

Fresh

MARCH 2022



Plant-based cooking

We're celebrating the green shoots of spring with a series of tips and recipes on plant-based cuisine courtesy of award-winning plant-based chef, Eddie Shepherd.

We teamed up with Eddie recently to run the first of a series of Class One events to support our chefs and hospitality customers.

A professional masterclass was held at Eddie's unique 'Walled Gardens' restaurant in Manchester, named one of UK's top 20 restaurants by The Observer Food Monthly. This provided an opportunity for some Class One customers to learn new skills and techniques to broaden their knowledge around catering for vegan and vegetarian diners.

Topics covered included vegan desserts and gelling agents, plant-based proteins and creating depth of flavour, nut milks and fermented nut pates, whipping agents as well as working with tofu, seaweed, koji and umami amongst others.

Class One is scheduling more events to help chefs. In the meantime you can find some tips and recipes from Eddie on our website at classonedirect.com.

What's in season this March?

Beginning

- Artichoke, Globe UK and France
- Savoy Cabbage Lancashire
- Hispi Cabbage Portugal
- Potatoes, Jersey Mid-month
– weather permitting
- Rhubarb Lancashire – field grown
- Wild Garlic Yorkshire-foraged

Mid

- Jerusalem Artichokes Good sized UK
- Beetroot UK bunched and loose
- Chantenay Carrot UK season
– Nottinghamshire
- Carrots Lancashire/Scotland
- Cauliflower French now – English later
- Celeriac Evesham/France
- Curly Kale Lancashire and UK
- Leeks Lancashire
- Purple Sprouting Broccoli Weather dependent
- Onions UK/Spain
- Parsnips Yorkshire parsnips
- Potatoes Main crop – most varieties best roasters
- Red Cabbage Lincolnshire
- Salsify Root veg
- Savoy Cabbage Lancashire
- Spring Green Cabbage UK produce
- Swede Scottish
- Tenderstem Broccoli Great UK options

Ending

- Cavalo Nero UK season over/
Italian available
- Rhubarb, Yorkshire Forced rhubarb

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FOR MARCH

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