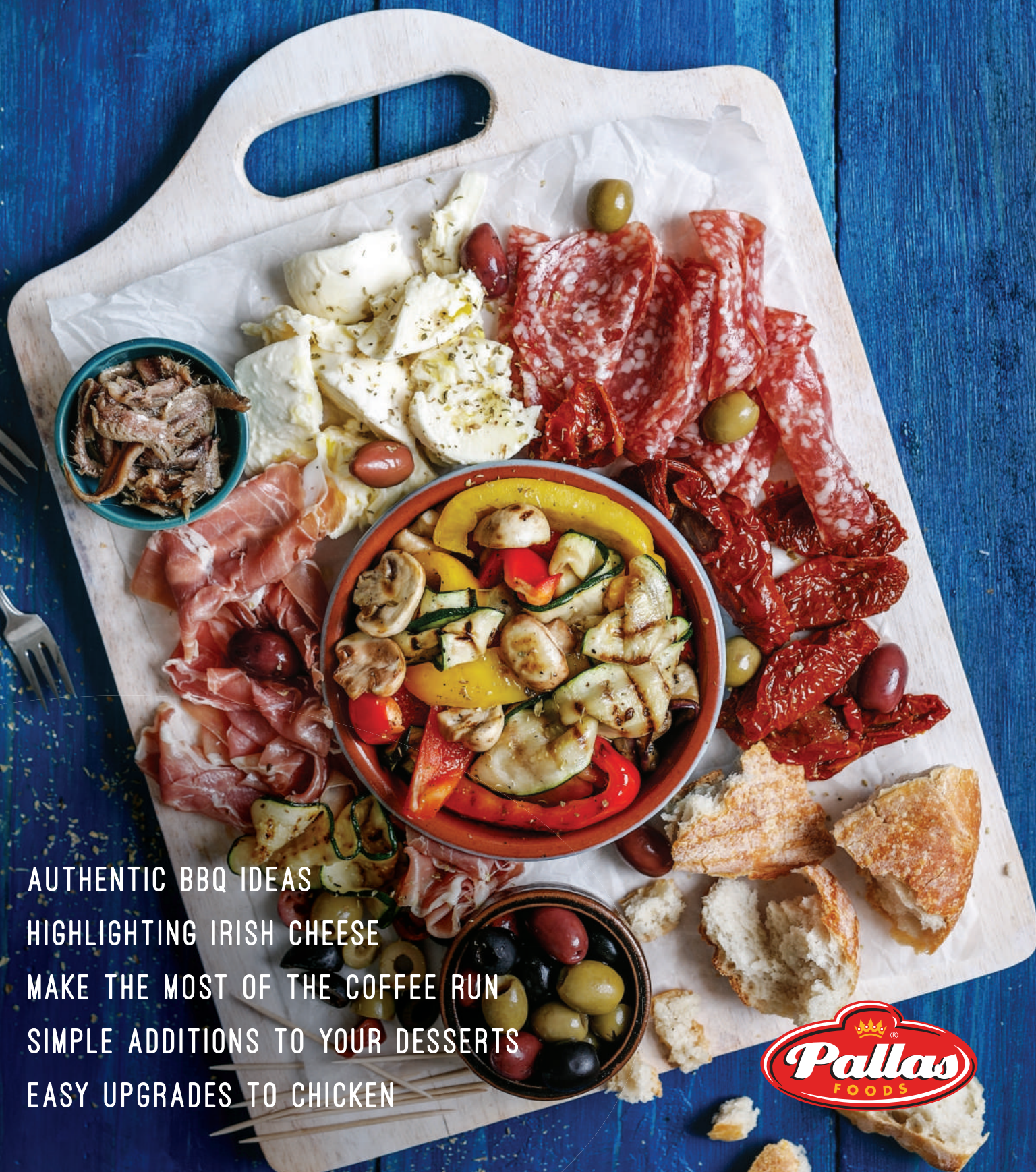


# AT THE PASS



AUTHENTIC BBQ IDEAS  
HIGHLIGHTING IRISH CHEESE  
MAKE THE MOST OF THE COFFEE RUN  
SIMPLE ADDITIONS TO YOUR DESSERTS  
EASY UPGRADES TO CHICKEN





# SERVING UP THE INDUSTRY'S MOST EXCITING REWARDS

Relish Rewards offer such a great value that one customer has even earned enough points to drive away in a brand new Mini Cooper One.

What are you driving towards?

**RELISHREWARDS.IE**



**Relish**  
- REWARDS -



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## Welcome to At The Pass

We've taken a new name and given the pages a facelift but are still providing plenty of summer menu inspiration, expert tips and behind-the-scenes product information. We're exploring the building blocks of the ultimate burger with options for beef, chicken and veggie patties, and hopping on the loaded fries bandwagon. Check out clever ways to transition your staple ingredients for a fresh summer menu, with new ideas for exciting barbecue offerings. Customise your best Irish cheeseboard and read on to learn more about three of our long-time suppliers.

### Contacts

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WEB: [www.pallasfoods.com](http://www.pallasfoods.com)



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ONLINE  
COMMUNITY



## Pork belly ribs with Santa Maria red chilli and ginger

Serves 4

800g pork belly rib sheet meaty, cut into 4 strips PK429  
65g Santa Maria red chilli and ginger spice rub 491266  
200ml chicken or veal stock  
200ml Santa Maria BBQ sauce MS710  
5g coriander, chopped HB106  
1 bunch scallions, sliced VW710

- 1 Sprinkle the chilli and ginger spice mix evenly over the ribs and leave to infuse for one hour.
- 2 In a convection oven (steam roast) place the ribs in a gastronorm container or other suitable cooking pan. Cook for 20 minutes at 160 °C; this allows the spice mix to infuse and seal the meat.
- 3 Combine the stock with the BBQ sauce and pour over the ribs, turning to coat both sides.
- 4 Cover the container with foil, making sure it is airtight.
- 5 Place them back into the oven on roast setting and cook for two hours at 140 °C. Remove from the oven and leave to rest for 20 minutes, leaving the foil on.
- 6 Remove the ribs from their liquid. Strain the liquid into a pot and reduce by half to give a thick, sticky consistency.
- 7 Return the ribs to the sauce and turn to coat completely.
- 8 Serve the ribs with the sauce and sprinkle with the chopped coriander and scallions.

### PK402Z

McCarrens Pork Belly Spare Ribs 10kg



### PK427


McCarrens Pork Belly Ribs Cut & Marinated 6 x 1.5kg



This cooking method guarantees meat that is falling-off-the-bone tender. For a more traditional, American-inspired flavour profile, go for a sweet and smoky dry rub and classic BBQ sauce.







# ALL ABOUT PORK AND BACON

McCarren & Co. supplies Pallas Foods with the highest quality Irish pork and bacon. McCarren & Co. was established more than 155 years ago and the business has since spanned through five generations. It prides itself on supporting local, with 80% of McCarren products coming from farms within 20km of the plant. All pork and bacon comes from Bord Bia quality assured farms, ensuring the highest quality product.



# BBQ BUFF

Get specific with your menu by honing into a regional style of barbecue. From the Carolinas to Texas and Kansas City, knowing the difference between these styles can help your offerings stand out.

## MEMPHIS

**Signature dish:** Pulled pork or pork ribs  
**Fixings:** Dry rub  
**Sauce:** Tangy, thin tomato-based

## CAROLINAS

**Signature dish:** Pork shoulder or pork ribs  
**Fixings:** Brushed with a spice-and-vinegar mix while cooking  
**Sauce:** Mustard-based sauce with brown sugar

## KANSAS CITY

**Signature dish:** Burnt ends  
**Fixings:** Cook super-slow and super-low, preferably over hickory wood  
**Sauce:** Thick, sweet molasses-and-tomato mixture

## TEXAS

**Signature dish:** Brisket  
**Fixings:** Seasoned simply and smoked over pecan or oak wood  
**Sauce:** Sauce is secondary to the meat and some BBQ joints don't offer sauce at all

Hot newcomers!



Discover our hot, new versatile spice blends! **Chimichurri** and **Red Chilli & Ginger Sauce & Rub Mix** will turn into fresh sauces for your fried, grilled or roasted veggies in a few minutes simply by adding equal parts of oil and water.

Our new, **BBQ Glaze Asian Style Soy** opens up to umami heaven while adding an asian twist to salmon, chicken and crispy vegetables. Our **BBQ Sauce Korean Style** is a perfect combination of sweet, savoury and spicy with asian fusion flavours. Our **BBQ Sauce Caribbean Style Adobo** is a twisted interpretation of the classic marinade - fresh, fruity and vibrant with a touch of coriander and heat.



- 491266 Santa Maria Bbq & Rub Red Chili Ginger Spice 490G
- 491267 Santa Maria Bbq & Grill Chimichurri Spice 350G
- 491268 Santa Maria Bbq Sauce Korean Style 1Kg
- 491269 Santa Maria Bbq Asian Style Soy Glaze 1Kg
- 491270 Santa Maria Bbq Sauce Caribbean Style 1Kg

Products exclusive to Pallas Food



## Sausages, remixed

Using alternative sausage flavours in creative ways is a cost-effective way to add value to your menu.

**Dog it:** Pork sausage with fried shoestring shallots, pickled cucumbers and mustard-mayo in a hot dog bun

**Wrap it:** Duck sausage with hoisin sauce, sliced spring onion and julienned veg in a wrap

**Summer it:** Sliced sundried tomato and basil sausage with mixed leaves, cherry tomatoes, balsamic vinaigrette and penne

**Pub it:** Black pudding sausage with mash and caramelised onion gravy



**PK085**  
Black Pudding Pork  
Sausage with Thyme 2x1kg



**PK039** Pork & Cracked Black Pepper Sausage

**PK086** Sundried Tomato & Basil Sausage







## Still buzzing

Just because your guests are skipping alcoholic drinks doesn't mean they're sticking to water. Offering bespoke alcohol-free options is a smart way to expand your menu to discerning patrons who are willing to pay more for sophisticated, quality drinks. Make sure your offerings make sense for the target demographic, and that drinks reflect the restaurant.



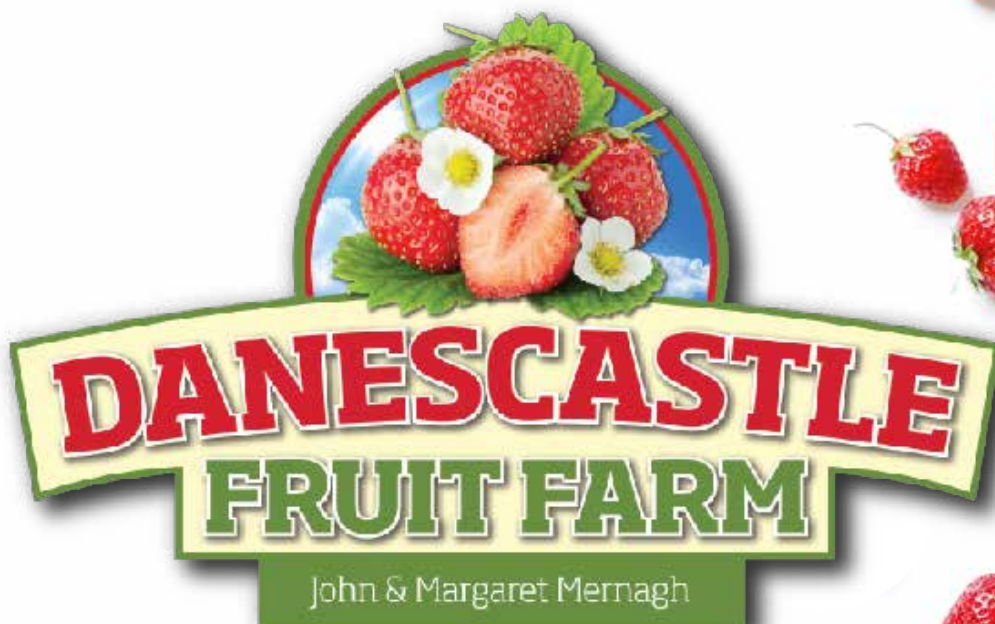
**Z990441**  
Ballygowan Sparklingly  
Fruity Raspberry  
Blackberry\* 12x500ml

**JU521** Juicy Drench Mango & Peach Case\* 12x500ml

**Z494885** Robinsons Refresh'd Raspberry & Apple\* 12 x 500ml

\* Free stock Deal: Buy 1 x JU521, 1 x Z494885, 1 x Z990441, Get 1 x Z918801 Ballygowan Still Water 24 x 500ml Free





# DANESCASTLE FRUIT FARM

John & Margaret Mernagh



Danescastle Fruit Farm is a family run and owned farm located in the deep south of Co. Wexford, just outside the historical and musical village of Carrig on Bannow. This story begins almost 20 years ago when John and Margaret Mernagh decided to invest in infrastructure for producing strawberries and raspberries. From then on, the farm has grown, led by the demand of wholesalers, supermarkets and everyone else in between. The farm now covers 20 acres. All fruit is grown in state-of-the-art heated glasshouses and polytunnels. At peak season, the farm employs over 30 people. Danescastle Fruit Farm is constantly reinvesting in infrastructure, scientific research and methods in order to maintain their reputation as the most reliable producer of soft fruit in the country.

They are Bord Bia and NSAI approved and have been for the last 20 years, as well as proud members of Bord Bia's Origin Green scheme. Danescastle Fruit Farm received recognition of excellent audit performances through this programme in 2018, being the only strawberry and raspberry grower to be recognised nationally. Producing fruit in such a sustainable manner is very important to Danescastle Fruit Farm. They pride themselves on producing strawberries and raspberries that are unrivalled in taste, quality and freshness.





# THE WORLDS No.1 OYSTER SAUCE



GLUTEN  
FREE

- The choice of Michelin starred Chinese Restaurants and Chefs
- Key for the current market – Gluten Free
- No added MSG and Preservatives
- The original Oyster Sauce was invented over 126 years ago



## STOCK UP NOW

exclusively distributed by

OR309 - LKK CANTONESE SWEET CHILLI SAUCE 2x2.35KG **vegan friendly**  
OR313 - LKK HOISIN SAUCE 2X2.45KG **vegan friendly**  
OR315 - LKK GLUTEN FREE OYSTER SAUCE 2X2.31KG **gluten free**  
OR316 - LKK DARK SOY SAUCE 2X1.9LTR **vegan friendly**  
OR317 - LKK LIGHT SOY SAUCE 2X1.9LTR **vegan friendly**

OR367 - LKK BLACK BEAN SAUCE 2X2.40KG **vegan friendly**  
OR311 - LKK PEKING STYLE SAUCE 2X2.49KG **vegan friendly**  
OR312 - LKK PLUM SAUCE 2X2.6KG **vegan friendly**  
OR310 - LKK SWEET & SOUR SAUCE 2X2.3KG **vegan friendly**  
OR561 - LKK THAI SWEET CHILLI SAUCE 2.35KG **vegan friendly**





# PLAN YOUR SUMMER MENU

## Take a walk on the light side

- When the sun is out, no one wants to order hot, heavy meals, and healthier options become more appealing. Focus on creating lighter options incorporating plenty of fresh produce.
- Bright, colourful dishes scream summertime, so be sure to consider the aesthetics of the finished plates.
- Salads can either be very dull or a delicious riot of colour and flavour. Be sure to make yours stand out from the crowd by including contrasting textures and tastes — try adding seasonal fruit such as strawberries or ripe peaches to balance out salty ingredients like cheese or nuts. Crunch is always a good thing.
- Be sure to include several vegetarian and vegan options on your menu, as well as light fish and seafood dishes.
- Make use of acidity to add freshness to summer dining; fresh tomatoes, a squeeze of citrus juice or a dash of vinegar all go a long way towards brightening the flavour profile of a dish.
- Feeling thirsty? Summer is the perfect time to introduce new cocktails, as good weather entices customers to celebrate with refreshing drinks. Focus on fruity, crisp flavours and experiment with including fresh herbs.



  
**SILVER HILL FARM**  
ESTABLISHED 1962

## Silver Hill duck salad

Serves 2

*For the dressing:*

60ml lime juice  
Santa Maria Caribbean Style  
Glaze 491270  
2ml fish sauce  
2ml rice wine vinegar  
1 red chilli, deseeded, finely  
chopped

*For the salad:*

400g Silver Hill Duck DU128z  
Santa Maria BBQ Asian  
Style Soy Glaze 491269  
Half a wombok, finely shredded  
1 carrot, peeled, julienned  
110g bean sprouts  
2 scallions, thinly sliced  
20g spinach leaves  
20g mint leaves  
20g coriander leaves  
55g roasted peanuts, coarsely  
chopped

1 Roast the Silver Hill Duck with the Asian Style Soy Glaze.

2 To make the dressing, whisk the lime juice, glaze, fish sauce, vinegar and chilli together in a jug until the sugar dissolves.

3 In a large bowl, combine the wombok, carrot, bean sprouts, scallions, spinach, mint and coriander.

4 Drizzle over the dressing and toss to combine. Divide among serving bowls. Top with the sliced duck and sprinkle with peanuts. Serve immediately.

### DU128Z

Silver Hill Duck Breast Maple  
& Mustard 10 x 200g





# WHAT IS SEACUTERIE?

Building on the success of charcuterie, seafood charcuterie — or *seacuterie* — is the next level of exciting, shareable platters for diners. As seafood menus continue to evolve and reflect modern food trends (think the poke bowl or fish tacos), pairing it with consumers' ongoing love for sharing plates can be a savvy summer menu offering.

Black treacle cured wild Atlantic salmon






Cured loin of tuna





## Seafood and eat it

Lauded for its omega-3s, high in protein and naturally low in fat, seafood is seen as a health-conscious choice by modern consumers and has the ability to command a high profit margin.

<b>FS526Z</b>	Argentinian Red Prawn 70/90 1kg	
<b>FS1267Z</b>	Crispy Calamari and Cheese Bites 400g	
<b>FS1250Z</b>	Red Velvet Prawns 16/20 500g	
<b>FS941Z</b>	Cooked Crab Meat 500g	 
<b>FS1206Z</b>	Irish Prawn Tails (Shell On, Tail Off) 40/60	 
<b>FS1217Z</b>	Irish Half Shell King Scallop (8-10) 1kg	

### Black treacle cured wild Atlantic salmon

*For the salt marinade:*

1kg sugar G141  
500g flaky sea salt SP148  
500g coarse sea salt SP246  
2 lemons, juice and zest FW611  
4 oranges, juice and zest FW605  
10g coriander seeds Y181  
5g fennel seeds PU304  
15g white peppercorns  
2kg side of salmon FS249

*For the treacle cure:*

60g fresh ginger VW764  
10g red chilli VW757  
60g lemongrass HB572  
80g coriander stalks HB578  
8 lime leaves FW687  
500g black treacle Z229017  
250ml soy sauce 16285

- 1 Mix together all the salt marinade ingredients to form a paste. Separate 320g of the mix and set aside for use in the treacle cure. Rub the remainder of the marinade all over the salmon and leave in the fridge for one day.
- 2 The next day, make the treacle cure. Chop all the dry ingredients, then add the treacle and soy sauce. (It may help to warm the treacle slightly to make it easier to work with.) Add the reserved 320g of salt marinade and combine.
- 3 Wash the salt marinade off the salmon and pat-dry. Place the salmon into the treacle cure and cover. The salmon will need to be cured for four days, turning daily.

### Cured loin of tuna

**Tuna loin FS1239**

300g demerara sugar Z313001  
200g rock salt/sea salt 490047  
Fresh ginger root, grated VW764  
Garlic cloves, finely chopped or crushed VP351  
1 star anise, ground in motor and pestle PU345  
30ml tamari OR574  
30ml sesame oil OR342  
100g lime purée F14z  
Fresh coriander HB578

- 1 Select a deep-sided gastronorm container that is just bigger than the piece of tuna.
- 2 In a separate bowl, mix together enough sugar and salt to completely cover the tuna, allowing for at least 1cm all round. Mix in the ginger, garlic and crushed star anise.
- 3 Mix in tamari, sesame oil, lime purée and chopped coriander.
- 4 Cover the bottom of the container (approx. 1cm deep) with the marinade mix, place the tuna in the centre, and continue to fill with the mix until well covered.
- 5 Cover the container/bowl and place in the fridge for 60-72 hours, turning the tuna every day to ensure even marinating.
- 6 Remove the tuna from the mixture, brush off the excess sugar mixture and slice thinly. The tuna is fully cured by the sugar and salt and ready to eat.

### Lemongrass and ginger purée

1 lemongrass stalk VW764  
Pickled ginger OR223  
Lime juice FW689

- 1 For the lemongrass and ginger purée, roughly chop the lemongrass and pickled ginger. In a bowl, combine with half of the ginger syrup from the jar. Cover and set aside in a warm place for 2-3 hours.
- 2 Place the lemongrass and ginger mix in a food processor and blend until smooth. Pass through a sieve, season to your taste with lime juice and and transfer to a squeeze bottle.
- 3 Garnish with baby leaves and serve with a fermented fennel salad and celeriac salad horseradish cream.
- 4 Alternatively, use **VG953Z** Cool'eaze Yellow Pepper & Thyme Coulis and **VG955Z** Cool'eaze Dill & Lemon Coulis.





# THE SAVVY SMALL PLATE

**SMALL PLATES ARE ALSO A GREAT  
WAY TO PERFORM A "TEST-RUN" FOR  
POTENTIAL NEW MENU ITEMS**

Small plates are more popular than ever, especially amongst younger demographics on the hunt for Instagrammable meal experiences. The good news is that small plates can be a great additional revenue stream, whether customers order a selection to share or are tempted by the thought of a snack while perusing the menu — the ideal opportunity for a little up-selling. They also provide a low-commitment option for customers who aren't interested in a full meal at that moment, but who may be enticed by something smaller.

## PK760Z

Pork Pinchos Mixed  
Box Case 125 x20g  
(JamaicanJerk, BlackCajun,  
LouisianaBS, TexasFP, Piri)



**PK763Z** Pork Pinchos in Louisiana Brown Sugar Case 125x20g

**LM637** Lamb Mediterranean Salami 1Kg

**LM638** Lamb Salami 1Kg

**PK928** White Pudding with Ham Hock & Wholegrain Mustard

**BC902Z** Bacon Popcorn Diced 2.5kg Fzn





## ENJOY A LITTLE EXTRA ON THE SIDE.

A week's holiday in the Maldives.

Just one of the many exciting rewards  
you can enjoy with Relish.

  
**Relish**  
- R E W A R D S -





# STORAGE SOLUTIONS



**490897**  
Airtight 1/4 x 150mm  
G/N Container with Lid



**490891**  
Airtight 1/3 x 150mm  
G/N Container C/W Lid



**490888**  
Airtight 1/1 x 150mm  
G/N Container C/W Lid

## Take-away tokens

Durable containers and napkins are must-haves for any take-away options, and recyclable options are all the better to promote an environmentally-friendly ethos.

**PD9890** Tork XPN Disp Nap 2P 2F Nat Env (make a difference) case of 8000

**PD9877** Tork LunchNap 2P 4F Natural Env case of 2000

**PD9891** Tork DinnerNap 2P 8F Natural Env case of 1800

**PD1229** Kraft Bowl 750ml Case x 300

**PD1251** Kraft Bowl 1000ml 1 x300

**PD1230** Kraft Bowl 1300ml Case x 300

**PD1252** Lid for 750 Kraft Bowl Case x 300

**PD1253** Lid for 1000ml Kraft Bowl Case x 300

**PD1254** Lid for 1300ml Kraft Bowl Case x 300





**Use laminated wall charts** detailing the colours as a quick reference for employees. Make sure all boards are cleaned and stored properly, and replace when needed to avoid food safety risks.

- White - Bakery & dairy
- Yellow - Cooked meat
- Brown - Vegetables
- Red - Raw meat
- Blue - Raw fish
- Green - Salad & fruit

## Board basics

Make sure your chopping boards are following HACCP guidelines:























490680	Chopping Board Yellow 18x12x1/2 Inch High Density
490679	Chopping Board White 18x12x1/2 Inch High Density
490678	Chopping Board Red 18x12x1/2 Inch High Density
490675	Chopping Board Green 18x12x1/2 Inch High Density
491041	Chopping Board Brown 18x12x1/2 Inch High Density
490676	Chopping Board Blue 18x12x1/2 Inch High Density





# HOW TO BUILD A CHEESEBOARD

- **Aim for variety.** A good cheeseboard will have a mixture of milk types (cow, sheep, goat), strength, textures and flavours.
- **Keep it simple.** A large number of cheeses is not necessary — what is more important is the quality and the relationship of the cheeses to each other. You may even choose to offer just one cheese in the peak of condition.
- **The rule of three.** From an aesthetic perspective, diners prefer odd numbers, so three cheeses will look better than two or four.
- **Make it beautiful.** Presentation matters when you want to keep customers satisfied as well as turn a profit. Arranging the cheeses and their accompaniments in a mindful way can make all the difference.

<b>CH1593</b>	Carrigaline Natural Cheese 120g case of 6	 
<b>CH1594</b>	Carrigaline Smoked Cheese 120g case of 6	 
<b>CH1596</b>	Carrigaline Cranberry Cheese Wedge 120g case of 6	 
<b>CH1597</b>	Carrigaline Garlic & Herb Cheese 120g case of 6	 
<b>CH1598</b>	Carrigaline Blueberry Cheese Wedge 120g case of 6	 
<b>CH2340</b>	Durrus Og 6x225g Case	 
<b>CH1591</b>	Carrigaline Dillisk Seaweed Cheese 120g Case of 6	 
<b>CH1536</b>	Chulchoill Goats Cheese Log 1kg App	
<b>490837</b>	Tipperary Brie 3.2kg variable weight	 
<b>CH1925</b>	Selection of small artisan cheese from Tipperary	
<b>BR1020Z</b>	Walnut Bread 25 x 400g Part Baked FZN	 
<b>BR1021Z</b>	Fig Bread 26 x 330g Part Baked FZN	 



## Easy ways to add value

Clever accompaniments can add a luxurious feel to your cheeseboard and justify charging a little more.

- Artisan breads or thinly sliced, toasted fruit cake
- Olives
- Cured meats, e.g. prosciutto or salami
- Fresh fruit, e.g. pears, apples, grapes and figs
- Dried fruit, e.g. apricots, figs and dates
- Nuts (raw, toasted or candied)
- Honey
- Mustard
- Jams, chutneys, relishes and other preserves
- Consider offering a selection of dessert wines at an additional cost

### Serving tips:

- Keep all cheese in a cool, dry, well-ventilated cold store or refrigerator.
- Keep cheese away from other foods which may be spoiled by the smell.
- Wrap cut surfaces of cheese in waxed paper. Natural rinds can be exposed to the air. However, blue cheeses should be wrapped all over and kept separate from other cheeses to prevent the spread of mould spores.
- Remove from the fridge one hour before service. Cheese should always be served at room temperature.
- Waiting staff should be knowledgeable about the cheeses they are serving, in terms of type, provenance and strength.



## MEET THE PRODUCER: BREDA MAHER, COOLEENEY FARM

"Cooleeney Farm has been farmed by the Maher family for four generations. Nestled in the heart of Tipperary's prime dairy country, we are blessed with peaty soil, a perfect climate and clover-rich grass. Our pedigree Friesian dairy herd produces flavoursome milk for making our range of handmade award-winning cheeses.

My experience in the hotel and catering industry, combined with the introduction of milk quotas to farming, inspired the idea of processing our top-quality milk to an

artisan product.

In 1986, Jim and I introduced cheesemaking to our farm, and today we produce a wide range of handmade cheeses from cow and goat milk. Our cheesemaking team is fully trained and passionate about the production and maturation of our cheeses. Our cheese plant is BRC accredited and all cheeses are dispatched to our customers as per their specifications.

Goat milk for our cheese making is supplied by two of Tipperary's top goat farmers, who are equally passionate about the production of top quality goat milk as we are about producing top quality cow's milk. Our Cooleeney is our signature cheese, but our range also includes Brie-style semi-soft, semi-hard and fresh cheeses."



Tipperary Brie



Selection of small artisan cheeses from Tipperary

Our cheeses come in many different sizes from 80g to 3.3kg wheels. We will be delighted to help you choose the cheese best for you. New product development is ongoing on our farm, and there is always something exciting in the works; 2019 is no exception. Our cheeses are perfect for both retail and food service customers and we are delighted to invite you to visit our website at [www.cooleeney.com](http://www.cooleeney.com).





# WHY USE CHEESE IN COOKING

Adding cheese can increase the craveability of a menu item and enhance overall customer satisfaction. Our brains are hardwired to crave fat and salt, and eating cheese has been shown to release feel-good chemicals in several of the brain's most primitive pleasure centres.

Certain cheeses are well-known for pairing well with particular flavours; think Cheddar and bacon, Brie and cranberry, blue cheese and pear, or Mozzarella and tomato. Including these familiar patterns on your menu can help increase overall appeal, as customers recognise combinations previously enjoyed.

## **Considering meltability**

When it comes to melting, not all cheeses are created equal. The best melters are those high in moisture and fat, like Mozzarella, Cheddar and Brie. There is a myriad of different cheeses on the market that can add much to your menu in terms of flavour. However, certain dishes demand that you keep meltability in mind in order to produce the highest satisfaction: think of the irresistible nature of cheeseburgers, lasagnes and toasties made with perfectly melted, 'pullable' cheese.





# MEET THE PRODUCER: EAMONN LONERGAN, KNOCKANORE CHEESE

"The Lonergan family has been farming the land around Ballyneety in Knockanore for over 60 years. My father Ned settled in Knockanore after meeting local girl Mai whilst managing the cattle herd for the now-diminished local grand estate. Ned and Mai bought a portion of the land from the estate on which to live and work, and began their own farming venture.

They started with four Kerry cows and, over time, established a top-class milking herd. Growing up on the farm, I recognised the unique quality of the milk due to the excellent quality of the land upon which the cows grazed here in the hills of Knockanore overlooking the Blackwater valley.

As a young man, I decided to utilise the rich raw milk to make cheese and commenced many years of research and trials, with the help of my parents and sister. I finally began to make farmhouse cheese in 1987.

I established a pedigree Friesian herd of cows, milked daily in the parlour behind the cheese facility. The raw milk is brought from the dairy to the cheese facility in minutes.

We have perfected the art of cheesemaking with the help of my dedicated staff. Knockanore Cheese is a hard-pressed mature farmhouse cheese made in the Cheddar style, using raw milk. It has a subtle flavour and rich creamy texture; I believe that the raw milk contributes a subtle

layer of complexity as well as being beneficial to gut health.

We produce red and white Cheddar, Cheddar flavoured with garlic & herbs, black pepper & chives, and garlic & chives as well as the famous Oakwood Smoked Cheddar, smoked in our own smokehouse using locally sourced oak chips. We also produce an extra mature Cheddar in conjunction with Sheridans Cheesemongers called 15 Fields, named after the number of fields on my farm.

I feel privileged to be able to live and work in this beautiful part of Co. Waterford producing cheeses of which I am very proud. I feel the rich pastures and calm, happy environment in which my cows dwell contribute to the taste and quality of the cheese."

**CH1394** Knockanore Garlic & Chive Farmhouse Cheese 1.5kg

**CH1102** Knockanore Garlic & Chives 150g Unit

**CH1398** Knockanore Mature White Cheddar 1.5kg

**CH1104** Knockanore Vintage White Cheddar 150g Unit



Knockanore Garlic & Chive Farmhouse Cheese



Knockanore Mature White Cheddar



Knockanore Garlic & Chives



Knockanore Vintage White Cheddar









### Mediterranean

Lamb steaks or a neck joint can be marinated in a mixture of oil, lemon juice, oregano, garlic and rosemary, then roasted or barbecued and served with a fresh salad of couscous, Feta, cherry tomatoes, herbs and red onion.

LM636	Lamb Shoulder Steak 960g -1.2kg	
LM635	Lamb Whole Neck (Cook in Bag) 2.2- 3.4kg	

### South America

Try barbecued or pan-seared rib-eye steaks with a fresh chimichurri and sautéed herb potatoes, or serve in a crusty roll for a convenient sandwich option.

490805	Hereford Rib Eye Steaks Wrapped 10X283g case	
--------	--	---

### Caribbean

Marinate pork loin chops in a mixture of garlic powder, onion powder, chilli powder, paprika, brown sugar and oil, then barbecue and serve with a fresh salsa of mango, tomato, jalapeño, red onion, coriander and lime juice.

PK226	Pork Loin Chops Boneless 10 x 170g	
-------	------------------------------------	---



## Spread it

Whether it's for baking, serving or cooking, make sure you're getting the most out of your spread.

#### Light texture

Margarine and dairy spreads have soft textures, making them light work to whip up into buttercream or to cream together with sugar for a sponge cake.

#### Vegetarian/vegan option




Margarine can make traditional bakes or meals vegetarian- or vegan-friendly, as it's made using vegetable oils. Since some may contain milk, be sure to check the label.

#### Heart-healthy

Many spreads contain up to 20% less saturated fat than traditional butter.

#### Flavoured spreads

Garlic and herb spreads make quick work of homemade garlic bread, or chilling in small portions and serving atop meats or fish.

DY148	Margarine Marigold Soft 2kg Tub	
DY405	Dairymaid Dairy Spread 1.8kg Unit	
DY102	Garlic Spread - 1kg Tub	



# CAN'T BEAT THE BURGER

If it fits well with your overall theme, a burger is a solid choice of menu offering.

✓ **They're versatile.**

You can present your burger any way you want, from a simple, classic cheeseburger all the way to an elevated option with artisan toppings that can command a higher price point.

✓ **They're profitable.**

Burgers have a very good profit margin.

✓ **They're popular.**

Burgers are a low-risk inclusion on your menu, since they never go out of popularity. They're also a reliable choice for less adventurous customers.

✓ **They're easily changeable.**

You can switch up the toppings offered on your burger as often as you like to reflect the season or the time of day. Try a 'Burger of the Month' concept, or add a more indulgent option at the weekend.



ABP is an exclusive supplier to Pallas Foods, and their long term partnership enables us to provide the best of Irish beef to our customer base. Maintaining the highest standards of beef is a key priority for our business.

All ABP/Pallas Foods steaks are independently and frequently tested for tenderness, flavour and juiciness; this guarantees the steaks provided are of the highest quality and taste — consistently.

ABP select Irish Hereford Prime Beef from approved farmers who must meet their requirements for a consistent and continuous supply of product all year round. This allows ABP and Pallas Foods to provide well priced, quality beef to our customers, whenever they need it.

491390	Streaky Bacon on Parchment 1kg x 8
BF2116	Steakhouse Select Beef Burgers 36 x 170g GF
BF2865	Irish Hereford Prime Beef Burgers 30 x 155g GF
BF2863Z	Beef Mini Burger Case 120 x 44g Irish GF
BF1254	Steak House Select Chuck & Brisket Burgers





At the core of the Irish Hereford Prime Beef taste is ABP's patented **Ultra Tender Process**; this process is pioneered by ABP to create the most tender and consistent beef on the market (\*Ultra Tender is a five-stage process of electrical stimulation, hip suspension, hyper-stretching, chilling and maturation which produces a superior quality, consistent product all year round). Furthermore, Irish Hereford Prime Beef is now verified by DNA TraceBack, a scientific measure to ensure authenticity and therefore product quality. All Hereford beef supplied by ABP and Pallas Foods can be scientifically traced from restaurants back to the original Hereford animals on specially selected farms.



## Smoky BBQ cheeseburgers

Serves 6

*For the pickled slaw:*

**200g Coleslaw Mix (1kg) VP695**  
**2 red onions (1kg) VW740**  
**10g flat parsley (Bb 1x100) 476248**  
**20g Santa Maria Pickling Mix (400g) Z494073**

*For the burgers:*

**6 x Steak House Select Chuck & Brisket Burger BF1254**  
**3 x beef tomatoes (7kg Case), sliced TM196**  
**3 x gherkins (4KG TIN) Z69, sliced**  
**150g Carrigaline Smoked Cheddar**

**(1.8kg Case), sliced CH1311**  
**6 x Brioche Style Burger Bun Frozen (1x48 Pcs. 4 Inch) BR461Z**  
**100g Kenny's Free Range Real Mayonnaise (10 Ltr) 490641**  
**100g Kenny's BBQ Sauce Case (2 x 2.27 Ltr) MS150**  
**2 heads Baby Gem lettuce (twin pack), sliced SL335**

- 1** To make the pickled slaw, combine all of the ingredients in a bowl. Mix well to combine and refrigerate for 90 minutes.
- 2** Heat a heavy bottomed pan or griddle and add a little cooking oil. Fry the burgers evenly on each side until coloured and

cooked to your liking.

- 3** Once the burgers are cooked, top them with the tomato, followed by some gherkin and then the smoked cheddar. Place back under a grill to melt the cheese.
- 4** Toast the brioche buns. Spread some mayonnaise on the bottom of each bun and a little BBQ sauce on the top half of the bun.
- 5** Once the cheese is melted, put the burgers onto the bottom halves of the buns. Top with lettuce, followed by a tablespoon of the pickled slaw, then finish with the tops of the buns. Secure with a bamboo knot pick and serve with some seasoned fries.



# BUILD A BETTER BURGER

## - Are you picklish?

Pickled vegetables have become more popular in recent years due to the spotlight on gut-healthy foods, and their acidity works well with the other burger components. Gain serious street cred with creative house-made pickles, or simply add pickled gherkins for that classic flavour profile.

## - The bun

Buns matter! They're not just there to hold the burger together, but can improve the overall burger experience. Consider options like brioche or potato buns to justify charging that little bit extra, and be sure to offer a gluten-free bun to cater to that significant chunk of the market.

Warming, toasting or steaming the bun keeps the heat in the burger for longer and creates a more pleasant experience in the hands of the customer. Spreading with a little butter never hurts, either.

## - Onion

### know-how

Rinsing onion slices in a bath of iced water before serving in your burgers will help to take the edge off their bite.

## - Feeling saucy

Add interest by including less common condiments, such as a spicy sriracha aioli or a funky honey mustard mayo.

## - Fat is everything

Burgers with a higher fat content are juicier and more flavoursome, creating a better all-round customer experience.

## - Cheese, please

Cheese increases the perceived quality and value of a burger. It can also add interesting flavour and improved mouthfeel, and a well-melted layer of cheese will make your burger more crave-worthy.

## - Fresh flavours

Make sure the heaviness of the bread, meat and cheese are well balanced by including some crunch and colour, best brought by fresh produce.







# Chickening out

Including chicken on your menu is a no-brainer: it's ever-popular, highly versatile and perceived as a healthy choice because of its lean protein. Make the most of chicken's easy marriage to a myriad of flavours and stand out from the crowd with more unusual menu offerings.

## Innovative sandwiches

Make your chicken sandwiches something special by taking inspiration from around the world: create a Vietnamese bánh-mi baguette with carrot, coriander and pickled onions; a Southern States-style "fried chicken sandwich," with hot sauce and slaw; an elevated club sandwich including buttermilk chicken goujons; or a French-inspired brioche sandwich with caramelised onions and gooey Brie.

CC471Z	Buttermilk Chicken Goujons 2kg	حلال	❄️
491143	Buttermilk Chicken Breast Fillet 4 x 2.4kg Fzn	حلال	❄️

## Flatbread fever

Flatbreads continue to dominate casual dining, and chicken makes an ideal topping as it can match well with any flavour profile. Try adding sliced breaded chicken to a Moroccan flatbread with harissa, chickpeas and roasted vegetables, or make a BBQ chicken pizza flatbread with barbecue sauce, Mozzarella, red onion and golden goujons.

CC994Z	Breaded Chicken Schnitzel 260g x 10PTN FZN	❄️
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## Salads for days

Change up a Caesar salad by including breaded goujons; serve a chicken fillet over a fresh Greek chopped salad; add crumbed chicken breast to a Caprese salad for a summer-inspired take on a chicken Parmigiana; or create a Thai salad bowl with spicy peanut dressing, fried rice noodles and sliced chicken or turkey.

491147	Mustard & Herb Chicken Breast Fillet 4 x 2.4kg Fzn	حلال	❄️
491149	Lemon & Italian Cheese Chicken Breast 4 x 2.4kg Fzn	حلال	❄️
A219	Turkey Escalops 10 x 170g		

## Feeling saucy

Chicken will match with almost any kind of sauce from creamy to oh-so-hot, so why not increase profits with ease by offering a range of dipping sauces for goujons?

491139	Mustard & Herb Chicken Goujons 1kg FZN	حلال	❄️
491148	Lemon & Italian Cheese Chicken Goujons 1kg Fzn	حلال	❄️

TIP

**Breadcrumbs** are commonly used to make fried chicken, and can be a good way to bulk up burgers. However, bear in mind that many modern customers are in search of gluten-free items, and having breadcrumbs in the coating removes your chicken from their list of options.

BR492	Breadcrumbs 5kg Case	❄️
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## Going gluten-free

Offering a gluten-free bread is a must-have now. Ensure staff know which menu items are gluten-free; in particular, what is safe for customers with coeliac disease.

BR1029Z

Gluten Free 2 Pack Sliced  
Multiseed Bread 36 x 70g



BR780Z

Gluten Free 2 Pack Sliced  
Bread White 36x70g



BR783Z

Gluten Free Burger Bun with sesame seed 20 x 90g



# MAKE YOUR SIDES SHINE

Side dishes don't have to be an afterthought; they can be desirable menu items in their own right and are a great way to increase the bill at the end of the meal.

- **Think outside the box.** Offer something outside the realm of the usual by looking to other cultures for inspiration. Why not tempura veggies, a zingy Asian slaw or a quinoa salad?
- **Top it off.** Add value by offering considered toppings or sauces with your side dishes. Loaded chips command a higher price than plain, and the addition of a moreish dipping sauce will make those onion rings special. Even a simple scattering of fresh herbs just before serving can elevate a dish.
- **Consider flavour profiles.** Make sure the sides that you're offering will complement your main dishes.
- **Texture matters.** The days of over-boiled veggies are behind us; make sure your carrots retain some crunch.
- **Make it healthy.** Modern consumers want lighter alternatives. Appeal to the healthy eater with truly interesting side salads, wholegrain options and plenty of fresh plant-based sides.



## Pairing beers with burgers

Beer pairing burst onto the scene a couple of years ago and, these days, it's almost as ubiquitous as wine pairing. Making pairing suggestions on your menu is a clever way to up-sell, and there's no combination more classic than burgers and beers.

- Red ales will complement toppings like smoked cheese, mushrooms and fried onions, as well as highlighting the nutty notes of a toasted bun.
- Suggest a gluten-free beer to match your gluten-free burger — those customers who have had to cut gluten from their diets will thank you for it.
- Blonde ales will pair well with classic toppings like cucumbers, lettuce and tomato, as well as complementing any burgers with sweet and/or spicy notes.
- And for cider-drinkers? It may not be a common pairing, but clean, crisp cider can cut through the richness of a good burger, while the fat in the burger rounds out the tannins in the drink.

AL802	Cronins Quality Cider Glass Bottle 12 x 500ml case
AL515	Dunganvan Copper Coast Red Ale 12 x 500ml case
AL516	Dunganvan Helvick Gold Blonde Ale 12 x 500ml case
AL517	Dunganvan Comeragh Challenger Gluten Free 12 x 500ml case





## Spicy loaded chilli wedges

Serves 1

250g potato wedges VG809Z  
 2g carnitas spice mix Z499011  
 80g chilli con carne 31638 (or  
 homemade), heated  
 30g Mexican mix cheese, grated  
 30g guacamole MS727Z (or  
 homemade)  
 30g salsa MX130 (or homemade)  
 30g sour cream CH1152  
 5g scallions, chopped VW710  
 5 jalapeños, sliced 9698

1 Deep fry or oven roast wedges until crispy, then toss in the carnitas spice mix.

2 Place the wedges in a bowl and top with the hot chilli con carne. Sprinkle over the Mexican cheese and grill under the salamander.

3 Finish with the guacamole, salsa and sour cream (this can be done randomly to give the appearance of "messy wedges").

4 Finally, scatter the scallions and jalapeños on top.





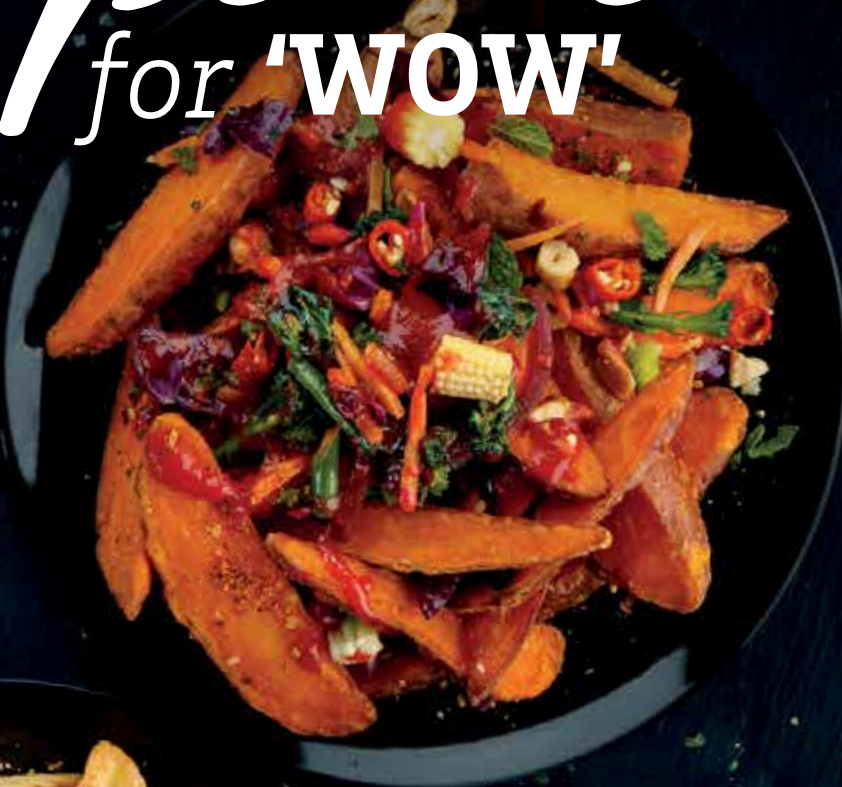


# An *appetite* for 'WOW'

## *New* **SWEET POTATO RUSTICS**

product code  
VP845Z

case size  
4x2.5kg



## *New* **CRISPERS** **Unique skin-on, V-cut crinkle chips**

product code  
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case size  
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# MEAT-FREE MAKES MENU SENSE

It makes sense for your menu to meet the customers where they are — or where they aspire to be. The trend towards plant-based eating encompasses a range of 21<sup>st</sup> century concerns: healthy eating, animal welfare and environmental sustainability. Offering just one meat-free option as an afterthought simply doesn't cut it anymore, and vegan, vegetarian and flexitarian diets look like they're here to stay.



## Vegan/veggie range

<b>VG966Z</b>	Vegan Pulled Oats Veggie Burger FZN 1.6kg	
<b>VG967Z</b>	Vegan Pulled Oats Veggie Natural Mince FZN 1.5kg	
<b>VG968Z</b>	Vegan Pulled Oats Veggie Balls Classic FZN 1.5kg	
<b>491090</b>	Beyond Burger 113.5g x 42 Frozen	 

<b>491316</b>	Eden Curried Cauliflower Burger 120g x 20 FZN	 
<b>491317</b>	Eden Vegan Sausage 40 x 50g FZN	 
<b>1010Z</b>	Eden Garden Vegetable Premium Burger 120g x 20 FZN	 
<b>1097Z</b>	Eden Beetroot Premium Veg Burger 120g x 20 FZN	 
<b>1099Z</b>	Eden Spinach & Feta Slider 60g x 40 FZN	 





# A taste of Summer



Diced Irish Beetroot 2.8kg  
Pallas Code: MS753

- ✓ Made with beetroot grown in East Cork.
- ✓ 100% Natural Ingredients.
- ✓ Gluten Free.
- ✓ Made in Ireland by a family company.
- ✓ Connect with us on social media to reach more customers.



For more information about our range and for delicious recipes visit [www.ballymaloefoods.ie](http://www.ballymaloefoods.ie)
































Chocolate & Vanilla Loaf Cake

Lemon Tart

## Semi-homemade dessert

Adding a quick accompaniment to your ready-to-serve dessert range can increase the value of — and interest in — your menu offerings. Be sure to mention attractive extras like poached fruit, flavoured whipped cream or homemade custard in menu descriptions to pique customers' interests.

DT700Z	Mixed Berry Crumble Individual Tartlet Case 18 x 100g	  
DT281Z	Individual Raspberry Tartlet Case 30 x 110g	
490020	Lemon Tart 12 Portions Pre Sliced Case	  
DT707Z	Raspberry & White Choc Roulade (Individual) 20 pcs Case	  
CE1183Z	Carrot Gâteau 1 x 14 portion pre sliced Case	  
491166	Raspberry & Coconut Loaf Cake 2 x 1kg FZN Case	  
CE1063Z	Banana Bread 2 x 1kg Case	  
CE1065Z	Lemon Drizzle Loaf 2 x 900g Case	  
491219	Chocolate & Vanilla Loaf Cake 2 x 1kg Fzn Case	  





Lemon Drizzle Loaf

Individual Raspberry Tartlet

Carrot Gâteau

Banana Bread

Raspberry & White Chocolate Roulade

## Custard or ice cream?

Adding the option of serving ice cream or warm custard imparts a welcome homemade touch to any dessert.

### DIY topping bar

Serving a small tray of toppings that the customer adds to their dessert is a simple way to add a trendy trademark to your menu. A small jug of strawberry or raspberry purée, warm chocolate or salted caramel sauce and crushed biscuits or sweets are perfect for spooning over DIY ice creams or cheesecakes.



FR014 Strawberry Puree 1kg

### Don't forget:

#### ✓ Slicing

Use a hot, dry, sharp knife to slice desserts. Run the knife under a hot tap or dip in a jug of boiled water, then dry and slice.

#### ✓ Displaying

Mousse and cream cakes need to be displayed refrigerated. Baked cakes are best served at room temperature or barely warmed.

#### ✓ Storing

Cover carefully with cling film or a cake dome.

FR015 Raspberry Puree Fresh 1kg



## Consider offering loyalty cards

Enticing repeat patrons with a free coffee or tea at the end of multiple visits is cost-effective customer acquisition at its finest.

## Promote multiple sales

Customers see you as the expert, so they'll usually accept and opt for set coffee and food combinations (whether it's a sandwich, pastry or meal deal) suggested on menus. A meal deal menu is an effective way of increasing sales and limiting time spent making custom creations.

## Coffee run

Maximise on the morning coffee run — and help offset rising costs — with a few clever additions to your café. Make sure to place the most tempting treats on the counter to inspire last-minute indulgent purchases.

**CE2030Z** Cocoa and Hazelnut Filled Croissant 44 x 90g FZN

**CE1301Z** Custard Diamonds Case 35 x 100g

**CE1436Z** Strawberry and Cream Muffin 28 x 115g

**BR1009Z** Brioche Sandwich Bread Fully Baked 44 x 130g FZN



### Built-in extras

Serving a small treat along with your coffee (and building this into the price) is a smart way to set your offering apart.

**CT126** Chocolate Maxi Stick Rubens 900g unit







## ENJOY A LITTLE EXTRA ON THE SIDE.

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you can enjoy with Relish.







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