

AT THE PASS



TOP 2021 TRENDS

FREE-FROM ALTERNATIVES

VALENTINE'S DAY MENU IDEAS

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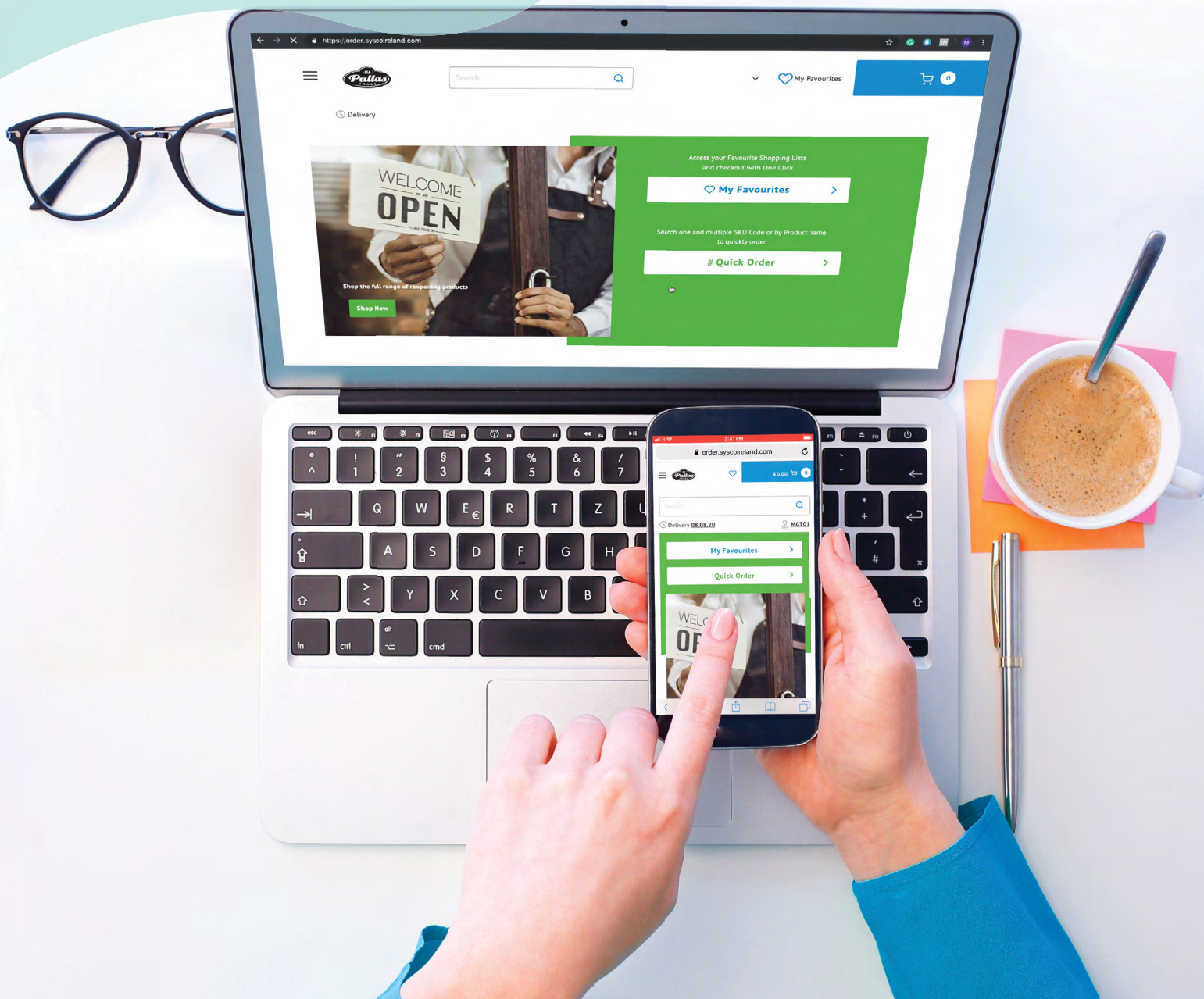


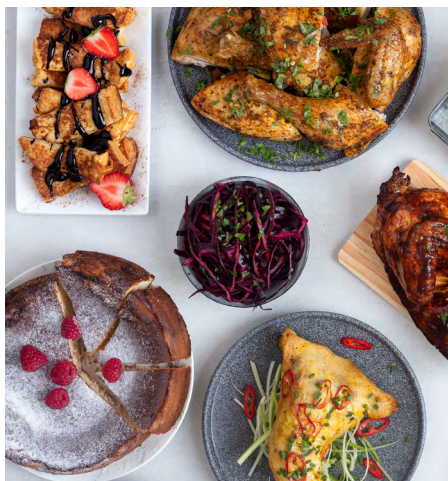
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Welcome

to the January/February edition of *At The Pass*, easing you into the New Year with menu tips, inspiring recipes and insights into what's tipped to be "hot" for 2021. Find out which foods are rising stars, and incorporate them into your menu selection in a way that makes sense for you and your customers. Learn how to adapt your takeaway offering for this most health-conscious time of year, and create lighter dishes using quality lean meats from our Irish producers. Up your game when it comes to working with plant-based alternatives, whether it's adding clever new dishes to your menu or finding the right vegan-friendly milk for your coffee offering. This is the 'feel good' issue of *At The Pass*, supporting you and your customers with everything you need for a delicious and inspired start to the new year.

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

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Trend Watch

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2021 TREND WATCH

PLANT POWER

The Irish Times (2020) predicts more plant-based and plant-forward foods, but specifies, “It’s not about extremes — it will be about balance.” Flexitarian eating will continue to rise in popularity, and we’ll see more products that combine animal- and plant-based foods.

UPCYCLED FOODS

The practice of transforming otherwise-wasted ingredients into edible food products is a trend set to hit the mainstream market. Think yoghurts made using “ugly” fruit and whey, or beers brewed from surplus bread. This trend has started in the USA — expect it to hit these shores this year.



TAKE IT AWAY

Bord Bia (2020) observes that Covid-19 has made contingencies available to shift to off-premise critical to future success. Restaurants and pubs have invested in click-and-collect technologies, and this will continue to grow post-pandemic. Expectations are that delivery will accelerate, including the rise of at-home meal kits.

STAY WELL

The realities of Covid-19 have increased consumer focus on overall health and wellbeing. Whole Foods (2020) predicts a rise in ‘well-being’ products, such as superfoods, fermented foods and probiotics, incorporating functional components like vitamin C, mushrooms and adaptogens to support the immune system. According to the Innova Consumer Survey (2020), six out of 10 global consumers are increasingly looking for food and beverage products that support immune health.



Business Development Chef Simon Hudson shares his best advice for incorporating the latest food trends into your offering.

- **Do your research.** Check out what’s happening on other menus around the country and in the wider world. The internet is a fantastic resource for staying up to date.
- **Get everyone involved.** Brainstorm with your team, asking them which new foods or trends they’ve seen elsewhere or online. Floor staff may also have valuable insights into what your customers want. Getting staff involved in decisions like this promotes engagement and gives them increased feelings of being part of a team and a sense of pride in what they do.
- **Test the waters.** Don’t be afraid to experiment with different dishes to gauge customer reaction. Introducing new dishes as “specials” before adding them to the permanent menu is an easy way to collect customer feedback.
- **Work with what you’ve got.** Analyse the food items you already have on your menu and see if any can be adapted to form a new trendy dish without the need for extra labour or costs.
- **Make your dishes work double.** Where possible, use the same ingredients in different ways; for example, the chicken on p.18-19 can be combined with a wide array of different flavours to form different dishes, from fragrant garlic, chilli and saffron chicken to spicy, crunchy Korean fried chicken flavoured with gochujang. You can even use the skin to make on-trend chicken crisps, whether as a garnish or a moreish snack in their own right.
- **Ask our advice.** We’re always available to help you add a new twist to your menus — get in touch with the KIS development kitchen and make an appointment.

Crispy Chicken Skin

Korean Chicken

Sriracha Chicken

THE FOODS TO WATCH IN 2021

Choripán

Chimichurri Chicken



Roast Chicken



Churros



BBQ Chicken



Burnt Cheesecake



Ingredients of the MOMENT

The next “big” flavour combination is set to be **umami and sweet** — an irresistible combination opening up a world of possibility for crave-worthy dishes that will keep customers coming back for more.

Crispy chicken skins

With upcycled foods on the rise and customers less concerned about fat content, get ready for crispy chicken skins on menus — as bar snacks, in sandwiches and burgers, or thinly sliced to garnish salads and tacos.



Korean fried chicken

We saw the rise of Korean fried chicken in 2019, with eateries like Chimac springing up around Ireland. In 2021, expect a family-style approach, with whole chickens jointed and served on sharing platters.



Churro toast

Is set to replace French toast as the brunch dish of 2021: thick-cut slices of challah or brioche flavoured with cinnamon sugar, drizzled with cream cheese icing.



Argentinian choripán

Is a sausage dog-esque street food with chorizo sausage served in crusty bread, often topped with chimichurri. Choripán will be joining the craze for good-quality, affordable street food that has hit Ireland in recent years.



You'll be seeing **coffee** conquer the world outside the coffee cup, with coffee-flavoured bars, granolas, smoothies, yoghurts and even alcohol.



The humble and healthy **chickpea** is set to dominate the food market, appearing in new, surprising formats beyond falafel and hummus: think pasta, rice, chips, cereal and even ice creams.



Companies are beginning to experiment with **plant-based jerky**, a healthier vegan-friendly alternative to the traditional meat version.

Hard kombucha

Tipped to be the next big beverage, hard kombucha is what it sounds like: fermented tea that, unlike regular kombucha, has a significant alcohol content.



Burnt cheesecakes

With a distinguished deep brown top, burnt cheesecakes were created in Basque Country in 1990. They've been enjoying a moment in the spotlight and are expected to hit Irish menus this year.













GLOBAL FLAVOURS






BREADS OF BEAUTY

Elevate your offering by including breads that are a cut above the sliced pan — at a premium price point, of course.

BR1019Z	Part Baked Sourdough Pochon Loaf 16x450gm	 
BR1027Z	Part Baked Sourdough Batard Loaf 14x540gm	 
BR1020Z	Part Baked Sourdough Walnut Bread 25x450gm	 
BR1007Z	Bridor Half Baguette 25x140gm	 

EAT THE RAINBOW

Tortilla wraps remain a popular lunch option in cafés and casual restaurants and at deli counters. Offering a choice of coloured, flavoured tortillas made with added vegetables adds interest and increases perceived nutritional value.

TR132Z	Beetroot Tortilla 30cm 4x18's	
TR131	Tomato Tortillas 30cm 6x18's	
TR130	Spinach Tortillas 30cm 6x18's	



CATER FOR EVERYONE

With plant-based eating still on the rise, it's crucial to offer suitable versions of popular condiments, such as mayonnaise. Experiment by creating your own flavoured sauces by adding elements such as garlic, spices, lemon juice or chilli.

492909 Hellmans Vegan Mayonnaise 1x2.66 Bucket 

AROUND THE WORLD

Cut down on valuable prep time by making use of high-quality ready-to-use sauces, featuring flavours from across the globe on your menu.

Z414382	Knorr Blue Dragon Black Bean Sauce 2x2.2Lt	
Z414370	Knorr Blue Dragon Sweet & Sour Sauce RTU 2x2.2Lt	
Z414420	Knorr Blue Dragon Sweet Chilli Sauce RTU 2x2.2Lt	
493080	Knorr Blue Dragon Thai Red Sauce RTU 2x2.2Lt	
Z414423	Knorr Patak's Jalfrezi Sauce RTU GF 2x2.2Lt	
493100	Knorr Patak's Tikka Masala Sauce RTU 2x2.2Lt	
MS663	Knorr Salsa Sauce 2x2.2Lt	
Z414375	Knorr Bolognese Sauce RTU GF 2x2.2Lt	
MS655	Knorr Arrabbiata Sauce 2x2.2Lt	
Z414383	Knorr BBQ Sauce RTU GF 2x2.2Lt	
O338Z	Orien Bites Cocktail Samosas 1x1Kg	
FF681Z	Orien Bites Mini Onion Bhajis 1x56x27gm	



Breakfast

With customers returning to the weekly routine after the Christmas holidays, now is the time to ensure their morning rituals include a healthy and wholesome start - in your establishment.



Flahavans is a recognisably Irish brand with a reputation for quality and excellence. Appeal to health-conscious customers by offering porridge with a range of toppings from fruit and nuts to yoghurt, compote and granola.

Z212022 Flahavans Porridge Tub 1x4Kg



KELLOGGS

Meet the morning demand for cereal with Kelloggs, a brand with which many customers have grown up.

Z211049	Kellogg's Special K 40x30gm
Z211010	Kellogg's All Bran Bran Flakes 40x40gm
Z211042	Kellogg's All Bran 40x45gm
Z211044	Kellogg's Corn Flakes 40x24gm
Z211048	Kellogg's Rice Krispies 40x22gm
Z211046	Kellogg's Frosties 40x35gm
Z211045	Kellogg's Crunchy Nut Cornflakes 40x35gm
Z499012	Kellogg's Muesli Fruit 32x45gm
Z211047	Kellogg's Fruit & Fibre 40x45gm
Z211043	Kellogg's Coco Pops 40x35gm

BREKKIE ON THE GO

Whether it's a portable pot of porridge or a cereal bar, make sure to include a selection of quick and easy options for customers on the run. Positioning these beside the till will help inspire impulse purchases in those who came in for a caffeine fix.

Z212023	Flahavan's Porridge Pot to Go 12x50gm
Z219006	Belvita Honey/Nut 20x50gm
Z990226	Belvita Soft Choc Chip Bar 20x50gm



Vegan alternatives

FLIP TO P.18
for a full run-down of
non-dairy milks and
top tips on using them
in espresso-based
coffees.

Milk

The wide range of plant-based, non-dairy milks available make this an easy swap. When choosing dairy substitutes, keep in mind that many non-dairy milk products contain added sweeteners or flavouring – you don't want to accidentally sweeten your Béchamel! Take consistency into account, too: soy milk has a similar texture to cow's milk, while almond milk is slightly thinner and coconut milk is richer and thicker.

Eggs

Aquafaba is a term used to describe the liquid in a can of chickpeas or beans. Rich in carbohydrates and protein, aquafaba has thickening and emulsifying properties similar to that of eggs making it perfect for vegan baking. Use 3 tbsp of aquafaba to replace one egg.

Alternatively, you can replace one egg with one of the following options:

- 3 tbsp water mixed with 1 tbsp ground flaxseed
- 4 tbsp puréed tofu



Butter

Any chef knows that fat is essential for making food taste great, providing mouthfeel and richness in savoury dishes, and adding moisture to baked goods. The quality of plant-based butters has improved greatly over the last few years and they continue to grow in popularity. Use them in baked goods as you would regular butter, or swap in margarine, dairy-free yoghurt, coconut oil, coconut butter, olive oil, nut butters or mashed avocado. When cooking, use plant-based butters to enrich sauces or form a roux. You can also use olive oil, coconut oil or avocado oil to replace butter.

491453 Flora Original 6x2Kg

Z529004 Stork Margarine 1x2Kg

NEW

YOGHURT, YOUR WAY

BREAKFAST

- Serve vegan yoghurt over granola bowls, upgraded porridge or fruit salads.
- Layer into individual breakfast parfaits.
- Dollop over vegan pancakes or French toast.
- Keep vegan yoghurt available at your smoothie bar to create plant-based alternatives with ease.

1370

Provamel Soya Dairy Free Yoghurt Natural Yofu 6x500gm



LUNCH & DINNER

- Use plain yoghurt to make your vegan curry or dhal creamy, or serve a dollop on the side.
- Add a drizzle to soups as a garnish before serving.
- Create plant-based versions of raita or tzatziki, or a simple yoghurt sauce for falafel, fritters, flatbreads or vegan meatballs.
- Make creamy salad dressings by combining plain yoghurt with lemon juice, herbs and seasonings — especially good on Middle Eastern-style cucumber and dill salads or spiced roasted aubergines.
- Dollop over vegan chilli con carne in place of sour cream.



DESSERT

- Serve frozen yoghurt as a healthy alternative to ice cream.
- Use coconut yoghurt as a swap for cream in berry-based desserts, or serve almond yoghurt alongside a vegan apple pie.

492707

Alpro Soya Plain with Coconut Yoghurt 6x500gm



How long has Alpro been in business?

We've been creating delicious plant-based alternatives for nearly 40 years, made from either non-GM soya beans, coconuts, almonds, hazelnuts, cashews, rice or oats. On top of a growing line-up of retail products, we offer a one-of-a-kind 'For Professionals' range — with oat, soya, coconut and almond drinks specifically developed for baristas.

What makes Alpro special?

We're the pioneer of plant-based eating, and have been using a wide variety of plant-based ingredients for years. Not only do we know the market inside out, but we're the only brand to offer a complete plant-based solution for coffee shops, with soya, almond, coconut and oat. This makes us the go-to brand for operators looking to make the most of the one-in-four coffee drinkers (27.7%) who say they now want to see more plant-based drinks options.

What do you love about your work?

We're part of a vibrant, dedicated and driven team where we can all make a difference. Alpro's mission is to 'change the way the world eats for the better' by encouraging people to add more plant-based foods to their diets. This way of eating is better for people's health and better for our planet. It's hard to think of a more motivating reason to go to work every day.

What kinds of products do you supply? How would you describe your products? What makes them unique?

Our Alpro For Professionals range has been specifically developed to deliver optimum performance in hot drinks — so baristas can create delicious plant-based coffees without compromise. Not only does it taste great, but it's easy to work with and doesn't curdle with acidity or heat. It also delivers a rich, glossy microfoam that contributes to a delicious drink, and the possibility to pour latte art.

What's more, sustainability is at the heart of everything we do, so baristas can rest assured that they're choosing a brand that always looks to minimise its environmental impact — whether that means sourcing almonds from the Mediterranean, or ensuring we never use soya beans from deforested areas or any GMO produce.

Do you have any new and exciting developments?

Our NPD team is always working hard to respond to consumer trends and launch innovative products to the market — watch this space! We're primed and ready to help more outlets broaden their plant-based offering outside hot drinks.

— David Jiscoot, Alpro Marketing Director



plant-based pioneer.

NON-DAIRY MILKS: THE BARISTA BREAKDOWN

Different milk alternatives will add different flavours, while some dissolve and foam better than others. Remember to weigh these factors in addition to availability and cost.

How is foam created?

Protein molecules melt when they are heated, so incorporating air into heated milk or non-dairy alternatives causes these proteins to trap the air and “stretch” the milk into a foam.



Oat milk

A surprisingly full-bodied non-dairy milk with a richness that rivals whole milk, **oat milk** has a smooth texture and neutral flavour that work well in coffee. Bear in mind that the low protein content of oat milk means that it will take longer to foam — around twice as long as cow’s milk. Aim to add more air when you first start steaming to produce a consistent, smooth texture.

492052 Alpro Oat Milk For Professionals 8x1Lt

NEW

DY519 Alpro Oat Milk 8x1Lt



Soy milk

Soy milk has a smooth and creamy texture with a relatively neutral taste. Soy milk’s good ‘stretch’ is one reason it has been a popular alternative to dairy for so long. Knowledgeable baristas can use soy to produce a foam similar to that of dairy milk.

5350 Sojade Soya Milk Natural Unsweetened 6x1Lt



5351 Sojade Soya Milk Sweetened & Calcium Enriched 6x1Lt



5352 Sojade Soya Milk Vanilla & Calcium Enriched 6x1Lt



491981 Alpro Soya Organic Unsweetened 8x1Lt



9927 Alpro Milk Soya Professional Or Barista 12x1Lt



TIP:
Soy milks without
preservatives may
be more prone
to separating in
your customers'
coffees.



Almond milk

Almond milk has a nutty flavour that can sometimes taste bitter; your customers may prefer sweetened almond milk in coffee for a smoother taste. Almond milk can curdle in coffee. To combat this, avoid pouring cold almond milk into very hot coffee. You can create a silky foam with almond milk, but it has a tendency to separate when heated. Latte art made with almond milk may look nice, but could leave a watery drink underneath.

1009922 Alpro Unsweetened Almond Milk 8x1Lt



9921 Alpro Original Almond 8x1Lt



DY522 Alpro Almond Milk For Professional Or Barista 1xLt



Rice milk

Because **rice milk** is both nut- and soy-free, it is growing in popularity for coffee drinkers with both allergies and lactose sensitivities. Rice milk has a very neutral taste that allows your coffee to shine; however, its thin and watery texture does not give coffee the creamy consistency that some customers crave, and it doesn't contain enough protein to create a good foam.



Coconut milk

Prized for its thick texture and exotic flavour, **coconut milk** has become a favourite dairy alternative. Thanks to its naturally dense consistency, it won't water down your coffees. However, the sweet, distinctive flavour of coconut can be divisive and some people feel that it overpowers their coffee. Coconut milk creates a less dense froth with larger bubbles than dairy milk.

5355 Sojade Organic Rice Milk with Calcium 6x1Lt



113655 Alpro Milk Coconut Professional Or Barista 12x1Lt



Easy tips for becoming a better barista

- Keep your equipment hot and clean. Practice your cleaning and coffee-making routines until they become streamlined, almost unconscious rituals.
- No matter how busy things get, don't let your coffee beans run low. Continuing to grind coffee until your beans are dwindling will lead to an uneven distribution of weight over the burrs in the grinder, speeding up or slowing down the grinding. Maintaining an even weight distribution will aid you in a better grind consistency, which means better consistency in your coffees.
- Always distribute the coffee in your puck as evenly as possible before you begin to tamp.
- Clean your steam wand before and after each and every use — this is imperative for maintaining optimum hygiene, but also for keeping it in tip-top shape. Use a clean dry cloth to wipe the wand; this will provide more friction and a better clean than a wet one.
- Your steam wand cloth should only be used for wiping the steam wand, to avoid contaminating your wand with possibly unhygienic work surface germs.
- When steaming, twirl the milk jug around the steamer to create a cyclone effect. This will suck in larger bubbles, creating a smaller, more even foam.
- Continue to hone your craft. Be prepared to keep learning from errors and developing your weaknesses, and your barista skills will continue to improve.



CF218	Robert Roberts Instant Coffee Sticks 1x200
CF219	Robert Roberts Decaf Coffee Sticks 1x200
493190	Café Velo Coffee Beans 6x1Kg

MEET THE SUPPLIER



We chat to Tony Sweeney, Assistant Sales Manager for Aurivo

Tell us about Aurivo's background and products.

Aurivo's roots go back to the 19th century, when co-ops formed to ensure the sustainability of local farming communities. Although we're now a global group, we still remain true to those roots.

Our consumer foods include a range of milk and real butter products under the Connacht Gold and Donegal Creameries brands. Organic for Us is another of our award-winning milk brands, which is bursting with natural goodness and is currently the brand of choice for the country's top baristas.

In 2015, Aurivo acquired London-based health and nutrition company For Goodness Shakes, which has provided us with significant access to the growing health and nutrition market across the UK and Ireland. For Goodness Shakes is now the number one recovery and protein ready-to-drink brands in those regions.

Innovation is key to our consumer foods, leading the way with our hero product Connacht Gold Half Fat butter — the only half fat real butter available in a tub. In addition, our flavoured milks and contemporary nutrition products help to continuously grow our market share.

What do you love about your work?

The people I work alongside everyday in a such a fast-paced environment make my work all the more enjoyable. The trust, teamwork and will to win amongst my colleagues is inspiring. I gain personal satisfaction from the success of our brands including our Organic For Us brand, available across all four corners of Ireland. The ability of Aurivo to adapt to meet customer requirements makes this an inspiring place to work.

What makes your Organic For Us products unique?

Our award-winning organic milk is 100% free from artificial pesticides and fertiliser. It's the product of farming the way it used to be: at one with nature. Aurivo was the first producer to bring a fully renewable carton to the Irish market, which includes our 1.75Lt Organic For Us carton. Our cartons are recyclable and have a low climate impact, using no fossil-based plastic. The cap, neck and coating are made from sugar cane — a plant-based, fully renewable raw material.

In what ways do you keep sustainability at the forefront of your business?

Our whole journey at Aurivo is about sustainability; it starts on the farms and goes through every part of the business. As a member of Origin Green, Aurivo and our farmers work together to reach sustainability targets. Reducing the carbon footprint from dairy farming is central to our strategy, and our farmers run their businesses with respect for the environment. Through our Farm Profitability Programme, family farms are improving efficiencies and increasing profitability.

Have you got any news to share?

We are continuously striving to achieve new wins and targets in terms of sustainability. Our aim for 2021 is to have our manufacturing fully carbon neutral. We will be the first dairy production plant in Ireland to do so.

Aurivo also picked up an award at this year's prestigious Blas na hÉireann Irish Food Awards for its excellence in consumer product production, with its Organic For Us Whole milk taking home a silver award.



492682 Organic For Us Milk Whole 6x1.75Lt

NEW 

























492683 Organic For Us Milk Low Fat 6x1.75Lt

NEW 

PLANT-BASED PERFECTION

With vegan, vegetarian and flexitarian diets more popular than ever — especially during January — it's crucial to offer plant-based meals that are interesting, well-balanced and carefully crafted. Make use of pre-prepared burgers, sausages and mince in creating your own new customer favourites, and meet changing breakfast demands with hot sausage rolls and jambons.



492971	Loughnanes Veef Mince 4x500gm	  
493002	Loughnanes Veef Burger 20x170gm	  
1010Z	Eden Premium Garden Vegetable Burger 20x120gm	  
1097Z	Eden Premium Beetroot Burger 20x120gm	  
491316	Eden Curried Cauliflower Burger 20x120gm	  
491317	Eden Vegan Sausage 40x50gm	  
492577	Vegan Sausage Roll 100x55gm	  
492578	Mini Vegan Jambon 100x35gm	  

Kimchi quesadilla



Santa Maria

Spicy Korean kimchi meets melted cheese in these crispy tortillas finished with chopped coriander. This dish is a perfect volume and service saver, as it can be prepared days ahead of time, and is great for serving with soup and salads.

Serves 10

For the quesadillas:

500gm whole white cabbage **VW762**
2 tbsp Santa Maria Kimchi Spice Mix **Z494071**
(Kimchi Spice Mix 1 x 315g)
400gm cheese, grated **CH1071**
10 x Santa Maria 8" Tortillas **TR133**

To garnish:

0.5dl Santa Maria Sriracha Sauce **Z494064**
0.5dl Sesame Seeds, toasted **PU300**
0.5dl fresh coriander, roughly chopped **HB563**

1 In a bowl, combine the Chinese cabbage and kimchi spice mix. Set aside and let stand for 15 minutes, then transfer to a colander and allow to drain.

2 Layer the kimchi and grated cheese over one half of each tortilla, then fold over to form a semi-circle. These can be prepared days in advance.

3 To cook, fry the quesadillas in rapeseed oil on both sides until the tortilla is golden brown and the cheese has melted.

4 To serve, cut the quesadillas into triangles, then toss in sriracha sauce and sprinkle with toasted sesame seeds and chopped coriander.





Healthy Eats

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Key focus points:

- With Dry January still a popular lifestyle choice for many people, be sure to offer a range of interesting alcohol-free beverages, from non-alcoholic beers to trendy options such as kombucha.
- Likewise, Veganuary has taken off in recent years. Meet the demand by including additional plant-based meal options.
- Bear in mind that many people are short on money at this time of year — keep the majority of your dishes in an affordable range.
- Include “functional foods” on your menu — think probiotics such as kefir or kimchi, fibre-rich wholegrains like quinoa or protein-packed plant-based ingredients such as legumes.
- Where dishes have a specific nutritional benefit or are especially low in calories, consider calling this out on your menu.
- As always, be sure to shout about the provenance and seasonality of ingredients. Make a point of emphasising local items wherever possible.

After the excesses of the Christmas period, consumer tastes pivot towards lighter meals and healthier vibes during January. The key is for your offering to pivot with them, enticing them with feel-good foods that run the gamut from hearty-yet-healthy comfort foods (think veggie-packed curries) to crunchy, lighter options.

Adapting traditional dishes to focus on lean meats, extra vegetables, lower fat contents and wholegrains is a smart way to whet customers' appetites while staying within the remit of their desire for a healthy January. Call out these health benefits on your social media posts to make the biggest impact.

Takeaway tips for 2021

With the festive season behind us, now is a good time to re-examine your menu and introduce a new selection of dishes that work well for you.

- Streamline your offering, ditching labour intensive and under-performing items. Focus on menu items that yield the highest profit margins with the least amount of labour.
- Food portability is an important consideration — make sure everything can be transported with ease and stock up on suitable containers.
- Choose ingredients that can work across more than one dish to make the best use of prep time and streamline your pantry.
- Keep current food trends in mind; flip to p.05 for a glimpse of what's hot for 2021.




THINK OUTSIDE THE BOX

Is there something that would work better for your business than the traditional takeaway offering? Get creative with what you can offer, while staying true to your brand. You may consider a Sunday roast option, combining a whole roast chicken or lean pork fillet with a selection of side dishes and sauces; experiment with instructional meal kits that allow your customers to cook from your menu at home; or examine a “dinner in a box” concept that can be scaled for two, four or six people, allowing easy customisation for families of any size.

Lean MACHINE

Endlessly versatile, it's little wonder that pork is one of the most popular options for meat-eaters. Focus on lean cuts to appeal to the health-conscious January consumer.

Lean and quick to cook, McCarren's pork oyster is an ideal choice for stir-fries or other diced pork dishes. Their pork fillet is the leanest of all cuts, hand-trimmed by expert butchers and providing you with a tender, succulent product every time. For a bacon option, try McCarren's rindless bacon chops — full of flavour but lower in fat, they work well in lighter versions of classic comfort foods like bacon and cabbage.

PK843	McCarren's Pork Steak Fillet 10x500gm	
PK921	McCarren's Irish Pork Oysters 1x10Kg	
BC111	McCarren's Bacon Chops Rindless 1x10x227gm	

PORK STIR-FRY WITH MUSHROOM AND SPRING ONIONS

Serves 2

20g sesame oil **OR342**
100g button mushrooms, quartered **VW754**
100g oyster mushrooms (optional) **VW242**
50g white onions, diced **VW810**
2 garlic cloves, diced **VW274**
30g ginger, sliced **VW764**
500g pork loin, sliced into strips **PK841**
1 tbsp sugar **Z313002**
40ml white wine **AL402**
2 tbsp dark soy sauce **OR361**
2 tbsp oyster sauce **87863**
1 tbsp char siu sauce **OR305**
4 bunches of scallions, cut into thirds **VW710**
1 tsp cornflour mixed with 1 tsp water

To serve:

Brakes basmati rice **16805**
Sesame seeds, for sprinkling **PU342**

- 1 Heat a wok or pan and add the sesame oil.
- 2 Add the mushrooms, onions, garlic and ginger and flash fry. Add the pork and cook for 2-3 minutes until browned on all sides, then stir in the sugar.
- 3 Add the wine and allow to reduce slightly.
- 4 Add the soy sauce, oyster sauce and char siu and mix to combine well.
- 5 Stir in the chopped scallions and cornflour slurry and simmer for two minutes.
- 6 Serve with rice, sprinkling with sesame seeds to garnish.

OR USE THIS...

PK107
Pork Stir Fry 1x2.5Kg



MEET THE SUPPLIER

We chat to Conor Nyhan, Quality Manager with long-established Pallas supplier Shannon Vale Foods



How long has Shannon Vale Foods been in business?

"Shannon Vale Foods was started by the O'Regan family in Clonakilty in 1885. The founder was Timothy O'Regan, who operated as a poultry trader from 1910. In 1945, his son, James P. O'Regan, took over the family business as a small market trader attending country fairs to buy eggs and chickens for the trading business in Clonakilty. The most significant development in the years since was the move to just outside Gullane, Clonakilty, where the business has grown every year since.

Currently, 200,000 birds are processed every week, with the vast majority processed as added value products, including marinated, breaded, boned/ stuffed and cooked products for supply across Ireland.

Tell us about Glin Valley Chicken.

The Glin Valley brand was developed over 10 years ago to establish a distinctive Pallas Foods brand for the supply of Irish chicken to the catering sector, and now features on menus across Ireland. We supply a full range of Irish poultry: fresh whole birds (including free range and organic niche products), stuffed and seasoned chicken, marinated chicken, portioned cuts, and breaded chicken, including gluten-free breaded. We love working with Pallas Foods to develop new bespoke products and constantly keeping abreast of emerging market trends.













How would you describe your products?

Our products are sourced from our own broiler farm supply base located in Cork, Waterford and Limerick. All poultry supplied is 100% Bord Bia approved and traceable to the farm of origin. We have a state-of-the-art live bird handling and transport system in place which complies with the most recent EU welfare regulations.

Our slaughter plant and processing facility are fully EU licensed and Bord Bia approved. Shannon Vale are constantly innovating and developing new products with a full-time Master Chef, and we work closely with our BRC-approved local ingredients company to bring the latest food trends to our customer base.

We are currently working towards the extension of our existing gluten-free range of products in order to cater for this growing market segment."



CC316	Glin Valley Split Chicken 20x500gm	   
C172	Glin Valley Chicken Tray Pack 5x1800gm	   
CC123	Glin Valley Chicken Portioned 1400gm 9 Cut 8x1.4Kg	   

MEAT IS STILL ON THE MENU

Flexitarianism remains a popular approach to healthy eating that's viewed as sustainable in the long term. According to a 2020 report from New Nutrition, meat consumption in Europe and the US has remained stable or even increased over the past 10 years, most likely as a result of the persistent trend for high-protein foods.

The crucial elements to emphasise when leveraging meat on a health-focused menu are nutrition and sustainability. Follow the key points below to ensure your customers understand why Irish Nature Beef is a smart choice.

- **Emphasise the benefits.** Meat offers plenty of nutrients like protein, iron and zinc, as well as vitamin B12, which can only be naturally found in animal-based foods.

Irish Nature grass-fed beef is rich in omega-3s and other healthy fatty acids such as CLA, and is lower in saturated fats. In addition, it is high in vitamins B and E and minerals including calcium, magnesium and potassium.

- **Reduce the negatives.** Consumers know that sodium, excess calories from fat, and preservatives like nitrates are things to avoid. Minimise these concerns by focusing on leaner cuts of good-quality Irish meat and including plenty of seasonal vegetables in each dish.
- **Tell the story.** Nielsen data (2020) suggests that clear story-telling and transparency around sustainability, provenance and animal welfare are crucial for the success of meat brands. Tell the story behind the meat you sell, including details of producers where relevant and making the most of local and sustainable sourcing. Focus on the key selling points of Irish Nature Beef as a sustainable, natural and guaranteed Irish product.

“People want plants, but we’re not all turning into vegans. In a world where consumers hold fragmented beliefs, there’s room for both plants and meat.”

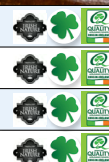
– Julian Mellentin, food and beverage industry consultant and author of the New Nutrition report, '10 Key Trends in Food, Nutrition and Health 2020'

BF201 Irish Nature Beef Striploin 1x5-5.9Kg

BF223 Irish Nature Beef Striploin 1x9-11Kg

BF842 Irish Nature Beef Feather Blade 1x2.5-3.5Kg

BF100 Irish Nature Beef Top Rib Housekeepers Cut Rolled & Tied 1x4.5-7Kg



PAN-SEARED PORK CHOP WITH COLCANNON, SPICED APPLE SAUCE, CIDER JUS

Serves 2

For the apple sauce:

100ml white vinegar **VR127**

300g caster sugar **Z313002**

6 Granny Smith apples, cored and diced into 2cm chunks **FW631**

100gm apricots, diced into small pieces **T120**

200g golden raisins **Z116**

50g mustard seeds **Y182**

10g fresh ginger, diced **VW764**

1 star anise (optional) **PU345**

1 cinnamon stick (optional) **87011**

For the pork:

4 pork chops **477590**

For the colcannon:

500gm potato, peeled, boiled and mashed **VP726**

500ml fresh cream **DY228**

250ml milk **459284**

400gm butter **G4169**

600gm curly kale **VW728**

1 leek, sliced **VW655**

1 bunch of scallions, finely sliced **VW710**

Salt and black pepper

For the cider jus:

500ml veal stock **G129**

1 bottle Stonewell Cider **491942**

1 For the apple sauce, combine the vinegar and sugar in a pot. Add the apples all of the remaining ingredients for the apple sauce.

2 Place over a high heat and bring to the boil. Reduce the heat and simmer for 35-40 minutes until reduced and thick but still with some lumps. Transfer to a bowl to cool.

3 Simmer the stock and cider together to form the cider gravy.

4 Pan-sear the pork chops and finish in the oven. Allow to rest, then stir any juices that have been released into the gravy.

5 Blanch the curly kale in salted water and refresh.

6 Heat a deep pan over a medium heat and melt the butter. Sweat the leeks until soft. Add the kale and season, then stir in the cream.

7 Add the mashed potato and scallions and beat together. Check for seasoning.



ST. PATRICK'S DAY PREP

Make sure your business is ready for St. Patrick's Day with a bespoke offering.

- Highlight Irish producers and suppliers on the menu.
- Create a menu or special offer that champions Irish ingredients or traditional fare with a twist: think a bacon and cabbage breakfast hash on a bed of crispy hash browns; bangers and mash croquettes with onion gravy; a premium Irish lamb burger; or a luxurious brown bread ice cream dessert.
- Stock accordingly: what can you re-purpose from your usual order and what will you need to plan for in advance with regards to food, beverages and takeaway supplies?
- Advertise your offering well in advance of the big day on social media.





MEET THE SUPPLIER

M WRIGHT & SONS
Est. 1893

We chat to Mark Wright, CEO of Wright's Seafood, about the health benefits of eating seafood

As we come into a new year and thankfully leave 2020 behind, consumers are more conscious of their health and wellbeing than ever. Increasing your seafood intake offers some fantastic benefits, whether it be oily fish, white fish or shellfish.

REAP THE BENEFITS



PROTEIN

Seafood contains high-quality protein and includes all of the essential amino acids for human health. An 85gm serving provides about one-third of the average daily recommended amount of protein.



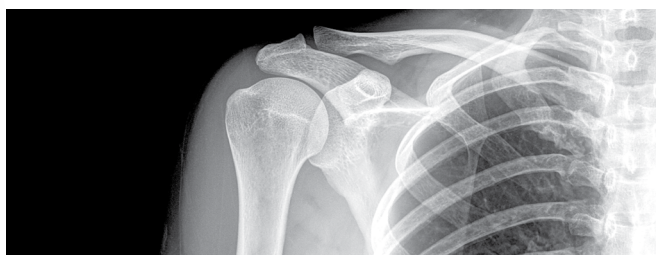
WEIGHT LOSS

Protein-rich foods keep you feeling satisfied, which may prevent you from eating excess calories. In addition, white fish and shellfish are both known to have a low fat content.



OMEGA-3S

Oily fish is the richest source of long-chain omega-3, which can help to prevent heart disease. It is also important for women who are pregnant or breastfeeding, as it aids in the development of the nervous system.



BONE STRENGTH

Oily fish and white fish have a high phosphorus content, known to help maintain bone structure and density, as well as helping bones heal.



CHOLESTEROL

While all fish contain some cholesterol, many are high in omega-3 fatty acids, essential dietary fats that can help maintain healthy cholesterol levels. They can also help increase your HDL levels.

HEART HEALTH

Seafood is loaded with nutrients that promote heart health, including omega-3 fatty acids and vitamin B12. Several studies have linked eating omega-3 fatty acids from fish and shellfish to a lower risk of heart disease.

IMMUNE-BOOSTING NUTRIENTS

Strengthening the immune system is more important now than ever.

- Oily fish is one of the few foods that contain vitamin D. This is believed to be beneficial to the immune system and it is something that most of us lack at this latitude, especially during the winter.
- Some types of shellfish — especially oysters, clams, mussels, lobster, and crab — are loaded with immune-boosting zinc.



TYPES OF FISH


Oily fish

Includes salmon, trout, mackerel, herring (kippers are a type of herring), sardines, pilchards and sprats.

FS615	Sea Trout Fillets (Skin On) 200-250gm 1x2Kg
490775	Salmon Fillet Skin & Pin Vac Pac E Trim 1x1.1-1.Kg

White fish

Cod, haddock, plaice, pollock, coley, dab, flounder, red mullet, gurnard and tilapia are all examples of white fish.

FS762Z	F.A.S Cod Fillet (skinned & pinbone in) 16/32 1x6.8Kg	
FS1023	Seabass Fillets Pin Bone In 90-120gm 1x3Kg	
496197	Lemon Sole Head Off Trimmed 5x350-400gm	

Shellfish

Shellfish includes prawns, mussels, scallops, squid and langoustines.

496324	Fresh Clams 1x2 Kg
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LINGUINE WITH CLAMS AND PRAWNS

Serves 2

200gm linguine [PA415](#)

Olive oil

1 garlic clove, chopped [VW733](#)

1 red chilli, diced [VW757](#)

200gm vannamie prawns [FS997z](#)

500gm fresh clams in the shell, rinsed [496324](#)

200ml white wine

2 plum tomatoes de-seeded and diced [TM200](#)

1 tbsp chopped parsley [HB553](#)

Sea salt and freshly ground black pepper

1 Cook the linguini as per packet instructions, then drain.

2 Heat some olive oil in a heavy bottomed pan. Add the garlic and chilli and cook gently until just starting to brown.

3 Add the prawns and clams and cook for one minute. Pour in the white wine and cover with a lid. Cook for 3-4 minutes until the clams have opened, then remove the lid and cook for one minute longer to allow the liquid to reduce slightly.

4 Add the cooked pasta, diced tomatoes and chopped parsley and gently mix all together.

5 Season to taste with salt and pepper and serve.



[496324](#) Fresh Clams 1x2Kg



New product

We are delighted to have Kelly's wild-caught clams now available for order. Caught locally in Galway Bay, Kelly surf clams are available all year round. The fishermen who harvest them have been fishing clams for many years — and always do so sustainably, to maintain the stock to an optimum.

A Kelly surf clam has a beautiful shape and sweet-tasting meat. They offer a real smack of the sea with their fresh, salty aroma, while the flesh quickly gives way to a pleasant chewiness and salty taste, with softer meat at the back of the shell. The flavour of a Kelly surf clam is comparable with the sweetness of a lobster or scallop.





McCormack Family Farms

We have been growing and supplying foodservice customers since 1984. My father started farming on a small field at the back of our house and today we cultivate over 600ac in rich Co. Meath soil supplying you with unwashed baby salad leaves, herbs, microgreens and edible flowers.

We have always been passionate about growing what traditionally had been imported into Ireland. Apart from the reduction of food miles, our mission is to consistently deliver best quality produce, on time, every time – guaranteed! And when out of season, we work with a handful of like minded and carefully selected farmers from warmer countries who grow to equally high standards as ours.

We manage the full supply chain, so when you order McCormack Family Farms product, you know it equals to consistent top quality.

Stephen McCormack



Our produce:

- ✓ Baby salad leaves
- ✓ Fresh cut herbs
- ✓ Living and cut microgreens
- ✓ Edible flowers

Why choose our unwashed leaves?

- ✓ Minimised handling and processing, direct from field into a bag
- ✓ No chemicals used post harvest, quality and flavour not compromised
- ✓ Unwashed bagged salad has a longer natural shelf life
- ✓ Farm to fork in 24-36 hours (in Irish season)

Key facts from our farm:

- 3 growing areas: 600+ ac fields, 3 ac polytunnels and 3 acres glasshouse
- 10+ types of baby salad leaves and salad mixes as well as pak choi and kale
- 20+ varieties of herbs
- 20+ varieties of Irish microgreens and edible flowers available year round
- Ireland's Best Green Horticultural Producer 2020
- Double winner of Chef's Choice 2020 award from Blas na hÉireann

Come visit us at our farm!

You will see how we enhance traditional farming techniques with the latest agritech solutions to grow and deliver to you the very best produce. Please email us at marketing@mccormackfarms.ie to arrange your visit.

Find us at www.mccormackfarms.ie and social media channels

#HonestLeaves



Energise SuperMix - a super healthy and super versatile addition to your menu

New



Energise SuperMix
Product code: 496695

Our most nutritious salad mix yet!

This beautiful blend of baby red kale, baby spinach and baby beet leaves is

- **high in iron**
- **high in folic acid**
- **high in vitamin K & C**
- **a source of potassium**

Excellent in salad, sandwich and smoothie, or cooked in stir fry, omelette and as part of many other hot dishes.

Contact us for detailed nutritional information of this and other products.

Baby red kale is very healthy, unique and striking leaf. it is milder in flavour than very common adult kale and very palatable. Adds beautiful and rich purple colour and distinctive texture.



SO SMOOTH

Providing a convenient and healthy grab-and-go option that suits customers' busy lifestyles, smoothies and juices show no signs of decreasing in popularity. Capitalise on the trend this month by offering customisable smoothies, with strong messaging focusing on getting those all-important daily portions of fruit and vegetables.

Frozen fruits and vegetables are ideal for this, easily stored and with all-important nutrients locked in during the freezing process, they also remove the need for adding ice to your smoothies.



3840
Brakes Whole Leaf
Spinach Portions
1x2.5Kg



4116
Brakes Raspberries
1x500gm



33328
Strawberries
1x1Kg



33325
Wild Blueberries
1x1Kg



33386
Blackberries
1x1Kg

GOODNESSES ON THE GO

Include healthy options in your grab-and-go selection to meet the needs of time-pressed customers.



INNOCENT

Innocent Super Smoothies are vibrant, healthy blends of fruit, veg, botanicals and crushed flax seeds, with added vitamins.

493364 Innocent Energise Smoothie 8 x 300ml

493366 Innocent Invigorate Smoothie 8 x 300ml

493365 Innocent Recharge Smoothie 8 x 300ml



BRITVIC

Britvic Drench combines big powerful juices and water with no artificial sweeteners or colours — a low-calorie range that was specially developed to appeal to an adult palate.

492102 Drench Mandarin/Lemon 12x500ml

JU521 Drench Mango/Peach 12x500ml

JU522 Drench Pear/Blueberry 12x500ml

Z494884 Refreshed Apple/Kiwi 12x500ml

Z494885 Refreshed Raspberry/Apple 12x500ml



VIT HIT

VitHit's new range of sparkling low-calorie drinks are packaged in cans for a more sustainable grab-and-go option.

493321 Vit Hit Pink Grapefruit & Lime 12x330ml

493322 Vit Hit Raspberry & Watermelon 12 x 330ml

493323 Vit Hit Mango Orange & Pineapple 12x330ml

Buy 1 case 493321

and 1 case 493322.

Get 1 case 493323 Free

MEET THE SUPPLIER

We chat to Brian McGann, Founder of SiSú

SiSú was founded in 2015 by Brian and Fiona McGann, driven by a passion to change the way we eat and drink.

“We wanted to find a healthy solution for everyone,” says Brian. “Could customers, retailers and businesses be convinced to support better-for-you emerging brands? I felt strongly that the answer was yes. It was clear to me that their support would be a vital cog in tackling this problem, and I could already see green shoots emerging within the food industry. We could see the time was right.

“We kept the strategy simple. We had two clear pillar strategies at the outset:

1. To create great-tasting products, with no additives, with the use of simple, honest ingredients, and
2. To give the business a name that symbolised the important and occasionally tough journey we all have to undergo in order to improve our approach to nutrition and become more energetic and healthier people (with all the obvious benefits).

“Hence the name SiSú. Originally, SiSú comes from a Finnish root word that implies determination, courage and willpower or inner strength. At SiSú HQ we always say, ‘it lies within you’. Every one of us has SiSú.

We believe in the power of ‘getting the good in’. With our promise of goodness guaranteed, you get all the natural benefits you expect from freshly cold-pressed juices, shots and organic kombucha mixed to perfection. These are simple, great tasting, healthy beverages that you can trust. We believe in clearly explaining what our products are made from and how they are made, and we know this helps you make the right choice for your needs.

“After winning another three Great Taste awards this year with our Organic Kombucha and cold pressed ginger shots, we are excited about the future and about the expansion into more cafés and the business industry with Sysco Pallas. This February, we are adding No Sugar Kombucha cans to the range.

“We would like to thank all the people who chose to add our ranges to their menus, and look forward to meeting many more this year.”

SiSú — the power in our name and how it means so much.



494296	Sisu Kombucha Ginger 12x300ml
494297	Sisu Kombucha Blueberry 12x300ml
494298	Sisu Kombucha Original 12x300ml
496077	Sisu Cold Pressed Turmeric Shot 12x60ml
496079	Sisu Cold Pressed Ginger Shot 12x60ml





Treat Yourself

39 Vegan Dessert Tips **40** Chocolate Mousse Sphere **42** Muffins & Pastries **43** Vegan Ice Cream
44 Valentine's Day **46** Pistachio Blueberry Savarin **48** Catering Essentials

Sweet treats

Just because some of your customers are on a plant-based diet doesn't mean they don't want to indulge in an odd treat or two! Whether it's a grab-and-go treat or a carefully curated menu, plant-based desserts items deserve as much attention as the rest of your offering.

Top tips

Keep in mind...

Plant-based eating communities are fantastic for sharing recommendations on vegan-friendly establishments, so be sure to promote your vegan offering across in the right channels to help it gain traction – Instagram is great for this. Make sure your dishes are visually striking, and let your customers do most of the work for you!

- Many of the classic dessert flavour pairings are vegan-friendly: think strawberry and rhubarb; mint and dark chocolate; dark chocolate and raspberry; almond and pear.
- Focus on seasonal fruits to get the most flavour from each one of your chosen ingredients.
- Introduce spices as an unusual component that adds interest. Try pear and ginger, or pineapple with lime and chillies.
- Remember that gelatine, marshmallows and some food colourings aren't suitable for vegetarians or vegans.
- Utilise silken tofu in stabilising vegan-friendly creams.
- Use a variety of textures and flavours on every dessert plate to provide pleasing contrast on the palate.

Herbs are an eye-catching addition and – if chosen well – can finish a plate to perfection. Try pairing mint with strawberry, or coriander with mango.



CHOCOLATE MOUSSE SPHERE

Serves 14

For the mousse:

90g liquid egg yolks EG072
45g liquid whole egg
100ml fresh cream 494147
240g Callebaut chocolate 55%,
chopped R219
120g caster sugar Z313002
10ml water
400g semi whipped fresh cream
494147

For the cherry purée:

2 leaves of gelatine T56
250g Morello cherry purée F19Z
100g caster sugar Z313002

For the chocolate crumble:

100g butter DY141
100g caster sugar Z313002
140g ground almonds NU103
80g plain flour 490048
20g DGF cocoa powder R92

For the ruby chocolate cream:

200gm Callebaut ruby chocolate
500ml fresh cream (494147),
plus 200ml for serving
40gm beetroot powder

To serve:

Amarena cherries in syrup FR140
Dark chocolate dome CT129
Cocoa powder R92



1 For the mousse, mix the egg yolks and whole egg in a mixer until stiff.

2 Heat the cream until almost boiling, then pour over dark chocolate and stir to form a smooth mix.

3 Combine the sugar and water and bring to 120°C over a medium heat. Slowly pour over the stiff eggs and mix until cooled slightly.

4 Fold the chocolate ganache into the egg mixture.

5 Add the medium whipped cream and allow the mousse to set in the fridge

6 When set put in piping bag for using later.

7 For the cherry purée, soak the gelatine in cold water.

8 Heat the purée and sugar together over a medium heat to just below boiling point, then remove from the heat and add the soaked gelatine. Set aside in the fridge and allow to cool. For the chocolate crumble, place the butter and caster sugar in the bowl of a mixer with a paddle attached. Mix until combined.

9 Add the ground almonds, flour and cocoa and combine on low speed until a crumble consistency is formed.

10 Spread on Silpat (490868) on a tray and bake at 160°C for 10 minutes.

11 For the ruby chocolate cream, heat the cream until almost boiling, then pour over the ruby chocolate and beetroot powder and stir to form a smooth mix. Whizz with a stick blender to ensure mix is well combined. Allow to cool fully. Before plating up, add an extra 200ml cream and whisk until firm.

12 Use a steel ring set to cut shapes in chocolate dome. Heat the desired size and shape and press slightly against half the dome to make the design you require.

13 Melt some chocolate and brush onto the outside of each half of the dome, then roll gently in cocoa powder to create a bon bon effect finish.

14 Allow to set before filling with chocolate crumb, mousse and Amarena cherries. Slightly warm the edge of the top half of the dome so it sticks to the other half.

15 Garnish the plates with ruby cream, cherry purée, chocolate crumb and berries.



Tasty temptations

Whether it's to enjoy during a quiet moment over a morning coffee, or as a little indulgence to take away, be sure to keep some sweet treats on hand to satisfy those customers who want a little pick-me-up.



33536
La Boulangerie Triple
Chocolate Tulip Muffin



CE334Z
Gourmet Mixed Mini Danish
140x28-40gm



CE313Z
Bridor Fruit Lattice Panier
100x40gm



33537
La Boulangerie Blueberry
Crumble Tulip Muffin 1x24's



CE1432Z
Bridor Mini Mixed
Breakfast Pastries
200x35gm



34334
La Boulangerie White Belgian
Choc Chunk & Raspberry
Cookies 30x76gm



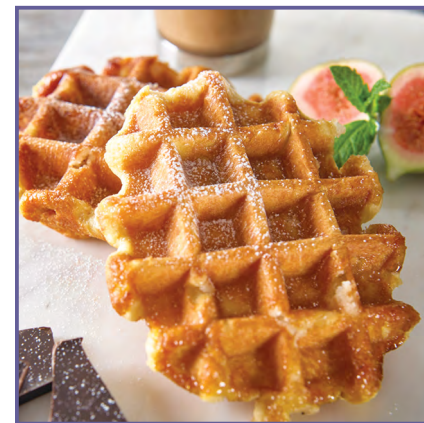
34245
La Boulangerie Lemon
Meringue Tulip Muffin 1x24's



34331
La Boulangerie Triple Belgian
Chocolate Chunk Cookies 1x30's



34333
La Boulangerie Double Belgian
Chocolate Chunk Cookies
1x30's



34630
Brakes Belgian Sweet Waffles
30x90gm



Dish it up right!







TOP TIP

Most dessert garnishes are vegan-friendly, including fruits, nuts, fruit coulis and fresh mint. Flip to p.14 to find vegan yoghurts, a lighter alternative to ice cream for customers watching their caloric intake this January.

Adding plant-based ice cream to your dessert menu will work as its own option as well as complementing your other vegan-friendly desserts. The Alpro range is every bit as luxurious as regular ice cream, with a range of flavours that will work with desserts ranging from fruit to chocolate.

LOVE IS IN THE AIR



1	490974	Death By Chocolate Cake 1x14 PTN	
2	490012	Salamander Raspberry Roulade 1x12 PTN	
3	DT699Z	Pear & Almond Individual Tartlet 18x100gm	
4	DT700Z	Mixed Berry Crumble Individual Tartlet 18x100gm	
	493012	Valentine's Chocolate Lollipop 24x35gm	
	492914	Valentine's Cookie 30x45gm	
	492915	Valentine's Heart Doughnut 36x88gm	
	496269	Heart Shaped Chocolate Pralines 1x3Kg	
	493235	Cadbury's Crème Eggs 48s	



PISTACHIO BLUEBERRY SAVARIN

Serves 10

240g caster sugar, plus extra for dusting

Z313002

120g butter, plus extra for greasing **DY141**

120g pistachio paste **DT554**

4 eggs **EG211**

200g ground almonds **NU103**

80g plain flour **490048**

300g blueberries, plus extra to decorate

FW603

To decorate:

Icing fondant **490073**

200g pistachio nuts **NU117**

1 In a stand mixer, cream together the sugar, butter and pistachio paste.

2 With the mixer on a slow speed, beat in the eggs, one at a time.

3 Add the almonds and flour and mix slowly until well combined.

4 Brush a savarin mould with butter and lightly dust with caster sugar. Put blueberries in the base of the mould, then add in the cake batter. Smooth out with a spatula and add more blueberries to the top.

5 Bake in a fan assisted oven at 170°C for 25 minutes. Turn the cake out onto a wire rack and allow to cool.

6 Heat fondant gently, then pour over the cake, allowing it to run down the sides. Finish with berries and chopped pistachio nuts.





CATERING ESSENTIALS

Keep it clean

Buy cleaning and sanitising essentials in bulk to make sure you're fully stocked, giving you more time to dedicate to your menu, staff, long-term planning and everyday tasks.



493733	Liquid Hand Sanitiser 1x500ml/24x500ml case
PD9521	Clear Refuse Sack 1x200's
PD9523	Black Refuse Sack 1x200's
PD9542	Black Refuse Sacks 200Gauge 38x40"
86905	Brakes Large Heavy Duty Refuse Sacks 457x737x965mm 1x200's
PD9543	Heavy Duty Black Refuse Sacks 26x44" 8x25's
494223	Kpro Non-Alcohol Disinfectant Wipes 1x1000's
PD4580	Scroll & Leaf Greaseproof Sheets 350x450mm 1x1000's
PD11020	Lemon Scented Wet Wipes 1x1000's

Colour code

Make sure the HACCP system is followed with these colour-coded chopping boards.

490695	Thunder Board Chopping Yellow 24x18x0.5" 1x1's
490690	Thunder Board Chopping Blue 24x18x0.5" 1x1's
490691	Thunder Board Chopping Brown 24x18x0.5" 1x1's
490692	Thunder Board Chopping Green 24x18x0.5" 1x1's
490693	Thunder Board Chopping Red 24x18x0.5" 1x1's
490694	Thunder Board Chopping 24x18x0.5" 1x1's
CS200	Thunder Chopping Board Holder 1x1's

Take it away

Takeaway coffees and meals have become a central part of many business offerings over the past year. Be sure you have everything your business needs to meet this growing demand.

PD5504	Container Foil No.2 1x1000's
PD5540	Foil Container Lid No 2. 1x1000's
PD5505	Foil Container No 6. 4x8x1 1x500's
PD5542	Foil Container Lid No 6. 4x8x1 (For PD5505) 1x500's
PD4619	Pizza Box 9" 1x100's
PD4620	Pizza Box 10" 1x100's
PD4621	Pizza Box 12" 1x100's
PD1072	Mixed Colours Cross Ripple Hot Paper Cups 12oz 1x500's
PD1518	White Sip Through Lids 12oz/16oz 1x1000's
496210	Wrapped White Paper Straws 8" (20 cm) 24 packs x250 per case
496000	White Paper Wrapped Wooden Stirrer 7.5" 1x10000's
PD9089	Tork Polar White Lunch Napkins 2ply
PD4046	Tork Pro White Dinner Napkins 2ply



MEET THE CUSTOMER

We chat to Nathan McDonnell, Managing Director of Ballyseedy

How long has Ballyseedy Garden Centre been open?

Established in 1992, Ballyseedy Home & Garden has been open for 28 years. Ballyseedy is a family-run business with our flagship store nestled just a few minutes outside of Tralee, Co. Kerry. We also operate cafés in Midleton, Carrigaline, Co. Cork and in Raheen, in Co. Limerick for the Dairygold Co-Op Superstores Group.

What do you love about your work?

I love working with nature and food. My working day has a huge focus around both: plant and food buying, forecasting new food and plant trends and adapting these into the business. It goes without saying that it's the people that make a place. We have a fantastic team here at Ballyseedy, and many of our loyal customers who have supported us throughout the years have become life-long friends of the business.

What kinds of foods do you serve in your café?

Our menu has a savoury and sweet offering that caters for all tastebuds, from fresh veggie quiches served with homemade salads or goat's cheese bruschetta with roasted veg and sun-dried tomato to something a little sweeter. Our moreish zingy lemon cake and cheesecake delights are delicious accompanied with our specialised range of teas and coffees.

In what ways does Ballyseedy take sustainability into account?

Sustainability is an area we are naturally mindful of. Gardening is always at our core and, as a business, we continue to strive to implement best practice around sustainability, recycling and harvesting of water. We take simple steps such as using leftover coffee grinds from the café as fertiliser around the garden centre. We use only recycled materials and compostable coffee cups throughout all our restaurants and cafés. As a business, we will continue to research and develop this area.

How do you ensure quality on your menu?

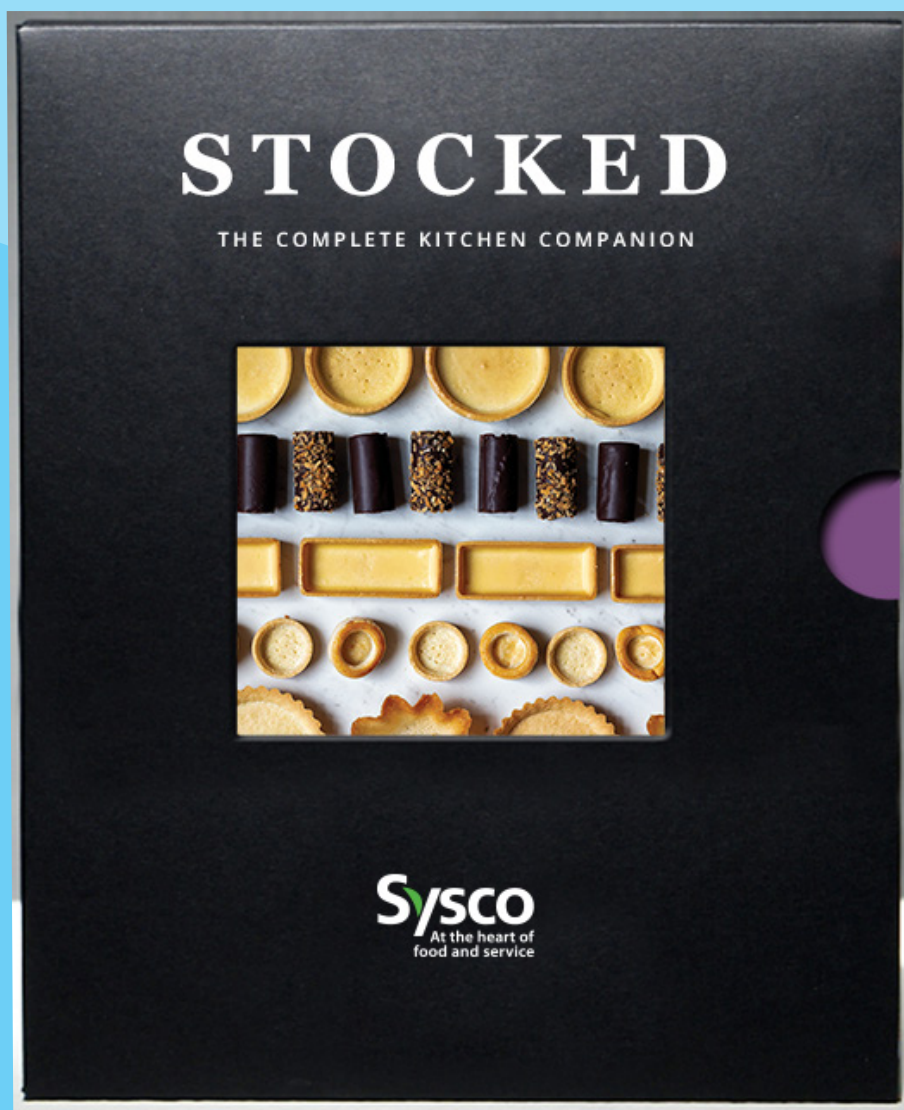
At Ballyseedy, we cherry-pick the suppliers with whom we choose to work. Supporting local is key, and thankfully we have a quality supplier in Pallas Foods on our doorstep.

How does Pallas Foods help you run your business effectively?

We are well informed of the food stocklist in advance, which means we can prepare and plan our menus efficiently. Monthly catalogues have really helped, along with consistent communication with Pallas Foods local representatives.

Have you got any new developments in the pipeline?

Yes, an abundance of developments are underway at the moment! All will be revealed early next year. For more information on Ballyseedy, visit www.ballyseedy.ie or follow @ballyseedygarden on social media.



Stocked is the Complete Kitchen Companion: check out the newly updated extensive guide to the full Pallas Foods offering, from must-have ingredients and specialty items to catering essentials, all providing inspiration and guidance as you move your business forward.

It showcases dedication, depth and range of offering from producers, growers and artisans throughout Ireland and beyond.



Find Stocked at www.pallasfoods.com/stocked

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