

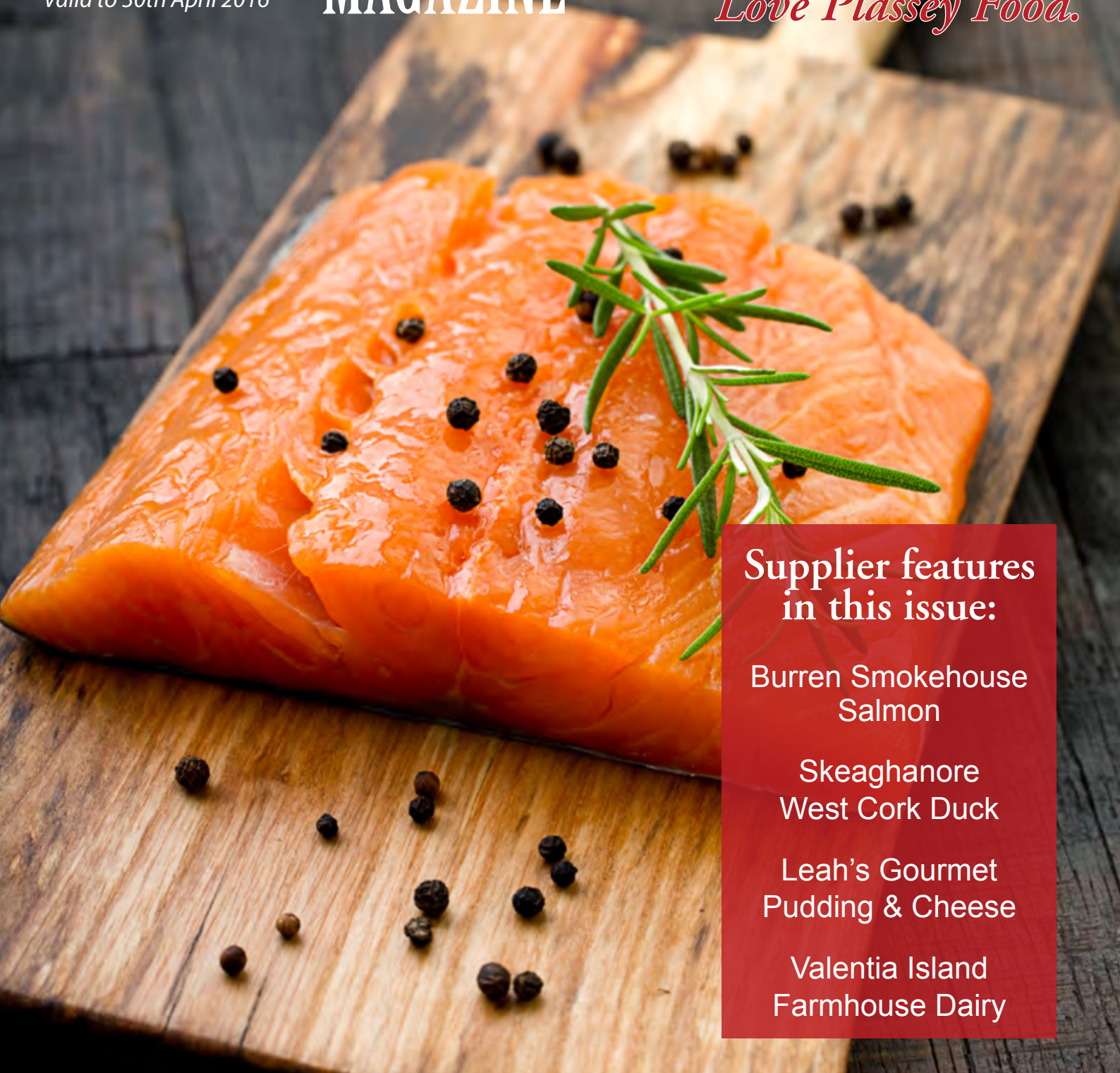
THE MENU

Issue No. 13 - April 2016
Valid to 30th April 2016

MAGAZINE



♥ *Love good food?
Love Plassey Food.*



Supplier features in this issue:

Burren Smokehouse
Salmon

Skeaghanore
West Cork Duck

Leah's Gourmet
Pudding & Cheese

Valentia Island
Farmhouse Dairy

One stop shop to the foodservice industry

Plassey Food & Distribution Co. Ltd., Rathkeale Industrial Estate, Co. Limerick.
Tel: **069 63500** Email: sales@plasseyfood.ie www.plasseyfood.ie

Plassey Food – The Menu Magazine, April 2016

The summer is on it's way!

At the start of the season another packed edition of our The Menu magazine. In this edition we feature some of our new suppliers and their fantastic products, like:

- The Burren Smokehouse Smoked Salmon
- Skeaghanore West Cork Duck
- Valencia Island Farmhouse Dairy Yoghurt
- Leah's Gourmet Black & White Pudding and Cheese

We look forward to a great and busy season with you all.

Best regards,

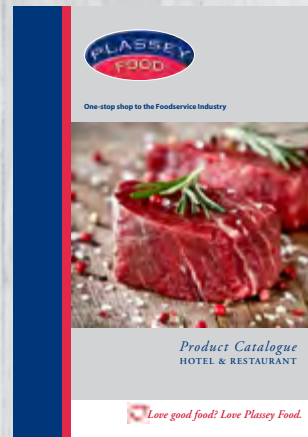
Don Flynn & Tom Magner
Directors

Plassey Food Fayres 2016

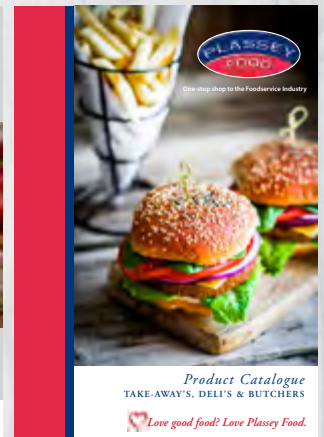
We would like to thank all our clients who visited the Food Fayres as well as all the producers and manufacturers who assisted us to make this a great event. This year's shows in Limerick & Killarney, saw a major number of mainstream and artisan food producers attending and showcasing their fantastic products.

New 2016 catalogues

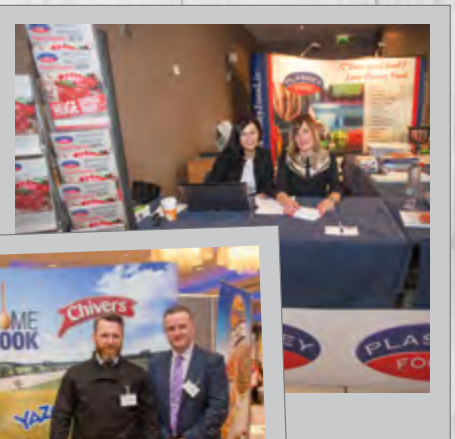
Our new 2016 product catalogues are out. Do you have your copy? If not, contact your sales rep and he will deliver one to you!



Hotel/Restaurant



Take Aways/Deli's/Butchers



Love good food? Love Plassey Food.

Angus & Hereford Beef - Pure Quality



Angus Striploins 5kg
Code: 60046
WAS €24.40/kg
NOW €18.75/kg



Angus Striploins 6kg
Code: 60047
WAS €24.40/kg
NOW €18.75/kg



Angus Fillet Steak 8oz
Code: 60055
WAS €13.50
NOW €10.35



Angus Fillet Steak 10oz
Code: 60056
WAS €15.50
NOW €12.95

Certified Angus Beef

When buying Certified Angus Beef you can be assured that your beef is the utmost of quality from Angus beef inspected animals and can be traced back to Bord Bia Quality assured farms.

The process for certifying Angus beef is thoroughly traceable and continuously assessed so that from producer to consumer, every process along the way is seamless.

Here are some of the rules involved with certifying Angus beef through Angus Beef Ireland:

- *The producer's farm must be Bord Bia Quality Assured*
- *All animals for slaughter must be sired by a pedigree Angus bull and have AA or AAX on their ID cards. They also have a visual assessment for Angus characteristics by trained personnel.*
- *A proactive approach to traceability is taken in conjunction with the factories which includes regular DNA sampling of counter meat which can be traced back and regular audits and strict record keeping.*

Hereford Beef



Hereford
Striploins
5kg
Code: 60058
WAS €24.40/kg
NOW €18.75/kg



Hereford
Striploins
6kg
Code: 60059
WAS €24.40/kg
NOW €18.75/kg



Hereford
Striploins Steaks
8oz
Code: 60053
WAS €6.85
NOW €5.65



Hereford
Striploins Steaks
10oz
Code: 60054
WAS €8.50
NOW €7.00



NEW! Superb selection of Italian Products



Sliced Mortadella
and Pistachio 500g
Code: 73212
WAS €8.95
NOW €7.50



Sliced Smoked
Panchetta 500g
Code: 73214
WAS €10.80
NOW €8.95



Sliced Porchetta
500g
Code: 73220
WAS €13.40
NOW €11.00



Sliced Pastrami
500g
Code: 73223
WAS €13.40
NOW €11.00



Sliced Italian
Prosciutto 500g
Code: 732001
WAS €12.80
NOW €10.50



Sliced Premium
Prosciutto 500g
Code: 732011
WAS €19.25
NOW €15.85



Sliced Smoked
Scamorza 500g
Code: 77019
WAS €10.25
NOW €8.50



Fresh Buffalo
Mozzarella 1kg
(8x125g)
Code: 77023
WAS €19.95
NOW €16.75



Italian Style
Crushed Tomatoes
2.5kg
Code: 73510
WAS €2.95
NOW €2.50



Agromonte Semi
Dried Tomato Jar
300g
Code: 73501
WAS €42.70
NOW €35.00



Italian Style
Crushed Tomatoes
10kg
Code: TS110
WAS €13.99
NOW €12.50

Parma Ham The tradition of quality

Parma Ham is an all-natural product made from only four ingredients; Pork, Salt, Air and Time.

Pork

The pigs used in the production of Parma Ham must be bred in one of ten northern and central Italian regions. Only three breeds of pigs can be used for Parma Ham: Large White, Landrace and Duroc.

Salt

Salting is a vital part of the curing process. The expert 'Maestro Salatore' or 'salt master' must gauge only the exact amount of salt required. A minimum quantity of sea salt is needed to preserve and begin the drying process. This respects the tradition of 'dolce', which balances between salty and sweet.

Air

The Parma region has a special microclimate, ideal for the drying of ham. Fresh air blows across the countryside originating from the nearby coast. The air crosses the Apennines where it loses its saltiness and dries. It takes on the perfumes of the vegetation it passes through, before it reaches the production area in the hills south of Parma. This is what gives the ham its unparalleled sweetness.

Time

The ham spends three months hanging during the 'riposo', or resting phase. The meat gradually becoming darker and harder. Around seven months after the salting process the ham is smeared with a mixture of rice flour, salt, and pork fat called 'sugna' to stop it drying too quickly for the remainder of its maturation. By law, Parma Ham must be cured for at least one year before it is given the Ducal Crown firebrand, and some can be cured for up to three years.



Poultry & Scrumptious Sauces



Mid and Prime
Wings 10kg
Code: 3646
WAS €31.50
NOW €23.00



Fresh Chicken
Legs 10kg
Code: 3652
WAS €20.00
NOW €16.50



Fresh Oyster
Legs 10kg
Code: 3613
WAS €28.00
NOW €23.00



1400g Double
Breast 15pce
Code: 3235
WAS €45.00
NOW €37.50



Fresh Chicken
Fillets 190/210
Code: 8380
WAS €50.00
NOW €42.00



Fresh Chicken
Supreme 8oz x 20
Code: 70001
WAS €32.00
NOW €27.00



Alfee's Sriracha Sauce 2.5kg
Code: 1315
WAS €12.00 NOW €9.75



Alfee's
Buffalo Wing
Sauce
2.5kg
Code: 1314
WAS €13.40
NOW €9.75



Alfee's South
Carolina Style
Mustard BBQ Sauce
2.5kg
Code: 1313
WAS €10.75
NOW €8.75

#1

SRIRACHA INFUSED ROAST ROTISSERIE CHICKEN

This is a popular alternative and so tasty!
A great way to cook chicken

TIP: Soak the chicken in brine for a few hours
beforehand then rinse.

Put the chicken on to cook, usually around 1½
hours but depending on size. For the last 10
minutes of cooking, take a brush and coat the
skin of the chicken with Alfee's Sriracha
Sauce, leave to rest for 10-15 minutes
before serving. Tangy, spicy
& delicious!

#2

SRIRACHA HUMMUS & SPICY KETCHUP

Spice up your Hummus dip with
Alfee's Sriracha Sauce
You can also mix the sauce with
your ketchup and make it
nice and spicy!
Feel the heat!

#3

SRIRACHA BUTTER

Soften 500g butter then add finely
chopped parsley, 3 bulbs of garlic and
a few tablespoons of Alfee's Sriracha
Sauce. Place on a sheet of cling film
and roll into a cigar shape then
leave to chill in the fridge.
Once chilled, slice as needed
into neat thick slices.

Fabulous Fish & Seafood



Artic Royal
Tempura Pre-fried
Prawns 500g
Code: 11589
WAS €7.95
NOW €6.35



16/20 Prawns
Raw, Peeled and
Deveined 1kg
Code: 76038
WAS €12.50
NOW €10.50



Scallop Roe Off
1kg
Code: 76044
WAS €24.30
NOW €19.25



Smoked Haddock &
Mozzarella Fishcake
24x100g
Code: 10382
WAS €27.50
NOW €22.50



Artic Royal
Squid Tubes 1kg
Code: 10023
WAS €4.50
NOW €3.75



Salmon Portions
170/200g x 10
Code: 76019
WAS €36.00
NOW €32.00



Chipoyle
Coated
Prawns
1kg
Code: 76036
WAS €18.50
NOW €14.50



Mixed Seafood
Box - 10 x Salmon,
10 x Hake,
10 x Pie Mix
Code: 76022
WAS €79.00
NOW €70.00

3 facts about Shrimps

1. They're low in calories

One medium shrimp provides about 7 calories, which means a dozen add up to less than 85 calories—roughly 15 less than a 3-ounce chicken breast (about the size of a deck of cards in thickness and width). One jumbo shrimp, the type often served in shrimp cocktail, contains about 14 calories, and a teaspoon of cocktail sauce provides 5, so three jumbo shrimp, each with a teaspoon of cocktail sauce as an appetizer, adds up to less than 60 calories, about 10 less than just one pig in a blanket, and 20 less than two mini empanadas or two mini quiche.

2. They're protein-rich

In addition to their water content, shrimp are primarily made of protein. Three ounces of baked or broiled shrimp provides about 20 grams of protein, just a few grams less than that a 3-ounce chicken breast. Each jumbo shrimp provides about 3 grams, and contains very little fat and carbohydrate.

3. They provide key nutrients

Aside from protein, shrimp provide a pretty impressive array of nutrients. Four ounces steamed contains over 100% of the Daily Value for selenium, over 75% for vitamin B12, over 50% for phosphorous and over 30% for choline (a water-soluble nutrient, which is usually grouped within the B-complex vitamins), copper, and iodine.



Burren Smokehouse



NEW - Award winning smoked salmon and fish platters from Burren Smokehouse

The only smoked salmon from Irish waters. The organically farmed salmon comes from the west coast of Ireland, while the wild salmon is being hand-caught by small outfits in the rivers of the south and south-west of Ireland.

Burren Smokehouse also offers unique award winning marinades for our salmon and exciting mixed fish platter, a real treat!

How it all began

Birgitta is from Sweden, where she grew up in a family that would be hunting, fishing and foraging. She travelled to Ireland on a holiday where she met Peter Curtin, a native of Lisdoonvarna, Co. Clare. After a few years of a long-distance relationship, Birgitta moved to Lisdoonvarna and married Peter.

Peter grew up in the Roadside Tavern which was also a bakery at the time where loaves and loaves of bread were baked every morning. The young couple had to figure out how to earn a living, and their love for real, honest food led to the set-up of the Burren Smokehouse, with Peter designing the kilns in a revolutionary way.



Recipe - Pancake rolls with Burren Smoked Organic Salmon

These salmon filled sliced rolls look eye-catching if served open side up on a rectangular or square plate joined by a little dip bowl. You could use mustard mayo or even horseradish sauce instead of the vinaigrette dip if you like.

See our website how to prepare these delicious pancakes:
<http://plasseyfood.ie/salmon-pancakes-burren-smokehouse/>

*Please note: all Burren Smokehouse products have a 2-day lead time.
TIP: Smoked Salmon and wine pairing see back page of this magazine*



Cold Smoked Organic Salmon

Unsliced Side Salmon (ca. 1,000g) per kilo
Was €36/KG **NOW €30.00/KG**

Sliced Side Salmon (ca. 1,000g) per kilo
Was €36/KG **NOW €30.00/KG**

Sliced Half Side Salmon 500g
Was €19.85/KG **NOW €16.35/KG**

Sliced Half Side Spiced 500g
Was €20.30/KG **NOW €16.75/KG**

Honey, Lemon, Dill Pack 500g
Was €23.50/KG **NOW €19.35/KG**

Smoked Mackerel

Plain Smoked 2 Fillets Pack - per kilo
Was €21.50/KG **NOW €17.65/KG**

Spiced Smoked 2 Fillets Pack - per kilo
Was €21.50/KG **NOW €17.65/KG**

Platters

Smoked Fish Platter 200g (Moher)
Was €7.65/KG **NOW €6.25**



Amazing Cheese & Yoghurt



Cahills Ballintubber
with Garlic 2.2kg
Code: 210061
WAS €14.95/KG
NOW €9.35/KG



Cahills Ballintubber
with Chives 2.2kg
Code: 210062
WAS €14.95/KG
NOW €9.35/KG



Cahills Irish Porter Cheddar
2.2kg
Code: 210064
WAS €14.95/KG
NOW €9.35/KG



Sliced Applewood 1kg
Code: 2100091
WAS €8.00/KG
NOW €6.75/KG



Sliced Dubliner 1kg
Code: 210010
WAS €10.00/KG
NOW €8.25/KG



Grana Padano Shavings
1kg
Code: 12590
WAS €19.95/KG
NOW €16.75/KG

NEW - The freshest, most nutritious award winning yoghurts of Valentia



Valentia Island farmhouse Dairy was founded by Joe Daly on Valentia Island in 2006. The family is committed to providing you with the freshest most nutritious natural dairy products. Fresh air sunshine and green pastures means our cows produce the creamiest and tastiest yoghurt for your health and enjoyment.

Our yoghurt is pasteurised but not homogenised, our natural yoghurt is sugar and additive free, 100% Irish and local. We have won Blas na hÉireann and Listowel Food Fayre awards for our products.



Valentia Dairy
Natural Yoghurt 10kg
Code: 25864
Was €12.95
NOW €11.00

Valentia Dairy
Strawberry Yoghurt 10kg
Code: 25865
Was €20.00
NOW €13.00

NEW - Skeaghanore Smoked Duck



Code 72012



Code 72013



Code 72014



Code 72015



Code 72016



Skeaghanore Whole Duck 2200g Was €6.95/kg	NOW €5.75/kg	Code: 72012
Skeaghanore Fresh Duck Breast Was €24.00/kg	NOW €19.95/kg	Code: 72013
Skeaghanore Confit of Duck Was €24.00/kg	NOW €19.95/kg	Code: 72014
Skeaghanore Fresh Duck Legs Was €3.20 per unit	NOW €2.65 per unit	Code: 72015
Skeaghanore Smoked Duck Breast Was €26.50/kg	NOW €23.50/kg	Code: 72016

Award winning Skeaghanore Duck

Skeaghanore Farm Fresh Ducks are produced by Eugene and Helena Hickey on their family farm in West Cork.

Farming geese and ducks was once a small enterprise on their dairy farm, but following the increase in demand for their duck products they decided to concentrate on producing ducks and geese. The family is also excited about its latest product, confit duck legs.

The Highest Quality

Skeaghanore ducks are hand-reared, bedded on straw, and fed on a 100 per cent natural cereal-based diet. The end product is exceptionally succulent and tasty. What's more, chefs also point out another secret ingredient: the salt-laden air from nearby Roaring Water Bay, which lends an intriguing salty taste to Skeaghanore ducks.

It is no wonder that Skeaghanore ducks are a regular feature on the menus of top chefs in the Southwest of Ireland for many years.

Succulent Unique Taste

The smoked duck is first marinated and brined for 24 hours. Then slowly smoked in hot oak for over 4 hours, which gives it a succulent unique taste. Our Smoked Breast of Duck and Confit Duck Leg are now our most popular product with feedback being very positive.



Please note: All Skeaghanore Duck products have a 2-day lead time.

TIP: Smoked Duck and wine pairing see back page of this magazine

Recipe of the Month

Wild Atlantic Coast Scallops, Leah's Gourmet Black Pudding & Tomato Relish



Ingredients

4 10g Slices of Leah's
Gourmet Black Pudding
4 Fresh Atlantic Scallops
Leah's gourmet Relish
Sprig of fresh chervil

Ingredients Relish

1kg tomatoes, halved.
1 large onion, coarsely chopped
120g soft brown sugar
250ml white wine vinegar
1 tbsp ground ginger
1 Granny Smith apple,
coarsely chopped
75g raisins, cleaned and washed.
1 tsp dried chilli flakes
1 tsp fresh black pepper
1 half tsp smoked paprika powder
2 tbsp tomato paste

Preparing Leah's Gourmet Relish

Bring tomatoes and vinegar to boil, then simmer until skins separate. Pick these out, which should be easy if you've left the pieces large enough (or peel tomatoes first, but I think my way is quicker).

Add all remaining ingredients and boil again then simmer for approximately 1 hour. Cook uncovered for the last 30 minutes to thicken the mix. Transfer mix to hot, sterilised jars. Seal and keep cool until required.

Method

Pan fry the pudding on both sides for 1-2 mins set aside & keep warm.

In the same pan cook the scallops for 2 mins on both sides set aside with the puddings.

Place the pudding on the serving plates top with the scallops & dress with Leah's Gourmet Tomato Relish garnish with chervil!

Leah's

KERRY Tradition with a Twist

Wine Pairing Tips

1. Drink what you like to drink.

What you like to drink always takes precedence over any recommendation that we might make.

2. Start by thinking about the dish or meal as a whole.

What are its dominant characteristics? Is it mild or a full flavoured? Is it fatty or lean meat/fish? Is it rich or acidic? With these characteristics in mind, select a wine that will: Match mild foods with mild wines. Match big, flavourful foods with big, flavourful wines.

3. Cleanse the palate with tannins or acids.

If you're eating a relatively rich, 'fatty' dish and thinking about drinking a red wine you probably want a wine with some good tannins* in it to help cleanse the palate. If you're eating a very rich, 'fatty' dish and thinking about drinking a white wine you probably want to contrast the meal with a refreshingly crisp acidic wine such as a Sauvignon Blanc.

4. Match Acids with Acids

If you're eating a dish with a strong acidic content pair it with an acidic wine that can keep up with the acids in the food. Rich cream sauces will usually clash with an acidic wine like a Sauvignon Blanc. Think about it this way...If you squeezed lemon juice into a cup of milk, would it taste good?

5. Wine and Strong Spices

Strong spices, such as hot chilli peppers in some Chinese or Indian food, can clash and destroy the flavours in a wine. In most cases, wine is not the ideal thing to drink. However, if wine is what you must have, consider something spicy and sweet itself such as an off-dry Gewurztraminer or Riesling.

*Tannins: a structural element that makes wines taste dry.



NEW - Leah's award winning recipes create a fusion of old traditional Irish & amazing oriental recipes

- Black & White Pudding
- Farm Cheddar

Leah's is combining Irish and Oriental traditions - bringing new, exclusive and exciting gourmet food products to the marketplace.

Leah's Gourmet range of Irish food is hand made using traditional Kerry recipes by husband and wife team, Billy & Leah Sweeney. Having grown up in the Philippines, Leah has taken her Irish husband's third generation family recipes and given them an Oriental twist!

The secret is the blend of natural ingredients such as onions, chillies, garlic, ginger, herbs and oriental spices – the perfect fusion of Irish tradition with exotic oriental flavours.

The result is a truly amazing! A mouth-watering, taste sensation, bursting with flavour!

Leah's Gourmet White Pudding chubb 600g	33341	Was €4.50	NOW €3.75
Leah's Gourmet Black Pudding chubb 600g	33340	Was €4.50	NOW €3.75
Leah's Breakfast White Pudding chubb 600g	33343	Was €3.30	NOW €2.75
Leah's Breakfast Black Pudding chubb 600g	33342	Was €3.30	NOW €2.75
Leah's Gourmet Black Pudding chubb 1.25kg	28735	Was €9.50	NOW €7.75
Leah's Gourmet Spiced Cheddar block 2.5kg	87946	Was €42.00	NOW €34.70
Leah's Gourmet Spiced Cheddar 200g x25	87465	Was €84.00	NOW €68.00

What makes Leah's unique?

- ✓ 100% natural ingredients, no added artificial colours, additives or preservatives.
- ✓ Lowest fat content of puddings in the market. Containing 60% less fat than leading brands.
- ✓ Highest meat content of puddings in the market. Containing 40% more meat than leading brands.
- ✓ Long shelf life.
- ✓ 100% Irish made – supporting Irish jobs



Leah's

KERRY Tradition with a Twist



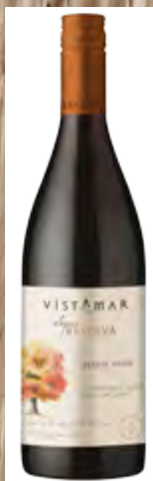
"A Fusion of Old Irish & Oriental Recipes"

100% natural ingredients, no added artificial colours, additives or preservatives

Wine Pairing for Smoked Duck & Salmon



Smoked Duck - Wine Pairing



Vistamar Sepia Pinot Noir Reserva
12x750ml **was €108 NOW €96**

Chile - This wine is bright ruby-red in colour. It is possible to distinguish expressive aromas of fresh raspberries and cherries, intertwined with notes of caramel and chocolate bringing out the smokiness in the dish.

Dogajolo Rosso Toscano
6x750ml **was €87 NOW €71**

Italy - Deep garnet in colour with violet reflections. Very fruity and intense, with hints of cherry, coffee, vanilla and spice. Full of flavour, soft on the palate, complex, well developed. Ideal with hot smoked Duck as it can stand up to the full flavours in the meat.

Rayuela Merlot Reserva
6x750ml **was €66 NOW €55**

Chile - The well-structured palate is nicely rounded, fresh, and medium-bodied with very silky tannins and a persistent finish, perfect with a duck salad as it has the deep of flavour to enhance the experience.

Smoked Salmon - Wine Pairing



Haut Poitou 'La Guirlande' Sauvignon
12x750ml **was €144 NOW €120**

France - The ultra-dry mineral Sauvignons of the Loire with their delicate gooseberry fruit are perfect for simply served smoked salmon

Chablis 'La Pierrelee'
6x750ml **was €96 NOW €87**

France - Chablis which has the freshness and clean, crisp acidity to counteract the slight oiliness of smoked salmon. Richer Chardonnays go well with hot smoked salmon and this Chablis is a perfect example.

Vistamar Sepia Riesling Reserva
12x750ml **was €108 NOW €96**

Chile - Dry being a relative description when it comes to Riesling. With their vivid green apple flavours work especially well with the oiliness in the fish and are full bodied enough to be able to compete with the dish.