

8



VEGETABLES



VEGETABLES



Selection of
Summer Salad
Tomatoes

Large
White Onions

Pear Tomatos

Padron Peppers,

Wild Oregano

Small Courgettes

Pimiento
Morrón

Garlic



Potimarron
Squash

Stripped Aubergines

Short
Cucumber

Lemons

Flat Peaches

Peaches

Blueberries

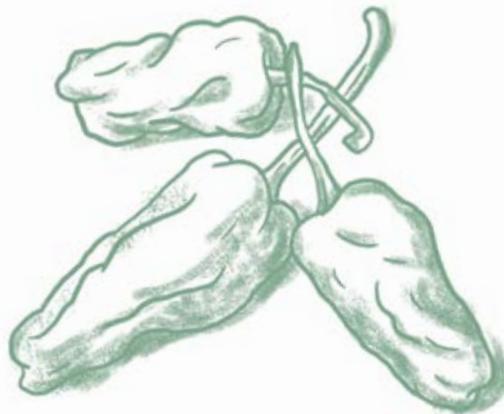
Redcurrants

PRESERVED ORCHARD

Canned products of all types are enormously popular and many are considered gourmet class.

Spaniards preserve a wide range of products in cans and glass jars, often using nothing but the best for this purpose, such as prime vegetables, pulses and fruits picked from Spain's excellent market gardens and orchards.

We would love to highlight roasted piquillo peppers for their flavour and great versatility, or different tomatoes with an excellent yield as told by our customers and our purple garlic paste for its quality.



PIQUILLO PEPPERS TIN 2.5KG CB10000

Tin. Rich, spicy-sweet flavour more akin to bell peppers than chili peppers. Served stuffed with morcilla, tuna, cod, cheese, meat or seafood as "tapas" or included in soups as well as other dishes. Fabulous texture and flavour.

PIQUILLO PEPPERS JAR 350G CB10012

Jar. As above, for smaller users.

ARTICHOKE HEARTS TIN 2.5KG CB10030

Fleshy. Deep, soft and subtle flavour. They are ideal to use in soups, salads, stews, with eggs, ham, pizza...

ARTICHOKE HEARTS JAR 660G CB10020

As above for smaller users.

CHOPPED TOMATO 4KG CB10040

Top quality, sweet chopped packed in their own juice.

WHOLE PEELED TOMATO 2.5KG CB10070

Top quality, sweet chopped packed in their own juice..Top quality, whole, firm tomatoes packed in their own juice.

TOMATE FRITO TIN 2.5KG CB10060

Delicious pureed tomato sauce with a hint of garlic and onion that has been cooked in sunflower oil.

TOMATE FRITO WITH OLIVE OIL JAR 350G CB10050

Stunning pureed tomato sauce cooked in olive oil.

WHITE THICK ASPARAGUS 425G CO10200

Delicate mild flavour. They are a delicacy to eat on their own with a bit of mayonnaise, as a garnish or in salads.

GARLIC STALKS (BROTOS DE AJO) 350G CO10060

To add colour to salads, and especially to scrambled eggs (try them with prawns). Supremely convenient.

FRESH PURPLE GARLIC PASTE 1KG CO10130

To be used in the same way as fresh garlic for any type of food or cooking process, cold or hot.

FRESH PURPLE GARLIC DICED 1KG CO10100

Fresh purple garlic, with all the aroma and genuine flavour.

Ready to use, neither hassle nor waste, saving you time and money. To be used in the same way as fresh garlic for any type of food or cooking process, cold or hot.



Piquillo Peppers.



Salt Cod & Orange Salad.



Organic Grapefruit at Juan Enrique's farm.

**TASTY &
VERSATILE**

PULSES

We bring all our pulses as soon as the NEW SEASON ones are available, and this makes a huge difference to eating and cooking quality. Spanish pulses are renowned for their quality. We leave you this quote from Jamie Oliver: *"Spanish pulses are the Rolls Royce of pulses"* Enough said!

WHITE BEANS TIN & JAR 2.5KG/650G

CO10050/CO10025

BUTTER BEANS TIN & JAR 2.5KG/650G

CO10070/CO10020

CHICKPEAS TIN & JAR 2.5KG/650G

CO10090/CO10030

LENTILS TIN & JAR 2.5KG/650G

CO10010/CO10040

BABY BROAD BEANS 660G

CO10230

RED BEANS TIN 2.5KG

CO10055



PARDINA LENTILS 1KG

PU10020

Small and Greenish/Brown outside that rank at the top for texture and flavour with the best lentils in the world. Yellow inside. Nutty taste. Firm texture when cooked. Ideal for salads, soups and stews.

PEDROSILLANO CHICKPEAS 1KG

PU10030

Excellent for cooking. Small and round, increase 15% in size when cooked. Smooth and creamy. Perfect for hummus, soups, salads and stews.

LECHOSO (MILKY) CHICKPEA 1KG

PU10220

Renowned for its quality. Yellowish-white colour. Roasted, fried or stewed, this chickpea loves being the star of a dish!

ARROCINA BEANS 1KG

PU10210

Small and white bean, very rich in carbohydrates. Fabulous all rounder, and also great for puree and mashed beans

ROUND MANTECA BEANS 1KG

PU10200

Small, white and round. Highly appreciated for its softness after cooking. Very rich in proteins. Ideal for stews or salads.

MEDIUM BUTTER BEANS 1KG

PU10190

Small, white and round. Highly appreciated for its softness after cooking. Very rich in proteins. Ideal for stews or salads.

JUDIÓN (BUTTER BEANS) 10KG

PU10250

Large, wide and flat, very soft after cooking. Large size gives superb creamy texture and they absorb plenty of flavour while cooking

**FABA ASTURIANA 1KG
(LARGE WHITE FABA BEANS)**

PU10060

White, large and flat. Perfect for earthy stews, absorbing flavours and giving smooth buttery texture.

VERDINA BEANS 5KG

PU10240

Sweet little jewels of pale green bean that are from Asturias. They are very thin and soft. Delicate flavour. Ideal for stews, and incredible with seafood

RICE

Valencia is, historically, the first region of Spain where rice started to be cultivated. Since then, generations have dedicated their lives to produce the essential ingredient of dishes prepared by people who look for original tastes. It was in the early 40's when Don José Montoro León started to produce Valencia rice in his old mill, in the town of Massamagrell.

Nowadays, our rice not only preserves an ecosystem and a whole society, but it is also a product of guaranteed quality.

MUCH MORE THAN PAELLA

VALENCIA RICE D.O 1KG

PU100020

This rice has been grown in the protected area of Natural Park of L'Albufera. . Perfect for Mediterranean rice dishes. It needs 2 and a little bit more of cold stock/water, for a dry paella. More for wet rice dishes.

VALENCIA RICE D.O. 1KG CLOTH SACK

PU100030

ROUND RICE BOMBA D.O. 1KG CLOTH SACK

PU100040

Short-grained with a pearl-white colour and a uniform consistency. Absorbs three times its volume in water without bursting, which means it absorbs more flavour. It holds its structure well after cooking. Not sticky and always loose textured.



Bomba rice
with Ibérico Pork Ribs.



Valencia rice with Duroc Pork,
Chorizo, Artichokes and Spinach.

FRESH FRUIT AND VEGS



We have been importing Padron Peppers from Galicia as far as we can remember, and four years ago we started to import Calçots, the famous leek shaped green onion from Catalunya that even has its own festival. Then we found that several of our customer's were struggling to find consistently good avocados and tomatoes. At that point we looked into organic vegetables production and began working directly with growers from the tropical growing areas in Andalucía and other parts of the Mediterranean Coast, where the long hours of sunshine create an ideal growing environment for many fruit and vegetables.



Organic Clementine's Grove, Málaga.

ORGANIC FRUITS & VEGETABLES

We especially like organic vegetables as they have a higher content of solid material and less water, therefore much more texture than conventional products.

ONLY AT THEIR BEST WHEN THEY ARE IN SEASON

Please contact our Sales Team for our
MONTHLY FRUIT & VEG CALENDAR.

SEASONAL ORGANIC FRUIT AND VEGS DIRECTLY FROM THE PRODUCERS

WE ALSO DO CONVENTIONAL TRADITIONAL VEGS

PADRÓN PEPPERS 330G

PP10000

Usual season from Easter to end of October.

Directly from Galicia, the real deal. Padrons are small bright green peppers that are famous as a tapas dish on their own, but can be used as an ingredient across the menu.

CALÇOTS 2KG

FF100013

(BUNDLES OF 25 CALÇOTS)

From the heart of Calçots country.

These are the same calçots served in the best calçot restaurant. You cannot get better than this. Usual season mid November to Easter.

Calçots are a very large sweet and juicy spring onion that loves being grilled and charred, for use as a garnish or as a dish itself.

