

# SMITH & BROCK



EXPERTLY SELECTED, PROUDLY DELIVERED

## THE FORAGER'S REPORT - 20/05/19

**Hi Chefs ,**

**That time of week again guys, let us start with wild mushrooms:**

Bulgarian Mini Girolle are in perfect condition and a medium grade will be maybe a few days away.

Girolle from Portugal will still be around for another fortnight but the mini is already graded between 1–3cm, perfect garnish.

Mousseron is still falling in price and quality rising and make this the perfect wild mushroom to get on your menu!

St Georges, UK and Bulgarian are both at our disposal.

Chicken of the Woods price is also falling and a great vegan replacement for the inventive chef.

Morel from turkey look to have stopped producing with the Canadian product ready to hit our shelves.

Cep is from a small region and not mass producing but the quality is formidable.

Cauliflower Fungus deserves every ounce of praise it receives and a great price.

If you remain unsure then why not get a

mixture of whatever's hottest on that day i.e. Mousseron – St George – Chicken Of the Woods – Cauliflower Fungus and Maitake or you can dictate to us what mushroom you would like in your mixed selection.

From a foraged point of view:

Sea Beet is in its prime condition, as is Rock Samphire, Salty Fingers and Sea Kale!!

Sea aster is at a very young stage and quite small yet available.

Garlic Scrapes have proven ever so popular so if you aren't using then jump on the bandwagon, they're pungent in flavour and taste and look simply incredible.

Do keep up to date by following us on Instagram

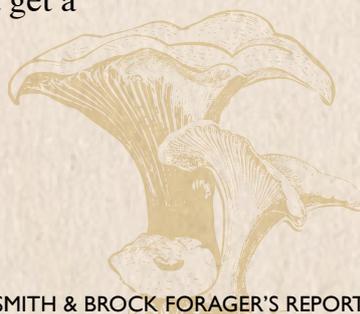
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Until next time guys, thanks.



SMITH & BROCK FORAGER'S REPORT #9

## WHAT'S HOT THIS WEEK

### WILD MUSHROOMS

Turkish Morel graded  
USA trompette  
St Georges  
Mousseron  
Girolle  
Mini girolle  
Cep  
Wild mix  
Chicken of the Wood

### EXOTIC MUSHROOMS

Cordyceps  
Black wood ear (cultivated)  
Maitake  
Pied blue  
Organic shiitake  
Shiitake  
King oyster  
Mini king oyster  
Shimeji (brown+white)  
Organic nameco  
Termite mushrooms  
Horse mushroom  
Mini chestnuts  
Cauliflower fungus

### COASTAL VEGETABLES

Sea purslane  
Sea beet  
Rock samphire  
Sea cabbage  
Sea kale  
Salty fingers  
Sea radish  
Sea arrowgrass  
Sea Leeks  
Sea Aster

### DRIED MUSHROOMS

Dried cep  
Dried shiitake  
Dried wild mix

### FOREST

Wild Garlic  
3 cornered leeks  
Garlic scapes  
Douglas fir  
Juniper branches (with berries)  
Scots pine  
Spruce pine  
Meadow hay  
Chickweed  
Oak moss  
Reindeer moss  
Japanese knotweed  
Sweet cicely  
Wild chervil  
Meadow sweet leaves  
Black mustard  
Scurvy grass  
Pennywort  
Dandelion  
Nettle tops  
Pink purslane  
Wild garlic buds  
Wild fennel  
Fiddleheads  
Fireweed asparagus  
Bitter asparagus  
Mustard flowers  
Garlic mustard  
Flowers

### FRESH CORNISH SEAWEED

Sea lettuce  
Sea spaghetti (young shoots)  
Pepper dulse  
Dulse  
Mermaids hair  
Kelp  
Sargassam  
Bladder wrack

### EDIBLE FLOWERS

Gorse buds  
Cherry blossom  
Dandelion flowers  
Darwins barberry  
Mixed wild flower (savory)  
Mixed wild flower (dessert)  
Wild wasabi flowers  
Lilac flowers  
Wild chervil flowers  
May blossom  
Wild garlic flowers  
Three cornered leek flowers  
Red haw flower  
Sweet cicely flowers

### FLAVOURED SALTS

Seaweed salt  
Hogweed celery salt  
Spicy hawthorn salt  
Elderberry salt  
Mushroom salt

### CORDIALS

Nettle cordial  
Elderflower cordial

### SYRUPS

Elderflower syrup  
Birch sap syrup  
Pure birch syrup  
Sweet cicely syrup  
Roasted dandelion syrup  
Coffee syrup



Wild mix

Spruce tips



Sea beet



Whole cep



Girolle



Chicken of the Wood

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