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New items listed are scheduled to arrive by the month titled on the front of the newsletter.

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European Imports Ltd.
2475 N. Elston Ave.
Chicago, IL 60647
1-800-323-3464

orders@eiltd.com
www.eiltd.com

New Location:
211 South Hill Drive
Brisbane, CA 94005
(P) 415.562.1120

Starting The New Year Off Healthy

With health-consciousness at an all-time high, specialty food manufacturers are trying harder than ever to meet consumer's desire for healthy snacks and quick fix ingredients. In an effort to meet consumer's healthy demands, last year we added the following health inspired products:

Geomar - Seafood - Because they are ready to eat, Geomar's products are one of the easiest ingredients to incorporate into any healthy menu.



Pomi – Strained Tomatoes - Quality, convenience, taste and good nutrition all in one box, with no artificial flavoring, and no added water.

Pagal Pasta - High fiber pasta and pasta with added vegetables offer you an easy sneaky way to add vitamins and nutrients to your healthy menu.



Vitalla Pomegranate Juice – 100% freshly squeezed, pure pasteurized pomegranate juice. Loaded with vitamins and antioxidants, pomegranate juice is a healthy, tasty way to start the day.



Maitre Prunille – Dried Fruit. Delicious soft dried fruit with intense natural sweet flavors make a great nutritious on the go snack.

Figamajigs- Chocolate Covered Fig Bars. A low fat, high fiber way to eat chocolate with the added benefit of antioxidants.



These are just a few of the healthy products European Imports Ltd. has to offer. Check with your sales rep for more healthy suggestions.

Under the Dome by Jeff Babcock

A Region of Treasures

There has been a strong movement to support local, regional and domestic products in the last few years, something that has been especially true when it comes to cheese. We have tried to support many of the specialty and artisan cheese-makers across the country, not only because of this notion of home-grown products but because the cheeses are just fantastic and there is a great demand for them! The Midwest is a virtual treasury of great cheeses and we have worked to make many available to you: Old Europe Cheese in Benton Harbor, Michigan provides us with French-style soft ripened cheeses like Saint Rocco Triple Crème; Faribault Dairy of Faribault, Minnesota caves age beautiful St. Pete's Select, a raw milk blue cheese; Trader's Point Creamery of Zionsville, Indiana makes a wonderful organic raw milk cheese called Fleur de la Terre; and a vast array of cheeses descend to us from the dairy state of Wisconsin. A few new treasures have recently found their way into our selection, so we hope you will try them.

This year at the American Cheese Society,



Sartori Foods of Plymouth, Wisconsin entered a very interesting cheese; a wheel of their Bellavitano that has been soaked in a local raspberry Lambic-style

beer made by the New Glarus Brewing Company. Sartori Foods carries the Master's

Mark for their Parmesan and we stock their Sarvecchio Reserve Parmesan, but their Bellavitano is an original creation that crosses the flavors and textures of both Parmesan and



Cheddar. Soaking the cheese in this flavored beer reminds us of the Ubriaco or "drunken" cheeses of Italy, adding hints of tartness and fruity character to the sweet nutty cheese that is aged for eight months.

410675 Sartori Raspberry Bellavitano

1/20 lb

Marieke Penterman, creator of stunning raw milk Gouda cheeses in Thorp, Wisconsin has quickly made a name for herself in the cheese world. We started with a few of her cheeses in 2008 and they have been widely appreciated, so we decided to take on two of her other creations, both quite unique: Burning Nettle Melange Gouda and Smoked Cumin Gouda. Burning Nettle Melange is a combination of stinging nettle, herbs and garlic; unusual to us here in America, the nettle loses its sting when



treated with heat and has often been used as a flavoring in soups and salads but also Gouda!



Often mistakes can generate great creations, which is true in the case of Smoked Cumin Gouda. A wheel of their Cumin Gouda was accidentally smoked and they found the flavors complimented each other quite well. The spicy chili flavor of the cumin is brought out by natural smoking over hardwood, so think of a rich cheesy, smoky chili! Try it melted over tortillas or as a topping to liven up your homemade chili.

- 400275 Marieke Gouda, Burning Nettle Melange 2-4 Months 1/20 lb**
- 400286 Marieke Gouda, Smoked Cumin 4-6 Months 1/20 lb**

Uplands Cheese has agreed to give us a small allotment of their precious wheels of Pleasant Ridge Reserve. Twice winner of the ACS “Best of Show”, it is certainly one of the most prestigious cheeses made in this country. Mike Gingrich makes this alpine-style cheese with the raw milk from his herd only during the grazing months, giving the milk perfect richness and flavor. Their rotational grazing gives Uplands what they term “designer” milk.



Each hand-crafted wheel is washed and cared for in their cave environment until it reaches the ripeness it deserves, a minimum of four months. The sweet and nutty cheese is most reminiscent of the noble French Beaufort, yet it has its own unique ‘terroir’ and new American tradition; a treasure to be sure!

- 400308 Uplands Pleasant Ridge Reserve 1/10 lb**

Nordic Creamery is a small family owned creamery in Westby, Wisconsin producing terrific cheeses of goat and mixed milk in the tradition of Scandinavia. We chose to start with their Capriko cheese, a firm cheese made from a perfect blend of local goat and cow’s milk. This pleasantly mild cheese has a earthy sweetness and clean nutty flavor on the palate, with a wonderful “crisp” texture that leaves one with a distinct and lingering freshness. Pair it with dried cherries and a bright floral white wine.



- 400297 Nordic Creamery Capriko 2/10 lb**

All across America great new traditions are arising but perhaps the greatest will always remain here in the heartland.

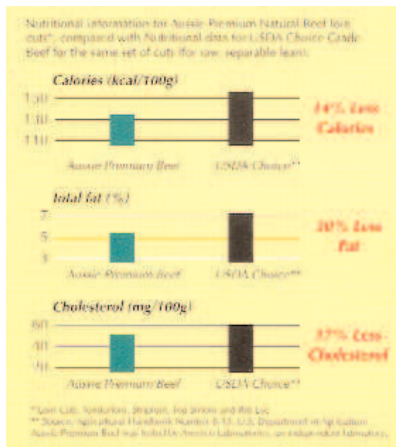
Wild & Unique Foods by Tim Doyle

Free Range Healthy Beef from Down Under

You can still enjoy a safe steak, especially if it is from grass-fed animals. Research has shown that cattle grazing freely on an extensive open range of rye, alfalfa and high protein grasses produce beef with less overall fat, less saturated fat and fewer calories than that from lot-fed cattle. This free range product has a consistent tender texture and mild flavor if not over cooked. This product should not be cooked past medium. Let the Aussie beef rest for a few moments before cutting so juices can run through the meat enhancing the great flavor.



Aussie premium beef is predominately Angus and Hereford. Grass feed beef contain higher levels of three types of Omega -3 fatty acids believed to reduce the risk of heart attacks. Which means to me eat a bigger piece. The Aussie beef has a much better yield than domestic because there is much less fat which means less preparation time and less labor and better food costs.



Aussie Beef has come a long way and now this beef has some great marbling without the use of artificial ingredients or additives. It has full flavor and is not mushy to cut or eat like some



other grass fed cattle. It will also cook faster because of the lower fat content. The product fresh will have a minimum 45 day wet age and eats well past 100 days in vacuum pack. Aussie beef is HACCP and USDA approved before entering the country. It will never get diseases that plague our country and many others like BSE or hoof and mouth disease or mad cow disease.

So get a pan sizzling with butter or the grill on high to sear the meat on both sides. I drizzle a little olive oil, salt, pepper and garlic on the meat before cooking. After searing, cook the beef for a few minutes per side and let rest.

Enjoy! Taste the wonder from down under!



WG5053 Beef Pismo Free Range Fresh

1/5.5 lb

WG5054 Beef Pismo Free Range Fresh

1/4-5 lb

For the Pastry Chef by Karl Helfrich

With winter in full swing, it is time to think of foods that comfort when putting together your dessert ideas. Memories of childhood treats, fortified desserts, and warm components will all attract your patrons to linger and try your offerings.

First and foremost are the basics. Pastry and hot side chefs both appreciate the flavor and superior workability of high-fat butters. We are proud to offer the **Wüthrich 83% European Style Butter (item #560496, 36/1 lb per case).**



The Wüthrich's high plasticity gives greater lamination and puff for baking, while

also possessing a higher melting and smoke point for sautéing. You will notice the difference in your short doughs, pat à choux, and definitely in your laminated doughs.

Griottine Brandied Cherries (1 liter jar: item #DF2001, 3 liter jar: item #DF2000) are

another great winter dessert item. These cherries in kirsch have a firm texture and a great flavor that has just a little "heat" to make it interesting.



Update the classic Cherries Jubilee, or use

as a warm crepe filling. They pair amazingly well with pistachio and almond pastries; think frangipan with a cherry center, or pistachio macaroons with a dark red cherry filling.

Griottines also pair well with super dark chocolate, like the venerable **Valrhona Araguani 72% (item #468759, 1/6.6 lb bag).** The liquorice and honey notes of this single origin chocolate from Venezuela blend perfectly with the tartness and richness of the griottines.



Speaking of keeping warm in the winter, it is not too early to begin planning for Valentine's Day! European Imports, Ltd. has two great "heart" transfer sheets to finish off your desserts for two:

IBC White Heart Transfer Sheets (item # 427907, 30 sheets/cs). Use

these with dark couverture to make ribbons, plaques, or any free-form design you choose.

We also have the **IBC Red Heart Transfer Sheets (item # 427917, 30 sheets/cs).** Use

these with white couverture. We have many other ideas and ingredients to make this season a successful one for you. Please call or email for suggestions and samples.



Sorry Charlie

by John Nizzi

There seems to be some confusion about what the difference is between the Tonggol Tuna that we sell as opposed to our competition. I will now try to clarify this.



Our tuna is horizontally packed, which means the cans are packed by hand using only the breast and tail sections of the fish. You will only find three ingredients in each can of our tuna. Tuna, water and salt.

Our competitors sell product which is machine packed and contains fillers and flake, this affects the yield and flavor of the finished product. Obviously, this special packing procedure costs more to produce, but once your customer sees and tastes our product, there is no comparison in our quality. In other words, our competition may be selling the "ROYALTY" label, but the product inside the can is very different. Make sure your customers are aware of this fact.



The tonggol tuna is a small fish, the average size of this variety is 15 to 20 kg in weight. Because of its size, Tonggol only has a trace amount of mercury. This is a major concern of the public today. Tonggol tuna is recognized by the health food industry as overall higher quality and better tasting than that of any other species. It also represents the tonnage of only 4% of all the tuna fished in the world today, and European Imports Ltd. is one of the few companies who have the opportunity to sell this quality product to our customers.



Prices are expected to climb this next year due to the economic environment and the continued global shortage of tuna, especially the Tonggol species.



While tonggol tuna is sold in the United States as "chunk light" tuna, it is considered as "chunk white" tuna in every other country. Our tonggol tuna has been certified by Earth Island as "Dolphin Safe" denoting the product has been fished via long line and not by net which harms or kills the dolphin population.

371119 Royalty Tonggol Tuna
6/66.5 oz drained weight

New Grocery

NuGo

Another Healthy Snack Alternative

NuGO (Nutrition to Go) makes delicious, healthy snacks for the entire family. Each of their bars are loaded with protein, vitamins and minerals then baked to give them a light crispy taste. Each of their bars is packed with at least ten grams of protein and low glycemic carbohydrates. They do not and never will add trans-fats or refined sugars. These bars are a healthy alternative to unhealthy, sugary snacks. NuGO uses only real milk chocolate and real dark chocolate, not compound vegetable fat alternatives that taste waxy or overly sweet. Real chocolate tastes better!

0811503	Banana Chocolate Bar	15/1.76 oz
0811372	Chocolate Blast Bar	15/1.76 oz
0811504	Coffee Break Bar	15/1.76 oz
0811370	Peanut Butter Pleaser Bar	15/1.76 oz
081876	Real Vanilla Bar	15/1.76 oz



Also available from European Imports Ltd. is the NuGO Organic line. This line features the first USDA certified organic nutrition bar. NuGO organic bar is a delicious bakery style nutrition bar, featuring 10 grams of organic soy protein, low sugar and no trans-fat. A full complement of vitamins and minerals make this GMO free, delicious bar everyone's favorite. Lightly enrobed with smooth, anti-oxidant rich organic dark chocolate and vibrant flavor, these crispy bars deliver unsurpassed snacking satisfaction.

082285	Organic Dark Chocolate Pomegranate Bar	12/1.76 oz
083670	Organic Dark Chocolate Almond Bar	12/1.76 oz
082284	Organic Dark Chocolate Bar	12/1.76 oz



A third healthy snack option is their NuGO Dark protein bars which contain 10 grams of protein and are enrobed in real cacao dark chocolate. Cacao is a natural source of flavonol antioxidants which help neutralize free radicals and protect your body from cell damage while still tasting delicious. This dairy free bar comes in two flavors:

080008	Dark Chocolate Chocolate Chip Bar	12/1.76 oz
080019	Dark Chocolate Mocha Bar	12/1.76 oz



Also available from European Imports Ltd. is NuGO's Smarte Carb Bar. This bar is unique in that it offers limited net carbohydrates, high protein, and zero sugar to help to manage blood glucose. This bar is not only nutritious, it is delicious.

08669	Smarte Carb Peanut Butter Crunch Bar	12/1.76 oz
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Puget

A New French Olive Oil

Introducing Puget Extra Virgin Olive Oil imported from France. Puget extra virgin olive oil is a mild olive oil. This superior-category extra virgin olive oil is cold-extracted and produced using mechanical processes only. It is an olive oil with a subtle, delicate flavor, produced by carefully selecting the youngest olives of the harvest.

Puget extra virgin olive oil is suitable for all types of seasoning: salads and raw vegetables (salad dressings, mayonnaise). It is also ideal for marinating fish and meat. It can be used in the frying pan, saucepan or oven, to fry or roast vegetables, meat and poultry. It's also suitable for deep-frying, as long as you do not exceed the maximum recommended temperature of 180°C and change the oil completely after 10 uses.

Puget extra virgin olive oil is one of the best sources of oleic acid, a monounsaturated fat. This "fruit oil" is a major component of the Mediterranean diet. The health benefits of this diet have been demonstrated and it fits squarely with the recommendations of today's nutritionists for a balanced diet to prevent health problems. Puget extra virgin olive oil is a tasty combination of culture, health and culinary enjoyment.

Puget Extra Virgin Olive Oil is now available from European Imports Ltd. in two sizes:

570075	Extra Virgin Olive Oil	12/25.4 oz
570064	Extra Virgin Olive Oil	6/3 L



Gourmet Salad Dressings from France by Life In Provence



Planning healthy meals requires high quality great tasting ingredients. Life in Provence salad dressings are just the right staple for your pantry. These dressings are authentic French vinaigrettes made with the finest ingredients. The flavors are unique and unlike any others on the market.

The full-flavored, new improved flavors of Life in Provence dressings will add life to your salads. They are perfect for marinating meat and chicken at your next barbecue, these dressings are delicious served over fresh salads, pasta salads, grilled vegetable salads and grilled meat salads.

A French lifestyle is a relatively easy and healthy way to live – it's all about choosing good quality, fresh ingredients and taking time to enjoy them. Life in Provence dressings should be your first choice for the taste and variety you are looking for in a gourmet salad dressing with none of the work.

123963
Dijon Mustard Dressing
12/16.9 oz

The unique taste of Dijon mustard is a perennial favorite. With our genuine Dijon Mustard dressing, you can offer your guests that flavor in a delicious salad dressing. It adds the perfect flavor to Niçoise salads and mixed greens.



123985
Fig Balsamic Dressing
12/16.9 oz

This dressing is smooth with the lush sweetness of figs and the finest balsamic vinegar. The sweet-tart flavor this



dressing provides is an excellent condiment with cheese. Just a drop will enhance the taste of crisp salads, plum tomatoes and vegetables.

124007
Citrus Vinaigrette
12/16.9 oz

This vinaigrette is prepared with fresh lemons and oranges and a mixture of sunflower oil, extra virgin olive oil, vinegar and mustard. The simple bright flavor of this vinaigrette is perfect for carpaccio, potato salads and steamed vegetables. This vinaigrette is also great drizzled over grilled fish, chicken or roasted vegetables.



124018
Garlic Vinaigrette
12/16.9 oz

This vinaigrette is not just for garlic lovers - this dressing is sure to please anyone. It is wonderful tossed with mixed greens, vegetable or pasta salad or used as a marinade for chicken, fish or pork.



123974
Old Fashioned Mustard Dressing
12/16.9 oz

This authentic French vinaigrette has a yellow / orange hue with visible whole mustard seeds. Its old fashioned flavor makes it the go to dressing for warm potato salads and green bean salads.



Ad and demo support is available on an on-going basis to allow you to continually introduce new Life in Provence products. Contact your sales rep for more information.