

Prescott-Thomas Newsletter June



EST. 1910

To all our valued customers we hope you are all safe and well. We are looking forward to some of you returning to business in some way in the coming weeks, and when you do we will be here ready and waiting to take your orders and to support you the best way we can. During lockdown some wonderful things have been happening here, we have been continuing to feed London and the surrounding areas by offering home deliveries to the general public. We have a new online store which has been very successful on our website

www.prescottthomas.com

We are happy to continue to support our fantastic and admirable NHS, Please see below this special Thank you we received.



Seasonal Produce

If your preparing your menus for your return we can recommend the following fruits and vegetables

*Beautiful and sweet
English Strawberries,
Raspberries and
Blackberries.*



*Lovely just on their own with
a splash of fresh cream or in
various desserts such as
Meringues, Pavlovas,
Cheesecake's, Tarts and
Pancakes.*

Every night the Market fills up with Fruit and Vegetables that has just rolled off the U.K.s and the world's best Farms, with the freshest Fruits and Veg just picked hours ago. Here are some of the best produce the market has to offer.

Fruits

British Strawberries are Succulent and sweet and in abundance.

Raspberries and Blackberries are at their British best

Sweet and Juicy Peaches and Nectarines.

Salad

There's super fresh salad about, Crisp Iceberg Lettuce, Little Gem: A beautiful tasting lettuce that can be served fresh, braised or sautéed. ...

Iceberg Lettuce: A refreshing, crisp yet watery lettuce which is mild in flavour. ...

Watercress, Lollo Rosso & Lollo Bionda, Rocket, Lambs Lettuce and Radicchio.

Vegetables

Lovely earthy Beetroot, New Potatoes with their buttery taste, all the beans are out in abundance, Runner Beans, Broad Beans and Green beans. Fresh Peas, sweet crisp Peppers and Spring onions, Courgettes, Aubergines, Chard and Purple Sprouting Broccoli and Tender Stem Broccoli which is delicious pan fried with some salt and pepper.

Why we buy British

Customers want value and these values are increasingly; fresh seasonal, local, traceable and sustainable. Sustainability is more important than ever and buying British enables to promote local development and source responsibly. It gives caterers the opportunity to work directly with us and develop a wider knowledge of local produce. British Fruit and Vegetables are some of the best in the world.

We regularly buy from local farms.

New Jersey Royals

New Jersey Royals grown in Jersey for 130 years. They have a distinctive, delicious melt in the mouth flavor.

It is the growing conditions, rather than any significant genetic difference, that makes the Jersey Royal a special kind of new potato. The island slopes from north to south and so benefits from a large level of sunlight during the growing season.

The special flavor is helped by the farmers using special soil that is light and well drained, farmers use seaweed harvested from local beaches as a natural fertilizer.

STORING

To enjoy them at their best buy just what you plan to use in the next two days and keep them in a cool, dark place.

PREPARING

Leave the skins on - most of the flavor and goodness lies just beneath the surface - and give them a wash. Steam or boil until tender (15 - 20 minutes, cut larger potatoes in half if necessary) and add butter and other fresh herbs.



A nice selection of Yellow Courgette, Thai Aubergine, Karella, Yellow Tomatoes, fresh peas and Corn on the Cob. All will look bright and lively on the plate.



The soil association said this week on the 8th June

*** Despite the current situation, prices seem to be normal for the time of year and are holding steady ***

Wholesale fruit prices soared since the start of lockdown.

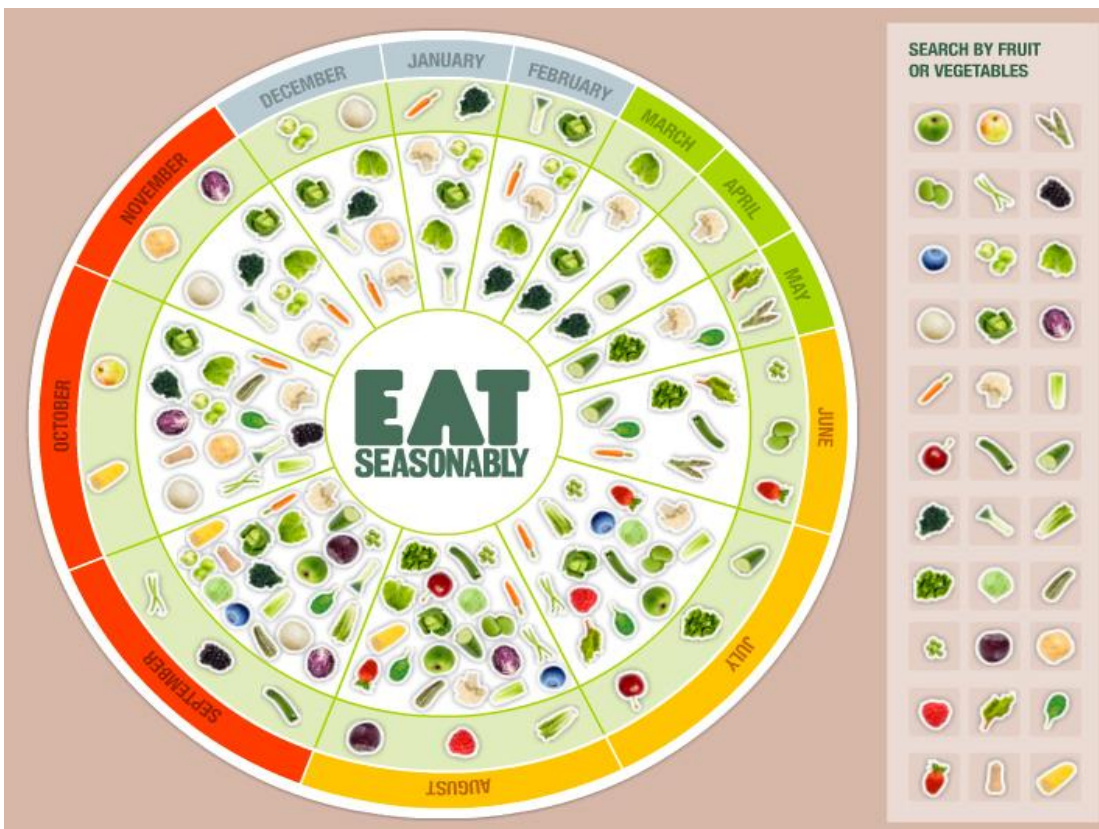
Increased retail demand, strained logistics, and concerns over labour shortages had all put pressure on prices.

Many fruits were at least a third more expensive than in March.

European fruit supplies were under similar pressure as bad weather continued to add further woe to farmers already dealing with seasonal worker shortages.

That being said we are looking towards a more settled time ahead. With Prices already beginning to stabilize and will continue to in the coming weeks.

Seasonal Produce chart helps to purchase your produce. Please email us if you would like a chart.



[Please see below a delicious summer salad from the Head Chef at L'Escargot](#)

Lobster and Avocado Salad (4 Portions)

Ingredients

2 native or Canadian lobsters 500-600g each
6 dessert spoons mayonnaise approx.
½-1 pureed garlic clove
2 ripe hass avocados
1 gem lettuce
1 bunch of watercress
½ frisee lettuce
a few sprigs of dill and chervil if you can get it
lemon juice
olive oil
salt and pepper

Method

1. Place a large pan of salted water on the stove and bring to the boil.
2. Place the Lobster on a chopping board, Prepare and wash your salad.
3. Mix the mayonnaise with approximately ½-1 pureed garlic clove and juice and zest of half a lemon.
4. Place the lobsters in the boiling salted water and cook for 6-7 minutes.
5. Remove from the water and leave to cool.
6. When cold, you can prepare your lobster, twist off the claws and carefully extract the meat, leaving it whole. Pick the meat from the tail and the leg, discarding the stomach sac, gills and intestinal thread, then cut the meat into bite sized pieces. Don't discard the shells, these can be kept or frozen for a superb lobster bisque.
7. Prepare and cut your avocado into similar sized pieces to the lobster and toss together with the lobster pieces with a little olive oil, lemon juice and salt and pepper to taste. Be gentle with the avocado.
8. Dress the salad leaves with the lemon mayonnaise to taste and a little more seasoning if desired.
9. Arrange the salad leaves nicely on plates and place the lobster and avocado pieces pleasantly on top. Dress with a few sprigs of dill and chervil if desired.

Mayonnaise

Ingredients

5 g English mustard powder
20g Dijon mustard
25ml white wine vinegar
50g/2-3 egg yolks
Squeeze of lemon juice
560ml vegetable or sunflower oil
salt and ground white pepper
a little warm water if necessary

Method

1. Place the egg yolks, mustard's, vinegar and lemon juice into a bowl.
2. Whisk until thick and creamy.
3. Slowly trickle in the oil, a little at a time whisking until fully incorporated.
4. Adjust the consistency with a little warm water if necessary.
5. Season to taste.

**“When the clapping stops and the rainbows disappear,
what lives on are our Thankful Hearts.”**

**From all of us at Prescott-Thomas Thank you for your
continued business, and we look forward to welcoming
the rest of you back soon.**

Keep safe and stay well.

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