

good food good news

Edition 2
Spring / Summer 2010

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Good News for Spring & Summer! Daylight saving... balmy evenings... outdoor barbies with friends... its time to come out of hibernation and get ready to sizzle in summer! At **Good Food Distributors** we're all stocked up with the new season's products so come in and take a look at the new meat and deli products on the market and get inspired.

The business continues to grow as we see the demand for quality food - instead of fast food - becoming a priority. The Masterchef phenomom has also awakened a hidden passion for food and cooking in many a kitchen. So thank you to the foodies, the hospitality and food service industries for continuing to support us and our simple philosophy of **good food, good service, great value!**

sous vide ribs and roasts?

Sounds interesting? Well we have a great new range of **Sous Vide** products at Good Food including Ribs and Roasts!

What is the Sous vide Technique?

This unique cooking method is no secret, it has been around for 35 years. Becoming popular in cooking amongst professional chefs.

Sous vide cooking is a technique where a product goes into a plastic pouch and vacuum sealed, then cooked in a water bath over a long period of time, hence a moist and succulent product every time.

But thats not all, **Sous Vide** saves time and money e.g. where a 5kg pork leg takes 3½ to 4 hrs to cook a **sous vide** pork leg takes 1½ hrs, pork ribs on a char grill takes 5 minutes, lamb shanks 7 minutes in a 200°oven.

Fast and mouthwateringly tender.. what's not to love?



pure south angus beef

Good Food is pleased to invite you to try our new range of Pure South Natural Angus Beef.

This quality beef is raised without hormone growth promotants in south eastern Australia - a region renowned for temperate conditions that create quality produce.

The climate and seasonal variations between latitudes 35° and 43° south have been proven perfect for premium natural beef production. Young cattle thrive with high growth rates that ensure their meat is beautifully soft and tender without the need for added hormones.

This region is home to many premium breeds, but the real king of Pure South is Angus, the breed that is dominant in fine dining restaurants all over the world.

If you haven't already tried this premium quality beef - do yourself a flavour!

mooving north!

If you live on the Mid North Coast - your tastebuds are in for a treat! We are now selling the full GFD range of meat and deli products and delivering to restaurants and caterers as far North as Coffs Harbour.

Want to find out more? Call Sarah today on 4919 2999



duck! duck! goose!

To keep up with the ever increasing popularity of duck, Good Food now stocks a full range of **Luv A Duck** products tailored to the Food Service Industry.

This excellent range includes ready-to-bake portions, a full confit range, game birds, partially cooked products and some great finger food ideas as well.

You'd be quackers not to give it a go!

good food
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Home of Hunter Gold & 1824 Premium Beef



bean counters

Apart from being one of the best tasting coffees around...**Lavazza** is also best for your bottom line!

Lavazza requires only **7gms** of coffee per shot as opposed to most other brands who use **10gms** per shot. That's a saving of around 4 cents per cup!

As the exclusive suppliers of **Lavazza** Coffee in the region, Good Food Distributors not only provide a full range of products, store displays, tools, equipment and accessories but also the all important **training services**. Great baristas make great coffee and great coffee keeps customers coming back!

Get the **Lavazza** brand working for you!



go west!

With a lot of us taking a look at our winter waistlines - the warmer weather and change of season presents the perfect time to refresh menus with some light & healthy meal options. Salmon leads the way as the fish of choice and as a healthy dining option.

So it makes sense (and dollars) to buy your premium Atlantic Salmon in ready portion packs to reduce wastage and increase margins.

Pacific West's centre cut premium Atlantic salmon portions are the perfect way to include salmon on your menu. The product is dry cut from fresh salmon to ensure the full flavour and integrity of the fish is retained. Each portion is snap frozen in its own vacuum pouch so you can be sure it's as close to fresh as possible.

The convenient portions are perfect for grilling, poaching or crispy skin salmon and come in 180g and 200g sizes.

Ask us about the full range of Pacific West Salmon Roast and Roulades... perfect for functions!

- ✓ All natural product
- ✓ Chemical Free
- ✓ Skinless and skin on
- ✓ Snap frozen
- ✓ Dry cut
- ✓ Portioned
- ✓ Sustainable

are you game?

Ready to try something new? Why not spice up your menu with something from our extensive range of farmed, free range and wild harvest **game products**. More and more chefs are including game dishes on their menus, bringing a sense of adventure to the

table. So, go on, be game... choose from whole or portion controlled cuts of; Venison, Kangaroo, Emu, Ostrich, Crocodile, Rabbit, Buffalo, Camel, Wallaby, Wild Boar, Goat, Guinea Fowl & Squab, Mutton Birds & Spatchcock, Pheasant & Quail, Geese & Partridge and wide range of Gourmet Game Sausages.



deli-cous!

the good food deli range

Call in for your summer supply of nibbles including marinated olives, quality imported Italian cheese and full range of homestyle dips, nuts, crackers & more!



meat our team

She's faster than a speeding email, more powerful than the boss, able to juggle ten tasks with a single brain... she's Super Sarah!

You'll hear her friendly voice when you phone, you'll see her smiling face when you call in, she'll take your order, make it happen, get it delivered on time and solve your problems all with a genuine friendliness and happy demeanour!

Our Sarah grew up in Sydney, moved to Port Macquarie and landed at Salamander Bay with her chef hubby and 2 dogs about 5 months ago. That's when we discovered Super Sarah!

We think she's super and we think you will too. Nothing is too much trouble and her organisational time management and problem solving skills are second to none. Have a chat to our Super Sarah next time you call.

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