

Fresh



JANUARY 2022



Zest is best

It might be miserable old January again but that's no reason to let your customers' tastebuds suffer. Instead blow their socks off with some of the fresh zesty flavours we have lined up for you from our fantastic suppliers.

From the second week of January, we'll be collecting the first pick of Annabel's Yorkshire Forced Rhubarb. Pale pink stems that pack a fresh punch of flavour, Yorkshire forced rhubarb is a treat that never disappoints – and Annabel's is the best. For more zest – in desserts, sauces and salads – blood oranges and Seville bitter oranges are also available.

With inflation sadly back, January is going to be about value for money too. That means low-to-no waste fruit and veg, maximum flavour and flexibility. Giving more respect – and plate room – to local produce that's often ignored such as cabbage will give chefs a challenge and boost bottom lines.

Class One best buys for the month are cabbages of all colours, purple sprouting broccoli, beetroot, apples and pears – all UK grown and looking fabulous!

What's in season this January?

Beginning

- **Purple Sprouting Broccoli** UK grown, great quality
- **Rhubarb** Yorkshire Forced
- **Blood Oranges** Italy
- **Seville Oranges** Spain

Mid

- **Artichokes, Jerusalem** Good sized UK
- **Beetroot** UK bunched and loose
- **Brussels Sprouts** Great UK supply
- **Carrots** UK season
- **Cavolo Nero** Lincolnshire
- **Curly Kale** Lancashire and UK
- **Chicory** UK
- **Leeks** Lancashire
- **Potatoes** UK grown mids – Maris Piper
- **Red Cabbage** UK – great value
- **Turnips** UK
- **Savoy Cabbage** UK and Lincolnshire
- **Spring Green Cabbage** UK produce
- **Swede** Local and Scottish
- **Tenderstem Broccoli** Great UK options
- **Watercress** Local and UK

Ending

- **Apples** English – last month
- **Kohlrabi** English – last month
- **Pears** English – last month
- **Quince** English – end of January

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Fresh off the pass

Zesty winter warmers from Class One Chefs

RECIPE



Rhubarb and Orange Bread and Butter Pud

Sharp and sweet to wake up the palate, this dessert is also a great way to use leftover bread, buns or brioche.

Serves: 8

Prep: 20 mins

Cooking: 50 mins

INGREDIENTS

400g rhubarb
150g caster sugar
300ml milk
300ml double cream
1/2 tsp vanilla extract
3 large eggs, plus 1 yolk
250g white bread (sliced/soft rolls or brioche)
35g butter
200g ricotta
25g icing sugar, plus extra for dusting
2 oranges (medium) zested

METHOD

- 1 Prep rhubarb into 3cm pieces – simmer for a few minutes only, in 100ml of water and 50g of sugar. Drain and leave rhubarb to cool on a tray so pieces stay intact.
- 2 Combine milk and cream with a pinch of salt in a pan and bring to the boil before adding the vanilla. Pour this into a bowl containing all of the eggs – beaten – and 100g sugar, stirring whilst combining.
- 3 Drain ricotta and combine with icing sugar to make a spread. Butter bread and then spread thickly with ricotta and sprinkle with orange zest. Layer slices with the rhubarb in between in a 20 x 30cm ovenproof dish. Sieve egg and cream mixture onto the pudding and stand for 30 minutes.
- 4 Bake pudding in a bain marie or roasting tin with water at 180°C/160°C fan/gas mark 4 for 40–45 mins or until golden, puffy and set. Cool for about 10 mins and dust with icing sugar. Serve with custard, crème fraîche or cream mixed with Greek yogurt or ginger ice-cream.



Zest and squeeze **blood oranges** into Hollandaise to make the classic Maltaise sauce – for eggs benedict with a tangy twist or to serve with pan fried or steamed fish. For an even fresher combo, pair **blood orange** with **radish** and seabass to make a ceviche starter.

Veganuary is growing – but you don't have to overhaul your menu to satisfy customers – just order more fabulous veg and experiment. Who could resist a crunchy **tenderstem broccoli** and **endive** salad served with a sticky olive and molasses dressing and warm bread – or a hearty **root veg** soup?



Stuff, grate, steam, roast, sauté or pickle – there's so much you can do with the humble **cabbage**. Combine **red and white cabbage** with UK-grown **carrots** and any dressing or seeds, nuts, fruits you have to make healthy, crunchy winter salads – add some **blood orange** segments for colour and zest. Quarter **cabbages** and rub with flavoured oils and roast for low-prep sides – or stuff whole leaves with minced meats or spiced rice and braise for a winter warming main.



Use rhubarb in savoury dishes too – for sharp bursts of flavour. Make a sweet and sour **rhubarb** sauce

– **rhubarb, fresh ginger, red onion, fresh mint,**

cider vinegar, sugar and a cinnamon stick – to serve with lamb kebabs and flatbreads. Or roast with **rosemary** and serve with pork chops.



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