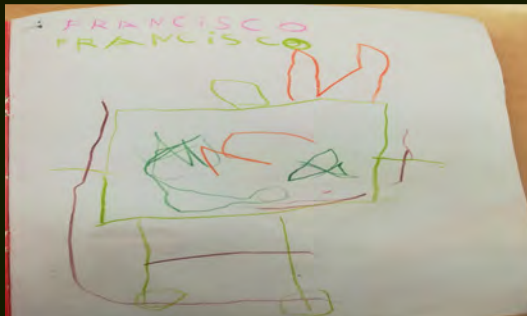
It's always a joy to see the designs come in... And how lovely the designs by our artists are!

Thank you everyone who took part and we hope you take part again next year, ready to Feed Futures!

Vera Ramos, People & Culture Manager.



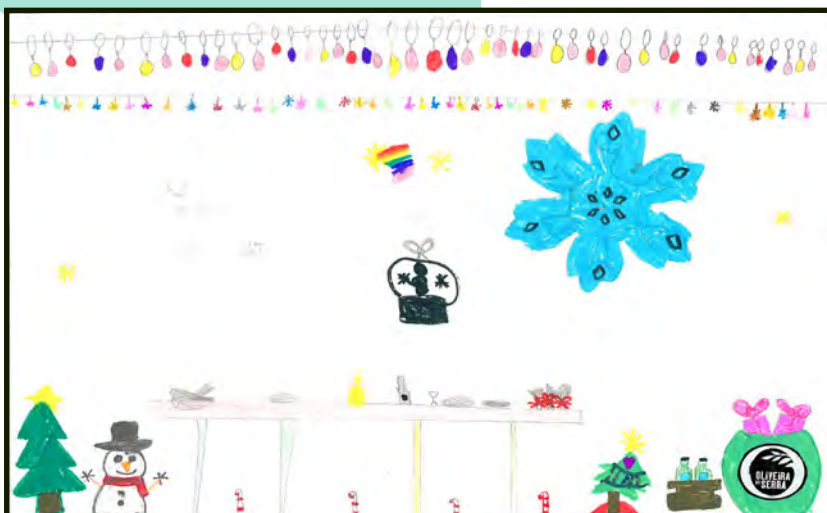
Natal 2020
Sovera
Feeding Estuaries



Algés



Marta Perotoner
7 anos



Maria Leonor Teixeira
6 anos



Madalena Carvalho
8 anos

Andujar



Hugo Martín
6 años



Helena García
10 años



Daniela Torres
5 años

Barreiro



Leonor Ferreira
12 anos



Isis Matias
9 anos



Constança Ramos
10 anos



Brasil



André Gordilho Lima
6 anos



Arthur Henrique
12 anos



Heitor Henrique
6 anos

Brenes



Francisco Jimenez
8 años



Martina Gomez
7 años



Miguel Martin Duque
10 años



Palença



Alicia Sousa
6 anos



Diogo Santos
11 anos



Maria Santos
4 anos

Plasencia



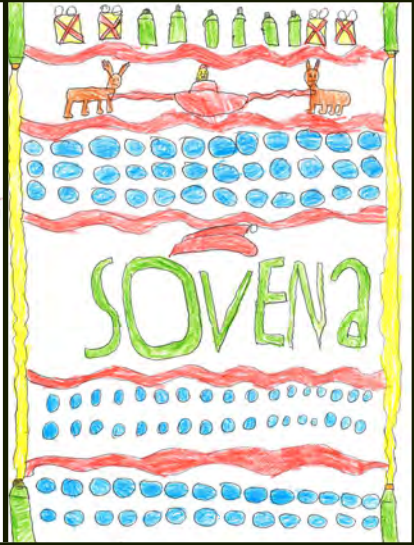
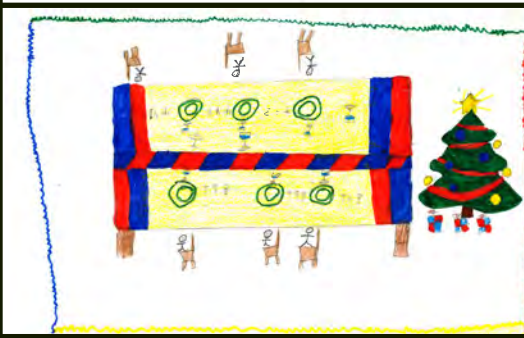
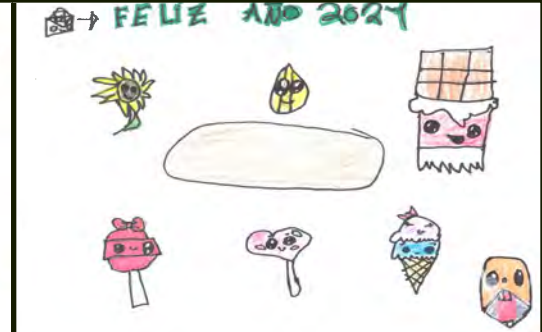
Bruno Real Alba
9 años



Candela Grande Jarque
4 años



Alba Crespo Puertas
6 años



VANESA ROMERO CALVO
2 AÑOS
GARCIA CALVO HERNANDEZ



B-side

It's Christmas time

Christmas is synonymous with family, warmth, sharing, tradition, faith, food on the table, a decorated house, humanity and many other meanings. The celebration is a portrait filled with cheer from our family gatherings, no matter their size or style. Let's get wrapped up in the stories of our contributors from different parts of the world who have shared their wonderful experiences. From the celebrations that started on Thanksgiving in the United States, to family members who dress up as Mother Christmas in Brazil, to the creation of a Christmas tree with wooden parts at the Barreiro refinery (Portugal) and New Year's Eve traditions in Spain.



ANA COSTA

Customer Service Coordinator (Portugal)

“It’s gathering as a family, sharing presents and friendship. It’s also seeing different members of the family who only meet up at Christmas time”.

“All families enjoy having lots to eat. Christmas without cod isn’t Christmas. We tend to make boiled cod with potatoes and onions. Those who don’t like it very much have it in a cream sauce or roasted in the oven with baked potatoes and cabbage on the side”.

MARCELO GAIA

Sales Manager (Brazil)

“Father Christmas symbolizes the hope of giving and receiving love, the gift that doesn’t necessarily need to be physical”.

“In our house, it’s a custom to make a mini-dinner for the Holy Family and the Baby Jesus. We put out flowers, fresh bread, fruit and a glass of wine for them”. “As we are celebrating the birth of Jesus Christ, we aren’t very sad, but it’s likely that it will be the first Christmas I spend without my parents”.





AURORA ORTEGA

Quality and Environment (Spain)

“The faces of the kids when they see the processions and open their presents, that’s the magic of Christmas”.

“The main tradition is the family meal where we all meet on the 31st. The whole family takes part in the preparation of the food. For example, my sister-in-law makes the desserts, my mother the soup and meat, my sisters make the snacks and as I’m not very good at cooking, I bring along the oil for cooking”.



TATIANE PIMENTEL

Administrative Manager (Brazil)

“I’ve done volunteer work for NGOs at Christmas.

Charity is all about attending to people, being present and interacting. We get a lot more out of it than the recipients”. “I’m a single mother, so I dress up as Mother Christmas”. “In spite of the quarantine this year, I didn’t see it as a difficult time. I try to keep a positive attitude. For me at least, it wasn’t a bad year”.



Sarah Conestabile

Treasury Analyst (USA)

“Christmas time begins on the day after Thanksgiving (26th November). It’s when my mother and I put up the tree and decorate the house. We spend most of December getting ready for the holidays. In the first week, my mother makes homemade Italian sausage which we cook on Christmas Day. Then we spend the following weeks making cakes and a dough filled with raisins, nuts and honey”. “For us, Christmas celebrations are all about family, food and helping out the less fortunate, so we don’t bother much with presents for adults. Only the kids get them”.



Nuno Cristóvão

CT Refinery (Portugal)

“It’s a special time as people are more receptive. They help out and get together. People who are sad leave their troubles behind”. “My father dressed up as Father Christmas every once in a while. Now that I’ve got a small son, I’m the one who does that.”



**WANT TO TAKE PART
IN THE NEXT FEED?**

Send your suggestions and ideas to
marketing@sovena.pt