

OCTOBER 2020

# AT THE PASS

REIMAGINED AUTUMNAL MENUS  
PREMIUM BAR BITES  
SWEET TREATS

**Sysco**<sup>®</sup>  
At the heart of  
food and service







# PURE PERFECTION FROM GATE TO PLATE



## THIS IS OUR BEEF

RAISED BY FARMERS WHO REALLY CARE ABOUT THEIR HERDS.

HANDPICKED BY EXPERTS WHO KNOW THEIR CRAFT.

TRANSFORMED BY CHEFS WHO MAKE IT TRULY SHINE.



A PARTNERSHIP  
IN BEEF WITH





### PLEASE NOTE

All prices are subject to change and stock availability.

This applies to all products.

## Welcome

to the October issue of *At The Pass*, here to help your kitchen adapt to the change of the seasons as well as the changing landscape of the hospitality industry. In this edition, we've created stunning centre plate recipes using Irish beef, poultry, seafood and wild game, taking a deep, delicious dive into autumnal comfort foods. Read on to find crave-worthy family-style Sunday roast ideas; be inspired by flavour pairings built for versatile chicken; learn how to update your party food offering; be tempted by a unique take on pumpkin pie; meet more of our wonderful Irish growers and producers; and gather insights on working within the "new normal". It's time to ease into autumn.

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### key symbols

	OvenBake		Gluten-Free		Kosher		Lactose-Free		Organic
	Dairy-Free		GMO Free		Low fat		Thaw & Serve		Vegan
	Defrosted		Boil or Poach		Low Salt		Yeast-Free		Vegetarian
	Free range		FairTrade		MSG-Free		Sliced		Raw
	New		Microwave		Frozen		Deep Fry		Halal
					Irish				

KEEP AN EYE OUT FOR OUR



€33.00/ **€32.85** per Case

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493339  
Lifestyle Arcticblue  
Flat Plate 30cm  
Case of 3  
€30.70/€29.17  
per case



# Centre Plate

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# THE NEW NORMAL

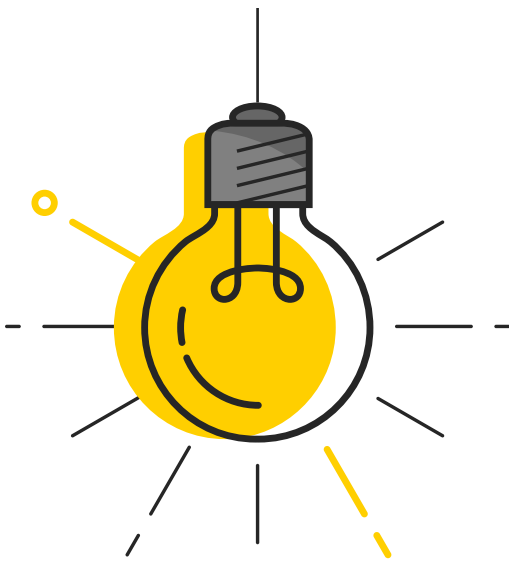
This year, our hospitality industry has faced challenges unlike any before, and chefs, proprietors and service staff have been forced to adapt quickly to an ever-shifting landscape. We break down some key strategies worth considering for your business.

## STAYCATION SAVVY

Domestic tourism is inching back as a way to enjoy holiday time without venturing far from home. This is a time to stay agile, think outside the box and recoup lost income wherever possible. Hotels may offer a “suite retreat” style package, with customers availing of room service dinner and drinks, while in-room breakfasts are set to increase in popularity (HospitalityNet 2020). A recent report identified mobile technology as one of the key drivers of hotelier success going forward: app-based check-in and check-out systems may become standard, minimising personal contact while providing the personalised experience many modern consumers crave, “from choosing rooms to specifying lighting and temperature levels” (Grant Thornton, 2020).

## COMMUNICATION IS KEY

Communication is essential in order to keep staff and customers informed and reassured of the measures in place for their protection. Review government guidelines regularly and adjust your systems as needed — then let employees and customers know.



Cooperation and reciprocity are key to innovation. Cultivating partnerships with local businesses can mean everyone benefits. If you can't accommodate a walk-in in your restaurant due to social distancing, recommend the establishment down the road, and ask that they do the same for you. If you run a hotel, consider incorporating tickets to local tourism or heritage sites into room packages.

## Keep in touch



In January, Irish domestic customers completed a hotel booking within one day of their first visit to a website; by June, this had increased to 5.4 days (Avvio, 2020). Today's potential customers need extra reassurance before committing to a purchase; review your website offering with this in mind.

With a higher risk of cancellations, it's also crucial to communicate with hotel and restaurant guests in the lead up to their visit. Take this opportunity to leverage existing databases to encourage repeat business; consider a regular email newsletter communicating current offers and advertising menu updates.



## KEEP IT LOCAL, KEEP IT IRISH

It's never been more important to support our local and national economies, nurturing small businesses and strengthening communities. Pallas Foods is your connection to Irish, local and artisan producers, bringing the finest quality food into your kitchen and onto your customers' plates.



## Easy like Sunday afternoon

With the rules of the roast changed due to Covid-19, the traditional carvery is off the dinner table. The new Sunday lunch brings together the classic roast dinner and the trend for sharing platters, with a carved joint of meat served family-style for sharing amongst a small group of family and friends.

### Do it right

- Offer 2-3 different centre plate options to appeal to any palate: roast beef and roast chicken are perennially popular choices for traditionalists, while you may also like to include a more modern alternative such as a pork belly or lamb rump.
- Evoke warm feelings of nostalgia with the sides that never go out of style: roast or mashed potatoes, Yorkshire pudding, roast carrots, buttered cabbage, a creamy cauliflower gratin and some seriously good gravy. Don't forget the stuffing!
- Just because you're not plating up individual portions doesn't mean you should forget to warm the delph — a cold plate won't cut it.
- Offering "bottomless" gravy is a simple way to increase perceived value.
- Tempt customers with specially selected bottles of wine at an additional price. Similarly, starters and/or desserts can be built into an all-in-one meal deal.
- Keep the homely theme running throughout by including comforting dessert options, such as apple crumble or sticky toffee pudding.












## MATCH IT

This red wine is fruity, sweet, spicy and packed with ripe, red berries and easy to drink. Excellent with red meat.

**491904** Cotes du Rhone Reserve 6x750ml **€45.30/€44.17** per case



<b>BF304</b>	Irish Nature Beef Rump Joint 1x5-7.5Kg	<b>€8.59/€8.16</b> per Kg	  
<b>BF842</b>	Irish Nature Beef Rump Joint 1x5-7.5Kg	<b>€6.65/€6.31</b> per Kg	  
<b>BF471</b>	Irish Nature Beef Spare Rib Jacobs Ladder 1x1.6-2.2Kg	<b>€8.88/€8.44</b> per Kg	  

## BACK TO BASICS

Kitchen standbys that allow you to whip up the gravy or sauce you need for that perfect plate.

<b>Z414440</b>	Knorr Gluten Free Veg Bouillon Paste 880gm- Makes 40 Litres	<b>€17.50/€16.19</b> per case	 
<b>Z414442</b>	Knorr Gluten Free Beef Bouillon Paste 880gm - Makes 40 Litres	<b>€17.50/€16.19</b> per case	 
<b>Z414445</b>	Knorr Gluten Free Chicken Bouillon Paste 880gm - Makes 40 Litres	<b>€17.50/€16.19</b> per case	 
<b>Z414437</b>	Knorr Gluten Free Fish Bouillon Paste 880gm - Makes 40 Litres	<b>€17.50/€16.19</b> per case	 





**THE ULTIMATE YORKSHIRE PUDDINGS**

Drizzle some sunflower oil into two 12-hole muffin tins, or two 4-hole Yorkshire pudding tins. Place the tins in an oven heated to 230°C/210°C fan/gas mark 4 until hot. Whisk 140g plain flour, 4 eggs and 200ml milk in a jug until smooth. Pour the batter into the hot tins, then bake for 20-25 minutes until puffed and golden. Serve immediately.

**PREPPED VEGETABLES AND SIDES**

<b>VP698</b>	Washed & Peeled Rooster Potatoes 1x9Kg	€8.32/€8.32 per case	
<b>490051</b>	Prepared Rooster Potatoes 1x10Kg	€9.25/€9.25 per case	
<b>490065</b>	Carrot Batons 1x5Kg	€7.50/€7.50 per case	
<b>VP688</b>	Chopped Green Cabbage 1x2Kg	€3.60/€3.60 per case	
<b>VP733</b>	Chunky Winter Roast Vegetable Mix 1x5Kg	€12.00/€12.00 per case	
<b>3090</b>	Brakes Yorkshire Pudding Baked Individual 3" 1x60's	€6.03/€5.73 per case	
<b>VG880</b>	Cauliflower Florets 1x2Kg	€10.00/€10.00 per case	
<b>492019</b>	Ready To Eat Stuffing 5x500gm	€16.79/€15.95 per case	
<b>HB559</b>	Herb Rosemary Fresh 1x50gm	€1.50/€1.46 per unit	
<b>HB569</b>	Herb Sage Fresh 1x1Kg	€13.75/€13.41 per case	
<b>HB575</b>	Herb Thyme Fresh 1x1Kg	€12.80/€12.48 per case	
<b>HB582</b>	Herb Oregano Fresh 1x1Kg	€16.00/€15.60 per case	



## SOMETHING (ELSE) FOR THE SUNDAY ROAST

A stuffed pork steak or sticky glazed gammon joint hits all the right notes for a hearty, relaxed Sunday lunch. Turn to seasonal veg like carrots, parsnips, turnips and cabbage for ideal autumnal accompaniments.

<b>PK843</b>	McCarrens Pork Steak Fillet 10x500gm	€31.00/€30.23 per case	MSC	10
<b>BC543</b>	McCarrens Bacon Gammon Log 1x5.8-6.8Kg	€4.90/€4.78 per Kg	MSC	14
<b>PK900</b>	Pork Loin 1x4.5-6Kg	€4.50/€4.39 per Kg		6
<b>BC200</b>	Bacon Loin 1x4.8-6.5Kg	€3.90/€3.80 per Kg		6

## FISHY DELISHY

These quick-fix options are ideal for satisfying seafood-loving customers with little commitment from the kitchen. Serve with the traditional tartare sauce or experiment with a more contemporary dip: lemon caper aioli or pickle mayonnaise will work well with battered cod, while pairing the scampi with a Bloody Mary dipping sauce or a sweet-meets-sour mango chilli option is sure to have mouths watering. Don't feel confined to the usual "and-chips," either — why not create droolworthy fish burgers, po'boys or tacos?

<b>FS842Z</b>	Beer Battered Cod Fillet MSC 20x170-200gm	€58.00/€56.55 per case	10
<b>FS962Z</b>	Whitby Scampi Coated in Breadcrumbs 10x450gm	€66.50/€64.84 per case	10





BC576 Bacon French Rack 1x2x1.2-1.4Kg

€6.90/€6.56 per Kg



## Meet the producer Marion O'Sullivan

National Account Manager,  
McCarren Meats

Founded by John McCarren in 1860, McCarren Meats is an Irish pork and bacon processing factory going back five generations. The original business focused on the sale of live animals to the UK for slaughter; today, the company employs in excess of 250 people supplying both Irish and international markets.

Based in Cavan — the heartland of the Irish pig rearing industry — McCarren is the oldest traditional pig slaughtering and bacon curing business in Ireland, and the only fully integrated pork processing site in Ireland that can slaughter, cut, debone, cure, slice and pack both bulk and consumer packs). Marion says, "McCarren Meats have been a proud supplier of the Irish

foodservice sector since the 1880s. We are committed to providing the highest levels of quality and animal welfare. We work with a small group of Bord Bia quality assured farms to source the highest quality, best tasting pork for our customers. Animal welfare on our supplier farms is paramount, and better management and care for livestock can improve food quality, which benefits every part of the supply chain. Our pork and bacon range is produced to the highest quality standards and hand trimmed by our team of expert butchers, and delivered to you with the care and attention deserved by every one of our valued customers.

"Quality, trust and product craftsmanship are reflected in everything we do at McCarren. This also includes our dedication to sustainability, which is at the core of everything with we do."

McCarren has developed five key pillars of activity:

1. **Agriculture**, at our heart
2. **Responsible sourcing**, for accountability for everything we source
3. **Resource efficiency**, to waste nothing and only use what we need
4. **Health & nutrition**, ensuring responsible consumption of our products
5. **People & communities**, harnessing the power of our people.

Marion continues, "Meat craft, trusted quality and excellent service are the backbone of our proud heritage. Sustainability and animal welfare keep us grounded in the presence of nature and our communities."

The Bacon French Rack from McCarren Meats has recently been shortlisted in the 2020 Blas na hEireann Irish Food Awards, which celebrates and rewards the very best tasting Irish food and drink products, and the passionate, driven producers who make it. Pallas Foods is proud to support Irish producers with a strong route to market and is delighted to supply this quality heritage Irish product to customers. It is by working closely with our partners that we can ensure you can provide the best products to your business. Best of luck to McCarrens!





# GAME ON!

As the evenings draw in earlier each day and a chill creeps into the air, the beginning of game season provides the comfort food we crave. Lean, protein-rich and having lived a natural life, wild Irish venison has plenty to offer the modern meat-eater — and that's before even mentioning its deep, rich flavours.

## MATCH IT

An exceptionally well-balanced, medium-bodied wine with rich, spicy fruit characters. The palate is soft and appealing with a lingering finish.

**491907** Wakefield River Shiraz 6x750ml

€45.90/€44.75  
per case

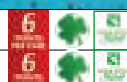


**VN304** Wild Irish Game Venison Haunch Boned/Rolled/Netted 1x3.5-4Kg

€9.50/€9.26 per Kg

**VN242** Wild Irish Game Boneless Venison Saddle 1x1.5-3Kg

€31.80/€31.01 per Kg





493158

Lifestyle Deep Lagoon Flat  
Plate 30cm

Case of 3

€33.80/€32.11 per case

## COFFEE AND JUNIPER RUBBED LOIN OF VENISON WITH CHARRED BABY GEM AND A DOMINO PUMPKIN AND POTATO GRATIN

Serves 4

*A great game dish utilising discarded coffee from a bistro machine. This also works with coffee powder, but reduce the amount by half. Serve with great full-bodied red wine to allow the subtle smokey coffee flavour to come through nicely.*

**100gm coffee tapouts from the barista machine**

**100ml rapeseed oil** OL323

**Few sprigs of thyme** HB556

**Few sprigs of rosemary** HB559

**10gm dried juniper berries, crushed**  
SP262

**800gm venison loin, trimmed** VN242

**40gm shallots, chopped** VW801

**150ml red wine**

**150ml cooking Madeira** AL303

**400ml chicken** (G57), **veal** (G129) **or game stock**

**60gm cold butter, diced** (DY173)

1. Combine the coffee with the oil, herbs and juniper berries and cover the venison with the mix. Place in the fridge for a couple of hours, preferably overnight.
2. Scrape the marinade from the venison and discard.
3. Heat a pan with a little oil, season the venison and seal on a high heat until nicely browned.
4. Place in the oven at 180 °C and cook as required – venison loin is best served rare. Allow to rest.
5. Using the same pan, melt 20gm of the butter and add the shallots with a sprig each of thyme and rosemary. Cook for a few minutes.
6. Add the red wine and Madeira and allow to reduce by half. Add the stock and allow to reduce further.
7. Remove from the heat and stir in the rest of the cold butter so it emulsifies. Pass through a strainer.
8. Carve the venison into eight slices. Plate up with some lovely pumpkin and potato gratin and some charred baby gem, finishing with the sauce.



# TRULY BEAUTIFUL BEEF

While health-conscious dietary trends may come and go and many people are now eating fewer meat-based meals, a considerable segment of your customers will still be tempted by a good steak dinner. The award-winning Irish Nature Beef is the result of a partnership between Pallas Foods and ABP, aged using a unique patented Ultra Tender™ Process that guarantees top-quality beef with deep flavour and remarkable tenderness. Matching hearty autumnal comfort foods just as seamlessly as it does herby ciabattas and salads during the summer months, good quality steak is a staple to keep on your menu all year round – simply let the sides evolve with the seasons.



**BF223** Irish Nature Beef Striploin 1x9-11Kg

€13.80/€13.46 per Kg



**BF219** Irish Hereford Prime Beef Striploin 1x5-6.3Kg

€19.10/€18.62 per Kg







493171  
Lifestyle  
Rainforest Oval  
Platter 28cm  
Case of 6  
€58.10/€55.20  
per case

## **IRISH HEREFORD PRIME STRIPLOIN STEAK WITH BEER BRAISED LEEK, PARMESAN AND BONE MARROW CRUST, JACKET SWEET POTATO, WATERCRESS BUTTER**

*Serves 4*

**4 x 8oz steaks cut from Irish Hereford Prime Beef Striploin** BF219

**2 leeks, each one cut into two 6cm 'barrels'** VW655

**200ml Dungarvan Helvick Gold Irish Blonde Ale (or beer of choice)** AI516

**200ml chicken stock** G57

**4 sprigs thyme** HB556

**20gm Parmesan, grated** CH4360

**30gm breadcrumbs** BR105z

**30gm bone marrow, finely chopped** BF1192z

**4 sweet potatoes, whole** VW712

**1 bunch watercress** HB574

**100gm butter** DY173

**10gm shallots, chopped** VW801

**2 garlic cloves, chopped** VW733

**Arrowroot, as required** 33587

**1.** In a pan, bring the beer, chicken stock and thyme to the boil. Pour over the leeks, then cover with foil and braise in oven at 160°C for 30 minutes.

**2.** Strain off the juice, reduce by half and thicken with a little arrowroot.

**3.** In a bowl, combine together the Parmesan, breadcrumbs and bone marrow with a touch of olive oil.

**4.** Stand the leek pieces up and sprinkle generously with the marrow mix. Glaze under salamander or in the oven for a few minutes on a high temperature with the fan speed lowered.

**5.** Bake the sweet potatoes as you would a normal potato.

**6.** Blanch the watercress in boiling water for a few seconds and refresh in ice water.

**7.** Squeeze out the excess liquid from the watercress, then blend in a food processor with the butter, shallots and chopped garlic.

**8.** Place mixture onto some parchment paper, roll into a log and refrigerate.

**9.** Grill the steaks to desired cooking stage and serve each one with a barrel of leek and a jacket sweet potato. Add a slice of watercress butter on top, finishing with a little of the leek and beer cooking liquor on the steak. Garnish with a few sprigs of watercress.







# CLEVERLY CRAFTED

The meaty texture of monkfish means it can stand up to big flavours: streaky bacon adds umami, while passion fruit butter balances out the spices with a touch of sweetness.

493260  
Principle White  
Coupe Flat  
Plate 30 cm  
Case of 3  
€26.40/€25.08  
per case

## MATCH IT

Roquende is a Corbières AOC produced in clay-limestone soil. Hints of tropical fruits haunt the nose: pineapple, guava, apricot. They hint at ripeness, the sunshine beaming down through the course of a summer to perfectly ripen the grape berries. Perfect with light and delicate food such as Monkfish and the passion fruit butter

491896 Roquende Reserve Chardonnay 6x750ml €46.00/€44.85 per case



## MONKFISH BROCHETTE

Serves 4

4 fillets of monkfish (400-500gm) **FS619**  
12 slices streaky bacon on parchment **491389**  
4 round shallots, diced **494025**  
3 mixed peppers, diced **VW747**  
2 tsp Santa Maria Red Chilli & Ginger Spice **491266**  
Pinch of pink peppercorns, crushed **SP107**  
4 baby fennel **VW730**  
2 tsp passion fruit purée **F21Z**  
50ml cream **DY228**  
80gm butter **DY154**  
Santa Maria BBQ Sauce Caribbean Glaze **491270**  
Salt **SP148**  
Mixed baby leaves **HB566**

1. Cut the monkfish tails into large chunks coated with Santa Maria Red chilli and Ginger Spice and wrap each chunk in the bacon.
2. Using dried rosemary sticks or skewers, make the brochette with the monkfish in the bacon with the shallots and peppers.
3. Place the brochettes in a deep dish. Sprinkle with Santa Maria Red Chilli & Ginger Spice and some crushed pink peppercorns. Cover and place in the fridge to chill for a few hours.
4. Blanch the baby fennel and keep refrigerated until needed.
5. In a pan, heat some passion fruit purée, then add the cream and reduce. Whisk in the cube of butter and monter.
6. Grill the brochettes, then brush with some of the Caribbean Glaze and finish for a few minutes in a hot oven. Grill the baby fennel.
7. On each hot serving plate, place a brochette garnish with grilled baby fennel and add some of the passion fruit butter.
8. Garnish each plate with some mixed baby leaves.

**FS943Z** Monktails Frozen at Sea Vac Pac (skinless) 500g-1kg 1x10 KG

€130.00/€123.50 per case

**FS619** Monkfish Fillets Medium 400-500g 1x2Kg

€22.50/€21.38 per Kg

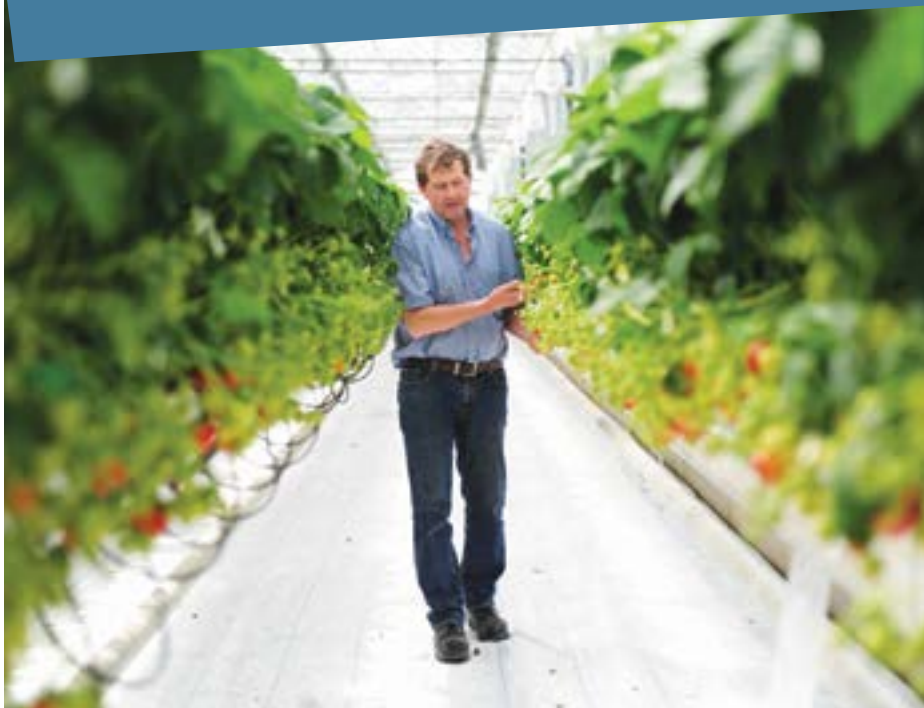
**491389** Streaky Bacon On Parchment 9x1Kg

€115.80/€112.91 per case





# MEET SOME OF OUR GROWERS



## Michael Kehoe Vegetable Farm, County Wexford: Grower of Cauliflower, Leeks and Other Produce

Michael is a fifth generation vegetable grower based in the sunny south east. He works in partnership with his father, Michael (Mick) Sr. he farm is based in a small area called Crossabeg, where Mick Sr. bought a small parcel of ground in 1979. Crossabeg borders Wexford town and the River Slaney. The business has expanded significantly since Michael finished his diploma in horticulture from Kildalton College in 2003. Michael says, "We are blessed with all types of land to accommodate us from deep earthy clays to loamy sandy soils." One quarter of the land is owned and the rest is rented or on long-term lease.

## K&K Produce, County Dublin: Supplier of Fresh Potatoes

K&K is one of the leading suppliers of fresh potatoes, fruit and vegetables in Ireland with state-of-the-art packing and distribution founded in 1984 by Tommy and Deirdre Kennedy. They are now joined by the next generation; Michael, Thomas and Lisa, who are all involved in the daily operations of the business, including the relationship with Pallas Foods. As a family and business, the K&K goal is to deliver sustainable fresh produce to the Irish market all year round. They pride themselves on growing their own produce and also work alongside a trusted network of farmers and growers nationwide to source home grown Irish produce. The Kennedy family specialises in growing a wide variety of Irish potatoes. They promise that

only the highest quality potatoes will make it onto your plate.

## McCormack's Family Farms, County Meath: Grower of Herbs and Lettuce Leaf

McCormack's business started in 1984, growing and selling vegetables directly to food markets in the Dublin area and foodservice customers. They are specialists in micro herbs and micro salads, having perfected the art of growing these difficult products all year round. Both products bring an exciting option to dishes as a garnish and also as staple salad ingredients. All of their baby leaves go direct from the field to the consumer, unwashed and with as little handling as possible. This process provides the following benefits:

- Quality and flavour is not comprised.
- There are no added chemicals used post-harvest.
- Unwashed bagged salad has a longer natural shelf life.
- Farm to fork in 36 hours (in Irish season).

They also offer a comprehensive range of culinary herbs in a variety of weights and packaging formats such as basil, rocket, sage, mint and oregano. They grow a wide range of potted herbs including basil, parsley, coriander and chive.

## Robert Carrick, County Dublin: Grower of Broccoli

Robert is a fourth generation grower. He was raised on the family farm and saw crops being set from the age of four. His father and late mother started to grow tomatoes and other greenhouse crops from the early 1980s. Broccoli is freshly picked each morning and always packed to order. Each delivery is fulfilled same-day, aiming to be in the chef's kitchen that same evening or next day (depending on customer requirements).



## SUPPORTING IRISH GROWERS & PRODUCERS 12 MONTHS OF THE YEAR



**Clarke's Fresh Fruit, County Meath:**  
**Grower of Irish Berries**

Clarke's is a family-run business in Stamullen, County Meath, currently growing 60 acres of strawberries, raspberries, blackberries and blueberries. Owner and Director Pat Clarke is a Bord Bia quality assured soft fruit producer who has established a reputation for the production of quality fresh fruit over the past 50 years. With their excellent flavour, from texture and lengthy shelf life, approximately 80% of the strawberries grown in Ireland today are Pat's Elsanta variety. More than half a century on, the family farm is now a commercial growing facility, employing over 140 people. Pat is ably assisted by his brother James, family members and a highly skilled workforce to produce tons of superior berries. The fruit is freshly picked, packed and dispatched daily from April to November.

**Mark Archer, County Dublin: Grower of Irish Cos and Baby Gem Lettuce**

Mark has been supplying Pallas Foods with lettuce for several years. Mark's lettuce is cut early in the morning and delivered to Pallas the same day to ensure customers receive the freshest Irish product possible each time.

**Gold Circle Mushrooms, County Monaghan: Grower of Irish Mushrooms**

Gold Circle Mushrooms is a family-owned business, established in 1999 and based in Tiernaneill, County Monaghan. In the beginning, the home farm at Tiernaneill was a family home with eight mushroom growing tunnels in the back garden producing eight tons of white mushrooms. The success of the company has seen the home farm extended to 14 growing tunnels and three additional farms, bringing the combined crop to 8,000 tons of fresh mushrooms a year.

**William Snow & Sons, County Dublin: Grower of Irish Potatoes**

Based in Swords, County Dublin, William Snow & Sons have been supplying Pallas Foods with Irish roosters of the highest quality for several years.



**Denise Buckley, County Dublin: Supplier of Apples, Pumpkins and Courgettes**

Located in Swords, Co. Dublin, they supply Irish courgettes, Bramley cooking apples and pumpkins throughout the Irish season.

**Ger Harford, County Dublin: Supplier of Irish Roots**

Situated in the heart of North County Dublin in Lusk, GDL Harford supplies cabbage, cauliflower, beetroot, parsnips, celeriac and leeks throughout the Irish season.

**Codd Mushrooms, County Carlow: Grower of Irish Mushrooms**

The Codd Family have been growing the finest quality mushrooms from their farm located in Tullow, Co. Carlow since 1989. Starting from a small growing shed, they now have progressed to a modern, purpose built mushroom production and packing facility. They strive to be one of the most innovative and environmentally friendly mushroom production facilities in Europe. Back in 1989, they started with just two staff members, a small growing shed and loads of enthusiasm. They now are a family of 250 staff and still growing.

**Mark Taylor & Sons, County Dublin: Grower of Irish Turnip**

Based in Lusk, County Dublin, this family-run farm has been operating for three generations. Turnips are planted around St Patrick's Day and they continue sowing until June. 100% of their turnips are now covered by netting. It is a massive procedure, but one that is worth doing.

**Enda Weldon, County Dublin: Grower of Irish Brussels Sprouts**

One of the biggest growers in the country for seasonal Brussels sprouts, Enda Weldon, who farms in Balhery with his brother has been supplying Pallas Foods with Brussels sprouts every year from end of November until January.

**Iona Fruit Farm, County Dublin: Supplier of Baby Vegetables, Beetroot & Rhubarb**

Based in Oldtown, County Dublin, grower of Irish rhubarb and a variety of baby vegetables and beetroot.



**John B Dockrell, County Wexford: Grower of Irish Carrots and Lettuce**

John Dockrell is the main grower of Irish carrots for Pallas Foods. John is an expert in the field with a wide knowledge of growing as well as overall crop and soil husbandry practices.

**Charlie Foy Produce, County Dublin: Grower of Irish Kale**

Charlie has been supplying Pallas Foods with Irish kale for several years. As the popularity of Irish kale continues to rise, Charlie continues to deliver quality Irish product to Pallas daily.





# CHICKEN, YOUR WAY

BONE-IN, SKIN-ON CHICKEN SUPREMES HAVE FANTASTIC FLAVOUR, AND THE VERSATILITY OF CHICKEN MEANS YOU CAN MATCH THEM WITH A WIDE ARRAY OF OTHER FOODS, CREATING A MYRIAD OF DIFFERENT DISHES.

## GET STUFFED: CHICKEN KIEV

Serves 4

In a bowl, combine 4 crushed **garlic cloves**, 2 tbsp finely chopped **fresh parsley**, 200g softened **butter** and 1 tbsp **lemon juice**. Season well. Mash with a fork until well combined. Use cling film to help you shape the butter into a sausage, then wrap tightly. Chill or freeze until firm. Slice the butter into 1cm discs. Use a sharp knife to cut a deep pocket inside 4 **chicken supremes**, being careful not to cut all the way through. Push one disc of butter inside each pocket, press to flatten and re-seal with your hands. Coat each fillet in **flour**, then beaten **egg**, then **breadcrumbs**, repeating so each Kiev has a double coating. Chill the Kievs for at least one hour before cooking, or freeze now. To cook, pan-fry the Kievs for 2-3 minutes per side until golden, then transfer to an oven set at 180 °C for 20-25 minutes or until completely cooked throughout.



## IT'S A WRAP: CHICKEN WITH THYME, GOAT'S CHEESE AND BACON

Serves 4

In a bowl, stir together 1 tbsp **fresh thyme leaves**, 1 tbsp **honey** and 200g **soft goat's cheese**. Season well. Use a sharp knife to cut a deep pocket inside 4 **chicken supremes**, being careful not to cut all the way through. Stuff some of the goat's cheese mixture into each chicken pocket. Wrap each one of the chicken supremes up in 3 **streaky bacon rashers**. Secure with a cocktail stick and chill for at least 30 minutes. Sprinkle **crushed garlic** and some extra **thyme** over the tops of the chicken supremes and season with plenty of **black pepper**. Add 1 handful of **cherry tomatoes on the vine** per person to the baking dish and drizzle everything with olive oil. Roast at 180 °C for 30-35 minutes until the chicken is completely cooked throughout and the bacon is crispy and golden. Serve with a drizzle of the juices from the pan.



## CREAMY COMFORT: CREAMY SCALLION CHICKEN WITH CAULIFLOWER THYME MASH

Serves 4

Place 250ml **chicken stock** in a large pot and bring to a boil over a high heat. Add 1 chopped head of **cauliflower** and return to a boil. Cover, reduce the heat to low and cook for 20 minutes or until the cauliflower is very tender. Use a slotted spoon to transfer the cauliflower to a food processor. Add 3 tbsp **chicken stock** from the pot and a generous knob of **butter**. Whizz until smooth. Season to taste, then add 2 tsp **fresh thyme leaves** and whizz until just combined. Melt 30g **butter** in a pan over a medium-high heat and sear 4 chicken supremes for 2-3 minutes per side, then transfer to an oven and roast at 180 °C for 20-25 minutes or until completely cooked throughout. Allow to rest. Deglaze the pan with a splash of **white wine**, then add 4 chopped **scallions** and cook for 1-2 minutes. Turn off the heat. Stir in 200ml **double cream** and season to taste. Serve the chicken with the mashed cauliflower and the creamy sauce.





## ROAST BREAST OF CHICKEN WITH MORELS AND GNOCCHI, MARSALA AND TARRAGON CREAM SAUCE

Serves 4

20gm dried morel mushrooms **Z4**  
4 skin-on chicken supremes **CC393**  
20gm shallots, chopped **VW801**  
2 garlic cloves, chopped **VW733**  
200ml pre-seasoned Marsala wine  
**AL403**  
300ml chicken **(G57)** or veal stock  
**(G129)**  
200ml double cream **DY231**  
300gm gnocchi **71063**  
1 tbsp fresh tarragon, chopped  
**HB557**

1. Soak the morels in boiling hot water for around one hour.
2. Season the chicken supremes and seal in a hot pan, getting a good colour. Transfer to the oven at 170 °C for around 14 minutes.
3. Remove from the oven. Without taking the chicken out of the pan, return to a medium heat. Add the shallots and garlic and slowly cook out.
4. In the meantime, squeeze all of the liquid from the morels and reserve.

5. Cut the morels in half and add to the pan. Cook for 2-3 minutes.

6. Add the marsala and reduce by half, then add in the morel jus and reduce by half again.

7. Remove the chicken and leave to rest. Add the stock to the pan and bring to the boil. Simmer for a few minutes before adding the cream.

8. Return the chicken to the pan and add the gnocchi. Simmer until the desired sauce consistency is achieved.

9. Finish with the chopped tarragon and check seasoning.

**CC393** Chicken Supreme Skin On 1x25x200-230gm

€31.80/€31.01 per unit





# LOVE IRISH LAMB

## LAMB RUMP 39 SOUTH

Serves 4

80gm Santa Maria chimichurri 491267  
 200ml olive oil 100262  
 1 pack Slaney Valley lamb rump LM640  
 ½ a cucumber, peeled, deseeded and diced VW705  
 250gm Greek yoghurt 1200  
 1 garlic clove, crushed VP351  
 A little pickled ginger, crushed OR239  
 20g coriander, chopped 490071  
 15gm mint, chopped 491008  
 Juice of ½ a lime FW580

1. Prepare Santa Maria chimichurri according to package instructions. Marinade the Slaney Valley Lamb Rump in the chimichurri overnight.
2. Place the cucumber in a bowl and add some salt. Set aside in the fridge for one hour, then remove excess liquid.
3. Add the remaining ingredients to the cucumber, along with a little chimichurri to give an extra kick.
4. Pan-sear the Slaney valley lamb rump, then roast at 180°C until pink and tender.
5. Before slicing, let the rump rest a few minutes. Serve with the raita and a fresh green leaves salad.

493168  
 Lifestyle Highland  
 Pasta Plate 29cm  
 Case of 3  
 €30.40/€28.88 per case

LM144	Slaney Valley Lamb Shoulder Easy Carve 1x1.4-2Kg
LM640	Slaney Valley RTC Lamb Rump 275gm approx. 6x4's

€10.20/€9.95 per Kg

€22.20/€21.65 per unit







## MATCH IT

Bright ruby red colour. The nose has aromas of fruity (cherry, raspberry) and floral (liquorice, peony) notes. A balanced wine on the palate.

491903

Ensedune Malbec IFP Pays D'Oc  
6x750ml

€51.75/€50.46  
per case







FOODSERVICE  
SOLUTIONS

TOGETHER WE CAN GET

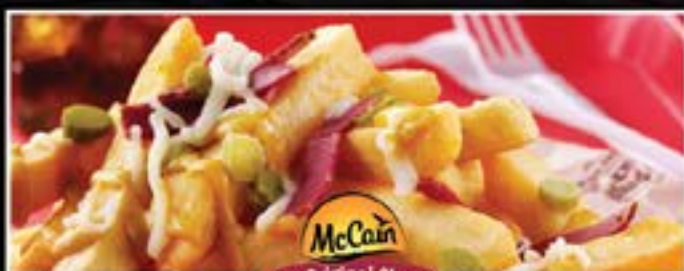
# BACK IN THE GAME

WE HAVE SOME *New Prices* TO HELP YOUR BUSINESS GROW



VP783Z

MEDIUM CUT 7/16 FRIES



VP785Z

THICK CUT CHIPS



492715

THIN  
SKIN ON FRIES



492716

MEDIUM  
SKIN ON FRIES



492717

JULIENNE  
SKIN ON FRIES



492756

GOURMET  
CHUNKY FRIES

TOGETHER WE WILL *Rebuild.*  
CONTACT YOUR PALLAS REPRESENTATIVE FOR PRICES.  
[www.pallasfoods.com](http://www.pallasfoods.com)



# THE BIG BITE

Has it ever been more important to make sure your menu is packed with guaranteed wins? Whatever toppings you choose — from classic to luxury — a quality burger is a pub, bistro and casual restaurant staple. Add chips and a simple side salad and you're good to go.

## EASY INSPIRATION

These topping combinations are sure to get mouths watering...

**Classic:** Lettuce, onion, tomato, pickled gherkins

**Classic with cheese:** Cheddar, lettuce, onion, tomato, pickled gherkins

**Bacon:** Streaky bacon, Gouda, tomato, pickled gherkins

**Breakfast:** Streaky bacon, Cheddar, fried egg, ketchup

**Texan:** Streaky bacon, pulled pork, crispy onion strips, BBQ sauce

**Mexican:** Guacamole, pico de gallo, sour cream, pickled jalapeños

**Californian:** Avocado, tomato, red onion, mixed leaves

**Hawaiian:** Grilled pineapple, red onion marmalade, tomato, lettuce

**Philly:** Sautéed peppers and onions, American cheese, mustard, mayo








**Take it cheesy:** Cheddar, Mozzarella, Gouda, blue cheese, tomato chutney

<b>BF1254</b>	Steak House Select Chuck & Brisket Burgers 24X227gm	€38.80/€37.83 per case	    
<b>491389</b>	Streaky Bacon On Parchment 9x1Kg	€115.80/€112.91 per case	
<b>VP785Z</b>	McCain Fries Original Choice Thick Cut 14mm 4x2.27Kg	€9.50/€9.03 per case	 
<b>VP783Z</b>	McCain Fries Original Choice Medium Cut 11mm 4x2.27Kg	€11.60/€11.02 per case	 
<b>VP846Z</b>	McCain V-Cut Skin On Coated Potato Wedges 4x2.5Kg	€16.60/€15.77 per case	
<b>492715</b>	McCain SureCrisp Skin On Thin Fries 4x2.27Kg	€13.70/€13.02 per case	
<b>VP845Z</b>	McCain Signature Sweet Potato Rustics 4x2.5Kg	€27.50/€26.13 per case	
<b>492756</b>	McCain SureCrisp Gourmet Chunky Cut Chips 4x2.27Kg	€14.80/€14.06 per case	



# DELI DELIGHTS

With more of the country returning to work and school, grab-and-go options are back to being a valuable source of revenue for deli counters. As the cool weather approaches, make the most of morning and lunchtime rushes by offering a tempting selection of hot food items.

492578	Mini Vegan Jambon 100x35gm	€20.90/€19.86 per case	
493142	Pepperoni Jambon 36x105gm	€19.00/€18.05 per case	
493309	Chicken Fajita Jambon 36x105gm	€20.10/€19.10 per case	
RM160Z	Ham & Cheese Unbaked Jambon 36x110gm	€19.10/€18.15 per case	
RM876Z	Mini Ham & Cheese Jambon 100x35gm	€19.10/€18.15 per case	
RM281Z	Puff Pastry Sausage Rolls Pre-Glazed 100x60gm	€18.30/€17.39 per case	
RM470Z	Sausage Roll Puff Pastry 7 Inch 65x110gm	€20.90/€19.86 per case	

# Divine Dairy

Keep well stocked in staples like butters, spreads and cheeses to keep those rolls and sandwiches flowing as business picks back up again.









## MEET THE SUPPLIER: KERRYMAID

Co. Kerry is one of the wettest places in Western Europe due to the breathtaking mountainous landscape and prevailing south-westerly winds driven from the Atlantic Ocean. Fields watered by copious amounts of rain creates lush grass making for happy cows and ultimately, providing the best tasting milk – the inspiration behind Kerrymaid.

Based on generations of knowledge, Kerrymaid provides a complete range of dairy ingredients with the professional chef in mind.

Dairy is a fundamental ingredient in almost every dish, and therefore needs to be reliable and of a high quality. Using our unique dairy craft and know-how, Kerrymaid overcomes the issue of inconsistency by delivering versatile, creamy, functional ingredients so that chefs can be confident their culinary creations will look and taste terrific every time.

CH1121	Kerrymaid Coloured Grated Cheese 1x2Kg	€9.60/€9.36 per case	
CH1122	Kerrymaid Grated Pizza Cheese 1x2Kg	€11.20/€10.92 per case	
G8500	Flora Buttery	€5.00/€4.88 per unit	
491453	Flora Original 6x2Kg	€30.00/€29.25 per case	
493391	Flora Plant	€2.90/€2.83 per Lt	
71095	Meadowland Double Cream	€2.70/€2.63 per Lt	





# SAY CHEESE

<b>CH1598</b>	Carrigaline Blueberry Cheese Wedge 120g	€2.93/ <b>€2.78</b> per Kg
<b>CH1312</b>	Carrigaline Cheese with Blueberry 1.8kg	€15.93/ <b>€15.13</b> per Kg
<b>CH1593</b>	Carrigaline Natural Cheese 120g	€2.93/ <b>€2.78</b> per Kg
<b>CH1594</b>	Carrigaline Smoked Cheese 120g	€2.93/ <b>€2.78</b> per Kg
<b>CH1597</b>	Carrigaline Garlic & Herb Cheese 120g	€2.93/ <b>€2.78</b> per Kg
<b>CH4396</b>	Carrigaline Italian Truffle Cheese 1.8kg	€17.92/ <b>€17.02</b> per Kg
<b>CH1591</b>	Carrigaline Dillisk Seaweed Cheese 120g Unit	€2.93/ <b>€2.78</b> per Kg
<b>CH1596</b>	Carrigaline Cranberry Cheese Wedge 120g	€2.93/ <b>€2.78</b> per Kg
<b>CH1308</b>	Carrigaline Farmhouse Cheese Natural 1.8kg	€15.61/ <b>€14.83</b> per Kg
<b>CH1310</b>	Carrigaline Garlic & Herb Cheese 1.8kg	€15.93/ <b>€15.13</b> per Kg
<b>CH1311</b>	Cheese Smoked Carrigaline 1.85Kg Wheel	€15.93/ <b>€15.13</b> per Kg
<b>CH1309</b>	Carrigaline Cheese with Cranberry 1.8kg Unit	€15.61/ <b>€14.83</b> per Kg
<b>CH1591</b>	Carrigaline Cheese with Dillisk Seaweed 1.8kg	€2.93/ <b>€2.78</b> per Kg
<b>CH1599</b>	Carrigaline Beech Smoked Cheese 400g	€7.77/ <b>€7.38</b> per Kg
<b>CH1600</b>	Carrigaline Natural Cheese 400g Unit	€7.56/ <b>€7.18</b> per Kg
<b>CH1601</b>	Carrigaline Garlic & Herb Cheese 400g Unit	€7.56/ <b>€7.18</b> per Kg



# PROVIDE SAFE TABLESIDE ORDERING WITH FLIPDISH

Flipdish web ordering and mobile apps provide a new solution to table ordering in your restaurant, café, bar or hotel.



Customers order conveniently from their exact location, securing revenue for your business while freeing up staff and limiting in-person contact. With a branded website and app, powered by Flipdish, business owners directly accept online orders without listing on aggregator platforms, at a lower cost and with more control over the customer experience.



## WHAT ELSE CAN FLIPDISH OFFER YOUR BUSINESS?

- Amplify your digital presence with your own branded website and app
- Manage orders in real time – view order details, customer information and delivery locations
- Encourage repeat orders with customisable discounts, voucher codes and free push notifications
- Gain valuable insights with sales metrics and customer data on your dashboard

Sign up at [www.pallasfoods.com/resource-hub/flipdish](http://www.pallasfoods.com/resource-hub/flipdish)







# Tasteful Treats





















**28 Coffee Run   29 Supplier Profile: Lispopple Farm**

**30 Gluten-Free Peanut Pumpkin Pie   32 Bar Bites   34 Wingin' It**








# Temptation on the run

Individually-wrapped pastries are ideal for customers on the go, especially in the mornings. Be sure to position them where they'll make the maximum impact and inspire impulse purchases.

33536	Wrapped La Boulangerie Triple Chocolate Tulip Muffin 24x130gm	€20.70/€19.15 per case	9		
33537	Wrapped La Boulangerie Blueberry Crumble Muffin 24x126gm	€20.80/€19.24 per case	9		
33540	Wrapped La Boulangerie Carrot Cake Muffin 24x126gm	€24.10/€22.29 per case			
4657	Wrapped Brakes Double Chocolate Muffin 24x105gm	€11.40/€10.55 per case	2		
4659	Wrapped Brakes Blueberry Muffin 24x105gm	€12.30/€11.38 per case	2		
494265	Wrapped Mini Danish Selection 48x45gm	€22.90/€21.18 per case			
CE652Z	Wrapped Danish Pastries 3x105gm	€18.10/€16.74 per case	2		
34331	Wrapped La Boulangerie Triple Chocolate Cookie 30x75gm	€18.60/€17.21 per case	2		
34333	Wrapped La Boulangerie Double Chocolate Cookie 30x75gm	€18.60/€17.21 per case	2		
34334	Wrapped La Boulangerie White Choc & Raspberry Cookie 30x75gm	€18.90/€17.48 per case	2		

## KEEP IT CLASSIC

Recognisable favourites are the easy wins your business needs right now. Miniature pastries offer more health-conscious customers a more moderate way to enjoy a morning sugar rush.

T811Z	Bridor Butter Croissant 60x70gm	€17.00/€15.73 per case	9		
T809Z	Bridor Raisin and Custard Swirl 60x110gm	€25.10/€23.22 per case	9		
CE334Z	Bridor Mini Mix Gourmet Danish 140x28-40gm	€30.10/€27.84 per case	6		
CE1432Z	Bridor Mini Mixed Breakfast Pastries 200x35gm	€44.30/€40.98 per case	10		


























## ADDED EXTRAS

Morning toast and croissants cry out for butter, jams and other preserves. Choosing individually packaged portions may help allay the concerns of staff and customers around Covid-19 safety.

<b>34022</b>	Brakes Assorted Jam Portions 100x20gm	€7.70/€7.12 per case	
<b>34024</b>	Brakes Strawberry Jam Portions 100x20gm	€7.60/€7.03 per case	
<b>490053</b>	Folláin Raspberry Jam 3.5Kg Bucket	€16.10/€14.89 per case	     
<b>490081</b>	Folláin Strawberry Jam 3.5Kg Bucket	€16.10/€14.89 per case	     
<b>490095</b>	Folláin Blackcurrant Jam 3.5Kg Bucket	€16.10/€14.89 per case	     
<b>490122</b>	Folláin Redcurrant Preserve 3.5Kg Bucket (GF)	€16.10/€14.89 per case	  
<b>490717</b>	Folláin Seville Orange Marmalade 3.5Kg Bucket	€15.30/€14.15 per case	    

## SOMETHING SWEET

<b>CE547Z</b>	Chocolate Fudge Cake 1x12 Portions	€11.20/€10.36 per case	    
<b>DT707Z</b>	Individual Raspberry & White Chocolate Roulades 20x72gm	€19.30/€17.85 per case	    
<b>DT704Z</b>	Lemon Citrus Tartlets 18x100gm	€20.30/€18.78 per case	   
<b>490023</b>	Lemon Meringue Pie 1x12 Portions	€11.30/€10.45 per case	   
<b>DT287Z</b>	Petit Four Premium Selection 1x63 Pieces	€28.60/€26.46 per case	  





## MEET THE SUPPLIER:



Velo Coffee Roasters was established in 2017, in a Cork city centre café. The team at Velo Coffee believes in using the best ingredients to produce high-quality, great tasting coffee; that's why they source only the best beans available and roast them to the highest standards.





With a focus on quality and transparency at every step, they carefully selected their green bean merchants based on a passion for great coffee. Today, they work closely with these suppliers to secure a direct line of traceability back to the farms. The beans are farmed at higher altitudes, which results in a slower maturation process and gives the finished coffee a distinct flavour and well-balanced acidity.

The Velo roasting style is light to medium, with each of their coffees roasted with a specific profile to enhance the distinct and unique qualities particular to each coffee. They roast a variety of single origin coffees in addition to original, award-winning blends under the Velo label: Velo Tandem and Velo BMX.

# COFFEE RUN

**WHETHER YOU'RE ALL ABOUT CONVENIENCE OR A MORE SOPHISTICATED COFFEE OFFERING, YOU'LL FIND THE CAFFEINE HIT YOUR CUSTOMERS CRAVE.**

<b>493190</b>	Café Velo Coffee Beans 6x1Kg	€114.00/€105.45 per case	
<b>Z937904</b>	Lyons Gold Blend 1 Cup Teabags 1x600	€25.00/€23.13 per case	
<b>Z990227</b>	Lyons Gold Blend Enveloped Teabags 1x200	€12.10/€11.19 per case	
<b>Z935013</b>	Nescafé Gold Blend Coffee Sticks 1x200'S	€22.80/€21.09 per case	
<b>Z935011</b>	Nescafé Gold Blend Decaf Coffee Sticks 1x200'S	€23.10/€21.37 per unit	





# IN THE PUMPKIN PATCH

Ever wonder where your pumpkins come from? We visited Lispopple Farms to meet Denise Buckley, pumpkin grower and Pallas Foods supplier.

Found in Swords, Co. Dublin, Lispopple Farm is comprised of a 16-acre apple orchard, 31 acres of outdoor courgettes and about 10 acres of pumpkins and squash, as well as a small number of plums and both winter and summer flowers. Buckley's family has been farming at Lispopple since 1922, and she is the third generation to do so. Lispopple pumpkin seeds are planted in April and May, and harvested in September ready for the busy Halloween season.

## AVAILABLE FROM OCTOBER

492558	Pumpkin Small
492557	Pumpkin Medium
VW772	Pumpkin Large
FW537	Pumpkin Mini Jacks



They're very good in soups, pies, sweet dishes – they're a very popular food! We'd like to see Halloween kind of extended, so that we're actually using more pumpkins throughout the winter season and not just for one day," she told us.

"But I think the reason people really love pumpkins is their colour and brightness – and of course the variety of things you can do with them!"

# SPOOKY SEASON



No tricks required – these sweet and spooky baked goods are the perfect tempting treats to offer this Halloween season.

CE1371Z	Sticky Chocolate Orange Cake 1x14 portions	€15.87/€15.08 per case	  
490018	Salamander Deep Apple Tart 1x12 portions	€12.67/€12.04 per case	   
CE479Z	Pecan Pie 1x12 portions	€18.48/€17.56 per case	   
49228Z	Halloween Chocolate Filled Ring Doughnut 36x72gm	€19.99/€19.49 per case	  
Z104104	Coverture Cranberry, Raisin and Pumpkin Seed Slice 12x85gm	€16.14/€15.33 per case	  



## AUTUMNAL ACE

This pumpkin peanut pie hits all the marks for the perfect autumnal dessert: the rich pumpkin purée is complemented by warming spices, candied nuts and luxurious ice cream, delivering the best-loved seasonal flavours while offering a naturally gluten-free menu item that will appeal to discerning diners of all predilections. Make sure to highlight the provenance of your Irish pumpkins to give a supportive nod to local suppliers; read about the Lispopple Farm's pumpkins on p.29 and learn more about the Irish suppliers to Pallas Foods on p.16.



493338  
Flat Plate  
26cm  
Case of 6  
€77.20/€73.34  
per case



# GLUTEN-FREE PUMPKIN PEANUT PIE

Serves 15

For the pumpkin purée:

**Fresh pumpkin**  
**Caster sugar** [SG179](#)

For the pumpkin spice (makes 5 tbsp):

**1 tsp cloves** [84810](#)  
**3 tsp cinnamon** [33581](#)  
**2 tsp nutmeg** [33709](#)  
**2 tsp ginger** [33583](#)

For the candied peanuts:

**275gm peanuts** [5825](#)  
**200gm sugar**  
**75ml water**  
**Sprinkle of cinnamon**

For the pie filling:

**425gm pumpkin purée**  
**100gm caster sugar** [SG179](#)  
**2 tsp pumpkin spice mix**  
**3 medium eggs** [EG219](#)  
**300gm evaporated milk** [25002](#)  
**100gm crunchy peanut butter** [127123](#)  
**1 tsp salt**  
**15 x gluten-free tartlets 8.5cm** [DT726](#)  
**Glaze** [490814](#)

For the gluten-free tuile:

**130gm egg whites** [EG219](#)  
**110gm caster sugar** [SG179](#)  
**150gm plain flour** [114956](#)  
**130gm unsalted butter** [DY141](#)  
**White sesame seeds** [PU300](#)







To serve:

**Glenown Dulce De Leche ice cream**  
**IC321Z**  
**Caramel sauce**

1. For the purée, cut the pumpkin into four pieces and remove the seeds. Sprinkle the pumpkin quarters with caster sugar and roast at 170°C for 35 minutes. Scoop out the flesh and blend together to form a purée.
2. For the pumpkin spice mix, crush the cloves using a pestle and mortar. Combine with the remaining dry spices and use as required.
3. For the candied peanuts, place the nuts in a wide bottomed pot and add the sugar, water and cinnamon. Cook the ingredients over a medium heat, stirring continuously until the sugary liquid changes colour begins to crystallise. Keep stirring until the mixture turns sandy and dry.
4. Transfer the contents of the pot onto a silpat and put in the oven at 170°C for 10 minutes to dry the nuts and add extra colour.
5. Remove from the oven and set aside to cool, breaking up any clumps as they cool. Store in an airtight container. The nuts will keep for up to a week.

6. For the pie filling, beat 425gm of the pumpkin purée together with the sugar and two teaspoons of the pumpkin spice mix. Beat in the eggs, one at a time.
7. Add the evaporated milk, peanut butter and salt and mix to combine well.
8. Pipe into the tartlet shells. Bake at 150°C for 15 minutes until set. Allow to cool for three hours, then glaze and serve.
9. For the tuile, melt the butter, then allow to cool. Combine the egg whites and the sugar, then add the flour and mix until smooth. Slowly mix in the butter, then chill.
10. Spread out on silpat and bake at 170°C for eight minutes. Twist around the handle of a wooden spoon to hold shape when cooled.
11. Plate up the tartlets and finish with the candied peanuts, the tuile, a scoop of Glenown Dulce de Leche ice cream and a drizzle of caramel sauce.

This spice mix can also be used in bread and butter pudding or pancakes for a taste of autumn.

<b>492070</b>	Glenown Gin & Elderflower Sorbet 2x5Lt	€23.90/€23.30 per case	
<b>IC320Z</b>	Glenown Raspberry Cheesecake Ice Cream 2x5Lt	€26.20/€25.55 per case	
<b>IC321Z</b>	Glenown Dulce De Leche Ice Cream 2x5Lt	€23.10/€22.52 per case	
<b>IC323Z</b>	Glenown Cookie Dough Ice Cream 2x5Lt	€26.20/€25.55 per case	
<b>IC324Z</b>	Glenown Chocolate Orange Ice Cream 2x5Lt	€23.10/€22.52 per case	
<b>IC319Z</b>	Glenown Candy Floss Ice Cream 2x5Lt	€23.10/€22.52 per case	

## Glenown Farm

Glenown ice cream was created exclusively with Pallas Foods to offer Irish ice cream lovers a range of premium 100% dairy ice cream products, unique to the Irish market.

### It starts with the cows

The Glenown Farm cows graze on lush elds, producing fresh, creamy Irish milk in Fermoy, Co. Cork. Using a family recipe, this milk is used to create top-quality ice cream.










# BAR BITES WITH ATTITUDE



## TERIYAKI DUCK WINGS

Silver Hill's cooked duck wings are a fantastic product and so simple. Scrape off any excess fat from the wings and oven roast on a high temperature or deep fry until crisp. Place in a bowl and squeeze in some Santa Maria Teriyaki sauce. Add some toasted sesame seeds and chopped scallions, mix to combine well and serve.

<b>DU367Z</b>	Silver Hill Cooked Aromatic Duck Wings 10x1.3Kg	€8.00/€7.60 per case	   
<b>MS707</b>	Santa Maria Teriyaki Sauce 1x950gm	€5.45/€5.04 per case	

## MINI PO'BOYS

Cut some cod (or any other firm fish) into goujon-sized pieces. Dredge in batter, then deep fry until golden-brown and crisp. Mix a little chipotle paste with some mayo and set aside. In a separate bowl, combine some dry coleslaw mix with a touch of mayo and some Sriracha. Toast some mini brioche buns. In each bun, place a generous spoonful of the slaw, a squeeze of chipotle mayo and a fish goujon. Serve immediately. For a twist, try this with some raw red prawn meat and toss a little wasabi sesame mix from Santa Maria into the batter for a flavour upgrade.

<b>85715</b>	McDougall's Batter Mix 1x3.5Kg	€7.35/€6.80 per case	
<b>MS709</b>	Santa Maria Chipotle Paste 1x950gm	€5.45/€5.04 per case	
<b>BR484Z</b>	Mini Glazed Brioche Buns 120x30gm	€18.35/€16.97 per case	   
<b>SP225</b>	Santa Maria Wasabi and Sesame Mix 1x295gm	€8.10/€7.49 per case	
<b>FS856Z</b>	Argentinian Red Prawns 1x1Kg 40/80	€16.55/€16.14 per case	



**BEER-MARINATED CHICKEN WINGS**

Marinate some raw chicken wings in a beer of your choice (a local brew would be great). Place them in the fridge to get drunk for a few hours. Steam or poach them in the beer, then discard the liquid. Put in a fryer and cook until golden and crisp. Drain on kitchen paper and toss in some chicken seasoning — perfect with a cold beer or two.

**CC550** Fresh Chicken Wings Mids and Primes 2x5Kg

€24.85/€24.23 per case



**SP280** Santa Maria Classic Chicken Seasoning 1x640gm

€4.50/€4.16 per case

**BRISKET CROQUETTES**

Shred some brisket into a bowl with some mashed potato. Add some grated Parmesan and a good splash of truffle oil. Roll into croquettes and coat in flour, then eggs, then breadcrumbs. Deep-fry until golden brown. Roll in a little more Parmesan when fresh out of the fryer, then serve with a great dip. The same method will work with any other pulled meat, such as pork or chicken.

**V198**

White Truffle Flavoured Extra Virgin Olive Oil  
1x250ml

€14.15/€13.09 per case



**107231**

Brakes Panko Breadcrumbs 1x3.5Kg

€7.00/€6.48 per case















# SNACK happy

With pub food this season's literal must-order, keep customers coming back for more by offering a selection of delectable bar snacks.







113835	Buffalo Chicken Wings 2x1.5Kg	€18.70/€17.77 per case	
2064	Brakes Chicken Wings of Fire 3x1Kg	€14.00/€13.30 per case	
4027	Hot'n'Kickin Chicken Wings 1x2.27Kg	€14.10/€13.40 per case	
C127Z	Global Farms Tangy BBQ Cooked Chicken Wings 1x1Kg	€5.40/€5.13 per unit	 
C372Z	Global Farms Cooked Mexican Chicken Wings 2x2.5Kg	€27.00/€25.65 per case	 
CC925Z	Steam Cooked Chicken Wings 4x2.5Kg	€51.50/€48.93 per case	 
VW809	Celery	€0.83/€0.83 per unit	



## SHARE SMART

If your menu usually includes sharing platters that sell well, don't let Covid-19 prevent you from offering the same items – simply be sure to divide the usual platter contents onto single portion plates, one per customer, making sure everyone has an equal number of each item.

O338Z	Orien Bites Cocktail Samosas 1x1Kg	€8.60/€8.17 per unit	 
FF681Z	Orien Bites Mini Onion Bhajis 1x56x27gm	€13.70/€13.02 per unit	 

## WASH IT DOWN

### NON-ALCOHOLIC

491943	Heineken 0% 24x33cl	€26.45/€24.47 per case
491944	Stonewell 0% Cider 12x33cl	€22.35/€20.67 per case

### LOCAL

AL514	Dungarvan Black Rock Stout 12x50cl	€23.80/€22.02 per case
AL515	Dungarvan Copper Coast Red Ale 12x50cl	€23.80/€22.02 per case
491942	Stonewell Medium Cider 12x50cl	€34.10/€31.54 per case







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