



THE SPICE COOKBOOK



From my kitchen library—**"PEPPER The Master Spice"** (adapted from the classic and essential *The Spice Cook Book*):

Once as rare as fine pearls, and traded as a substitute for money, pepper is thought to have been traded from India over 4,000 years ago. Ancient Greeks and

Romans used both black and white pepper as far back as 3,000 years ago.

Much like cocoa beans (aka chocolate), pepper is grown within 20 degrees of the Equator. The names associated with pepper sound like a globe trotter's itinerary of India and the Far East: Tellicherry, Alleppey and Pandjang, for example, have been pepper ports for hundreds, if not thousands of years.

Piper nigrum (peppercorns, or berries, as we know it) is believed to be native to Malabar on the western coast of India. It is a tropical vine that produces green, black and white pepper.

Green peppercorns are unripe black peppercorns. **Black** peppercorns are picked just before they are fully ripe, making them more pungent. **White** peppercorns are allowed to ripen completely, making the shell easier to remove and the pepper inside more mellow.

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Now in stock **Bresaola Mocetta** and **Guanciale** from Creminelli

artisan meats in Utah!

Bresaola is one of the very few **beef** products in an Italian deli ("Mocetta" is just a smaller version of Bresaola). Made from beef eye of round, it is dry-rubbed, massaged, marinated and then air-dried. Originally from the Valle d'Aosta region in northern Italy, bordering France but most commercial versions are from Uruguay. Serve on bread with garlic butter and honey or with Raclette cheese. It is also great on a charcuterie plate or as an appetizer with olive oil, parmigiano shavings, arugula and lemon juice...much like how you would serve raw beef carpaccio. For best results, slice super thin on a slicer. There is no casing, so no extra prep work is needed before slicing.



Guanciale—what a fun name to say (gwan-chah-leh) and even better to eat! Guanciale is made from pork jowls (cheeks) and cured, so it could be eaten raw. Its texture is soft and silky. A must have ingredient for the ultimate Pasta Carbonara and a unique addition to any cured meat plate!



See page 2 for item numbers and pack sizes.



We are all feeling the strains of the liquid egg crisis due to the Avian Bird Flu. Here are some ideas to help you use up extra egg whites, including Baked Alaska! So, when life gives you lemons, make lemonade...or in this case make...

Egg White Omelet

Baked Alaska

Egg White Soufflé

Gin Fizz Cocktail

French Macarons Amaretti Cookies Coconut Macarons

Candied/Spiced Nuts

Lemon Meringue Pie

Angel Food Cake

PAVLOVA

Marshmallows

BREAD GLAZE

MOUSSE

ROYAL ICING

Frittatas

New items now in stock!

#93933	Cheese—Sliced Gouda	Emmi Roth	4/2.5 lb tray	Wisconsin
#91725	Cheese—Queso Chihuahua Block	Supremo	8/6 lb	Mexico
#90831	Cheese—Truffle Spread	Urbani	4/5 lb	Italy
#16656	Crackers—Flatbread Kalamata Olive	Rustic Bakery	4/14 oz	Marin County
#16652	Crackers—Pan Forte Tart Cherry, Cacao Nib & Almond	Rustic Bakery	4/1 lb	Marin County
#310030	Meat—Bresaola Mocetta Cured Beef	Creminelli	3/3.4 lb avg	Utah
#312755	Meat—Guanciale	Creminelli	4/.75 lb avg	Utah
#585111	Onions Cipolline w/Balsamic Vinegar	Menu	6/29 oz can	Italy
#576210	Sauce Mushroom Cream w/Truffle Flavor	Menu	6/26.8 oz can	Italy
#542620	Sauce Tomato "Pomodorina"	Menu	6/2.6 kg can	Italy
#16329	Tart Shell Sweet RTU 1.5" Round Straight	Moda	6/48 ct	<i>new pack size</i>
#207809	Tomatoes Semi Dried in Oil	Menu	6/29 oz can	Italy



Continued from page 1

Tellicherry black peppercorns (BiRite #512723), from Malabar on the coast of India, are considered the best. They are left on the vine longer so they develop a deep, rich flavor and are larger than average in size.

The word pepper originates from the Latin *piper*, which also gave us poivre, pfeffer, pepe, pimienta and peppar in French, German, Italian, Spanish and Swedish, respectively.

We stock a full line of spices including a large selection of peppercorns including Green, Black and White as well as Pink & Szechuan which berries from different plants, but look like peppercorns. (*Pink peppercorns are actually part of the cashew family & red Szechuan peppercorns are part of the citrus family*).

Fun Fact: WHY DOES PEPPER MAKE YOU SNEEZE? Sneezing is a reflex that is triggered when nerve endings inside the mucous membrane of the nose are stimulated. White, black and green pepper contains an alkaloid called piperine. Piperine irritates the nerve endings in the mucous membranes causing you to sneeze (to rid your body of the product).

It's Party Time!

With holidays fast approaching here is a quick, decadent—yet affordable—idea to dress up your canapes & hors d'oeuvres...luxurious whipped cream cheese mixed with summer truffles from **Urbani**, the first name in truffles!

This cultured cream cheese spread has summer truffle flakes (Tuber aestivum Vittad 2%) with typical aroma and taste of fresh truffles.

It's a great alternative to Lox Spread for bagels, as a dip, or even in a sauce. A fun, delicious, and a cost effective way to incorporate truffles into your menu.



#90831

Urbani Cream Cheese Truffle Spread

4/5 lb tubs



Special Introductory Price: \$47~~42~~
per tub—that's only \$0~~36~~ per ounce!

Tarbais Bean—the original cassoulet bean

Although their origin was the New World, pre-sixteenth century, this bean has been grown for centuries in a small village in the south of France called **Tarbais**, near the Spanish border.



Tarbais beans are “pole” beans. Traditionally planted alongside corn, which act as support but become so entangled they need to be hand-harvested. This is very labor intensive making the beans very costly to buy. They are thought to be the only beans that can stand up to the six hour cooking time of the French cassoulet dish, the traditional winter oven-braised stew of sausage, meat, and beans. Once prolific throughout France, then almost extinct in the 1950’s due to the automation of bean harvesting—Tarbais beans now have protected IPG status (Indication of Protected Geographical Origin); and in fact, were the first bean to earn this prestigious designation.

Tarbais beans have an extremely thin skin which makes them easy to cook and to digest. They have a low starch content & are remarkably tender when cooked.

Hope you enjoy this recipe from my personal collection. Remember to crack the crust at least 3 times for good luck and good eating!

Cassoulet (2 deep hotel pans)

Step 1

16 cups Tarbais Beans (BiRite #275645) Cover with water overnight, drain.

Step 2

4 lbs Pork Salt Blanch & simmer for 15 minutes in 4 quarts water. Dice into 1” cubes, reserve for next step.

4 lbs Pork Rind

Step 3

2 gallons Chicken Stock Cover beans with stock and add whole, raw pierced sausage, reduced heat and skim. Add vegetables & simmer, uncovered for 45 minutes—add extra water to cover if needed. **TAKE OUT SAUSAGE, cool, slice & reserve for assembly.** Cook an additional 30-40 minutes until beans are tender. **TAKE OUT & DISCARD PORK SALT/ RIND, ONION & BOUQUET GARNI.** Strain beans, reserve liquid. **(**Meat, beans & stock all separated & cooled until assembly.)**

4 lbs Garlic Sausage

4 lbs Toulouse Sausage

6 Onions Whole, Peeled

1T & 1t Garlic, Chopped

1T + 1t Thyme, Chopped

1 Bouquet Garni

Step 4

18 pieces Duck Confit **Separate meat & save for assembly.** (Keep skin to crisp for garnish or other use).

Step 5

2 lbs Bacon or Pancetta Dice & sauté until crisp. **Drain (save fat), reserve & save for assembly.**

Step 6

1/2 c Duck Fat (from above) Cube pork & lamb in 2” cube & sear meat. **Drain (save fat), reserve, cool & save for next step.**

4 lbs Pork Loin

4 lbs Lamb Shoulder

Step 7

6 T Duck Fat (from above) Sauté onion on low for 5 minutes. Add celery & garlic & cook for 2 more minutes. Add wine & reduce by 1/2.

4 whole Onions, large dice Add tomatoes, bay leaf, celery and S&P. Add seared meat from Step 6, cover & simmer for 1 hour until tender.

1 bottle White Wine Remove from heat, **TAKE OUT MEAT and reserve for assembly.** Strain liquid & **KEEP liquid for assembly.**

2 cans Tomatoes #10, Peeled, Seeded **DISCARD VEGETABLES.**

3 stalks Celery, whole

4 Bay Leaves

Step 8

4 cups Bread Crumbs Toast crumbs lightly in remaining fat. **Reserve for assembly.**

Step 9 Assembly

Layer beans, sausage, duck confit, pork/lamb and repeat in DEEP hotel pan. Slowly cover with bean stock & tomato broth (do not cover). Top with bread crumbs & bake at 350 degrees uncovered for 1-1/4 hours until golden crust forms. “Crack” & gently cover the crust with the liquid. Repeat 2 times Add additional liquid if needed. Total cooking time 3-4 hours.



The **"Farm-to-Fork"** annual festival returns to Sacramento on September 26th, from 11 am to 6pm at the Capitol Mall, with food, music, live cooking demos and interactive booths from local farms and ranches. Admission is FREE!

Why Sacramento? With over 1.5 million acres of farms and ranches, growing more than 120 crops, California is the largest agricultural producer in the US. Sacramento also has more than 40 regional farmer's markets including the largest in all of California.

Fun facts: *Japan consumes more Sacramento area grown sushi rice than its own domestic rice. Eighty percent of domestic caviar production and over 80% of commercial almonds are grown here too.*



Many of our vendors are part of this event and movement, including **Elegant Beans & Beyond** (aka Mohr Fry Farms) in Lodi. All our dried heirloom beans come directly from their farm which ensures us the best price and quality for you. *Family owned and operated in the Sac-Joaquin Valley for six generations.*

We stock the following in 5 lb'ers. Turn to page 3 for the history of the Tarbais bean—the original bean for French Cassoulet as well a recipe.



275655 Good Mother Stallard



275600 Black Valentine



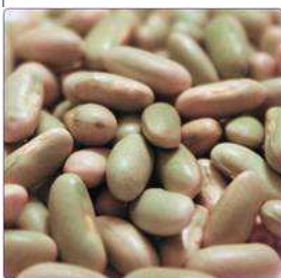
275635 Christmas Limas



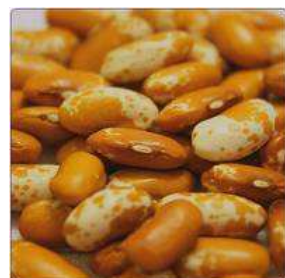
275602 Eye of the Goat



275630 Flor de Mayo



275625 Green Flageolet



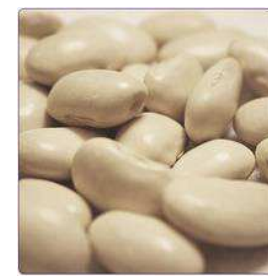
275620 Jacob's Cattle Gold



275623 Lina Sisco's Bird Egg



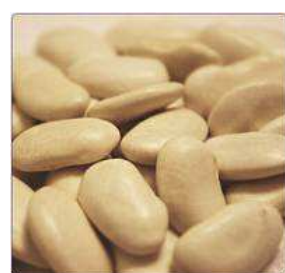
275615 Pebbles



275615 Runner
Cannellini



275610 Snow Cap



275645 Tarbais



275605 Yellow Indian Woman

Suggestions & Comments?

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NOTE: Any prices quoted in this newsletter are for NEW purchases (outside of 90 days) and not available to contract customers, which may or may not have a lower price. Ask your rep for details.



Thanks to my Editors this month—Jennifer Wilder-Smith, Director of Marketing, Julianna Roth, Marketing Coordinator & Stephanie Andrews of MarketSmart