



Newsletter No 15

A new and exciting take on Live from Rungis

Products to look out for

Leafy celery, comice pear, lisbon onion, Diamantine carrot, Spanish mangoes, wild mushrooms, figs, juicing oranges.

Fruit and Mushroom with Robin



All the positives first - grapes are in their prime at the moment with very good Muscat and Italia and good seedless varieties from France and Spain too. It has been interesting seeing the difference in Muscat, in particular the skin texture and therefore flavour, between sendings from eastern and western France. Hopefully we are getting the balance right! Plums are also good with the pick of the crop being Angelino, but other

colours make for a pretty display. Spanish mangoes are fantastic with the slightly sharp Osteen great value, Kent now starting and Manzanillo which is



similar to Kent with a lovely sweet smooth flesh. Early ones are often a slightly odd

shape! Figs from France continue to please although other soft fruit is beginning to finish in Europe. Cranberries have arrived from The States and our favoured



Belgian supplier of strawberries is now sending his to

compete with the last of the good French Charlotte and Annabelle round varieties.

Mushrooms are a plenty now with Scottish girolle back for a short time, and eight other varieties we are happy to supply.

Time to move away from French melon, (Moroccan starts next week), peach, nectarine and greengage.

The Grand Champion wax tipped pear began today in a small calibre.

Vegetable and Salad with Matthieu



This end of September has been marked by the return

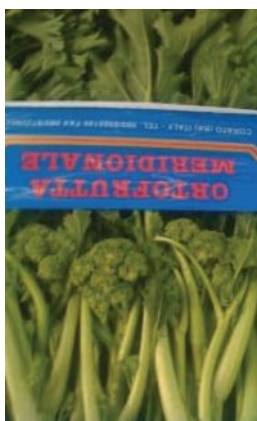


of the Italian vegetables in



Rungis. Product like purple round Aubergine, whole Chard, Lisbon onion and Cima di Rapa (Broccoli rabe) are absolutely stunning. We are impatient to get our first Datterino Tomato which should be coming in the following weeks.

Meanwhile we will be loading our last fine frizze from our farm in north of France as



we are starting from the beginning of next week to get our first arrivals from our growers in the south.

Provence courgettes are lovely at the moment and new season round ones are arriving from Spain.

In the root section, the Jerusalem artichokes are going down in price each day, mixed colour carrot from

Sarthe will be even better in a week as the grower changes to a new field and he will also be supplying his lovely (smaller) celeriac with leaf.

White pisenlit has been joined by the green one



now, which has the same health benefits as the white.



Featured Product with Jon

Tipo 00 Pizza Flour



Tipo 00 flour is the one that the purists use and is also the one recommended by Antonio Carluccio in his books on Italian food. A bag of T00 flour usually says on it "di grano tenero" which means soft grain. 00 signifies very fine so what we've actually got is fine soft white flour.

Tipo 0 and Tipo 00 is the mark that describes how finely the flour is milled. Tipo 00, which is finer, can be used to make different types of bread, cookies and pastries -- as well as pizza. One misunderstanding is that Tipo 00 Flour is pizza flour -- which is not correct.

If you are looking for Italian Tipo 00 flour for pizza, make sure you use Tipo 00 Pizza Flour, not pastry flour, which can be very light and have gluten as low as 5-7%. The best Italian pizza flours come with minimum 11-12 % high quality gluten, and are specially selected and milled.

Today to complement our Semolina Flour we have added 2 Pizza Flours to the lists both

coming from the Molino Iaquone brand

Luna Gialla comes in a 10kg bag and is best used for thin and crispy applications; Luna Verde also comes in a 10 kg bag and is best suited to a softer, puffy base



Featured Product



The wild fig of Andalusia comes exclusively from Alpujarra to the south of the Sierra Nevada. They mature at an altitude of between 1000 and 1400m, bathed in the sea air from both the Atlantic and Mediterranean. It is these conditions of altitude, sun and sea air that give the fig its characteristics. Their natural flavour comes from NOT being treated with pesticides, insecticides and not even irrigation.

In September the 'figuettes' beginning to dry on the trees are harvested and left to dry naturally in the sun, near the tress, for 4-6 days. They are then carefully selected and calibrated and then packed WITHOUT preservatives. The result is a totally natural product that



is rich in vitamins, minerals and fibre. They are also fat free and therefore provide huge health benefits for all, especially teenagers, pregnant women and sportsmen.



Featured Fruit Products



Grand Champion wax tipped pears are small this week and a little immature, but herald the start of great display fruit that will taste as good as it looks.



This is Spanish Kaki - a brightly coloured persimmon that is very sweet. The ripe fruit is extremely soft and delicate, but chilling for 30 minutes before eating allows you to take the top off much like a boiled egg.



Chinese Red Heart Kiwi make a colourful addition to fruit plates because of their red centers. European fruit should start soon with red label and gold Kiwi usually in November.



Our offering of fresh chestnuts would not be complete without these very prickly ones from Italy, still in their husk.

Featured Vegetable Products



These are the white of leek. Specially hand selected and then the green is trimmed off so although the product carries a premium, they are 'ready to use'.



Curly, giant winter frieze. Superb with lardons, duck gizzards and a good dressing.



Corne de Gatte is an old variety potato and is about the size of a ratte. It has a hazelnut flavour and is great for pan frying.



Pourpier, or purslane, is at its best in the winter and the winter crop has just started. It has a single leaf unlike the summer one and is bright and stunning now!

Special points of interest:

- Barbary Duck fillets
- Basil infused Olive Oil
- Vacherin - perhaps the best known of all the seasonal cheeses
- Egg products - now available in singles to make your life easier
- Amoretti - look out for a couple we are offering with other biscuits in the Patisserie List
- Cote de Boeuf - large, well hung ribs of beef

Oakleaf European



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A Selection of the Promotions for October

Vacherin Medium (approx 6x700g) New Season	per Kilo
Vacherin Mini (approx 12x500g) New Season	per Kilo
Vacherin Large (approx 2x3kg) New Season	per Kilo
Mozzarella loaf (approx 1kg)	Pcs - per kg
Butter Rose Portion	100 x10g
Chipolata Sausage (Bonny)	1.65kg
Mini chorizo sausage BONNY (approx 2kg)	Pcs - per kg
Rostello Ham with herbs (approx 7kg)	Pcs - per kg
Culatello (approx 3kg) -pre order only-	Pcs - per kg
Duck Fat (6 or more £9.50 each)	3.6kg
Basil infused olive Oil	250ml
Galette Caramel Biscuits - Jos Peron -	200g
Galette Natural Biscuits - Jos Peron -	180g
Palet Natural Biscuits - Jos Peron -	180g
Gialla 00 Pizza Flour -Thin & Crispy-	10kg
Luna Verde 00 Pizza Flour -Soft & Puffy-	10kg

The selection above can be found in the catalogue and ordered easily .