



YES CHEF

Market Report
December 2017

CHRISTMAS EDITION



Unit A2 New Covent Garden Market London

020 3617 3300
www.yeschef.biz

Newsletter December 2017



MERRY CHRISTMAS

The team at Yes Chef wish you a very Merry Christmas and a happy and prosperous New Year.

The Christmas edition of the market report is packed full of festive produce and Christmas cheer. We aren't only offering fresh produce but also wreaths, trees and garlands to dress your rooms and restaurants.

With Christmas around the corner we also hope to be seeing the first of this seasons **blood oranges**... delicious!

We are pleased to announce that we passed our BRC audit with an "A" grade. The assessor commented we had one of the cleanest warehouses he's ever audited.



Christmas Opening Times

Fri 22nd Dec: Normal
Sat 23rd Dec: 2nd deliveries must be placed by 10.30am
Sun 24th Dec: Closed
Mon 25th Dec: Closed
Tue 26th Dec: Closed

Wed 27th Dec: as 23rd
Thu 28th Dec: as 23rd
Fri 29th Dec: as 23rd
Sat 30th Dec: as 23rd
Sun 31st Dec: Closed
Mon 1st Jan: Closed
Tue 2nd Jan: Normal

In This Edition

1. six of the best

A selection of some autumn inspired produce

2. viva italia

The best from Italy for the autumn/winter season

3. pre-orders

Info on how to ensure timely arrival of your produce.

4. squash 'em in

Pumpkins and squashes for the autumn season

5. mercabarna market

Festive greeting from citrus producers in Spain

6. how d'you like them apples

Apples of the season and some facts about them.

7. its no yolk & nurtured in norfolk

Beautiful eggs from happy chickens and fiveways farm

8. christmas market

Special produce especially for the run up the Christmas

9. a few of our favourite things

Wonderful festive trimmings for Christmas

10. magic mushrooms

A magical tour of the best mushrooms of the season

11. rooting for you

Root vegetables for the autumn season.

12. out of the ground

A classic rundown of our heritage potatoes and chips.

13. store cupboard

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

SIX of the christmas BEST

Adding chestnut to sauces and stuffing lends a delicious earthiness and depth. Conveniently shelled, cooked and packed. Easy to use.



A beautiful marriage between the apple and the pear, a perfect partner with cheese, as a jelly but also wonderful with meat. Can be poached, jammed, jellied... extraordinarily versatile and quintessentially English



Born from a cross between Brussels sprouts and kale, the flower sprout has not only become increasingly popular with British shoppers.



Juicy and sweet, leafy clementines not only look beautiful but they pack a delicious citrus punch. Make sure leaves are still on for the best fruits.



Ruby red, delicious and nutrient rich pomegranates pack a mighty punch in safeguarding your health. A festive favourite.



Like them or loathe them, sprouts are a key feature of a Christmas feast. This year make them purple for an extra dazzle/





Important Information on Pre-Orders

As we head towards what is one of the busiest times in the year, we will need all prepared items ordered **no later than 8pm** to guarantee next day delivery.

If at all possible it would be advisable to try and work 24 hours ahead with prepared food in December.

Please be aware of our Christmas and New Year opening times (on the front page). There will be a limited market from Christmas Eve right the way through until Wednesday 3rd Jan 2018. We will endeavour to complete all orders but please understand if some items are not available.



Yes Chef



Squash 'em in

Squashes & pumpkins are coming into full bloom this season...



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.

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 fish.



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.



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.



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 variety but with bright orange skin.



Mini Gords

These mini specimens look wonderful as autumnal decoration especially in the run up to Halloween. They are hardy and will last a long while.



PATTYPANS



STAR OF THE SHOW

Pattypan squash is a variety of summer squash notable for its small size, round and shallow shape, and scalloped edges, somewhat resembling a small toy top, or "pattypan" derives from "a pan for baking a patty." Our yellow and green. Pattypans are a little larger than a 50p piece. Just gorgeous



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.



Yes Chef



Merry Mercabarna
Market

Mercabarna Market Barcelona

Danny had his traditional end of year Christmas visit to Mercabarna Market Barcelona. Once again he was very impressed with all the wonderful produce that was on display out there.

We will be working with a new citrus supplier that Danny met with on the market from next year. We are also looking forward to working with a new wild mushroom specialist.

Currently we are finalising the distribution of mixed pallets from Barcelona to London




ANTHONY
NOLAN

saving the lives
of people with
blood cancer



YOU
ARE A
MATCH,
SAVE
A LIFE



Paul and his wife Cass were invited to the House of Commons as the Covent Garden Tennants Association (CGTA) which Yes Chef are a member of won the organisational fundraiser of the year.

We have raised over £270,000 for the Anthony Nolan Trust.

The trust match incredible individuals willing to donate their blood stem cells or bone marrow to people who desperately need lifesaving transplants.

They educate young people about the lifesaving difference they can make by joining our register.

We conduct ground-breaking research to improve the success rates of transplants and improve the lives of all people with blood cancer.

Yes Chef



how d'you like them
apples...

...and five facts you definitely



English Apples are great at the moment, we think braeburns are the best. They are the favourite of Pierre Koffmann who uses braeburns for his delicious Tarte Tatin, which is a beautiful recipe to showcase sweet winter apples. The braeburn holds its shape when baked and retains its beautiful sweet flavour with an edge of sharpness on the palate. Russets are also great for this.



Its No yolk...

Introducing Blackdown
Farm's Artisan Eggs...



Blackdown Hills is a family run farm and egg packing business in the Blackdown Hills, Somerset, providing Westcountry Free Range Eggs to the UK Retail, Food Service and Wholesale sectors.

At the heart of their business is the welfare of their hens, and during daylight hours they're free to forage and roam amongst acres of beautiful woodland, fed only on the most nutritious diet.

But what really sets them apart, is our ability to collect, pack and deliver eggs directly from our farm, guaranteeing genuinely fresh, local and tasty Free Range Eggs.

HAPPIER, HEALTHIER HENS

Spending more time outside foraging makes for happier, healthier hens that produce better quality eggs, so they encourage our hens to roam free in a stimulating environment.

They have worked closely with FWAG (Farming & Wildlife Advisory Groups.

They allow our hens to follow their natural 'jungle fowl' instinct to shelter under tree canopies. To help, they've planted large areas of native woodland trees close to the hen houses, including oak, ash and hazel. In daylight, they really are free to roam.

Inside their houses, the hens enjoy spacious, clean and comfortable resting areas.

For their quality of life, and for tastier eggs, they feed their hens top-quality natural feed, but they also have access to grass, grubs and grit to aid their digestion.



Edible Flowers

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



edible flowers

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 veg

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

Edible Leaves

Apple Mint
Aztec Mint
Banana Mint
Bronze Fennel
Ice Plant
Large Nasturtium Leaves
Lavender Mint
Salicornia
Sea Beet
Sea Purslane
Strawberry Mint
Wild Garlic
Wormwood
and many more...



micro shoots

Christmas Market

leafy clem



pomegranate



cranberry



chestnuts



dates



horseradish



sprouts



mixed nuts



parsnips





During the Christmas season we often get requests for all sorts of festive bits and pieces. We are located in the heart of Covent Garden Market, and can offer our customers the A-Z of Christmas cheer.

48 hours notice required

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

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)

rooting for you

All root vegetables are of excellent quality at the moment. In particular we can recommend rainbow chard, parsnips and turnips which are an ideal roasted accompaniment for a main course.

PARSNIPS & TURNIPS

The colder weather means that hearty root vegetables like parsnips and turnips are coming into their own. They'll get better and better by Christmas



Cavolo Nero can be used as a substitute in all recipes that require cabbage but is particularly good in soups. Delicious simply fried in olive oil with garlic and chillies.

CAVOLONERO

SAVOY

Dark-green winter cabbage with attractive, crinkled and blistered leaves and a robust flavour and texture. It is exceptionally good for use in cooked dishes. Particularly loved by the French.



LEEKs

No wonder the Welsh consider this the emblem of their land. Hearty, delicious and can be used in place of any onion. The wonderful leek.



CELERIAC

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



RAINBOW CHARD

Swiss chard is not only one of the most popular vegetables along the Mediterranean but it is one of the most nutritious vegetables around and ranks second only to spinach.



CAULIFLOWER

Cauliflower is incredibly versatile - from curries, to soups to the comforting cauliflower cheese. Beautiful snowy white florets on the market at the moment.



TENDERSTEM BROCCOLI

Coming from Kenya, distinctive flavour and a texture more akin to asparagus than traditional broccoli and it's deliciously succulent. with no wastage so you can eat the whole vegetable.



BABY RAINBOW CARROTS

Determined to showcase heritage varieties why our baby carrots come in plummy purple and crayon-bright yellow. They are stunning on a plate.





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.



Sweet Potato

More and more popular now and becoming just as popular as the standard chip for health conscious diners.

Sweet potatoes are native to the tropical Americas and are sometimes referred to as 'yams' in the USA. These tubers are rich in fibre, vitamins A, C and B6, and an excellent source of carbohydrates. The orange-fleshed variety are also rich in betacarotene.



Fit for purpose

Fit for purpose potatoes

As always we offer "fit for purpose" potatoes which are perfect for all your spud staples- chipping, roasting and mashing.



Maris Piper

Available washed in boxes and in 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.



Vitelotte Noire

Available washed in boxes and in nets.

The stunning and delicious French "black potato" is actually a vibrant mauve colour and is such a stunning edition to the menu. Excellent for the spooky season.



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.



Ratte Potatoes

Elongated and slightly larger, good for salads.

The Ratte potato is a small potato with a unique nutty flavor and smooth, buttery texture. The nutty flavour is said to have come from the types of soils the variety is grown in by the French farmers.



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.

Eleusi Oil comes from a family run farm on the South tip of Italy. The farm's operations began in the 1960s when Giuseppe Giovazzini planted the first 150 olive trees. The main business was local olive oil cultivation, production and marketing. During the 1980s, Giuseppe's son, Pietro, increased