

# AT THE PASS

FRESH SPRING FLAVOURS  
TAKEAWAY TIPS  
CELEBRATING IRISH PRODUCERS



**Sysco**  
At the heart of  
food and service



# A SMART CHOICE

Designed to be the perfect **'drop-in'** replacement for gels and wicks, the Eco-Burner Chafo overcomes all of the problems associated with heating chafing dishes by traditional methods. The patented safety features of the Eco-Burner Chafo means it is safer, greener and cleaner, giving you greater control and removing waste.

## The Eco-Burner Chafo:



- Will shut off if overturned and does not spill
- Remains cool to the touch throughout service
- Shuts off completely if water pan runs dry
- Lights first time every time
- Is environmentally friendly, with a 75% reduction in carbon emissions compared to traditional gel and wick chafing fuels, according to an independent report from Carbon Footprint in the UK.

119624	Eco-Burner Chafo Burner Unit 1x1's	€51.19/€46.07 per unit
119323	Eco-Burner Chafo Fuel 6x448gm	€43.99/€39.59 per case



### PLEASE NOTE

All prices are subject to change and stock availability.

This applies to all products.

IRISH FAVOURITES **P.05**

RIBEYE OF IRISH BEEF **P.06**

FARMER PROFILE: TREVOR LANGLEY **P.09**

SUPPLIER PROFILE: LOUGHNANE'S **P.11**

SUPPLIER PROFILE: M WRIGHT & SONS **P.13**

TWISTED CHICKEN MARYLAND **P.16**

SPRING CHICKEN **P.17**

FEEL THE BEET **P.19**

SUPPLIER PROFILE: SILVER HILL **P.20**

IRISH LAMB **P.22**

LAMB MOUSSAKA **P.23**

TAPAS TO GO **P.26**

SUPPLIER PROFILE: CLONAKILTY **P.28**

PUB GRUB AT HOME **P.30**

DELI DELIGHTS **P.32**

TAKE IT CHEESY **P.34**

SOMETHING SWEET **P.36**

TEA TIME **P.38**

# Welcome

to the March-April edition of At The Pass. With spring in the air and St. Patrick's Day on the way, we're focusing even more than usual on the fabulous Irish producers, growers, farmers and fishermen who make the food on this island so special. Read on to learn the stories behind some of your favourite Irish products, with inspiring recipes included that will encourage creativity in your kitchen. From richly marbled dry-aged Irish ribeyes to a flavour-packed twisted chicken Maryland, tender spring lamb and tapas tweaked for takeaway, you're sure to find plenty of mouthwatering ideas — and that's all before we get to our sumptuous desserts and creamy Irish cheeses. With lockdown still underway, our chefs are sharing their expert tips and advice throughout, helping you ease your menu into spring, whatever that looks like this 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		

KEEP AN EYE OUT FOR OUR

**ONLINE**  
DISCOUNT PRICE

€33.00/ **€32.85** per Case

## Contacts

NEWCASTLE WEST: 069 - 20 200  
DUBLIN: 01 - 45 66 550  
EMAIL: [sales@pallasfoods.com](mailto:sales@pallasfoods.com)  
WEB: [www.pallasfoods.com](http://www.pallasfoods.com)





# Celebrating Irish

05 Irish Favourites   06 Ribeye of Irish Beef   09 Meet Our Farmers: Trevor Langley  
11 Meet Our Suppliers: Loughnane's Family Butchers   13 Meet Our Suppliers: M Wright & Sons



# — IRISH FAVOURITES —

**St. Patrick's Day is a great time to re-imagine classic Irish cooking and put a new stamp on old favourites.**

## OUR CHEF Says



Simon Hudson

"These dishes will make the most of Irish favourites on your *St. Patrick's Day* menu."

- Bacon and cabbage with parsley sauce
- Fish pie
- Seafood chowder with smoked coley
- Fish smokies
- Homemade soda bread
- Boxty
- Pork ribs braised in barbecue sauce and Irish stout
- A twist on tiramisu with Irish cream liqueur
- Dublin coddle
- Salmon fillets with a whiskey cream sauce
- Thick-cut glazed gammon with fresh eggs (a perfect St. Patrick's Day brunch)
- Ham hock terrine, potato cakes or croquettes
- Smoked coley poached in milk, served over colcannon with a soft poached egg

## OUR CHEF Says



Colin Greensmith

"In terms of seasonal foods, this is an exciting time to be planning a menu. Spring lamb is at its best, along with some light and flavourful vegetables. Rack of lamb is always popular, as is a leg of lamb for the traditional Easter roast. New season asparagus and wild garlic work really well alongside both of these cuts. Don't forget the less-celebrated cuts of lamb, either: neck fillet, rump and shoulder rack have a lovely balance of fat and offer variety in a chef's hands. Monkfish and turbot are also in season, both of which work well with fennel which is in its prime right now."

## TOP TIP!

Why not offer an Irish cheeseboard selection on your takeaway menu? Combine pre-cut cheese portions, crackers or bread, some fruit and a small pot of chutney into a ready-for-the-board selection with endless appeal for those looking to treat themselves at home. You could even include paired Irish craft beers as an optional extra at an additional charge. **Flip to p.30 to learn more about some of Ireland's world-quality farmhouse cheeses.**





## SEARED RIB EYE OF IRISH BEEF WITH BEEF MARROW MASH, CREAMED SPINACH AND WATERCRESS BUTTER

*Serves 4*

*For the watercress butter:*

- 20ml extra-virgin olive oil
- 2 shallots, finely diced VW801
- 1 garlic clove, crushed VW733
- 150g butter, softened DY116
- 1 tbsp parsley HB553
- 3 tbsp watercress HB574
- 4 anchovy fillets FS998

*For the cream reduction:*

- 2 shallots, finely diced VW801
- 1 garlic clove, crushed VW733
- 200ml white wine AL402
- 300ml cream DY228

*For the mash:*

- 50g butter DY116
- 100ml milk DY417
- 400g hot mashed potato
- 80g beef marrow
- 2 shallots, finely diced VW801
- 1 garlic clove, crushed VW733
- 1 tbsp tarragon 491016

*For the spinach:*

- 20g butter DY116
- 2 shallots, finely diced VW801
- 1 garlic clove, crushed VW733
- 200g spinach SL328
- Nutmeg SP180

*To serve:*

**Red wine reduction**

1. First, wrap the cube roll. Roll the beef tightly in cling film, securing at both ends. Chill the beef overnight.
2. To make the butter, blend all of ingredients in a food processor, then add the butter and fold in until mixed thoroughly. Roll into a cylindrical shape and chill until set.
3. To make the cream reduction, pan-fry the shallots and garlic until soft, add the white wine and reduce by two-thirds. Add the cream and reduce to sauce consistency.
4. For the mash, melt the butter in the hot milk. Add the hot mash and mix well. Cut the marrow into chunks and pan fry with the shallots and garlic, then sprinkle with some tarragon.
5. Place the mash in a copper pot, sprinkle the marrow with sea salt and add to the top of the pot of mash.
6. Slice the cube roll into 280g steaks.
7. Heat a heavy pan until smoking, then add a little oil. Season the steaks and pan-fry until cooked to your liking.
8. While the steaks are resting, finish the spinach. Melt the butter and sweat off the shallot and garlic. Add the spinach and cook just enough to wilt it, then add the cream reduction and season with salt, pepper and a little nutmeg.
9. To serve, thinly slice the steak and place on a large tray or board. Place the copper pot of mash on the side, followed by the creamed spinach. Top the steak with two discs of watercress butter and serve with a little red wine reduction.

<b>BF428</b>	Irish Nature Beef Rib-Eye Steaks - Pack 10x227gm	€56.29/€54.88 per unit	  
<b>491055</b>	Irish Nature Beef Rib-Eye Steaks - Pack 10x283gm	€ 77.90/€75.95 per unit	  
<b>490587</b>	Irish Nature Beef Centre Cut Fillet Steaks 12x170gm	€96.00/€93.60 per unit	  
<b>490591</b>	Irish Nature Beef Centre Cut Fillet Steaks 12x227gm	€128.00/€124.80 per unit	  
<b>490596</b>	Irish Certified Hereford Prime Striploin Steaks - 2x(5x283gm)	€62.30/€60.74 per unit	  



# THE BEST BEEF





PURE PERFECTION  
FROM GATE TO PLATE



THIS IS OUR BEEF

RAISED BY FARMERS WHO REALLY CARE ABOUT THEIR HERDS.

HANDPICKED BY EXPERTS WHO KNOW THEIR CRAFT.

TRANSFORMED BY CHEFS WHO MAKE IT TRULY SHINE.



A PARTNERSHIP  
IN BEEF WITH





# Meet the Farmer



Our environment and climate definitely have a big impact on our beef. **That's really what makes Irish Nature beef special — the grass we have here in Ireland, and in Tipperary,** gives us and our cows a natural advantage. On our family farm, **we put a big focus on trying to give our cattle as much grass as possible,** whether that's fresh in the fields or through quality silage when necessary. We really get maximum efficiency out of our grass, and it shows in the quality of our meat. My personal favourite way to enjoy our Irish Nature beef? A good roast dinner on a Sunday."

## TREVOR LANGLEY






is an Irish Nature farmer near Thurles, Co Tipperary

"I've been farming in partnership with my parents for the last five years. We inherited the business from my uncle, but it's been in the family since the early 1900s. Today, the farm is around 210 acres in total, and we have a herd of about 60 cows.

The thing I love most about my work is the breeding aspect. On our farm, we mostly work with Limousin cows, and we're always trying to improve our stock through breeding. We put a lot of effort into breeding our cows, and are always introducing new ideas and genes. We are always learning.

"People often don't realise that you're never really finished with breeding — it's about much more than creating just one generation."



BF471	Irish Nature Jacobs Ladder Beef Spare Rib 1x1.6-2.2Kg	€9.39/€9.16 per Kg	  
BF842	Irish Nature Beef Feather Blade 1x2.5-3.5Kg	€8.15/€7.95 per Kg	  
BF377	Irish Nature Beef Corned Silverside Halved 1x2.4 - 3.6Kg	€ 7.79/€7.60 per Kg	  



t  
b  
a



**YOU'LL NEVER FORGET YOUR FIRST TASTE OF TIPPERARY DRY AGED BEEF. DRY AGED USING HANDCRAFTED IRISH ATLANTIC SEA SALT™,**

**IT'S A TRUE EXPRESSION OF LAND AND SEA – NATURE AT ITS FINEST.**

The sublime flavour of **Tipperary Dry Aged Beef** is testament to the care that goes into each cut. It starts with exceptional beef, reared with care, in small herds, on Irish farms. Then comes the art of meticulous selection, because only the best cuts are worthy of aging.

Great beef is only made better with time. That's why Tipperary Dry Aged Beef is sealed away in small batch dry aging chambers and left undisturbed until the dry aging process is complete. At TDA Beef, they understand that each dish is different, so they can tailor dry-aging times to meet their customers' own specifications.

There's simply no room for error when it comes to the beef on your menu. Tipperary Dry Aged Beef's patented UltraTender™ process guarantees consistently tender beef with every cut, so you can be sure that each cut of TDA Beef will be just as perfect as the one before. This promise has furthered TDA Beef's global reputation for its award-winning, premium quality.

Tipperary Dry Aged Beef boasts a deep, complex, unashamedly beefy taste that meat lovers crave. Intricate marbling creates a truly unique taste, making for an incredibly tender texture that yields to the knife. This lasting flavour transforms the entire eating experience into something truly special, adding an extra layer of depth to the menus of some of the world's most renowned restaurants.

The Tipperary Dry Aged Ribeye is a crowd favourite. With marbling unrivalled by any other cut, the TDA Ribeye is exceptionally juicy with a full-bodied flavour. Its undeniably great taste will have meat lovers craving more. The Tipperary Dry Aged Ribeye received a Gold medal in the 2019 World Steak Challenge in recognition of its magnificent quality.



**TIPPERARY DRY AGED BEEF  
AWAKEN THE SENSES**





## EST. 1973 LOUGHNANE'S FAMILY BUTCHERS

Our experience in making quality traditional Irish sausages and puddings goes back to 1934. What makes our products so unique is our experience. Four generations of Loughnanes have worked tirelessly to perfect our recipes and seasonings throughout the years.

*"Some of our recipes haven't changed in decades – you can't improve on perfection!"*

We continue to adjust to the ever-changing modern marketplace by creating innovative products and adapting to suit market trends, and NPDP is always at the centre of our plans. One of our most noted products is the Guinness Sausage, a blend of Guinness Stout, Bord Bia approved pork

and freshly chopped leeks. This was born from this company's New Product Development culture, led by NPDP Director Eoin Loughnane.

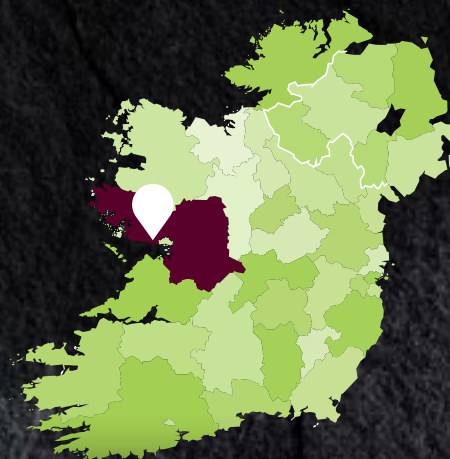
In 2019, the GLAS brand was born. The GLAS mission is to make tasty, nutritious go-to meal options for health-conscious and convenience-driven consumers. This range was created with a true appreciation of ingredients, texture and flavour. We have recently launched our Rudd's Meat Free range to complement our much-loved premium breakfast meats brand with traditional sausages and black and white puddings.

**We consider ourselves blessed being based in Galway.** One of the main reasons for our success in the early days was being surrounded by great people who were able to supply us with the best Irish pork and other raw materials that make our products what they are. Many of these relationships are still in place today, and we hold them in the highest regard.

In the last few years, we have been developing and growing our plant-based offering. We have some exciting variations to existing products, as well as a new Butcher-Style plant-based

## Meet the supplier




**Daire Loughnane,**  
co-owner and MD of  
**Loughnane's Family Butchers**



brand coming to the market soon. Although in recent years the meat-free market has been growing at a significant rate, that doesn't mean that innovation within our sausage and pudding range has slowed down. **Watch this space!**



Loughnane's  
Guinness  
& Leek  
Premium  
Sausages  
2x1Kg

PK871	Loughnanes Guinness & Leek Premium Sausages 2x1Kg	€ 8.29/€8.08 per case	2	
PK037	Loughnane Pork & Apple Premium Sausages 2x1Kg	€11.49/€11.20 per case	2	
PK928	White Pudding with Ham Hock & Wholegrain Mustard 1x1 Kg	€ 4.99/€4.62 per case	2	



# Meet the supplier

**Cian Wright**  
of M Wright & Sons

**M WRIGHT & SONS**  
Est 1893



**A**s an island nation, fishing has always been economically and socially important to Ireland. Our 7,500km of coastline is surrounded by some of the most natural, clean waters on earth and it is vital we protect it for future generations. The sailing boats, spears and makeshift nets with which our ancestors fished didn't pose any threat to our jobs, coastal environment or fish stocks, but modern fishing vessels and methods do.

The Irish fishing industry employs over 16,000 people. Much of this employment is in rural areas and is the lifeline of coastal communities. With Brexit and the increased demand that European boats will put on Irish waters, it is now more important than ever that we protect our stocks and cherish our fishing communities.

The M Wright & Sons and Pallas partnership represents a significant portion of foodservice sales for Ireland and we are very aware of our responsibilities to our industry. We have a buyer in every port in Ireland, from major ports like Killybegs to small inlet harbours such as Clifden.

*Subject to fishing quotas and weather, we will always buy Irish first, offering small producers and fishermen access to Irish and international markets.*

With its long, unspoiled coastline, Ireland is home to spectacular seafood. Fresh Irish fish is much sought-after in neighbouring countries because of its freshness and quality.

There are smaller harbours all around our coast where small boat fishermen ply their traditional skills, fishing lobster, crayfish, crabs, oysters, scallops and salmon on a seasonal basis. Though small in volume, landings from these boats are of high value. They make an important contribution to exports and local tourism and hospitality, and provide retail and foodservice with fresh seasonal product.

*What's in season now?*

Cod, haddock and hake are all in season at this time of year. While Irish cod and haddock are great quality, Irish hake is a fantastic menu item and is the most sustainable of the three. You can also find great value in organic Irish salmon at the moment.



*Most important varieties of Irish seafood*

**White fish:** Cod, haddock, whiting, hake, monkfish, plaice and soles

**Oil-rich fish:** Herring, mackerel and horse mackerel

**Shellfish:** Dublin Bay prawns, crabs, lobster, crayfish, mussels and scallops

**Aquaculture:** Salmon, rainbow trout, mussels and oysters

**FS1206z** Irish Prawn Tails (shell on/tail off) 40/60 1x1Kg

€ 18.69/€18.22 per unit



**FS113** Native Wild Irish Live Lobster 3x500gm

€ 37.19/€36.26 per Kg







496680

Smoked Coley Portions 30x150gm

€ 54.39/€53.03 per case



496719

Organic Salmon Supreme Skin on 10x170-200gm

€ 46.29/€45.13 per case







# Spring Flavours

16 Chicken Maryland   17 Spring Chicken   18 The Salad of Today   19 Feel the Beet  
20 Meet Our Suppliers: Silver Hill   21 Sophisticated Service  
22 Lovin' Lamb   23 Lamb Moussaka





# STAY FRESH



A partnership with Sysco means that your business benefits from a dedicated team of suppliers, sourcing the highest quality fresh produce and supporting our Irish producers throughout all 12 months of the year.

Sysco is your connection to Irish, local and artisan producers, bringing quality food to your kitchen and your customers' plates. Taking advantage of this service provides many benefits:

- Encourages a greater understanding of where food comes from
- Keeps money within the Irish economy
- Minimises food miles
- Embraces seasonality and maximises freshness

A large, vibrant image of fresh Irish produce, including potatoes, carrots, leafy greens, tomatoes, and blueberries, arranged in a circular pattern. The produce is fresh and colorful, with a variety of textures and colors. The text 'The generous bounty of Irish farms awaits you.' is overlaid on the bottom right of the image in a large, white, sans-serif font.

The generous bounty of Irish farms awaits you.



## TWISTED CARIBBEAN MARYLAND CHICKEN

Serves 4

*For the chicken:*

**1 egg 477572, mixed with 80ml milk**  
**150gm panko breadcrumbs 107231**  
**1 tbsp Jerk spice mix Z494070**  
**50gm plain flour 114951**  
**4 chicken breasts CK980**  
**Salt and black pepper**

*For the plantain fritter:*

**1 plantain, peeled**  
**1 tsp chilli powder SP266**  
**100gm batter mix, made up 87899**  
**30gm plain flour 114951**

*For the sauce:*

**50gm shallots, chopped VW802**  
**1 garlic clove, chopped VP351**  
**1 tsp Jerk spice mix Z494070**  
**100ml white wine**  
**200ml jus or gravy**

- 1.** Combine the panko crumbs with the Jerk spice mix.
- 2.** Flour the chicken, then dip into the egg mixture, then the panko mixture, pressing the crumbs on to coat well.
- 3.** Season the chicken with a little salt and freshly ground black pepper.
- 4.** Heat a non-stick pan with a little oil and seal off the chicken until nice and golden. Transfer to oven until completely cooked throughout, then leave to rest.
- 5.** Cut the plantain in half lengthways, then cut both pieces in half.
- 6.** Stir the chilli powder into the batter.
- 7.** Flour the plantain, then coat in the batter. Deep-fry until golden brown, then drain on some kitchen paper.
- 8.** Heat a touch of oil in a small heavy-bottomed pan and sweat the shallots and garlic until translucent.
- 9.** Add the Jerk spice mix and cook gently for another minute. Add the white wine and bubble until reduced by half.
- 10.** Add the jus and simmer until the desired consistency is achieved.
- 11.** Plate up as required. This dish is lovely served with Caribbean-style rice and peas.



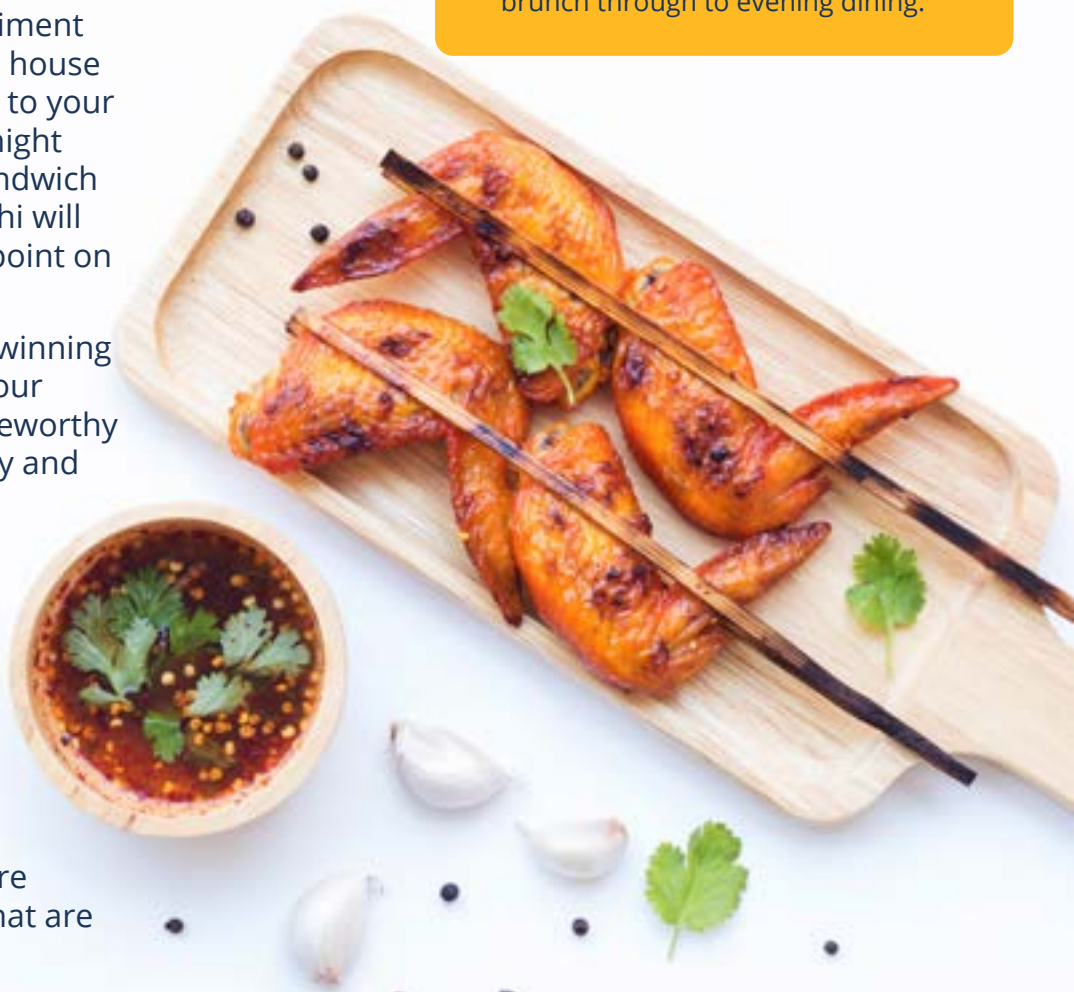


# SPRING CHICKEN

CHICKEN IS THE MOST VERSATILE OF MEATS, AND NOW IS THE TIME TO PAIR IT WITH FRESH, SPRING FLAVOURS. AFTER MONTHS OF HEARTIER, HEAVIER MEALS, CUSTOMERS WILL BEGIN TO TURN TOWARDS LIGHTER OPTIONS AS THE DAYS GROW LONGER.

## Make it modern

- Focus on dishes with plenty of spring vegetables to and tap into the ongoing trend for healthy eating. Acidity and crunch are key this season.
- Pickled and fermented foods continue to shine. Experiment with creative pickles and house ferments to add interest to your dishes. Pickled carrots might make a good chicken sandwich great; house-made kimchi will allow for a higher price point on a Korean chicken dish.
- “Heat and sweet” is a winning combination — match your chicken dishes with crave-worthy sauces that hit both spicy and sweet notes.
- Provenance is still of utmost importance to today's consumer. Make the most of Irish and local ingredients by calling them out on your menu and website.
- With takeaway still reigning supreme, be sure to choose menu items that are easily transportable.















## OUR CHEF Says



**Colin Greensmith**

"With the change of seasons and brighter days ahead, your takeaway offering should take inspiration from outdoor dining and lighter casual food. Chicken shops will be on trend this summer; fried chicken is easy to execute, and crisp, juicy chicken is fantastic with a brioche bun, crunchy slaw and a smoky dressing. Compostable and biodegradable rustic packaging is on point, both ethically-speaking and in making your food look attractive. Grazing boxes will continue to be popular, and can be a good fit for any mealtime from brunch through to evening dining."

<b>CC316</b>	Glin Valley Split Chicken 20x500gm	€ 29.09/€28.36 per case				
<b>C314</b>	Glin Valley Breaded Chicken Maryland Wing In BB HL 20x170gm	€ 32.49/€31.68 per case				
<b>CC222</b>	Glin Valley Free Range Chicken Supreme Skin On 50x200gm	€ 127.39/€124.21 per case				



# THE SALAD OF TODAY

Keep your menu current by embracing **2021 salad trends**. Follow these eight tips to a more modern salad offering...



## ① Pickle perfection

Creative pickles add brightness, acidity and interest. Don't limit yourself to cucumber and onions: think outside the box and try creating your own pickled mango, watermelon, chillies or fennel.



## ② Form and function

Functional foods are big, with specific health benefits remaining highly desirable. Fermented foods, protein and fibre reign supreme.

## ③ All in one

Today's consumers want their salads to provide a complete meal solution, including hearty additions such as grains, nuts and legumes.



## ④ Char it up

Charring lettuces adds new layers of flavour, making them shine as more than just the base.

## ⑤ Upcycling food

Reducing food waste has encouraged the use of parts that are normally thrown away: think cauliflower leaves, broccoli stems, cabbage hearts or carrot tops. These 'scraps' are often nutritious and upcycling them into tasty salad ingredients will continue to grow in popularity.



## ⑥ Smokin'

Smokiness adds fantastic complexity of flavour. Experiment with new dressing ingredients such as smoked honey or smoked salt.

## ⑦ Chickpea crazy

This is the year of the chickpea — rich in fibre and vegetable protein, they'll be cropping up in plenty of dishes. Try adding spiced roasted chickpeas to salad bowls as a crunchy topping, or making chickpea fritters the main ingredient.



## ⑧ Classics with a twist

Look to the past for inspiration, adding a modern twist to update classic salad recipes. Re-invent a classic Caesar salad by using kale in place of cos; marry a fruit salad with a fiery lime and chilli dressing; or make a Caprese irresistible by using crispy fried tomato slices and oozy, unctuous burrata.

To create a winning salad every time, be sure to tick these boxes...

- **Colour:** Customers eat with their eyes first, so bear visual appeal in mind.
- **Contrast:** A variety of contrasting textures and flavours is infinitely enjoyable. Pair crunchy veg with creamy sauces, or balance salty ingredients with a touch of sweetness.
- **Acid:** Almost every salad benefits from a touch of brightness, whether from pickled components, citrus juices or quality vinegar.
- **Portability:** With takeaway options still the order of the day, be sure to envisage how your salad will be presented in your packaging.



# MAKE THE MOST OF THIS QUALITY IRISH INGREDIENT

## SUPERFOOD WRAP WITH BALLYMALOE IRISH BEETROOT

Serves 2

- 1 cup of Ballymaloe Diced Irish Beetroot MS753
- 2 carrots, julienned VW723
- 2 handfuls of red cabbage, finely shredded VP689
- 2 tbsp fresh mint, HB560 chopped, plus extra to serve
- A little olive oil OL102
- 200g canned chickpeas, 13609 drained
- ½ tsp ground cumin 34002
- ½ tsp chilli powder 33601 or ground cayenne pepper
- 3 tbsp French salad dressing DR165
- 2 tortilla wraps TR107

1. In a bowl, combine the Ballymaloe Diced Irish Beetroot, carrot, red cabbage and mint and set aside.
2. Heat a little olive oil in a pan over a medium-high heat. Add the chickpeas and cook for one minute. Add the ground spices and stir together to coat. Cook until the chickpeas are crisp.
3. Toss the salad with French dressing and mix with the spiced chickpeas and a few extra mint leaves. Serve in two lightly toasted wraps.



## SMOKED MACKEREL, HORSERADISH CRÈME FRAÎCHE AND BALLYMALOE IRISH BEETROOT SALAD

Serves 2

Smoked mackerel, Irish beetroot and horseradish are a dream salad combination created by Rory O'Connell of Ballymaloe Cookery School. This recipe is quick and easy and is a healthy lunch or starter, lovely with a slice of brown bread and butter or crusty white bread.

- 2 fillets of smoked mackerel FS690Z
- 1 tsp horseradish sauce Z418615
- 50ml crème fraîche CH1185
- 2 tbsp Ballymaloe Diced Irish Beetroot MS753
- 2 handfuls of baby salad leaves (chard, rocket, spinach HB595, lamb's lettuce)
- French dressing DR165

1. To make the horseradish crème fraîche, stir together the horseradish sauce and the crème fraîche.
2. Lightly dress the salad leaves with Ballymaloe French dressing.
3. Arrange the salad leaves in two bowls and top with a few wedges of smoked mackerel and the Ballymaloe Diced Irish Beetroot. Spoon on a few teaspoons of the horseradish crème fraîche, to serve.





# Meet the supplier

## Barry Cullen, Head of Sales for Silver Hill Duck



**"Silver Hill Duck is a duck manufacturing company based in Co. Monaghan that control all aspects of breeding, farming, production and packing of our famous Silver Hill Duck breed. Established in 1962, we have been supplying the best Chinese restaurants in the UK for the past 40 years. During this time, we've expanded our customer base to include a retail and foodservice branch, offering a wide range of duck products.**

There are a lot of great things about working in Silver Hill, but the wide variety of customers and cultures that we deal with each week certainly makes life interesting! We export our duck to 27 countries, as far away as Hong Kong and Singapore, so we experience a wide variety of tastes and recipes from customers. There are no two days the same.

*Our product is unique because we own the Silver Hill breed and only use our duck in all the products we sell.*

Practically every other duck product sold in Europe comes from the same Cherry Valley breed of duck, which means there is very little variation across the market. Our duck is specially bred to have more fat and a better roasting quality and meat texture.



That's why we are the proud supplier of the ducks you see hanging in the very best Chinese and Asian restaurants across the UK and Europe. Our Chinese customers refer to Silver Hill as "the wagyu of duck," and our repeated recognitions by the Great Taste Awards, Blas na hÉireann and the Irish Quality Food Awards back this up perfectly.

**The environment in which we grow our ducks and the special feed we use are the two main reasons for the premium quality taste and product performance.**





Only the best quality wheat, maize and soya are used to feed our birds, giving them the unique Silver Hill flavour known by loyal customers across the globe. We rear the birds in specially-designed sheds, allowing them to roam freely.

**We are proud members of Bord Bia's Origin Green programme since its inception, and were honoured to be awarded Origin Green Gold Membership.** This recognises those companies who, each year, make a significant individual stride in sustainability and provide a best-in-class environmental performance.

*We sell everything but the quack! In fact, one of the most interesting things I've learned since I joined Silver Hill over nine years ago is that male ducks don't quack. Who knew?* We're always adding to our range of products through our NPD process, but we are flexible enough to cater to any customer requests.

**For plenty of recipe ideas and more information, visit [www.silverhillduck.ie](http://www.silverhillduck.ie).**



<b>D75Z</b>	Silver Hill Boneless Crispy Roast Duck 10x600gm	€ 92.69/€88.06 per case	
<b>D82Z</b>	Silver Hill Duck Leg Confit Cooked Fat 20x250gm	€ 40.19/€38.18 per case	
<b>D7Z</b>	Silver Hill Honey Roast Half Duck 10x250gm	€ 37.29/€35.43 per case	
<b>D8Z</b>	Silver Hill Honey Roast Half Duck 10x300gm	€ 43.69/€41.51 per case	



# SOPHISTICATED SERVICE

Keep it clean with classic white delph, or make a statement with bold colours that accentuate your menu items.



## Principle range

493257	Principle White Angled Bowl 14cm (5") 6 Per Case	€ 33.49/€30.14 per case
493259	Principle White Angled Bowl 21cm (8") 3 Per Case	€ 29.99/€26.99 per case
493255	Principle White Deep Coupe Bowl 26cm (10") 3 Per case	€ 18.49/€16.64 per case
493260	Principle White Coup Flat Plate 30cm (12") 3 Per Case	€ 23.09/€20.78 per case
493290	Principle White Rimmed Deep Plate 27cm (10.5") 3 Per Case	€ 19.39/€17.45 per case

## Granit range

493163	Granit Glazed Flat Plate 24cm(9") 6 Per Case	€ 37.89/€34.10 per case
493161	Granit Glazed Bowl 20cm (8") 6 Per Case	€ 53.59/€48.23 per case
493338	Granit Hazy Flat Plate 26cm (10") 6 Per Case	€ 67.39/€60.65 per case
493164	Granit Hazy Deep Plate 27cm (10.5") 3 Per Case	€ 36.99/€33.29 per case

## Lifestyle range

493155	Lifestyle Articblue Deep Plate 26cm 6 Per Case	€ 59.09/€53.18 per case
493339	Lifestyle Articblue Flat Plate 30cm 3 Per Case	€ 26.79/€24.11 per case
493159	Lifestyle Ebony Deep Bowl 26cm (10") 6 Per Case	€ 71.99/€64.79 per case
493206	Lifestyle Natural Pasta Plate 29cm (11.5") 3 Per Case	€ 26.59/€23.93 per case
493171	Lifestyle Rainforest Oval Platter 28cm (11") 6 Per Case	€ 50.79/€45.71 per case
493158	Lifestyle Deeplagoon Flat Plate 30cm (12") 3 Per Case	€ 29.59/€26.63 per case

493733	Liquid Hand Sanitiser 1 x 500ml	€ 5.59/€5.03 per case
--------	---------------------------------	-----------------------



# LOVING LAMB

WE CHAT TO WILLIAM HAMILTON, WICKLOW-BASED FARMER FOR SLANEY VALLEY LAMB



## What makes Irish lamb special?

The Irish climate is particularly suited to rearing animals, especially sheep. I've heard the phrase "our grass is our gold," and I believe it comes from the quality of our water, which leads to fertile soil and excellent grass growth for our lambs. This allows us to leave the lambs outside nearly all year round; I only bring my ewes in before lambing to give them an extra bit of care.

## How would you describe Slaney Valley products? What makes them unique?

Slaney Valley Lamb is naturally produced Irish lamb that is sourced exclusively from farms like mine in the Republic of Ireland, so you always know where it's coming from. We feed our lambs a grass-based diet, which gives the meat its unique taste. Slaney Valley offers a wide range of cuts of lamb and can supply whatever you need. We have a huge focus on quality and only use lamb of the highest standard. Once my job as the farmer is done, Slaney Valley uses a slow-chilling regime on the bone to maximise tenderness, and the lamb is then vac-packed to keep it tender and flavoursome.

## What do you love about your work?

I love that my work is both different and the same every day. I have tasks that need to be completed each day to tend to the livestock, but I'm also working with living animals and in the great outdoors, so you never know what is going to be presented to you when you get up in the morning. As the seasons change, different activities or chores need to be completed, such as harvesting, shearing, and fencing.

## Have you got any new developments in the pipeline?

In Irish Country Meats we have a fantastic new product development team with over 10 years' industry experience; they are always trying out new ways of cutting and presenting lamb products. Just this year we launched three new products that lend themselves very well to a street food menu, offering something a bit different in the lamb category.

## How long have you been farming Irish lamb?

I have been working on the farm all my life with my parents. My mother comes out with me to help every day and is still an integral part of how the farm runs.



## What is a typical day on the farm?

Here in Co. Wicklow, I am close to Lugnaquilla mountain, so my land is quite steep in places — my day usually begins with walking (or climbing!) to check my stock and make sure they are watered and the night has not brought any surprises. At this time of year, I will be looking after my ewes to make sure they are fit and healthy for the lambing period, and checking that my shed, or "maternity ward," is ready for all the new arrivals.

## What's your favourite way to eat your lamb?

Loin chops are my favourite cut. I just like to pan-fry them with a bit of butter. I recently saw a shanks recipe that is marinated overnight; I'm looking forward to trying that out.



<b>LM529</b>	Slaney Valley Lamb Leg Carvery B/R/T 1x2.4-3Kg	€12.06/€11.76 per Kg
<b>LM159Z</b>	Slaney Valley Diced Lamb 90vI (Irish Stew) 1x2.5Kg	€21.56/€21.02 per unit 
<b>LM524ZP</b>	Slaney Valley Ready to Cook Lamb Rump 1x4x275gm	€12.06/€11.76 per Kg 



*Take a fresh take on traditional Irish lamb with this flavour-packed moussaka*

## LAMB SHANK MOUSSAKA

Serves 2

2 large potatoes VP726  
1 aubergine VW714  
50ml olive oil  
Salt and freshly ground black pepper  
2 braised lamb shanks, meat removed, in their cooking liquid LM632  
1 tsp fresh oregano, chopped HB558  
400ml Béchamel sauce  
100Gm Cheddar cheese, grated CH1071  
¼ tsp ground cinnamon 33581

1. Peel and steam the potatoes until just cooked. Set aside to cool a little, then slice.  
2. Cut the aubergine lengthways into

about five pieces.

3. Heat the olive oil in a non-stick pan. Season the aubergine and seal on both sides until golden brown.

4. Layer half of the lamb mixture into a casserole dish. Sprinkle over half of the oregano and lay the sliced potatoes on top. Add the rest of the lamb, then the aubergine and the remaining oregano. Top with the Béchamel sauce and the grated cheese, then sprinkle the cinnamon on top.

5. Bake at 180°C for 30 minutes until piping hot throughout and the cheese is golden brown and bubbling.







# Takeaway Treats

26 Tapas To Go   28 Meet Our Suppliers: Clonakilty   30 Pub Grub At Home   32 Deli Delights  
34 Take It Cheesy   36 Something Sweet   38 Tea Time





Santa Maria

*Fire up the flavour!*

Santa Maria believe in doing things differently, grabbing taste and flavour with both hands. Passionate straight talking foodies - always up for an adventure and trying new things!! In a nutshell, we want chefs to love spices and seasonings as much as we do. After all, why have mediocre when you can have Santa Maria?

## SANTA MARIA STEAKHOUSE BBQ RUB



Steakhouse BBQ seasoning is a dry spice mix that creates authentic BBQ dishes and is incredibly versatile with many different uses...

Add to **spiced wedges, wraps, goujons** as a finishing seasoning or use as a **pre marinade** on your favourite cut of meat.

100% Vegan but with a sweet smoky, umami flavour use it to pimp up your Vegan favourites such as **Pulled Oats**®.

And all of these can be flavoured out of just one pot of seasoning.

## SANTA MARIA CHIMICHURRI SAUCE & RUB & SANTA MARIA RED CHILI & GINGER SAUCE & RUB

Discover these hot new versatile spice blends!

Chimichurri and Red Chilli & Ginger Sauce & Rub Mix can be used as dry rub or fresh sauces for meat, fish, poultry and veggies (for sauces, simply add equal parts of oil and water).

And remember: The sauces work perfectly as dressings for salads or in a marinade too.



## PORK CARNITAS

Rub into any slow cooked pork joint or chicken and get a spicy, herby, citrus kick. Marinade pork or chicken or vegetables skewers in the **Pork Carnitas**. Grill, BBQ or oven bake. Add to cooked pulled chicken or pork and fill wraps, baguettes or salads.



491266	<b>Santa Maria BBQ Sauce &amp; Rub</b> Chilli /Ginger 6x490gm	£77.19/ <b>£69.47</b> per case
491267	<b>Santa Maria BBQ Sauce &amp; Rub Mix</b> Chimichurri 6x350gm	£77.19/ <b>£69.47</b> per case
SP270	<b>Santa Maria Steakhouse BBQ</b> Tetra 6x565gm	£76.89/ <b>£69.20</b> per case
Z499011	<b>Santa Maria Pork Carnitas</b> Tetra 6x520gm	£84.69/ <b>£76.22</b> per case



# TAPAS TO GO

**SHARING PLATES REMAIN POPULAR, AND ARE AN ENTICING WAY FOR CUSTOMERS TO TREAT THEMSELVES AT HOME.**

## OUR CHEF *Says*



**Colin Greensmith**

"Why not create an Irish twist on tapas? This might include battered smoked hake strips, smoked salmon, Irish blue cheese bites, soda bread and/or artisan ham, along with some farmhouse chutneys and good country butter."

## DO IT RIGHT

- Offer tapas to-share boxes with ready-prepared selections for customers to dish up themselves at home. Upsell with bottles of specially-selected Spanish wines as an optional extra at an additional cost.
- A cold tapas box can include meats, cheeses and dips. Good rustic bread, balsamic vinegar and premium extra-virgin olive oil make great dippers and dressings that require minimal prep.
- A hot tapas box might include salt and pepper squid, pork pinchos, garlic prawns, spicy chicken wings or croquettes with dips.
- Rather than traditional takeaway, consider a meal kit option in which customers can cook ready-prepped ingredients at home, using your instructions.
- Once serving food in-house again, your takeaway tapas can pivot seamlessly to feature on your regular menu as starters, sides or bar snacks.
- Boost sales with an offer that encourages the purchase of additional tapas dishes, e.g. five for the price of four.



## OUR CHEF Says



Simon Hudson

### "Keep it simple."

Stick to a few classics, but do them well. Always make sure your takeaway packaging does justice to your food – it should preserve it intact, keep it hot if needs be, and preserve its presentation. Finally, if you're limited in what you can prep, make life easier with ready-to-heat options."

## Creating your own in-house tapas?

- Chorizo simmered in red wine
- Prawns in white wine and garlic
- Patatas bravas
- Chorizo and beef meatballs in a spicy tomato sauce
- Spanish tortilla
- Paella
- Deep fried calamari
- Salt and pepper squid
- Stuffed jalapeños
- Mixed marinated olives
- Olivada (black olive spread served with bread)
- Octopus carpaccio
- Crispy chorizo sandwich
- Gazpacho
- Escabeche or ceviche
- Seafood salad (mussels, prawns, squid, etc.)

FF214Z	Orien Bites Chicken Oriental Snacks 1x960gm
FF508Z	Sesame Torpedo Shrimp 1x40x20gm
FF681Z	Orien Bites Mini Onion Bhajis 1x56x27gm
O498Z	Large Vegetable Spring Rolls 1x30x90gm
491493	Potato Shrimp Skewer 1x40x25gm
492941	Tempura Shrimps 1x1Kg
492596	Duck Spring Roll 1x1Kg

€10.69/€10.16 per case

€13.79/€13.10 per case

€7.99/€7.59 per case

€10.49/€9.97 per case

€15.79/€15.00 per case

€13.89/€13.20 per case

€8.29/€7.88 per case



# Meet the supplier

## Colette Twomey of Clonakilty Black Pudding, who tells us the story behind one of Ireland's most recognisable brands



Clonakilty Blackpudding Mini Muffins

Many years ago, the modest incomes of small farmhouses of rural Ireland were subsidised by making black pudding, which was sold to the butchers of nearby market towns along with other farm produce. One such farmhouse was that of Johanna O'Brien at Sam's Cross near Clonakilty in West Cork. Johanna's black pudding was sold to Philip Harrington, whose butcher shop was in Clonakilty. When Johanna eventually retired from making her black pudding, she passed her precious recipe onto Mr. Harrington.

**Johanna O'Brien's original recipe has not changed and has been used to make Clonakilty Blackpudding since the 1800s.**



### The secret recipe

In the 1880s, Philip Harrington continued to make the black pudding using this recipe. For almost a century, the precious recipe was faithfully handed down through Philip's family. The 1960s saw the transfer of the business and staff to Patrick McSweeney, who sold the shop and recipe to his nephew Edward Twomey in 1976.

Since then, the popularity of Clonakilty Blackpudding has continued to grow. Over the years, we have added white pudding, veggie pudding, sausages, rashers and bacon to the collection.

### Keeping tradition alive today

Clonakilty Food Co. source all of our ingredients from accredited suppliers, including well-known Irish company Flahavan's who supply the pinhead oats that give our pudding its famous texture. Premium Irish beef and pork is used in our black and white puddings respectively, and our onions are sourced from a local supplier in Bandon. Our new state-of-the-art facility located in Clonakilty enables us to create top-quality products using best practice quality systems.







Clonakilty Whitepudding Bites

**We recently launched our Veggie Pudding which, like our black and white puddings, is also available in a 1Kg catering format.** We offer something to suit the tastes of the whole family, and our Veggie Pudding matches the quality and taste that Clonakilty's loyal customers know and love.

### Sustainability commitments

- » Clonakilty Food Company will continue sourcing **our main raw materials from local producers with sustainability certificates**, and to increase this from 73% to 80% of main suppliers.
- » Clonakilty Food Company **aims for a 5% reduction in incoming oat packaging by 2022.** We also plan to move to bulk raw material sourcing where possible.
- » Clonakilty Food Company is committed to **reducing energy consumption by 5% as well as a 25% reduction of waste by-product and 5% reduction of general waste by 2022.** We also plan on a 5% reduction of water usage by 2021.



PK051	Clonakilty White Pudding Ring 1x420gm	€2.59/€2.53 per unit	 
PK050	Clonakilty Black Pudding Ring 1x420gm	€2.59/€2.53 per unit	 














# PUB GRUB AT HOME










IRELAND'S PUBS REMAIN FIRMLY EMBEDDED IN OUR NATIONAL CULTURE AND - WITH THE RISE OF THE GASTRO-PUB IN RECENT YEARS - GOOD FOOD HAS BECOME AN INTEGRAL PART OF THAT EXPERIENCE. BRING THE PUB EXPERIENCE INTO YOUR CUSTOMERS' HOMES THIS YEAR BY OFFERING CLASSIC PUB GRUB AS A TAKEAWAY OPTION; NOT ONLY WILL THIS MEET A CONSUMER DEMAND FOR MUCH-NEEDED COMFORT FOOD, IT WILL ALSO HELP TO TAKE THE STING OUT OF A PATRICK'S DAY WITHOUT THE TRADITIONAL VISIT TO THE LOCAL.

## CELEBRATING IRISH PORK

496625	Horseshoe Gammon Boned Rolled & Tied 4-6Kg	€ 4.29/€4.18 per case	  
PK400	McCarrens Pork Loin Baby Ribs Irish 8x600gm	€ 27.49/€26.80 per case	 







## THE BIG BITE

Burgers are always good sellers on pub menus. Build craveworthy options with plenty of sauce, crunch and contrast.

BF2116	Steak House Select Beef Burgers GF 36x170gm	€ 32.71/€31.89 per case	  
BF1253	Steak House Select Chuck Brisket Burger 24x170gm	€ 31.51/€30.72 per case	  
BF2960	Irish Hereford Prime Beef Burgers GF 16 x227gm	€ 25.47/€24.83 per case	   

## ON THE SIDE







Many classic pub dishes have non-negotiable condiments — think tartare sauce for battered fish, horseradish sauce for roast beef, or ketchup for anything with chips.

Z418615	Colman's Horseradish Sauce 2x2.25Lt	€17.29/€15.56 per case	
Z418603	Colman's English Mustard Jar 2x2.5Lt	€22.79/€20.51 per case	
Z418617	Colman's Wholegrain Mustard Jar 2x2.5Lt	€22.79/€20.51 per case	
Z418601	Colman's Tartare Sauce 2x2.25Lt	€20.99/€18.89 per case	
Z415804	Hellman's Tomato Ketchup Sachets 198x10ml	€12.09/€10.88 per case	
Z414335	Knorr GF Gravy Econ Roast 3x1.14Kg	€31.69/€28.52 per case	






## EYES ON THE PIES

Easily transportable, lasagnes and pies can be sold hot as a ready-to-eat dish or as a heat-at-home option.

490293	Cloughbane Beef Lasagne 1x2.6Kg	€ 13.89/€13.20 per case	
RM572Z	McColgans Steak & Kidney Pie 24x185gm	€ 9.09/€8.64 per case	
RM571Z	McColgans Chicken & Ham Pie 24x150gm	€ 11.29/€10.73 per case	
RM570Z	McColgans Mince & Onion Pie 24x150gm	€ 6.69/€6.36 per case	
RM569Z	McColgans Chicken Curry Pie 24x150gm	€ 10.09/€9.59 per case	
RM159Z	Unbaked Hot Dog Lattice 36x110gm	€ 19.99/€18.99 per case	

## GET STOCKED

Bouillon is essential for creating gravies and sauces.

Z414481	Knorr Beef Bouillon Jelly Jar 2x800gm	€ 23.99/€21.59 per case	
Z414479	Knorr Chicken Bouillon Jelly Jar 2x800gm	€ 23.09/€20.78 per case	
Z414441	Knorr Beet Bouillon Paste Tub 2x1.76Kg	€ 52.99/€47.69 per case	
Z414439	Knorr Vegetable Bouillon Paste Tub 2x1.76Kg	€ 52.49/€47.24 per case	
Z414444	Knorr Chicken Bouillon Paste Tub 2x1.76Kg	€ 52.99/€47.24 per case	

## OUR CHEF Says



Simon Hudson

"Cleverly reduce costs by designing your menu to include several dishes that contain a few of the same ingredients."

## SOUPER OPTIONS

Soup is a perennially-popular pub starter and lunch option, and easy to offer in takeaway form.

Z990287	Knorr 100% Soup Chicken & Vegetable 4x2.5Kg	€ 35.09/€31.58 per case
26344	Knorr 100% Soup Leek & Potato 4x2.5Kg	€ 36.09/€32.48 per case
Z990292	Knorr 100% Soup Minestrone 4x2.5Kg	€ 30.89/€27.80 per case



# DELI DELIGHTS

Build your customers' dream deli counter with quality meats and sauces.











TY504	Sliced Turkey Roll 4x1Kg	€24.69/€23.46 per case	
H2001	Sliced Turkey Breast 1x1Kg	€6.79/€6.45 per unit	
493439	Long Sliced Roast Chicken Fillet 1x2.5Kg	€15.59/€14.81 per unit	
CM317	Block & Barrel Halved Potted Baked Ham 1x2.3-3.3Kg	€8.99/€8.54 per Kg	  
490986	Block & Barrel Cooked Ham 1x5Kg	€9.09/€8.64 per Kg	  



## THE FINISHING TOUCH

Add herbs, spices and other flavourings to create your own bespoke mayonnaise-based sauces that perfectly match your sandwich offering.


**Mustard mayonnaise is the perfect match for a ham or roast beef sandwich;** add smoked paprika and chives for an egg salad baguette, or Cajun spice for a chicken ciabatta.

490968	Hellman's Mayo Bucket Light 1x10 Lt	€21.49/€19.34 per case	
490044	Hellman's Mayo Bucket Real 1x10 Lt	€27.29/€24.56 per case	  
490074	Hellman's Mayo Bucket Heavy 1x10 Lt	€27.59/€24.83 per case	  
Z415806	Hellman's Real Mayo 198x10 ml	€17.49/€15.74 per case	
Z415802	Hellman's Mustard Mayo 198x10 ml	€10.89/€9.80 per case	

## KENNY'S

The Kenny's brand prides itself on delivering quality, consistency and service. **Their new vegan mayonnaise is the perfect alternative for those on a plant-based diet,** with no compromise on flavour.



496666	Kenny's Vegan Mayonnaise 430ml/10	€17.09/€15.38 per case	
496668	Kenny's Finest Quality Mayonnaise 430ml/10	€12.39/€11.15 per case	





# Philadelphia: Not just a pipe dream

2/3 chefs prefer to work with Philly and highly rate its taste and performance\*

Education



Hotels



Food-to-Go



Restaurants & Pubs



Healthcare



## You Don't Know PHILLY

If you have any questions or would like to request sample of Philadelphia, please feel free to get in touch with Excellence on the details below.



**Excellence**  
Specialists in Food Service



Call a member of the team on **+353 (0) 1 832 3300**  
EMAIL: **info@excellence.ie** OR VISIT **www.excellence.ie**

\*66% of chefs selected Philadelphia Original when asked 'Which cream cheese would you prefer to work with as a chef?' during independent blind taste tests with 3 competitor products, conducted by Good Sense Research in July 2020 with 101 chefs. 92% of chefs rated Philadelphia Original's taste as 6 and above on a 9 point scale and, based on ease of spreading test, 93% of chefs stated Philadelphia Original was easy to spread.

**www.philadelphiaprofessional.co.uk**



# TAKE IT CHEESY

## Carrigaline Farmhouse Cheese

Carrigaline Farmhouse Cheese is a family-run business in east Cork. Ann and Pat O'Farrell have been producing cheese on their farm at Carrigaline in south-east Cork since 1987, and are passionate about producing the best tasting, innovative and quality cheeses possible. **"All of our cheeses are handmade and are truly artisan in nature. We source all of our milk from a local farm so we have first hand knowledge of the quality of the milk we use.** The passion that is put into every step of our cheese-making process is evident in the end product, a high quality cheese that is alive with taste and presence. It's hard to find a cheese that is made with more love and care!"



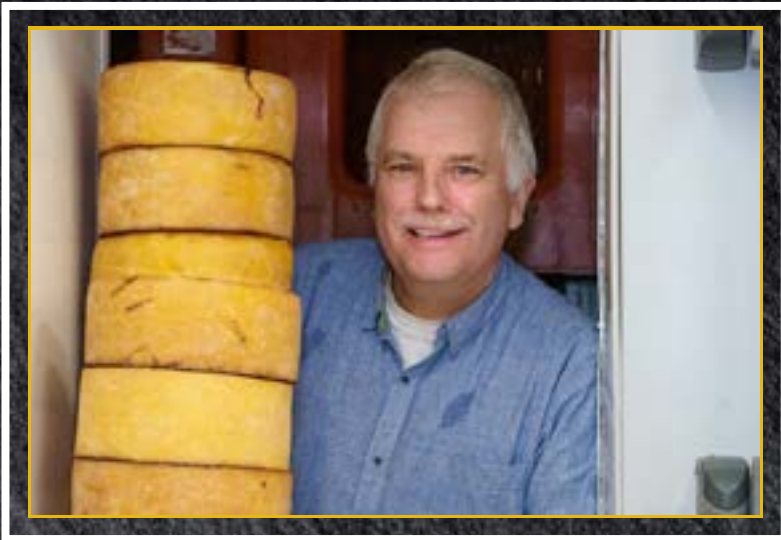
CH1593	Carrigaline Natural Cheese 1x120gm	€2.39/€2.27 per unit			
CH1594	Carrigaline Beech Smoked Cheese Wedge 1x120gm	€2.19/€2.08 per unit			
CH1597	Carrigaline Garlic & Herb Cheese 1x120gm	€2.49/€2.37 per unit			
CH4396	Carrigaline Italian Truffle Cheese Wheel 1x1.8Kg	€14.99/€14.24 per Kg			
CH1591	Carrigaline Dillisk Seaweed Cheese 1x120gm	€2.59/€2.46 per unit			
CH1596	Carrigaline Cranberry Cheese 1x120gm	€2.19/€2.08 per unit			
CH1308	Carrigaline Natural Farmhouse Cheese 1x1.8Kg	€11.79/€11.20 per Kg			
CH1310	Carrigaline Garlic & Herb Cheese Wheel 1x1.85Kg	€12.09/€11.49 per Kg			
CH1311	Carrigaline Smoked Cheese 1x1.85Kg	€12.99/€12.34 per Kg			
CH1309	Carrigaline Cheese with Cranberry 1x1.8Kg	€12.39/€11.77 per Kg			

## BRIDE VALLEY CHEESE

Bride Valley maker Eamonn Lonergan says, "We use pasteurised summer milk and the finest of ingredients to manufacture this new range. Bride Valley Cheese is produced to appeal to a broad demographic and, because it is pasteurised, it will be accessible to a larger market."

496312	Bride Valley Garlic & Herb Cheddar Cheese Wedge 1x150gm	€2.19/€2.08 per unit	
496738	Bride Valley Garlic & Herb Cheddar Cheese Half Wheel 1x1.5Kg	€11.19/€10.63 per Kg	
496739	Bride Valley Black Pepper & Chive Cheddar Cheese Half Wheel 1x1.5Kg	€11.19/€10.63 per Kg	
496313	Bride Valley Black Pepper & Chive Cheddar Cheese Wedge 1x150gm	€2.19/€2.08 per unit	
496314	Bride Valley Horseradish & Rosemary Cheddar Cheese Wedge 1x150gm	€2.19/€2.08 per unit	
496740	Bride Valley Naturally Smoked Cheddar Cheese Half Wheel 1x1.5Kg	€11.19/€10.63 per Kg	
496315	Bride Valley Smoked Cheddar Cheese Wedge 6x150gm	€2.19/€2.08 per unit	
496741	Bride Valley Sundried Tomato Rosemary & Black Pepper Cheddar Cheese Half Wheel 1x1.5Kg	€11.19/€10.63 per Kg	





## Meet the supplier

### Eamonn Lonergan of Knockanore cheese

**"The Lonergan family** has been farming the land at 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.

*Growing up on the farm, I saw the unique quality of the milk was due to the land on which the cows grazed, here in the hills of Knockanore.*

I decided as a young man to use the rich raw milk to make cheese. After many years of research and trials, I began to make farmhouse cheese in 1987. I established a pedigree herd of Friesian cows who are milked daily in the parlour behind the cheese facility. The raw milk is brought from the dairy to the cheese facility in minutes.

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. We create red and white Cheddars as well as the famous award-winning Oakwood Smoked Cheddar, smoked in our own smokehouse using locally sourced oak chips.

*The raw milk contributes a subtle layer of complexity as well as being beneficial to gut health.*

In 2019, we decided to add to our range to help grow and support the business during Brexit (and, unexpectedly, covid!) and developed our new Bride Valley pasteurised flavoured range, named after the local river Bride. With the help of our designer, we spent a lot of time on our branding: our labels are brightly coloured with a different colour for each blend, and the text resembles the simple 'stamp' brand of years gone by.

*I feel strongly about passing on a sustainable business to the next generation, both environmentally and financially.*

**Knockanore Cheese is a gold medal member of Bord Bia's Origin Green programme**, whereby we measure and reduce our energy usage according to set targets. I believe the rich pastures and calm, happy environment my cows live in contribute to the taste and quality of the cheese. I feel privileged to be able to live and work in this beautiful part of Co. Waterford, making cheese of which I am very proud."





# Something SWEET



**31205** La Boulangerie Almond Croissants  
RTB 48x95gm **€25.59/€23.03** per case



**31206** La Boulangerie Chocolate Croissants  
48x95gm **€25.79/€23.21** per case



**CE965Z** Cinnamon Swirl  
48x86Gm **€20.89/€18.80** per case



**P405Z** Custard Crown with Hazelnut  
48x100gm **€20.69/€18.62** per case



**490023** Salamander Lemon Meringue Pie  
1x12 Portions **€10.69/€9.62** per case



**121612** Brake Vegan Raspberry Fangipane  
Tart GF **€16.49/€14.84** per case



**T223Z** Marguerites Apple Tart  
2x6 Portions **€8.49/€7.64** per case



**CE1376Z** Individual Apple & Blackberry  
Sponge Dessert 12x100gm  
**€29.88/€26.89** per case



**CE1369Z** Carrot Cake GF  
1x14 Portions **€12.49/€11.24** per case







**CE1094Z** Toffee Flavoured Crunch Pie  
1x14 Portions €13.99/**€12.59** per case



**CE1377Z** Individual Bread & Butter  
Pudding 12x175gm  
€33.48/**€30.13** per case



**CE1380Z** Individual Lemon Sponge  
Pudding 12x100gm €22.68/**20.41** per case



**CE1370Z** Chocolate Fudge Cake GF  
1x14 Portions €12.19/**€10.97** per case



**490018** Salamander Deep Apple Tart  
1x12 Portions €10.99/**€9.89** per case



**490012** Salamander Raspberry Roulade  
1x12 Portions €11.09/**€9.98** per case



**CE2021Z** Strawberry & Red Velvet  
Cheesecake 1x14 Portions  
€16.09/**€14.48** per case



**CE2022Z** Coolhull Lemon Pie  
Cheesecake 1x14 Portions  
€15.29/**€13.76** per case



Provide ample  
temptation  
with cakes  
and desserts  
guaranteed to  
delight.



# TEA TIME TEMPTATIONS

Whether in-house or takeaway, first thing in the morning or savoured over an after-dinner dessert, tea is always a guaranteed seller on any Irish menu.



The tea segment of the Irish market is projected to keep growing by 1% per annum. The average per capita consumption of tea in Ireland will be 1Kg this year!

<b>Z937908</b>	Lyons One Cup Tea Orig Box 1x1.38Kg 600's	€21.39/€19.79 per case	
<b>490747</b>	Lyons Two Cup Tea Green Box 1x1.5Kg 500's	€20.69/€19.14 per case	
<b>Z990227</b>	Lyons Tea 200's Box 1x460gm	€12.29/€11.37 per case	

# Sweet Tooth

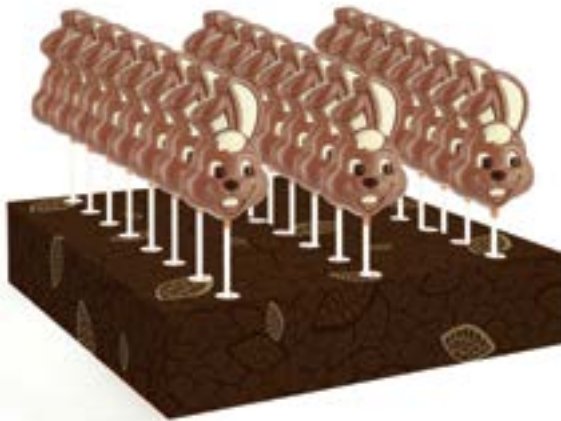
Offer pastries and individual sweet treats alongside your hot drinks to tempt your customers.





# EASTER PARADE

Make the most of special occasions with seasonal treats. Inspire impulse buys by positioning these Easter-themed goodies near the tills.



<b>493011</b>	Easter Chocolate Lollies 24x35gm	€25.79/€23.21 per case	
<b>493242</b>	Marguerites Easter Cup Cakes 16x75 gm	€15.41/€13.87 per case	
<b>BR738Z</b>	Hot Cross Buns 72x70gm	€22.91/€20.62 per case	



<b>50130</b>	La Boulangerie Ready To Bake Danish Selection 1x36's	€16.49/€14.84 per case	
<b>BR292Z</b>	Cinnamon Bun 33x105gm	€26.69/€24.02 per case	
<b>496729</b>	Cadbury's Nut Bar Almond/Cranberry 15x40gm	€21.29/€19.69 per case	
<b>496728</b>	Cadbury's Nut Bar Peanut/Cranberry 15x40gm	€21.29/€19.69 per case	



# CHECK OUT THE NEW & IMPROVED ONLINE ORDERING PLATFORM

**Sysco**  
At the heart of  
food and service



Source the products you need from this issue of At The Pass with the brand-new online ordering platform - one that's been designed from the ground up to make life easier for you, our customers.

Sign up today at [order.syscoireland.com](https://order.syscoireland.com)

