

# SMITH & BROCK



EXPERTLY SELECTED, PROUDLY DELIVERED

## WEEKLY MARKET REPORT – 20/04/20

### GENERAL PRODUCT UPDATE

**As in previous weeks, we are informing you on any issues we face and updating you as much as we can with some concrete info.**

The issue still remains the same – the hardest part is to produce the much needed fresh fruit and veg ourselves as much as we can when they are in season.

The UK and the European farming industry has been neglected over the last few years because of the way ‘we’ as consumers have been buying and perhaps not used enough of our local resources and local suppliers when they are available. As a result the price was driven down too much in a market always too competitive!

Please see these 2 fantastic articles:

The first article is from The Guardian... 90000 workers needed to help the farming sector and only drops of labour coming through Europe or from the UK to help!

<https://www.theguardian.com/world/2020/apr/15/romanian-fruit-pickers-flown-uk-crisis-farming-sector-coronavirus>

The other article/editorial comes from Silvia Lazzaris who is an editor at Food Unfolded... Food Unfolded’s mission is to educate & inform on the future of food sustainability, unfold how food is made, unfold food processing and unfold food production.

<https://www.foodunfolded.com/opinion/covid-19-an-opportunity-to-change-the-global-food-system-opinion>

Silvia is a fan of buying her weekly fruit and veg from us via our Knock-Knock-Groceries ordering platform. Her editorial piece is really interesting and I very much recommend reading it. The website has so much we can all learn from in the way we eat, source...

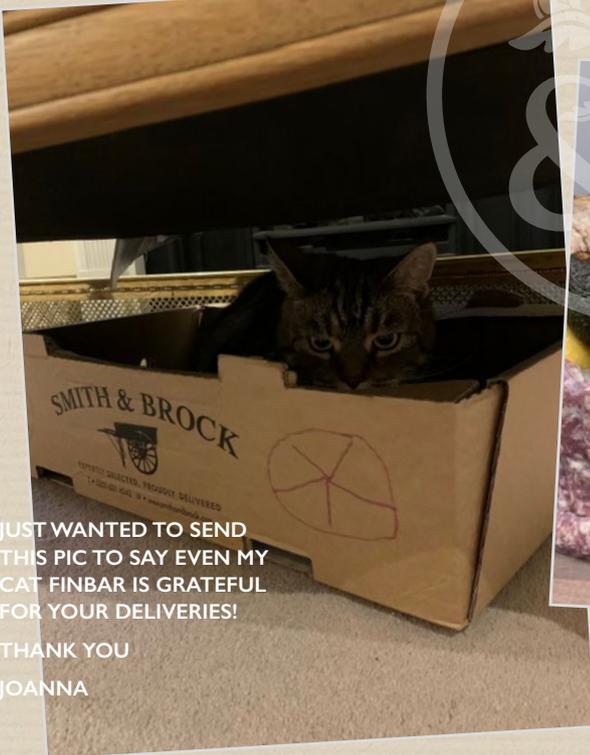
OUR ASPARAGUS FROM WYE VALLEY IS HAND-HARVESTED AND HYDRO-COOLED DOWN TO 2°C WITHIN THE HOUR. THIS ENSURES THAT IT RETAINS MAXIMUM FRESHNESS AND FLAVOUR. IT IS GROWN BY FOURTH-GENERATION FARMERS IN HEREFORDSHIRE ON SOUTH-FACING SLOPES OF THE MEANDERING WYE VALLEY. MAKE SURE YOU GET YOUR HANDS ON ONE OF OUR BOXES BEFORE THEY ARE OUT OF SEASON!



SMITH & BROCK WEEKLY REPORT #122

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## HOME DELIVERY... KNOCK-KNOCK!



JUST WANTED TO SEND  
THIS PIC TO SAY EVEN MY  
CAT FINBAR IS GRATEFUL  
FOR YOUR DELIVERIES!  
THANK YOU  
JOANNA



**The current climate has been very challenging for all us! Fortunately we have managed to turn our business around, avoid closure, save staff and help 1000's of homes with essential supplies! But no one is protected from the virus and the current financial difficulties.**

We remain with a very positive attitude no matter what and look forward to resolving this issue soon.

We are proud of what we do!  
As our catch phrase says:

**'EXPERTLY SELECTED, PROUDLY DELIVERED'**

<https://www.knock-knock-groceries.com/>

## DISH OF THE WEEK / RECIPE IDEA / CHALLENGE!

This week, some will most certainly know this place already but for those who don't, let's talk about this fantastic hotel in Aldwich/Covent Garden – 'ME London' by the Melia group is the place to hang out and we can't wait for it to reopen again! This is an amazing hotel build around a pyramid concept! Check out their reception next time you have the opportunity to go.

On the ground floor, the steak out concept 'STK' is also found all over the world (Miami, Ibiza, London, Dubai, Toronto...and so many more locations!)

STK is a modern vibe dining steakhouse where the atmosphere grows electric as the evening goes on... and the food is absolutely incredible, headed by executive chef Vincent Menager of the London property and also global corporate and concept chef.

The other well known venue inside this hotel and also found in Milan is 'Radio ME' – London rooftop bar... great place to go too for cocktails and food with fantastic views of Covent Garden, the River and many of London's iconic buildings.

Vincent has come up with this easy to do at home and delicious recipe – classic Mushroom Pot Pie.

### MUSHROOM CREAM SAUCE

#### INGREDIENTS:

1kg button mushrooms sliced	10 spring of thyme
1 medium onion sliced	1 bay leaf
40g butter	Salt & pepper
1L cream	60g horseradish cream
2 cloves garlic	35g cornflour (add water)

#### METHOD:

- Slice all mushrooms and use the stock from the finished mushrooms, mix with the sliced onion, chopped garlic and cooked at low fire in a pan with salt for 5 minutes
- Add the cream and herbs and slowly cook the mushroom cream stirring occasionally (add the jus from the sautéed mushroom if desired)
- Once reached correct consistency and flavour, pass in a chinois, put back on the heat, add horseradish cream and cornflour mix
- Bring back to boil while whisking, you should have a sauce similar to an English cream texture
- Finish the seasoning and chill the sauce

### MUSHROOM & PEARL ONION MIX

#### INGREDIENTS:

1kg white shimeji mushrooms*	300g pearl onions (defrosted or fresh if in season)
1kg brown chestnut mushrooms* (remove stalks and add to sauce)	40g sugar
1kg button mushrooms (remove stalks and add to sauce)	Salt & pepper
	150g butter

#### METHOD:

- In a pan melt some butter and cook the mushrooms one by one, type by type (you can reserve the jus and add to the cream recipe)
- In a separate pan cook the pearl onions – seasoned with salt and sugar and caramelised slightly, ensure they are fully cooked but still holding together
- Once all mushroom and onions are cooked check seasoning and blast chill

### TO FINISH THE DISH

- Pie crust or puff pastry and egg wash
- In a small cast iron dish or oven proof dish, put the mushroom, onions and cover with the cream
- Brush the top of the dish with egg wash and stick the pie crust on it, brush the top and pop in the oven at 180C till hot inside and puff pastry nicely cooked
- You can also cook the puff pastry individually and serve the mushrooms, onion and cream mix on the side, make a whole in the puff pastry and serve the cream mix in the puff pastry just as if it was an old school bouchee a la reine

<https://stksteakhouse.com/>



MUSHROOM POT PIE

\* If you don't have pearl onions, replace by large diced onions or give your own twist? Maybe add sweetcorn or peas or both!? Same with mushrooms – use whatever mushrooms you can get hold off! We all have to adapt with what we can get at present!

## FUNDRAISING FOR KING'S AND ST. THOMAS' HOSPITALS

**As the fundraising pot gets bigger, the amount of fruit and veg we are able to send to these two hospitals gets bigger!**

By donating you are not just helping the nurses but also the chain of the produce industry... from the farmer to the transporter and also S&B.

We still need to fundraise more, thanks for your generosity and support to King's College Hospital.



We can all help! Big round of applause to the captain and cabin crew of British Airways and Easyjet who have helped to deliver our fruits to the wards! Big clap! And keep donating please!



### WHERE YOU CAN SHOW SUPPORT:

- <https://www.gofundme.com/manage/buy-them-a-coffee-kch>
- [https://www.instagram.com/buythemacoffee\\_kch/](https://www.instagram.com/buythemacoffee_kch/)
- <https://twitter.com/buythemacoffee>



Meet Joe! Owner of Smith & Brock, in charge of the buying.

Joe has a very difficult job lately, trying so hard everyday to find and buy the produce going into the Knock-Knock-Groceries home delivery boxes at a reasonable price. Also for the very few, though still very important wholesale/trade customers (hotel and restaurants...).

Likely he has some strong relationships and invaluable help from our long term farmers and suppliers! A big thank you to those partners...



STAY SAFE & WELL,  
THE SMITH & BROCK TEAM