

PLASSEY THE VE MAGAZINE

January/February 2020 Valid to 29th February, 2020



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VALENTINES DAY





Edition



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







New Year's Resolution:

Lets make 2020 Fantastic!

Details in this publication are subject to change without notice. Whilst we make every effort to provide you the most accurate, up-to-date information, errors may occasionally occur.

Plassey Food – The Menu Magazine January/February '20

THEMENU

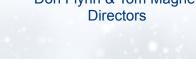
MAGAZINE

A happy New Year to you all! We hope you had a great festive season business-wise but also had some quality time to recharge for this coming New Year.

Our New Year's resolution is to make 2020 a fantastic year!

We, as well as the whole Plassey Food team, are looking forward to working with you.

Best regards,
Don Flynn & Tom Magner
Directors





SuperDeals

All our **SuperDeals** will now be **included in** our bi-monthly **The Menu Magazine**.



Please take note of the SuperDeal icon!



Don't forget:

14th February Valentines Day

Happy Valentine's Day

TASTY

THE MENU MAGAZINE

WINTER WARMERS



Unit Cost €20.00

Costing €14.00



Warm Salad of Scallops & Bacon

Serves: 8 people. Cooks in: 40m

A hot grill is the key to success here - crisp bacon and a succulent scallop. A classic that everyone should try.

Ingredients

- 24 scallops
- 8 tbsp olive oil
- 4 tbsp lemon juice
- 12 thin slices streaky bacon
- 2 tsp Dijon mustard
- 1 tsp clear honey
- 2 tsp chopped caper
- 4 tbsp chopped parsley
- 1 head curly endive

Method

- 1. Wash and dry the scallops and put them in a bowl. Mix 2 tbsp of the olive oil and 2 tbsp of the lemon juice in a bowl with a little salt and pepper, then pour over the scallops. Leave for 15 mins, until the scallops have turned white.
- Cut each strip of bacon in half across and wrap around a scallop. Secure with cocktail sticks.
- **3.** Whisk together the remaining 2 tbsp lemon juice with the mustard, honey, salt and pepper. Whisk in the remaining 6 tbsp olive oil until the dressing is thick, then stir in the capers and parsley. Divide the curly endive between 8 serving plates.
- 4. Preheat a grill to hot. Lay the scallops in one layer over a lined grill pan. Grill the scallops for 3-4 mins each side, until the bacon is crisp and golden. Put three scallops on each plate and spoon over the dressing.





Coleman's
Wholegrain Mustard
Quantity: 2.25 x 2
Code: 48585
Costing €24.55



Polenghi Lemon Juice Weight / Quantity 5ltr Code: 1028 Costing €7.00

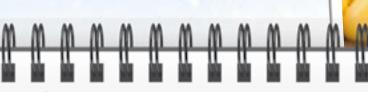


Weight 1kg Code 101798 Unit Costing €16.50



Pomace Olive Oil
Weight: 5ltr x3
Code: 10120
Costing €48.75

TASTY MAIN COURSE



RECIPE Source: BBC Good Food

ROAST STUFFED PORK

Serves: 12 Cooks in: 1h 45m

Ingredients

- 1 tbsp olive oil
- 1 onion finely chopped
- few sage leaves, shredded
- 25g fresh breadcrumbs
- 4 good quality sausages, skinned
- 1.6kg boned loin of pork
- 2 tbsp plain flour
- 400ml chicken or beef stock
- 100ml cider

Method

- 1. Heat the oil in a saucepan and cook the onion for 5 mins until soft. Remove from the heat. Once cool, transfer to a bowl and mix in sage, breadcrumbs, sausage meat and some seasoning.
- 2. Untie the pork and score the skin well with a sharp knife. Cut down the length of the meat, then open out like a book so you can stuff the sausage meat inside. Close back up to resemble original shape and tie at intervals with string to hold it together. Weigh so you know how long it will need to cook for. This can be done ahead; chill until needed.
- 3. Heat oven to 240C/220C fan/gas 9. Rub the joint all over with salt and pepper and place in a roasting tray. Cook for 25 mins, then turn to 180C/160C fan/gas 4 and cook for 20 mins per 450g/1lb. Remove, and check it's cooked through: any juices that run out should be clear. Transfer to a dish, then cover with foil to rest while you make the gravy.
- 4. Spoon most of the fat out the tray, leaving the meat juices. Place tray on the hob or transfer juices to a frying pan. Stir in the flour for 1 min followed by the stock and cider, and bubble for a few mins. Strain into a jug. Serve the pork sliced, with the crackling, potatoes, gravy and veg.



LAMB

Leg of Lamb Code: 61002

Lamb Shank Code: 61003

Costing €10.00/kg

Costing €10.00/kg

KCC Aberdeen Angus Striploin 5kg+ / Code: 6005 Costing €13.95/kg

Tied LMC Code: 6003 Costing €6.25/kg

CHICKEN

Chicken Fillets Weight: 170-190 / Code: 8381 Costing €40.00

Chicken Supremes

Costing €65.00 Weight: 2 x25 / Code: 2002301

PORK / BACON

Pork Loin

Weight 4-5kg / Code:62001

Costing €4.20/kg

Bacon Loin

Weight: 5-6kg / Code:630011

Costing €3.80/kg

Sausage Meat Weight: 5kg / Code: 62021 Costing €16.00

Deal



SEAFOOD

King Scallop 10/20 Weight 1kg / Code 101798 Unit Costing: €16.50

KERRESON ISSUED





RECIPE Source: BBC Good Food

Healthy Roast Turkey Crown

Serves: 4-6 Cooks in: 1h 30m

Roast a turkey crown if you're catering to a party of fewer people.

Ingredients

- 2kg turkey crown on the bone
- 3 oranges, 1 cut into wedges, ½ sliced, 1½ juiced
- 1 tbsp runny honey plus extra for drizzling
- handful thyme sprigs, leaves picked from one, two left whole, plus sprigs to serve (optional)
- 1 tsp soy sauce
- 2 bay leaves
- 500g carrots, peeled and cut into long batons
- 500g parsnips, peeled and cut into long batons

FULL RECIPE on our website: www.plasseyfood.ie/healthy-roast-turkey-crown

GRAVY, DEMI GLACE & BOUILLON

Knorr Roast Gravy Quantity: 1x 12ltr / Code: 79891

Costing €28.00

Knorr Demi Glaze Quantity: 1 x 12ltr / Code: 75808 Costing €24.00

Rich Sauces Demi Glaze Quantity: 1.4kg x2 / Code: 31041

Costing €33.50

Knorr Curry Sauce Quantity: 2.25l x2 / Code: 70039 Costing €23.00



Caterers Kitchen Dried Parsley Quantity: 120g / Code: 972007

Unit Price: €2.30

Caterers Kitchen Mixed Herbs Quantity: 180g / Code: 972003

Unit Price: €2.30

Caterers Kitchen Ground Black Pepper Quantity: 500g / Code: 972035

Unit Price €6.75

Gem Salt Tub

Unit Price €6.50

Quantity: 1 x 6kg / Code: 74577

Costing €36.50



Lakeland Butter Portions

Quantity: 6.2g x600pce / Code: 874190



North Cork Butter Block Quantity 454g x28 / Code: 231 Costing €61.00



SUPERDEALS

Frozen Savoury Stuffing Quantity: 2kg x2 / Code: 80058

Quantity: 3kg x6 / Code: 322023

Costing €15.90

Triple Lion Coconut Milk

Costing €45.00

BREAKFAST

FULL IRISH



Quantity: 750g x15pce / Code: 1283



A GOOD START

OF ANY DAY!



FRUITS & BERRIES

Forest Mixed Berries

Quantity: 5x 1kg / Code: 2175220

Costing €31.00

Strawberries

Quantity:1kg / Code: 33328

Unit Cost €6.25

Raspberries

Quantity: 500g / Code: 4116

Unit Cost €3.35

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Newforge Grapefruit Segments Quantity: 1.25kg x12 / Code: 75816 Costing €35.00

TOPPINGS

Honey

Weight: 3.17kg / Code: 71658

Costing €16.00

Lyle's Golden Syrup

Quantity: 454g x12 / Code: 59143

Costing €19.50

JUICES

Caterers Kitchen Orange Juice Quantity: 1ltr x12 / Code: 2010558 Costing €10.00

Caterers Kitchen Apple Juice

Quantity: 1ltr x12 / Code: 2010557

Costing €8.50

PANCAKES

Lawa American Pancakes

Quantity: 60g x70pce / Code: 0876

Quantity: 60g x60pce / Code: 0988

Costing €14.00

Lawa Crepes / Pancakes

Costing €9.50

NEW YEAR'S RESOLUTION SERVE A HEALTHY BREAKFAST!



Flahavan's Porridge Oatlets Quantity: 4kg Bucket Code: 1810

Costing €10.95



Flahavans's
Muesli
Quantity 4kg
Code: 1811
Costing €24.50



SWEET TREATS



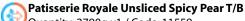


Patisserie Royale Unsliced Apple Slice T/B

Costing €24.00

Quantity: 4745g x1 / Code: 11552

Super **Deal**



Costing €24.00

Quantity: 2790g x1 / Code: 11559

Patisserie Royale Unsliced

Quantity 3290g x1 / Code: 11553

Strawberry Cheesecake T/B

Costing €24.00

Super **Deal**

Deal



Patisserie Royale Unsliced Baileys Cheesecake T/B

Baileys Cheesecake T/BQuantity: 3400g x1 / Code: 11555

Costing €24.00







Patisserie Royale White Choc & Blackberry mousse

Quantity: 1170g x12 Code: 11170 Costing: €14.00



American Cookies



Chocolate
Quantity: 80g x100
Code: 1429
Costing €35.00









Oatmeal
Quantity: 110g x60
Code: 1430
Costing €31.00











Wicked Desserts Round Choc Fudge Cake

Weight: 1500g Code: 840002 Costing: €14.00



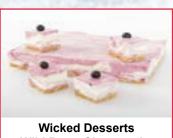


White Chocolate Quantity: 80g x100 Code: 01428 Costing €38.00









Wicked Desserts
Wild Berry Cheesecake

Quantity: 1400g Code: 260073 Costing €14.50



SORBETS & ICE CREAM





ASHFORD DAIRY ICE CREAM

Ashford Dairy Premium
Vanilla Ice Cream Costing: €9.75

Quantity: 4.7ltr x1 / Code: 060601

Ashford Dairy Premium
Strawberry Ice Cream
Quantity: 4.7ltr x1 / Code: 060101

Costing: €10.00

Ashford Dairy Premium
Chocolate Ice Cream
Quantity: 4.7ltr x1 / Code: 060104

Costing: €10.00

FROSTEX ICE CREAM

Mint Ice Cream Costing €14.00 Quantity: 2.5ltr x2 / Code: 844016

ASHFORD DAIRY SORBETS

Lemon Sorbet Unit Costing €11.00

Quantity: 4ltr x1 / Code: 070104

Mango Sorbet Unit Costing €13.50
Quantity: 4ltr x2 / Code: 060201

Raspberry Sorbet Unit Costing €13.50
Quantity: 4ltr x2 / Code: 070102

Champagne Sorbet Unit Costing €12.00
Quantity 4ltr x2 / Code: 070103

Profiteroles







Choc Dipped
Profiteroles
Quantity: 1kg x 2
Code: 10997
Costing €13.00







Choc Dipped Profiteroles Quantity 1kg x2 Code: 10998 Costing €11.50





HAPPY VALENTINES

RECIPE Source: BBC Good Food

Prawn Katsu Burgers

Serves: 2 Cooks in: 10 MINS

A twist on the beloved fish finger sandwich with tasty, bread crumbed prawn patty, chilli mayo and coleslaw a marriage made in heaven.

Ingredients

- 2 brioche burger buns
- sunflower oil or vegetable oil, for frying

For the burgers

- 200g raw peeled prawns
- 1 spring onion, sliced
- ½ egg white
- 1 tbsp cornflour
- 100g panko breadcrumbs

For the slaw

- ¼ white cabbage, finely shredded
- juice ½ lemon
- 1 tbsp mayonnaise

For the chilli mayo

- · 3 tbsp mayonnaise
- 1 tbsp sriracha chilli sauce or sweet chilli sauce

FULL RECIPE on our website: www.plasseyfood.ie/prawn-katsu-burgers



Argentinian Red Prawn 70/90 Quantity: 1kg / Code: 760391

Gem Cornflour

Quantity: 3kg / Code: 74805

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Alfee's Real Mayo Sauce Quantity: 10kg / Code: 1301

Alfee's Sweet Chilli Sauce Quantity: 2.5kg x2 / Code: 13111

Alfee's Peri Peri Sauce Quantity: 2.5kg x2 / Code: 1316

White Breadcrumbs
Quantity: 6.8kg / Code: 716811

Costing €16.50

Unit Costing €15.00

Unit Costing €4.75

Costing €20.00

Costing €15.00

Costing €18.95

Costing €13.00





& Star Biscuits

Makes: 40 biscuits Prep: 20 mins Cook: 15 mins

Give your after-dinner coffee an edge with indulgent cream and Kahlúa

Ingredients

- 200g soft butter
- 140g caster sugar
- 1 egg yolk
- 1 tsp vanilla extract
- 280g plain flour, plus a little extra for rolling

For the cocktails (per person)

- 50ml strong coffee, cooled
- 1 tbsp Kahlúa
- 2 tbsp double cream
- cocoa powder, for dusting

FULL RECIPE on our website:

www.plasseyfood.ie/coffee-cocktails-star-biscuits

Allied Mills Plain Flour

Quantity: 16kg x1 / Code: 191016

Newforge Vanilla Essence

Quantity: 500ml / Code: 75876

Costing €9.75

Unit Costing €6.25









Demi Baguette Quantity: 135 x 70 Code: 0310 Costing €14.50





Salud Wraps Quantity: 25cm x144 Code: 37125 Costing €21.00



Schwartz **Cranberry Sauce** Quantity: 2.65g Code: 75773 Costing €16.00





Global Sauces Real Mayo Quantity: 10ltr x1 Code: 111001 Costing €19.50



Pomace Oil Quantity: 5ltr Code: 10120 Costing €16.00



Lutosa Wedges Quantity: 2.5kg x4 Code: 1016423 Costing €14.50





The Healthy Chicken Wrap

Ingredients

- 1x free range chicken fillet (170g) diced
- 1x small pinch of saffron
- Zest of half an orange (segment the orange to release the flesh from the skin, peel and pith, keep 3 segments for this wrap)
- 1x teaspoon of dried tarragon
- 2x teaspoon of olive oil
- 15g whole toasted almonds roughly chopped
- 5g sunflower and pumpkin mix
- 1 teaspoon (10g) Ballymaloe Cranberry Sauce
- 1 teaspoon (10g) Mayonnaise
- Half an avocado (60g) in chunky dice
- Sea salt and freshly cracked black pepper
- Generous amount of lettuce leaves
- 1x seeded wrap

FULL RECIPE on our website: www.plasseyfood.ie/the-healthy-chicken-wrap



WHOLESOME FOODS DELI & CATERING



C Love good food? Love Plassey Food.





Fully Cooked Veg Lasagne Quantity: 1.7kg x2pce Code: 363 Costing €26.00











Catering Chicken









Catering Shepherd's Pie

Quantity: 2.75kg x1 Code: 112255 Costing €12.50









Quiche Lorraine Quantity: 1.7kg x1pce Code: 5001 Costing €13.00









Costing €25.00









Broccoli Bake Quantity: 2.5kg x1 Code: 3635

Costing €17.00









Beef & Veg Stew Quantity: 2.5kg x1 Code: 73733 Costing €16.00







DELI & TAKE AWAY



Caterers Kitchen Chips 12mm & 14mm Quantity: 10kg

Code: 1033713 & 1033715 Costing €9.50





Caterers Kitchen Shoe String Chips

Quantity 2.5kg x4 Code: 10337167 Costing €9.50





Caterers Kitchen Vegetable Oil

Quantity: 20ltr Code: 1261 Costing €22.00





Lutosa 10mm

Frozen Chips

Quantity: 2.5kg x4

Code: 1031072



Pepperoni Weight: 1kg x9

Code: 7159 Unit Costing €9.50





Turkey Julienne Weight: 1kg x10pce

Code: 1198 Unit Costing €6.90





Divella Pizza Flour

Weight: 25kg Code: 2588

Costing €20.00



Signature Pizza Sauce

Weight: 3kg x5 Code: 64056 Costing €26.00



Bandon Vale Grated Red Cheddar

Weight: 2kg x5 Code: 963751 Costing €9.50



Bandon Vale Grated Mozzarella

Weight: 2kg x5 Code: 14789 Costing €9.50



Big Al's Black Angus 7oz Burger

Quantity: 198g x40 Code: 958707 Costing €50.00

> Super Deal



Big Al's Big **Eat Burger**

Quantity: 6oz x32 Code: 901352

Costing €36.00





Big Al's Pulled Pork with BBQ Sauce

Quantity: 1kg x4 Code: 959044 Costing €33.50





Diggers Shredded Chicken

Quantity: 1kg x5 Code: 13383 Costing €36.50





Seara Cooked Chicken Breast 9-12oz

Quantity: 10kg Code: C21QF Costing €50.00





Seara Southern Fried Chicken Fillet

Quantity: 10kg Code: 12257 Costing €50.00



White Tea Bags

Quantity: 600pce / Code: 74706

Barry's Gold Blend 2 Cup

Quantity: 500pce / Code: 59183

Cadbury Drinking Chocolate

Quantity: 2kg x 6pce / Code: 75302

Costing €12.50

Costing €23.50

Unit Costing €12.00





Yellow Snack Bar Quantity 43g x36pce Code: 68581 Costing €24.00



Cadbury Purple Snack Quantity: 22g x60pce

Code: 65038 Costing €27.00



Quantity: 41.5g x24pce Code: 69545 Costing €14.00



Mars Bars Quantity: 51g x48pce Code: 69018 Costing €23.50

Coca Cola Cans

Quantity: 330ml x24 / Code: 104001

Diet Coca Cola Cans Quantity: 330ml x24 / Code: 104002

Fanta Orange Cans

Quantity: 330ml x24 / Code: 51150

Coca Cola Bottles

Quantity: 500ml x 24 / Code: 65007

Diet Coca Cola Bottles

Quantity: 500ml x 24 / Code: 65008

7up Bottles

Quantity: 500ml x 24 / Code: 65006

Lucozade Bottle

Quantity: 380ml x 24 / Code: 65606

Costing €10.50

Costing €9.00

Costing €9.00

Costing €19.50

Costing €16.00

Costing €18.00

Costing €16.00

BEVERAGES **DRINKS & SNACKS**



PLASSEY NON-FOOD



Heavy Duty
Refuse Sacks
Quantity: 1400 x
990mm
Code:11142
Costing €26.00



Good quality
Blue Roll
Quantity: 150m x6
Code: 1690
Costing €7.25



White Napkins 2ply
Weight: 33cm x 2000
pce
Code: 180232
Costing €16.00



Standard size
Chip Punnets
Quantity: 2000 pce
Code:150011
Costing €43.00



Plassey Food Burger Bags Quantity: 1000pce Code: 11137 Costing €17.50



Chicken Supper Tray Quantity: 2000pce Code: 150810 Costing €74.00



Small Fish & Chips Box Quantity: 100pce Code: 120007 Costing €13.00



1lb Lined Greaseproof Bag Quantity: 5kg Code: 1200020 Costing €11.50



2lb Lined Greaseproof Bag Quantity: 5kg Code: 160201 Costing €8.50



3lb Lined Greaseproof Bag Quantity: 5kg Code: 160164 Costing €8.50



Large Carrier Bag Quantity: 5kg Code:1676 Costing €14.50



FP7 Regular Burger Box Quantity: 500pce Code: 120011 Costing €15.50



FP6 Quarter Pounder Burger Box Weight: 500pce Code: 120010 Costing €17.00



HP9 Takeaway Container Quantity: 500pce Code: 120013 Costing €11.25



HP10 Takeaway Container Quantity: 250pce Code: 120691 Costing €16.80

ENVIRONMENTALLY FRIENDLY COMPOSTABLES

SPOONS - FORKS - KNIVES - PLATES - CUPS & LIDS - ETC. ETC.

At Plassey Food, we provide you with the best products available. As a leading supplier to the Foodservice sector, sustainability plays an important role when choosing what products to supply.

We are committed to doing our part to protect the environment, and with that in mind, we now can offer you disposables made from natural, sustainable and renewable resources.

We endeavour to provide you with the most environmentally-friendly solutions available and to present you with upcoming advancements in this area.

COMPOSTABLE

Compostable Products certified to be industrially compostable according to the European standards EN 13432. These products biodegrade in a composting process typically within 12 weeks.

Never place compostable plastic into the recycling with other plastics; as it is designed to break down it cannot be recycled and contaminates recyclable plastics. Products that carry this symbol can be recycled with garden and food waste through your local authority or in composting bins.

BIODEGRADABLE

Biodegradable Is the disintegration of materials by bacteria, fungi, or other biological means. It is commonly associated with environmentally friendly products, capable of decomposing back into natural elements.

There is no defined time limits for the term "biodegradable" as a number of factors determine the rate at which this degradation occurs. Factors include light, water, oxygen and temperature.

Talk to your sales rep for more information!



Looking for a specific product?



Call us on 069 63500!