

**What's light, lowest in saturates, pure and versatile and available from
Tesco : Goldenfields naturally / Beoco Ltd.**

Contributors

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SAVE 15p
SEE COUPON FOR DETAILS

What's
Light
Lowest
in
Saturates
Pure
and
Versatile
and available from

**TESCO**

GOLDENFIELDS



Naturally!

LIGHT

Goldenfields is a very light tasting oil, so it allows you to enjoy the real taste of the good foods you cook.



TYPICAL NUTRITIONAL INFORMATION PER 100g

Energy	900kcal 3700kJ
Protein	nil
Carbohydrate	nil
Total fat	100g
of which	
Saturates	7g
Monounsaturates	62g
Polyunsaturates	31g

VERSATILE

Goldenfields is ideal for all culinary uses – perfect for crisp deep or shallow frying, mayonnaise and salad dressings, and stir frying, too. It also makes deliciously light cakes and pastries – try these easy pastry recipes with your favourite fillings.



GOLDENFIELDS



THE HEALTHIER
ALTERNATIVE ...
NOW EVEN BETTER
VALUE AT YOUR
LOCAL

TESCO

TESCO

ONLY WHEN YOU BUY
THIS PRODUCT

15p OFF
GOLDENFIELDS
PURE RAPESEED OIL
1 LITRE BOTTLES



9 905260 060157 >

ONLY AT TESCO



To the customer: This coupon can only be used in part payment against Goldenfields Pure Rapeseed Oil 1 litre bottles when purchased in any Tesco store (where stocked) and presented with the product at the checkout. Only one coupon per purchase.

COUPON VALID UNTIL 30th NOVEMBER 1993.

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GOLDENFIELDS



Naturally!

LIGHT

Goldenfields is a very light tasting oil, so it allows you to enjoy the real taste of the good foods you cook.



TYPICAL NUTRITIONAL INFORMATION PER 100g

Energy	900kcal 3750kJ
Protein	nil
Carbohydrate	nil
Total fat	100g
of which	
Saturates	7g
Monounsaturates	62g
Polyunsaturates	31g

VERSATILE

Goldenfields is ideal for all culinary uses – perfect for crisp deep or shallow frying, mayonnaise and salad dressings, and stir frying, too. It also makes deliciously light cakes and pastries – try these easy pastry recipes with your favourite fillings.



LOWEST

Goldenfields has the lowest naturally occurring levels of saturates. It is a well balanced oil providing both polyunsaturates and a high level of monounsaturates, making it the ideal choice for today's healthier lifestyle.

PURE

Goldenfields is a pure rapeseed oil – nothing is added and nothing is taken away. Produced to exacting standards, uniquely controlled from seed to bottle, to ensure that it reaches you in prime condition.

SHORT PASTRY

INGREDIENTS:
12 tbsp Goldenfields oil
1½ tbsp cold water
275g 10oz wholemeal or plain flour, sieved
pinch salt

METHOD:
Place oil and water in mixing bowl and beat with fork. Gradually stir in flour and salt to form smooth dough. Wrap and chill in fridge for 30 minutes, roll out on lightly floured surface and use as required. Handle carefully as mixture is very short.

CHOUX PASTRY

Makes about 15-18 eclairs or 10 buns.

INGREDIENTS:
75g 3oz plain flour, sieved
2 eggs (size 3-4), beaten
¾ tbsp Goldenfields oil
6½ tbsp water

METHOD:
Quickly heat oil and water together in saucepan. Remove from heat, add flour and beat well. Return to heat and cook until paste comes away from sides of saucepan, taking care not to brown mixture. Leave to cool before gradually adding eggs, beating continuously. The mixture should be of soft, piping consistency which will hold its shape. Use as required.

GOLDENFIELDS

FOR TRULY
VERSATILE COOKING

Goldenfields is the cook's choice – wholesome and versatile – ideal for all forms of cooking, baking and salad dressings.

To find out more about the exciting range of recipes for Goldenfields simply write for your free copy of our leaflets – Cooking with Goldenfields or Baking with Goldenfields – enclosing a Goldenfields label, together with your name and address to:

Consumer Services Dept., Boco Limited,
P O Box 26, Liverpool L20 1EH



GOLDENFIELDS



The Healthier Alternative ... FACING THE FACTS

“WHY ALL THE FUSS ABOUT SATURATED FAT?”

There are many different types of fat, so for simplicity think of saturated fats as being the ones that get soaked up into our systems.

For several years now, nutritionists, and more recently the Department of Health's Health of the Nation Report, have been telling us to reduce our intake of solid fats and animal fats because they contain high levels of these saturated fats. Oils contain a lower proportion of saturates and Goldenfields is one of the lowest.

“SO WHY SHOULDN'T I USE ANY TYPE OF OIL?”

Well you can, but it won't necessarily have a low 'level' of saturated fat unless it has a Goldenfields label on the bottle. Just compare the differences in the table below.

TYPICAL VALUES OF SATURATED FAT
CONTENT OF COMMONLY USED FATS & OILS

Animal Fat	53%	Lard	43%	Solid Vegetable Oil	52%
Groundnut Oil	22%	Olive Oil	17%	Soyabean Oil	15%
Sunflower Oil	12%	Corn Oil	14%	Goldenfields	7%

So now you know, Goldenfields is not only good for you, it allows you to enjoy the taste of the foods you cook- the healthier alternative, so pure and versatile, too.

... FOR TODAY'S HEALTHIER EATING

If you'd like more information about cooking with Goldenfields, write to:
The Consumer Services Department, Beeco Ltd., P O Box 26, Liverpool L20 1EH.