



Unit A2 New Covent Garden Market London

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www.yeschef.biz

Newsletter September 2017



CEPtember

September

Traditionally September heralds the start of the edible squash season. Root crops are more popular this month as well as beautiful plums and greengages. As late summer rolls, in we are seeing beautiful produce across the market. And let's not forget beautiful mushrooms—especially ceps and chanterelles this season.

Order, Order!

Please make sure that, when placing orders, its done from a land-line (if possible). If using a mobile, please make sure you have full reception. We are receiving incomplete orders due to patchy reception from kitchens. In order for us to do

NO SIGNAL
NO SERVICE



In This Edition

1. Six of the Best

A selection of some of the best vegetables this autumn.

2. Squashes & Apples

Late summer and early autumn UK delights.

3. English Salad Days & You Say Tomato

Salad items from our green and pleasant land & fresh off the vine

4. Cool as a... & High Five

Or cucumber growers and stone fruit from Fiveway Farm

7. Plum Job & Green Mile

Stone fruit of the season plus a little anecdote from the team

8. Nurtured in Norfolk & Epping Elderberries

Introducing our wonderful source of all things micro like flowers, herbs and vegetables. Epic elderberries foraged just for you.

9. Magic Mushrooms

A magical tour of the best mushrooms of the season

10. Out of the Ground

A classic rundown of our heritage potatoes and chips.

11. Store cupboard

A rundown of our dry-store produce and a few treats too.

How Dairy...

News from our dairy suppliers is that prices are set to rise. As always we will keep you informed as we know how the market is looking.

SIX of the BEST

They are not unlike hazelnuts, but should not be mistaken for them; the Cobnut is a nut in its own right. They are delicious, and when fresh have a coconut-like flavour.



cobnuts

Their sweet flavour is somewhere between a turnip and a waterchestnut, with a crisp, crunchy texture. It can be found in two colours, pale green and the less common purple.



ceps

Ceps are also known as porcini mushrooms- they are a famous, and delicious, addition in both Italian and French cuisine. Due to their strong nutty flavour, this is an incredibly popular gourmet mushroom.



quince
pears

Its shape is similar to a pear, but larger. It has lumpy yellow skin and hard flesh that is quite bitter so shouldn't be eaten raw. When fully ripe, the quince has a wonderful perfume



The unsung hero of the vegetable world, knobbly, odd-shaped celeriac has a subtle, celery-like flavour, with nutty overtones.



purple kohlrabi



celeriac

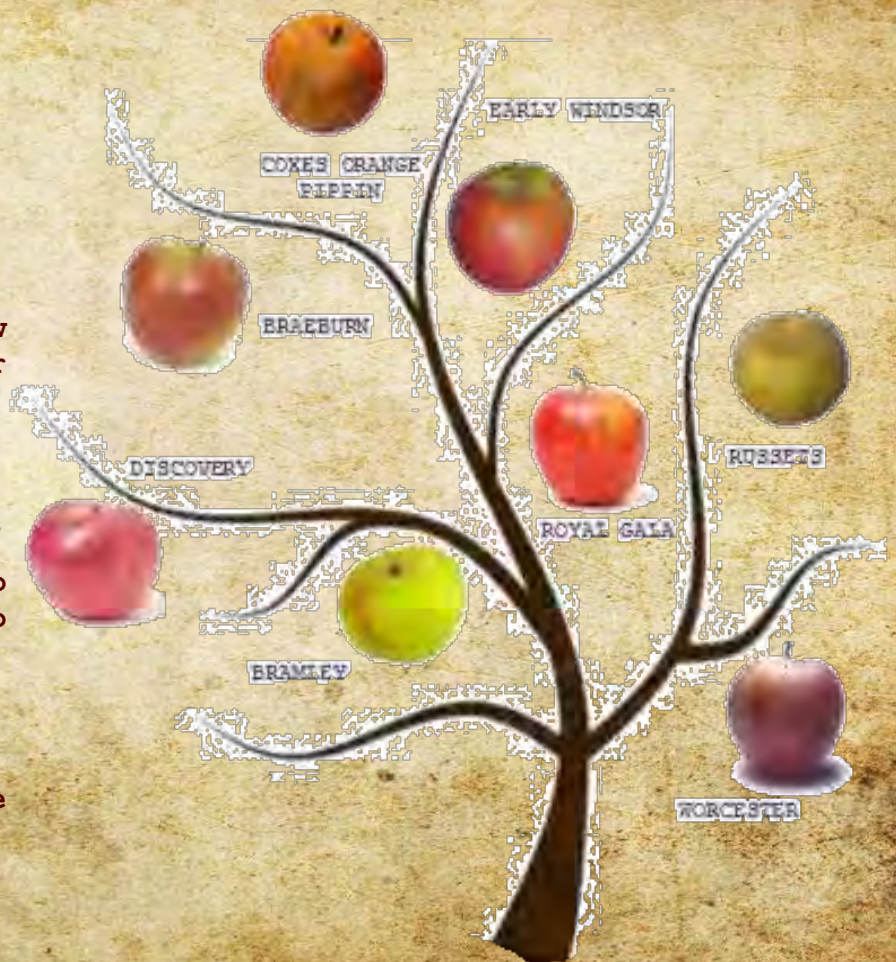


blackberries

Look out for blackberries in hedgerows from July to October. Classic blackberry recipes include summer pudding, trifle, and blackberry jam. Try savoury recipes using blackberry with rich meat like duck.



Despite the outstanding work of researchers in raising new varieties, the primary factor responsible for the outstanding taste of English apples has been our climate. The absence of extreme temperatures but adequate rainfall allows our apples to grow relatively slowly and to develop their full flavour potential. This occurs to a greater extent than with apples grown up elsewhere, even with varieties that have been raised overseas. Our climate prevents us from producing some varieties but those which are grown in UK have unrivalled taste and flavour.



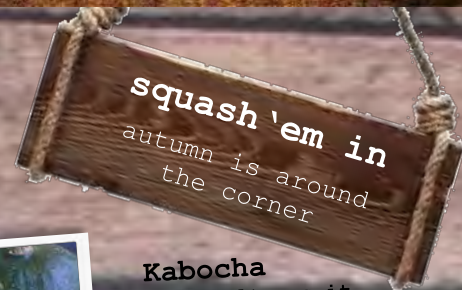
Acorn

Also known as the pepper squash or the Des Moines. With distinctive longitudinal ridges and bright orange flesh, delicious for soups and as roasted veg on the side. Seeds can be toasted too.



Harlequin

Beautiful to eat as well as for autumnal decorations in your establishment. These are a colourful and popular part of the squash family for both look and taste. A great choice for the menu.



Kabocha

In some cultures it is revered as an aphrodisiac, the squash sweetens as it cooks, so can be used to sweeten cakes or in desserts. Sliced into thin pieces often served with

Gem

The dark green spherical fruit, when fully ripe, is about the size of a large cricket ball. Beautiful for stuffing with all sorts of delicious fillings. Lovely autumn treat.



Spaghetti

Can range either from ivory to yellow. Its centre contains many large seeds. Its flesh is bright yellow or orange and is stringy like spaghetti, which gives an interesting texture.



Onion

So called because of its shape, its French name is derived from its chest-nutty flavour. Beautiful mini-sized, just like the mini gem





5 things you (probably) didn't know about tomatoes

- 1) Tomatoes originally came from Peru, where their Aztec name translated to plump thing with a navel.
- 2) The scientific name for tomato is *Lycopersicon lycopersicum* meaning wolf peach.
- 3) People used to be afraid to eat tomatoes, thinking them poisonous due to their relation to the belladonna or (deadly nightshade) plant.
- 4) Tomatoes increase in weight as they ripen, even after harvesting.
- 5) Tomatoes are the richest source of lycopene which is important for the health of the prostate gland in men.

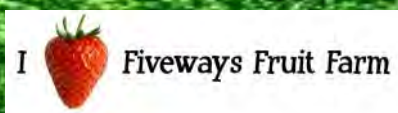
Not long left for
English Heritage Tomatoes...



Our cucumbers at Goff's Oak are doing brilliantly. We had great feedback from customers last season.

We are hoping that English cucumbers will run all the way through to mid-October...

They are still beautiful at the moment!



A bit of History...

The best stone fruit and pears that we've got our hands on have come from Fiveway Fruit Farm in Colchester. Julian Mead runs a family farm with his brother and wife that has been growing fruit since before the Second World War.

Different varieties of fruit are used in different soils to extend the season so we can look forward to Fiveway's delicious fruit all year round

Danny Murphy and Martin Wheeler visited the farm themselves to get a first hand view of the produce that Fiveways offer.

Victoria Plums are considered the best culinary plums to use with its distinctive pink-orange flesh, they are perfect for jams and sauces.

Greengages are the quintessential british variety of plums. They have a soft delicate and aromatic flavour. If cooking they go well with greek yoghurt or crème fraiche.

Conference Pears are excellent eaten as a dessert and exceptional when cooked. Their flesh is sweeter and more juicy when cooking is applied.

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conference pears



victoria plums



greengages



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A PLUM JOB

Plums and stone fruit are at their best this month but be quick!!

BRITISH PLUMS

Our home-grown plums, are gorgeous in pies, tarts and jam, and also surprisingly good in dishes like a simple tomato salad. Don't forget that plums (like their close relative the apricot) become more acidic as they are heated. Use this to your advantage with savoury recipes. Add a few to the tin with roast pork, say, where they will cook to a tangy purée to eat alongside as you would apple sauce.

PLUM FACTS

- **Marjorie's** – dark-purple skinned with a green tinge, a later variety that is also good for cooking and eating.
- **Greengages** – not simply any green plum, but a small spherical variety which ripens to an exquisite honeyed sweetness. "Transparent" varieties have a translucent skin – hold one up to the light and you'll see the stone faintly.
- **Damsons** – olive sized with blue-black skin, these are generally too sour to eat raw, but they cook down to rich red with a heady intensity of flavour.
- **Sloes** – the fruit of the blackthorn, from the same genus as plums, you'll have to forage for these. From the same family as plums, but smaller and tannic and sour if eaten raw.

the green mile

We go above and beyond
for our customers

We don't want to blow our own trumpets, but we do like to let our customers know how much they mean to us.

Back in August we were asked to source fig leaves for one of our customers for a new dish they were creating..there was nothing available on the market, we searched high and low and didn't find anything. And then...

Paul remembered that Danny has a big fig tree in his garden. Low and behold Paul was able to "forage" some beautiful leaves straight from his dad's back yard.

We go the extra mile for our customers...here's the proof!



#essexfigs



#essexfigs



Edible Flowers

Amaranth Flowers
Apple Blossom
Blackcurrant Sage
Borage Flowers
Butterfly Sorrel
Buzz Buttons
Calendula
Nasturtium Flowers
Impatiens
Lavender Flowers
and many more...

Nurtured In Norfolk are specialist growers of edible flowers and leaves as well as micro shoots and vegetables. Used by chefs around the country including Michelin starred chefs in some of the UK's most famous restaurants. Nurtured in Norfolk believes in delivering the highest quality and consistency in their products.

Micro Veg

Baby Fennel
Baby Leek
Micro Carrots
Micro Leeks
Micro Onions
Micro Turnips
Micro Rainbow Carrots
Baby Courgettes
Baby Aubergines
Cucamelons
Baby Beetroot
and many more...



Micro Shoots

Golden Pea Shoots
Salad Pea Shoots
Sunflower Shoots
Tendrill Pea Shoots
Golden Pea Shoots
Salad Pea Shoots
Sunflower Shoots
Tendrill Pea Shoots
and many more...



Edible Leaves

Apple Mint
Aztec Mint
Banana Mint
Bronze Fennel
Ice Plant
Large Nasturtium Leaves
Lavender Mint
Salicornia
Sea Beet
Sea Purslane
Strawberry Mint



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EPIC EPPING
ELDERBERRIES

The Forest covers 6000 acres stretching from Manor park to the north of Epping in the North East of London. Epping Forest is one of the largest open spaces in the city and boasts an array of wild, forageable produce. Elderberries grow in abundance here. These start as tiny white flowers, blooming in June and July and then develop into little dark berry clusters in later summer. Primarily used to flavour different syrups, wines and cordials. Elderberries in particular are known for their massive amounts of Vitamin C, and are still used as a primary defence against colds in a lot of European countries.

Danny and Paul live on the doorstep of Epping forest and are able to forage for some of the berries themselves.

Magic Mushrooms

A magical mystery tour
through all the delicious
'fruits of the forest floor'

With its rich golden colour, fluted shape and strong aroma reminiscent of freshly picked apricots, it is a treat for any food lover. Although this variety is found throughout Europe and the US, it is the Scottish girolle, which has the most pungent aroma, that is prized the most.



Scottish Girolle

Ranging from lilac to purple-pink. Usually they have purplish tones on the stem and gills. Mature specimens have a darker colour and flatter cap. The Pied Blue taste good when it is used in game dishes.



Pied de Bleu



Ceps

Also known as a Chanterelle, it is probably the best known species of mushroom. A beautiful sunset yellow with a meaty taste. It has a smooth cap and gill-like ridges that run almost all the way down its stipe.

Currently Morels are out of season and are better replaced by delicious chanterelles and ceps.



yellow & grey chanterelles

Yellow and Grey chanterelles are an absolute delight at this time of year. They are sweet, delicate and meaty all at the same time. They are indeed the Bell of the Late Summer Ball.



Pied de Mouton

Mousseron mushrooms are a light-beige to cinnamon brown in colour. Flat to bell-shaped caps, no more than an inch across, sit upon thin stems. The stems can often be tough, but they are edible; the caps are often harvested on their own.



Mousseron

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A common woodland mushroom, so named because it grows in the shape of a long horn or funnel. It is also known as 'black trumpet' and 'trompette de la mort' (literally 'trumpet of death').



Trompette
(de la mort)



OUT of the Ground

Please state when ordering whether you need the potatoes for shipping or mashing, we can guide you to the best for your needs.



Chippies

Chippies Choice potatoes are available in 25kg sacks, and were the **first** chipping potatoes to give storage, preparation and frying instructions in **six languages**, allowing best practices to be observed in restaurants of different nationalities.

Possibly the best specialist chipping potato brand in the UK, our exclusive Chippies Choice potatoes are a firm favourite of the fish and chip shop trade. Guaranteeing a light, golden, fluffy but firm textured chip, Chippies Choice ensures consistent production of the perfect chip. To achieve this, potatoes are always selected using strict variety, dry matter and fry colour criteria.



Vitelotte

Available washed in 5 or 10kg boxes and in 1kg nets.

This white root is the cream of the winter crop. It's a ubiquitous part of a Sunday roast or a Christmas dinner but also over the years has been a part of the sweet course. Cakes, creams and even ice-creams have used this surprising little root to great effect.



Pink Fir Apple

Available washed in 5 or 10kg boxes and in 1kg nets.

A very old variety dating back to 1850 which has made an astonishing comeback in recent years. This variety is a long potato pink in colour with a butter yellow middle. It is suitable for boiling, steaming or roasting whole.



Roosters

Albert Bartlett
Red Roosters

The appearance of Rooster potatoes makes them stand out from the crowd- the deep red skin and beautifully shallow eyes. And they taste as good as they look. They are in high demand as Britain's favourite brand!



Lords



McCains

We also stock Lord's par-fried chips, which are excellent quality. And also the nations favourite, no frills attached McCains frozen chips.



Red King Edwards

Available in 25kg sacks washed or unwashed

This is a rare version of the King Edward and is oval in shape with red skin and a white flush. It has a floury texture suitable with the same cooking properties as a King Edward so good for roasting, chipping and mashing.



Store Cupboard

A rundown of what we have in our dry store to compliment your fresh produce



Tinned Olives



Sun-Dried Tomatoes in Oil



Quails Eggs



Saffron 10g packs



Dairy



Vanilla Pods



Truffle Oil



Sun-Blushed Artichoke



Olive Oils



Snails

These are a very special edition to our store cupboard. Delivered live via DHL. Beautiful, traditional and fabulously French



Vinegars

We have a range of great vinegars, sherry, white and balsamic to name but a few.

Special Offer on Olive Oil this month
Please call the office for information

