

THE *Innovative food*

GUIDE

SEPTEMBER & OCTOBER

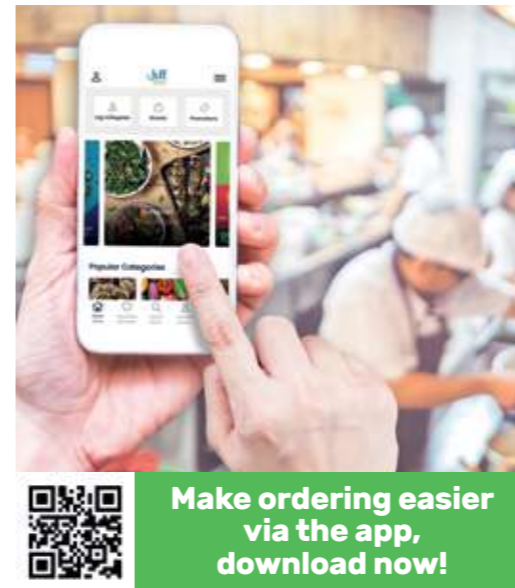
GRAB & GO
'INDUJA SCRAMBLED EGG
NATIONAL CURRY WEEK

www.kff.co.uk

NEW PRODUCTS | TRENDS | INSPIRATION



a Sysco company



Welcome to the *Innovative food* GUIDE

At kff we are proud to be a local wholesaler – this allows us to offer a flexible and reliable service. We also partner and champion local suppliers giving you a quality and comprehensive range of over 3,000 products.

As well as working hard to provide the best fresh produce, we work tirelessly behind the scenes with our Development Chef Mark Prior to create innovative recipes that we think you and your customers will love.

This issue celebrates Britain’s favourite, National Curry Week, we explore traditional dishes and innovative trendy eats! We also showcase some great grab and go recipes! If you recreate any of our recipes, please be sure to tag us **@kff_online** on Instagram!

You should always read the label before using the product and never rely solely on the information presented here or any database provided. All prices are correct at time of print. Please be aware that due to continued pressure on supply chains some products may be unavailable at short notice. Please speak with your telesales contact or account manager to discuss suitable alternatives should this issue arise. We apologise for any inconvenience this may cause. All fresh meat, fish & seafood and vegetables require prior notice when ordering.

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Grab & Go

Customers live a fast paced lifestyle and quick grab and go options are very much desired. When you're building your menu think about options that are easy and convenient. We've shared with you some breakfast/brunch options, all showcased in packaging that we stock at kff!

View our recipes here: www.kff.co.uk/recipes

Scrambled Tofu Salad

KEY INGREDIENTS:

THE TOFOO CO.

Tofu **G V**
Code 250906 Size 2x1kg

Spring Onions **G V**
Code DV0034 Size 2kg

Avocado **G V**
Code DV0002 Size 2

VEGWARE Takeaway Container 11x9cm
Code 021986 Size 450

Fresh Red Chilli **G V**
Code DV0066 Size 250g

Rocket Leaves **G V**
Code DV0055 Size 250g

Cherry Tomatoes **G V**
Code DV0153 Size 4kg

Fresh Lime Wedge **G V**
Code DV0074 Size 6

Egg Muffins

Fresco Salad Container 750ml
Code 022031 Size 300

KEY INGREDIENTS:

Free Range Eggs **G V**
Code 020017 Size 5doz

Sausage
Code 400713 Size 4.54kg

Mushrooms **G V**
Code DV0024 Size 500g

Bacon Lardons **G**
Code 032552 Size 1kg

Cherry Tomatoes **G V**
Code DV0153 Size 4kg

Fresh Spinach **G V**
Code DV0012 Size 500g

Overnight Muesli

VEGWARE Plastic Round Deli Pot 8oz
Code 021994 Size 500

KEY INGREDIENTS:

Muesli **V**
Code 055676 Size 2kg

ALPRO Almond Milk **G V**
Code 046046 Size 12x1ltr

Coconut Yoghurt **G V**
Code 044424 Size 1kg

Maple Syrup **G V**
Code 056608 Size 250g

Apple **G V**
Code DV0068 Size 8

SICOLY Apple Puree **G V**
Code WH0015 Size 1kg

CHEF WILLIAM
Cinnamon **G V**
Code 052791 Size 450g

Salmon & Eggs

VEGWARE Takeaway Container 11x9cm
Code 021986 Size 450

KEY INGREDIENTS:

Free Range Eggs **G V**
Code 020017 Size 5doz

Fresh Spinach **G V**
Code DV0012 Size 500g

Smoked Salmon **G**
Code 354121 Size 1kg

Crème Fraiche **G V**
Code 045080 Size 2kg

Grab & Go Drinks

Mango & Cumin Lassi



KEY INGREDIENTS:

Mango **G V V**
Code DV0144 Size 2

Milk **G V**
Code 044426 Size 2ltr

Plain Yoghurt **G V**
Code 044480 Size 5kg

FOX'S Cumin Seeds **G V V**
Code 052887 Size 500g

Lime **G V V**
Code DV0074 Size 6

Raspberry Lassi



KEY INGREDIENTS:

Raspberries **G V V**
Code DV0091 Size 200g

Coconut Yoghurt **G V V**
Code 044424 Size 1kg

Milk **G V**
Code 044426 Size 2ltr

ROWSE Honey **G V**
Code 055392 Size 680g

Coconut & Cardamon Lassi



KEY INGREDIENTS:

ALPRO Coconut Milk **G V V**
Code 046048 Size 12x1ltr

Stirred Yoghurt **G V**
Code 044480 Size 5kg

ROWSE Honey **G V**
Code 055392 Size 680g

CHEF WILLIAM
Cardamon **G V V**
Code 052772 Size 285g

Banana **G V V**
Code DV0073 Size 1.5kg

Coconut Shavings **G V V**
Code 070356 Size 1kg

Pistachio **G V V**
Code 070215 Size 1kg

Dalgona Coffee



KEY INGREDIENTS:

LYONS Instant Coffee **G V V**
Code 054271 Size 750g

TATE & LYLE Caster Sugar **G V V**
Code 054668 Size 1kg

Milk of your Choice

Reduced Fat Cocoa Powder **G V V**
Code 057591 Size 500g

Mac'n'Cheese Croquettes

Now stocking Paramount's Mac n Cheese Croquettes, a great addition to your starter or sharer menu! Top with a grating of fresh parmesan and pot of tangy tomato sauce.

**NEW
PRODUCT
ALERT**




Mac 'n' Cheese Croquettes 
Code 217660 Size 4x500g




Tasty Tarts

Sausage & Red Onion

KEY INGREDIENTS:

Red Onion   
Code DV0010 Size 2.5kg

KORKER Sausage Meat
Code 400480 Size 454g




Balsamic Glaze 
Code 051019 Size 500ml





Cheese & Leek




KEY INGREDIENTS:

Leeks   
Code DV0007 Size 1kg

Red Onion   
Code DV0010 Size 2.5kg

Blacksticks Blue  
Code 040873 Size 500g


Sage   
Code DV0131 Size 100g




KENTISH OILS Garlic & Herb Infused Oil   
Code 051193 Size 250ml






Parmesan & Pesto

KEY INGREDIENTS:

Grated Grana Padano 
Code 041101 Size 1kg




Red Cherry Tomato   
Code DV0035 Size 250g

Nut Free Green Pesto   
Code 053326 Size 1kg

Basil   
Code DV0052 Size 100g

KENTISH OILS Garlic & Herb Infused Oil   
Code 051193 Size 250ml



All using:
JUS-ROL Puff Pastry Blocks   
Code 530020 Size 4x1.5g





Chicken Tikka Puff Pastries



Grab & Go

From ready made paninis, to sustainable packaging, we offer a range of products perfect for café and deli takeaways.



Purple Pineapple – our sandwich filling range – is super diverse. Here we've used our Chicken Tikka filling in a puff pastry, served with mint raita and onion salad. It may require a low skill set, but provides maximum taste!

KEY INGREDIENTS:

Fresh Puff Pastry	Eggs
Code 040342 Size 4.25kg	Code 020017 Size 5doz
PURPLE PINEAPPLE Chicken Tikka	Black Sesame Seeds
Code 012194P Size 2.5kg	Code 035450 Size 250g



Scan here or head to our website to shop more Grab & Go products

OKTOBERFEST

Oktoberfest is coming!

Recently, hospitality has fully embraced this festival and recreated their own events. If that's not for you, then why not honour the festival by adding some Oktoberfest inspired dishes to your specials menu.

Beef Goulash with Bread Dumplings

KEY INGREDIENTS:

Medium Onions **G V**
Code DV0008 Size 2.5kg

Garlic Cloves **G V**
Code DV0050 Size 3

Red Pepper **G V**
Code DV0043 Size 1kg

Green Pepper **G V**
Code DV0041 Size 1kg

Diced Beef Chuck
Code SM0050 Size 2kg

Smoked Rindless Back Bacon **G**
Code 032100 Size 2.27kg

Extra Virgin Olive Oil **G V**
Code 056301 Size 5ltr

Smoked Paprika **G V**
Code 055475 Size 250g

Tomato Paste **G V**
Code 056550 Size 800g

Red Cooking Wine **G V**
Code 051238 Size 3ltr

Beer Braised Bratwurst

KEY INGREDIENTS:

QUORN
Bratwurst **G V**
Code 400616 Size 2.07kg

Sauerkraut **G V**
Code 055497 Size 6x810g

PLANETE PAIN
Dejeunettes **V**
Code 544581 Size 60x115g

STOKES
Real Tomato Ketchup **G V**
Code 051914 Size 10x485g

FRENCH'S
Yellow Mustard **G V**
Code 052445 Size 8x226g

Chives **G V**
Code DV0060 Size 100g

Meals & More

Happier, Healthier Children

Meals & More aims to provide support to children who live with poverty and social isolation, who have limited access to adequate food provision and activities, throughout the school holidays.

How?

In 2015 Meals & More noticed there was a huge issue relating to holiday provision across the UK. For a quarter of the year, during the school holidays, families living in poverty were struggling to feed their children, let alone ensure they had engaging activities to fill the days. They decided something needed to be done.

In 2023 Meals & More aims to support 400,000 meals and over 16,000 hours of activity.

Where?

This year Meals & More are supporting 270 Holiday Clubs across the UK.

They support 40 Holiday Clubs in the South East and London, including Maidstone, Gravesend, Faversham, Ashford, Canterbury, Brighton and Essex.



4.2 million children in the UK live in households affected by food insecurity according to the latest figures*.

*DWP - Poverty in the UK: Statistics - April 2023)



A note from Peter McGrath, Operations Director at Meals & More:

“The findings of our recent survey are incredibly sad and concerning, with half of parents having had to seek out some sort of support over the past year from friends, family or charities. And with more than half of all people thinking it will be at least two years before their financial situation will improve, this is going to be a problem for some time to come. Parents are having sleepless nights worrying about how they are going to put food on the table in the school holidays. Charities like Meals & More can provide some respite by funding holiday clubs across the country, where children can get a healthy meal.”

More than 70% of parents are expected to struggle financially over the summer holidays, with one in five parents anticipating missing a meal to feed their children*.

*Independent research undertaken by Obsurant among 1,028 parents, June 2023.

How can you help?

Recently Jack Allcock, Desserts & Bakery Buyer here at KFF, ran the London Marathon 2023 in support of Meals & More, raising £1,883.

“Running the London Marathon was a big personal challenge for me. When it got tough, the thought of the impact of the money I’d raised on the children in the Holiday Clubs Meals & More supports spurred me on.”

If you would like to find out more about how you can support Meals & More, please contact:

Peter McGrath, Operations Director
peter.mcgrath@sysco.com
07483 354 001



- Founded by Brakes in 2015
- 2018: became a registered charity
- 1.7m meals supported since founded
- 2022: Over 375,000 meals supported and 14,000 hours of activity
- Our goal is to support 2.5 million meals by 2025
- Working in deprived communities
- 39 Delivery Partners across the UK

New for KFF

Cakes to go Bars



Gf + Vegan Mini Chocolate Brownie
A bitesize rich gluten free and vegan chocolate brownie.
616547 | 36 IND. BARS

Gf Lemon Drizzle Cake Bar
A lemon sponge with nibbed sugar, drizzled with lemon syrup and decorated with lemon icing.
616546 | 18 IND. BARS

Gf Carrot Cake Bar
A moist carrot cake topped with a smooth cream cheese frosting and a sprinkling of chopped walnuts.
616545 | 18 IND. BARS



Gf Chocolate Brownie
A smooth and indulgent chocolate fudge brownie, made with 26% dark chocolate.
616542 | 18 IND. BARS



Gf Caramel Shortcake
Our 'signature' sticky caramel, sandwiched between a shortcake base and smooth milk chocolate.
616541 | 18 IND. BARS



Gf + Vegan Flapjack
A rustic flapjack made with rolled and jumbo oats and plenty of golden syrup.
616543 | 18 IND. BARS



Gf Raspberry + Almond Slice
A generous layer of raspberry jam sandwiched between a shortcake base and a light almond sponge, decorated with a feathering of raspberry jam.
616544 | 18 IND. BARS



Gf Coconut + Raspberry Slice
A shortcake base, generously spread with raspberry jam, and topped with a thick layer of toasted coconut.
616536 | 18 IND. BARS



Gf Caramel Heaven
A flapjack base topped with golden caramel and finished with cranberries, dark chocolate chunks, sunflower and pumpkin seeds.
616539 | 18 IND. BARS



'Nduja Scrambled Egg

Our recommendation this month is the 'Nduja piccante, a spicy, spreadable pork sausage, it works great on pizzas, in burgers, and pastas. We loved it folded into scrambled egg for a little bit of spice!

KEY INGREDIENTS:

'Nduja Piccante **G**
Code 030780 Size 500g

Medium Free Range Shell Eggs **G V**
Code 020017 Size 5doz

Sourdough Bloomer **V**
Code 540254 Size 6x1kg

Unsalted Butter **G V**
Code 040171 Size 20x250g

Cherry Tomatoes on Vine **G V**
Code DV0121 Size 3kg

Chives **G V**
Code DV0060 Size 100g



Ordering made easy from kff



kff's online ordering system gives you full control of how, when & what you order.

It's simple to set up, quick & easy to use & allows you to view full product information - including images, pricing & allergens - in an instant.

Available 24/7, it's designed to fit in with how you run your business.



Visit www.kff.co.uk or download the app today



a Sysco company



2ND - 8TH OCTOBER



CURRY RECIPES INSIDE

GET CURRY READY WITH



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THAI MASSAMAN BEEF CURRY



KEY INGREDIENTS:

Unsalted Peanuts
Code 070366 Size 1kg

Garlic
Code DV0050 Size 3

Red Chillies
Code DV0066 Size 250g

Ginger
Code DV0051 Size 300g

Lemongrass
Code DV0188 Size 100g

**FOX'S
Whole Cumin Seeds**
Code 052887 Size 500g

**CHEF WILLIAM
Cinnamon**
Code 052791 Size 450g

**CENTAUR
Coconut Milk**
Code 056865 Size 400ml

Baby Potatoes
Code DV0109 Size 10kg

**THE STREET FOOD COMPANY
Sweet Tamarind Paste**
Code 053675 Size 1kg

Fish Sauce
Code 053697 Size 725ml

Coriander
Code DV0054 Size 100g

Round Garlic & Coriander Naan
Code 547113 Size 72



CARIBBEAN STYLE CHICKEN CURRY



KEY INGREDIENTS:

Large Onion
Code DV0128 Size 20kg

Garlic
Code DV0050 Size 3

Ginger
Code DV0051 Size 300g

Celery
Code DV0038 Size 1

Scotch Bonnet Chillies
Code DV0158 Size 2kg

**FOX'S
Mild Curry Powder**
Code 055473 Size 600g

Kidney Beans
Code 056683 Size 12x400g

Sweet Potato
Code DV0123 Size 1kg

Tinned Chopped Tomatoes
Code 057070 Size 800g

**ESSENTIAL CUISINE
Chicken Stock**
Code 056897 Size 800g

**CHEF WILLIAM
Thyme**
Code 052788 Size 210g

Spring Onions
Code DV0034 Size 2kg

Toasted Coconut
Code 070356 Size 1kg

Coriander
Code DV0054 Size 100g



LENTIL DHAL



KEY INGREDIENTS:

Red Lentils
Code 055860 Size 3kg

KTC Vegetable Oil
Code 051025 Size 20ltr

Onion
Code DV0008 Size 2.5kg

Garlic
Code DV0050 Size 3

Carrot
Code DV0021 Size 1kg

Ginger
Code DV0051 Size 300g

FOX'S Whole Cumin Seeds
Code 052887 Size 500g

CHEF WILLIAM Cardamon
Code 052772 Size 285g

CHEF WILLIAM Turmeric
Code 052993 Size 500g

CHEF WILLIAM Crushed Chillies
Code 052998 Size 300g

CHEF WILLIAM Garam Masala
Code 052766 Size 405g

Mustard Seeds
Code 052833 Size 250g

Fresh Tomato
Code DV0085 Size 1kg

ESSENTIAL CUISINE Vegetable Stock
Code 056899 Size 800g

Baby Spinach
Code DV0012 Size 500g

CHEF WILLIAM Ground Black Pepper
Code 052797 Size 525g

GREEN'S Cauliflower Florets
Code 208400 Size 2.5kg

FOX'S Mild Curry Powder
Code 055473 Size 600g

LION Yoghurt & Mint Dressing
Code 061203 Size 2x2.27ltr

SRI LANKAN FISH CURRY



KEY INGREDIENTS:

Onions
Code DV0008 Size 2.5kg

Ginger
Code DV0051 Size 300g

Green Chillies
Code DV0065 Size 250g

Fresh Tomatoes
Code DV0085 Size 1kg

Brown Mustard Seeds
Code 052827 Size 250g

THE STREET FOOD COMPANY Sweet Tamarind Paste
Code 053675 Size 1kg

CHEF WILLIAM Ground Turmeric
Code 052993 Size 500g

Lime
Code DV0074 Size 6

CENTAUR Coconut Milk
Code 056865 Size 400ml

CHEF WILLIAM Crushed Chillies
Code 052998 Size 300g

KTC Vegetable Oil
Code 051025 Size 20ltr

FOX'S Coriander Seeds
Code 052892 Size 280g

FOX'S Fennel Seeds
Code 052888 Size 500g

CHEF WILLIAM Whole Black Peppercorns
Code 052762 Size 500g


Round Garlic & Coriander Naan
Code 547113 Size 72





CURRY SIDES

Fancy offering something a little different to curry, but still want to show to heat and aromatic flavours? These dishes make great sides or starters!

View our recipes here: www.kff.co.uk/recipes

FOX'S Poppadums 
Code 050430 Size 5x200g





Vegetable Samosas 
Code 405042 Size 60x70g



GEETA'S Mango Chutney 
Code 051897 Size 1.5kg





FERN'S Lime Pickle 
Code 051855 Size 1kg





Tandoori Chicken Wings


KEY INGREDIENTS:

Chicken Wings
Code SM0012 Size 2kg

KNORR Tandoori Paste 
Code 050916 Size 1.1kg


Stirred Yoghurt 
Code 044498 Size 2kg



Green Chillies 
Code DV0065 Size 250g



Red Chillies 
Code DV0066 Size 250g



Curried Squid

KEY INGREDIENTS:

Raw Squid Tubes 
Code 360190 Size 700g

Mexican Chilli Orange Paste 
Code 053666 Size 1kg



Spring Onion 
Code DV0009 Size 1



Coriander 
Code DV0054 Size 100g





Crispy Onion Bhaji Rings

KEY INGREDIENTS:



Medium Onions 
Code DV0008 Size 2.5kg



Gram Flour 
Code 302655 Size 1kg



Plain Flour 
Code 054619 Size 1.5kg



Baking Powder 
Code 055610 Size 3.5kg



CHEF WILLIAM Chilli Powder 
Code 052763 Size 450g

CHEF WILLIAM Ground Turmeric 
Code 052993 Size 500g

CHEF WILLIAM Ground Cumin 
Code 052996 Size 400g

CHEF WILLIAM Ground Coriander 
Code 052694 Size 400g

RADNOR HILLS Sparkling Water 
Code 054767 Size 12x1.5ltr



Nigella Seeds 
Code 053446 Size 250g







Paneer Tikka Skewers



KEY INGREDIENTS:



Paneer 
Code 044543 Size 900g



Red Onion 
Code DV0010 Size 2.5kg



Red Pepper 
Code DV0043 Size 1kg



Stirred Yoghurt 
Code 044498 Size 2kg

KNORR Ginger Puree 
Code 056684 Size 750g

COOKS & CO Garlic Puree 
Code 056572 Size 1.2kg

CHEF WILLIAM Chilli Powder 
Code 052763 Size 450g

CHEF WILLIAM Garam Masala 
Code 052766 Size 405g

Jalapeño Infused Oil Dip 
Code 051192 Size 250ml

Mint 
Code DV0063 Size 100g



KATSU BURGER



KEY INGREDIENTS:
Katsu Breaded Chicken Fillet
 Code 412536 Size 2.16kg
Poppy/Linseed Sourdough Burger Bun
 Code 540252 Size 16x2
Cos Lettuce
 Code DV0135 Size 10-12
Radish
 Code DV0044 Size 250g
Classic Fries
 Code 215021 Size 6x2.5kg



CURRIED PRAWN TACO

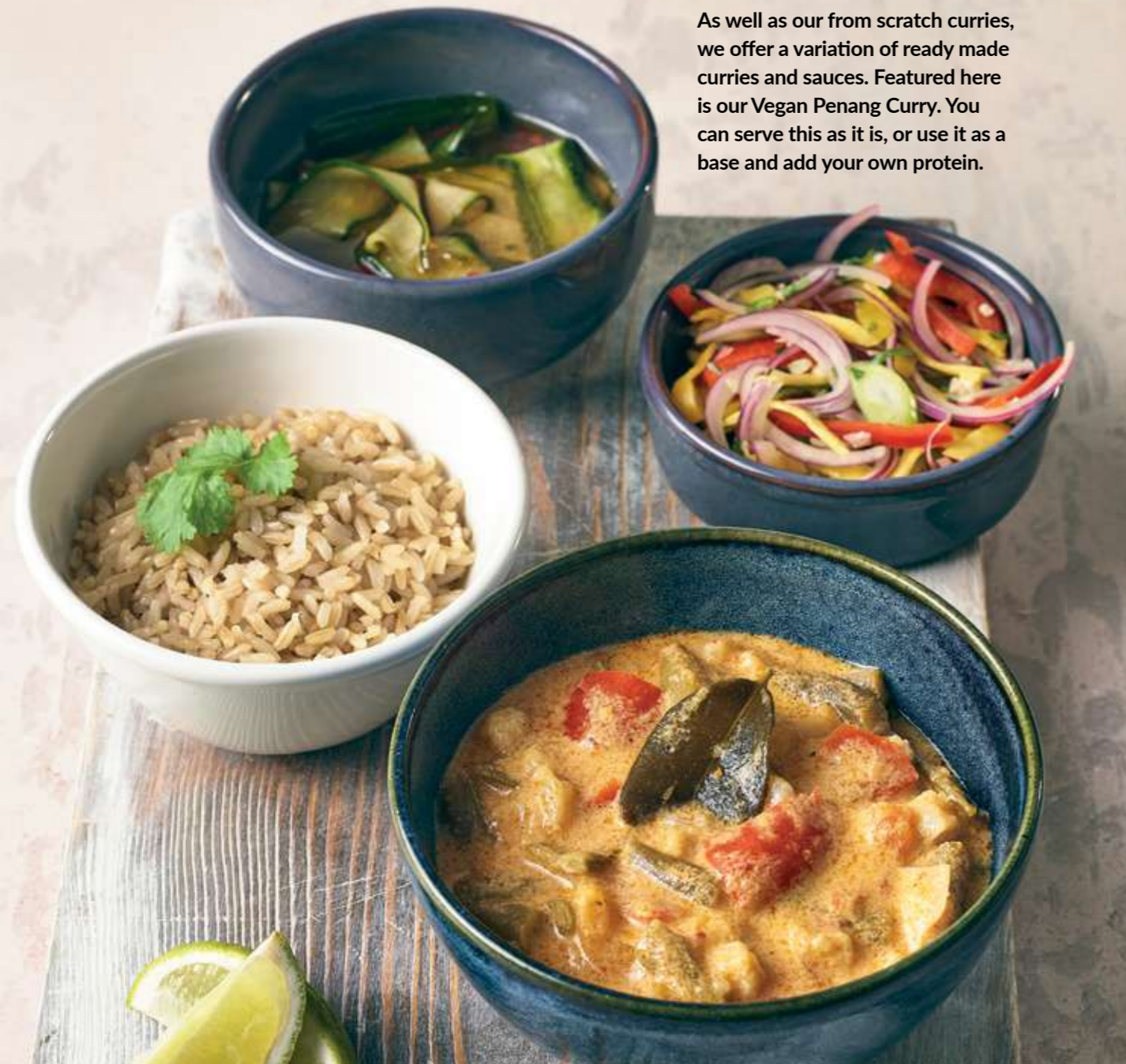


KEY INGREDIENTS:
4" Plain Tortilla
 Code 431577 Size 12x24
King Prawns Peeled & Deveined 16/20
 Code 373045 Size 700g
THE STREET FOOD COMPANY Malay Curry Paste
 Code 053665 Size 1kg
Sweetheart Cabbage
 Code DV0015 Size 1
Mango
 Code DV0144 Size 2
Red Onions
 Code DV0010 Size 2.5kg
Red Birds Eye Chillies
 Code DV0137 Size 1.5kg
Coriander
 Code DV0054 Size 100g
Limes
 Code DV0074 Size 6















Vegan Penang Curry

As well as our from scratch curries, we offer a variation of ready made curries and sauces. Featured here is our Vegan Penang Curry. You can serve this as it is, or use it as a base and add your own protein.



Vegan Penang Curry

KEY INGREDIENTS:

- Gluten Free Vegan Penang Curry**   
Code 217661 Size 15x300g
- Brown Rice**   
Code 035390 Size 3kg
- Limes**   
Code DV0074 Size 6
- Coriander**   
Code DV0054 Size 100g

Pickled Cucumber with Chilli

KEY INGREDIENTS:

- Cucumber**   
Code DV0039 Size 1
- Rice Vinegar**   
Code 051217 Size 500ml
- Garlic**   
Code DV0050 Size 3
- Red Birds Eye Chillies**   
Code DV0137 Size 1.5kg

Chilli & Mango Salad

KEY INGREDIENTS:

- Mango**   
Code DV0144 Size 2
- Red Onion**   
Code DV0010 Size 2.5kg
- Spring Onion**   
Code DV0009 Size 1
- Red Pepper**   
Code DV0043 Size 1kg

- TATE & LYLE Caster Sugar**   
Code 054668 Size 1kg
- Toasted Sesame Oil**   
Code 061006 Size 1ltr

Our promotions have moved...



Our promotions have had a makeover and will now be **monthly** instead of bi-monthly, and they have a home of their own!



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DATES FOR THE DIARY

Looking forward to November and December.



November 5th: Bonfire Night



November 11th: Remembrance Sunday



November 12th: Diwali



November 23rd: Thanksgiving



November 30th: St Andrews Day



December 25th: Christmas Day



December 31st: New Years Eve



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Kent House, Priory Park, Mills Road,
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