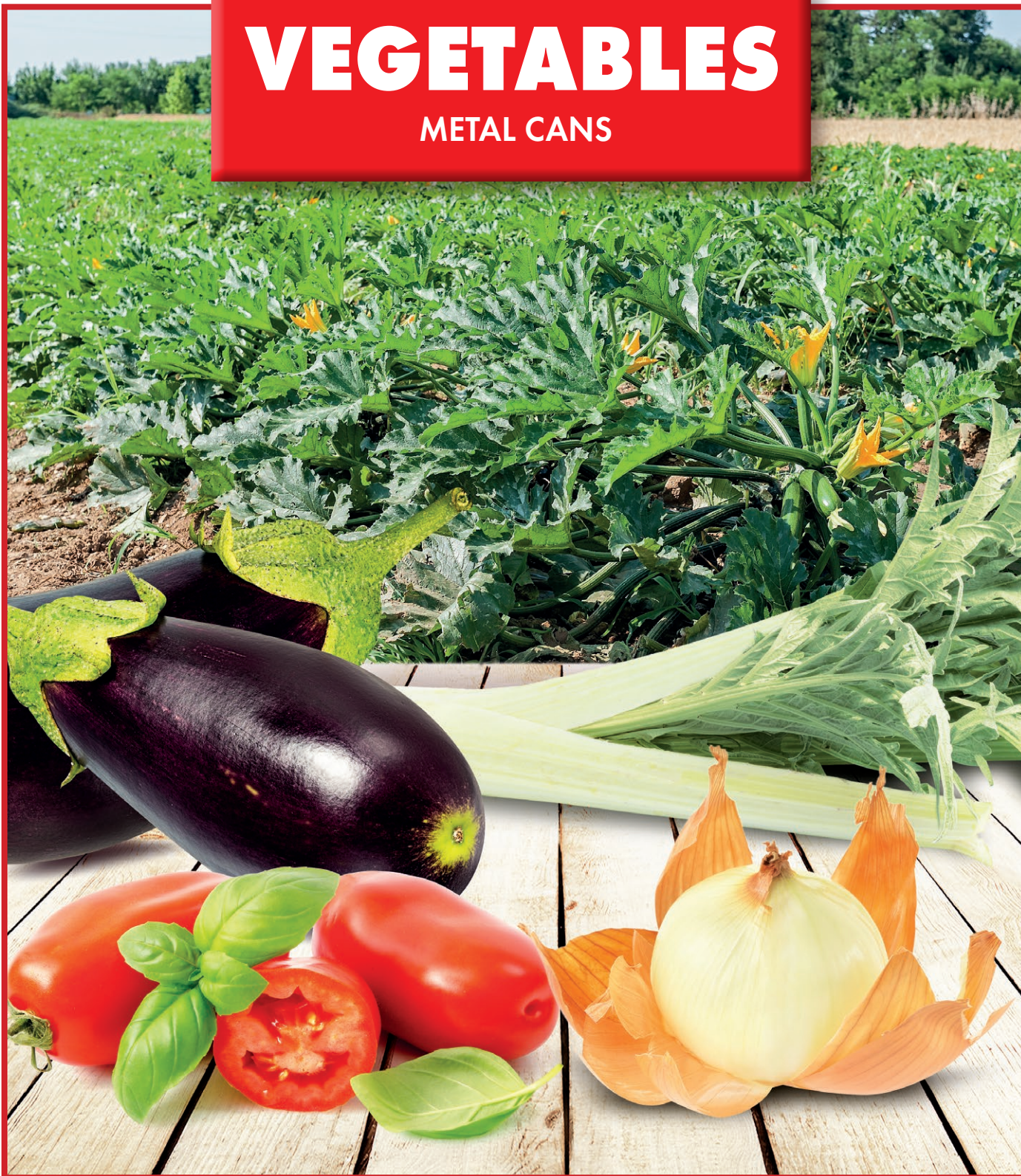


VEGETABLES

METAL CANS



P. Guintrand[®]
*Canned goods
in Provence since 1898*

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PREPARED DISHES FROM THE SOUTH

BOHEMIENNE COMTADINE

Definition: preparation made with eggplants and tomatoes from the South of France that have been selected, washed, then trimmed before being cut into pieces. The tomatoes are seeded beforehand; the onions and aromatics are browned in olive oil. The ingredients are then combined and braised.

Production period: from July to September

Product appearance: Vegetable dish made with pieces of eggplant and tomato in a smooth blend of their cooking juices and oil. The onions and chopped parsley are distinguishable.

Ingredients: eggplants, tomatoes, onions, olive oil (3% of total product weight), sunflower oil, sugar, aromatics (including **celery**), salt, modified cornstarch, spices, acidifying agent: citric acid [E 330].

Instructions and suggestions for use: heat in a saucepan over low heat and serve with roasted, sautéed, or grilled meats and their reserved cooking juices. Cold or slightly chilled, perfect as a starter in summer or as a vegetable side dish with a drizzle of a fruity olive oil. This is an authentic recipe from the

Comtadine region (area around Avignon). For an extra treat, add 2 or 3 whole eggs to any leftovers, beat, and make an omelette.

Internal pressure: - 200 to - 300 mb.

pH: 4.0 to 4.4.

Stability: Pasteurised.

Allergens: Celery.

Nutrient value/100 g: Energy KJ/Kcal: 238.8/57.1 Fat: 3.26 g Saturated: 0.38 g Carbohydrate: 6.08 g Sugars: 3.72 g Protein: 0.88 g Sodium: 0.525 g



BASQUE PIPERADE

Definition: preparation made with tomatoes, green and red bell peppers, and onions from Provence or the Mediterranean. These selected vegetables are washed, trimmed and cut into pieces. Tomatoes are seeded beforehand; bell pepper stems and seeds are removed. Onions and aromatics are browned in olive oil. The ingredients are then combined and braised.

Production period: July - August - September

Product appearance: vegetable dish consisting of pieces of tomato, green and red bell pepper, and onion in a smooth blend of their cooking juices and oil.

Ingredients: tomatoes, green and red peppers, onions, sunflower oil, olive oil (1% of total product weight), modified cornstarch, salt, sugar, spices, acidifying agent: citric acid [E330].

Instructions and suggestions for use: heat your Basque Pipersade in a saucepan over low heat and serve with roasted, pan-fried, or grilled poultry or meat and their reserved cooking juices. Add to butter-scrambled eggs, eventually alongside thin slices of cured ham. Eggs can be left whole if preferred. Or serve warm with fried or grilled fish. Perfect cold or

slightly chilled as a starter to a summer meal or as a vegetable side dish.

Internal pressure: - 200 to - 300 mb.

pH: 4 to 4.4.

Stability: Pasteurised.

Allergens: none.

Nutrient value/100 g: Energy KJ/Kcal: 302.4/72.5 Fat: 4.7 g Saturated: 0.59 g Carbohydrate: 6.8 g Sugars: 4.09 g Protein: 0.75 g Sodium: 0.85 g



RATATOUILLE NIÇOISE

Definition: preparation made from fresh tomatoes, eggplants, zucchini, bell peppers, and onions from Provence or the Mediterranean. These selected vegetables are washed, trimmed, and cut into pieces. Tomatoes are seeded beforehand; bell pepper stems and seeds are removed; onions and aromatics are browned in olive oil. The ingredients are then combined and braised.

Production period: July - August - September

Product appearance: vegetable dish made with pieces of tomatoes, eggplants, zucchini, and bell peppers in a smooth blend of their cooking juices and oil. The onions, chopped parsley, and aromatics are distinguishable.

Ingredients: tomatoes, eggplants, zucchini, red and green bell peppers, onions, sunflower oil, olive oil (1% of total product weight), sugar, salt, modified cornstarch, aromatics (including **celery**), spices, acidifying agent E330 (citric acid).

Instructions and suggestions for use: heat your Ratatouille Niçoise in a saucepan over low heat and serve with red or white meats and their reserved cooking juices. If not served as an accompaniment for meat, our ratatouille Niçoise can be enjoyed simply heated and drizzled with olive oil. Savour it

cold or slightly chilled as a starter or vegetable side dish in summer lightly drizzled with a fruity olive oil.

Internal pressure: - 200 to - 300 mb.

pH: 4 to 4.4.

Stability: pasteurised.

Allergens: celery.

Nutrient value/100 g: Energy KJ/Kcal: 275.1/65.8 Fat: 3.76 g Saturated: 0.45g Carbohydrate: 7 g Sugars: 4.19 g Protein: 1 g Sodium: 0.85 g



Common characteristics of the above-mentioned pasteurised products: Stability: Packaging seal good during heating • Stable following an incubation period of 7 days at 37° and with no observed difference in pH greater than 0.5 units compared with the control • No change in product texture, appearance, or odour • No variation in microbial flora after heating.

All of the above-mentioned products are guaranteed free of GMOs, irradiated products, and nanomaterials.

CARDOONS

PLAIN CARDOONS

Definition: these preserves are prepared from spineless cultivars with naturally white fleshy ribs (not hollow). They are however only transformed following a necessary etiolation period to blanch the vegetable. We use the ribs (petioles or leaf stalks), which we thin out by hand before cutting them into 3 or 4 cm square pieces.

Origin: Lyon region.

Production period: November - December.

Colours:

- vegetable: light, pale yellow to sandy beige.
- covering liquid: very light and clear yellow.

Appearance of the vegetable: essentially 3 to 4 cm long square pieces.

Flavour: normal, straightforward flavour characteristic of the cardoon.

Consistency: tender to soft.

Ingredients: cardoons, water, salt.

Internal pressure: between -100 and -200 mb.

pH: between 5.1 and 5.2.

Stability: sterilised product.

Nutrient value/100 g: Energy KJ/Kcal: 54.6/13 Fat: 0.45 g Saturated: 0.02g Carbohydrate: 1.5 g Sugars: 0.71 g Protein: 0.69 g Sodium: 0.680 g

FORMAT AND TRADEMARK	PACKING						PALETTISATION																		
	VOLUME (ml)		TOTAL NET WEIGHT (g)		DRAINED NET WEIGHT (g)		PACKAGE DIMENSIONS L x W x H (mm)		No. of CSU per PACKAGE		PACKAGE WEIGHT (Kg)		No. of CSU per PALLET		No. of PACKAGES per PALLET		No. of LAYERS per PALLET		EUR- PALLET 800x20 (h. cm)		PALLET WEIGHT (kg)		BB date (years)		BAR CODE
3/1 "Les Comtadins"	2650	2500	1560	470x315x160	6	18	300	50	10	5	175	900	4	3443543161000											
4/4 "Les Comtadins"	850	800	500	315x211x241	12	12	864	72	6	12	158	864	4	3443544462007											
4/4 "Gourmets"	850	800	500	315x211x241	12	12	864	72	6	12	158	864	4	3443544467002											

Origin: Lyon region.

Production period: November - December.

Colours:

- vegetable: light, pale yellow to sandy beige.
- covering liquid: very light and clear yellow.

Appearance of the vegetable: essentially 3 to 4 cm long square pieces.

Flavour: normal, straightforward flavour characteristic of the cardoon.

Consistency: tender to soft.

Ingredients: cardoons, water, salt.

Internal pressure: between -100 and -200 mb.

pH: between 5.1 and 5.2.

Stability: sterilised product.

5/13 Fat: 0.45 g Saturated: 0.02g Carbohydrate: 1.5 g Sugars: 0.71 g Protein: 0.69 g Sodium: 0.68 g

Authentic Cardoons from Lyon
The Comtadins



3/1 can



4/4 can



4/4 can



Common characteristics of the above-mentioned sterilised products: Stability: Stable following an incubation period of 7 days at 37° and 7 days at 55°, preferably on 2 different cans • We observe a difference in pH of less than 0.5 units compared with the control • Can seals are good after heating • There is no change in product texture, appearance, or odour • No variation in microbial flora.

All of the above-mentioned products are guaranteed free of GMOs, allergens, irradiated products, and nanomaterials.

ONIONS

PLAIN CHOPPED ONIONS

Definition: these preserves are prepared with fresh, average sized, peeled, and chopped onions. This puree is canned after being lightly salted and acidulated.

This very "basic" product is used instead of fresh onions in any preparation that calls for onions, especially in the production of delicatessen meats (blood sausage, caillettes (meatball dish), etc.).

Nutrient value/100 g: Energy KJ/Kcal: 127/30.2 Fat: 0.2 g Saturated: 0.0235 g Carbohydrate: 5.36 g Sugars: 3.82 g Protein: 1.04 g Sodium: 0.54 g

Origin: European Union.

Production period: July to December.

Product appearance: puree composed of chopped medium sized pieces, fairly thick consistency, light coloured.

Flavour: straightforward flavour characteristic of onion.

Ingredients: onions, salt, acidifying agent: citric acid (E330).

Internal pressure: between -200 and -400 mb.

pH: between 3.8 and 4.2.

Stability: pasteurised product.



CHOPPED ONIONS IN OIL

Definition: these preserves are prepared with fresh, average sized, peeled, and chopped onions. This puree is canned after oil has been added.

This product is "packed in oil and fry-ready", more specifically in the kitchen where it is "fry-ready"; it does not stick to the bottom of the pan, retains an attractive shiny appearance, and can easily be used in preparing any roux-based sauces. This onion in oil is also used to cover pissaladières (caramelised onion and anchovy tart).

Nutrient value/100 g: Energy KJ/Kcal: 199.8/47.4 Fat: 1.44 g Saturated: 0.15 g Carbohydrate: 7.6 g Sugars: 5.33 g Protein: 1 g Sodium: 0.54 g

Origin: European Union for conventional - France for Organic.

Production period: July to December.

Product appearance: puree composed of chopped medium sized pieces, fairly thick consistency, light coloured.

Flavour: straightforward and characteristic of onion.

Conventional ingredients: onions, sunflower

oil (5%), salt, acidifying agent: citric acid (E330).

Organic ingredients: onions*, olive oil* (4%), salt, acidifying agent: citric acid (E330). *Ingredients from organic origin.

Internal pressure: between -200 and -400 mb.

pH: between 3.8 and 4.2.

Stability: pasteurised product.



Common characteristics of the above-mentioned pasteurised products: Stability: Packaging seal good during heating • Stable following an incubation period of 7 days at 37° and with no observed difference in pH greater than 0.5 units compared with the control • No change in product texture, appearance, or odour • No variation in microbial flora after heating.

All of the above-mentioned products are guaranteed free of GMOs, allergens, irradiated products, and nanomaterials.