



Ritterfresh

specialists in meat, fish and game

Our Top Selling Produce

- ✓ QUALITY
- ✓ AVAILABILITY
- ✓ PRICE

T: 0845 8509970 E: orders@ritterfresh.co.uk www.ritterfresh.co.uk

Over the past twenty five years, Ritter Fresh have firmly positioned themselves as one of the UK's leading fine food wholesalers, specialising in the finest premium meat, outstanding fresh seafood and exceptional British game.

Working closely with sustainable fisheries, farming co-operatives and local communities, our sourcing is always done with the utmost respect for the environment and the industry's future generations.

We're sure you'll find this a useful resource when planning your menus.

fresh shellfish

Throughout the year the freshest live shellfish our waters have to offer are delivered directly to us, and straight to you.

We specialise in live Crabs, and Scallops both Scottish and English. Our fresh English Half-Shells and Dry-Cut Roe-On Meats come to us from the fisherman themselves with each box uniquely stamped with a production (catch) date and the very boat it came from allowing full traceability. To complement, we offer award winning Mussels meticulously cleaned, exquisite Surf Clams and Oysters, all from the south coast.

If you are looking to add some prestige to your menu, we have Red King Crab Clusters, Carabineros, Sicilian Prawns, Langoustine and enormous Double Sucker Octopus. Hardly anywhere else will you find a catalogue of such exceptional products to accent your menu.

Live Lobster



Canadian Chix
552g-550g - 103309

It's no coincidence Ritter Fresh has become one of England's premier suppliers of Live Lobster. Our operation in Bristol boasts two independent, purpose built tanking systems, each specially designed to hold both species, Native and Canadian, allowing a seamless supply throughout the year. If you're serious about Lobsters, then rest assured, we are too.

Canadian Cripples
450-650g - 116717

Live Crab



Large Crab
1.5 - 2.5kg - 112073

Live Oyster



Dorset Oyster
24's - 200339

Live Mussels



Exmouth Mussels
3kg - 200119

Scallops



Brixham Scallops Half Shell
20's - 120777



Brixham Scallops Roe-on
Dry cut
1kg - 120442

Langoustine



Langoustine, Whole, Frozen
17-20/kg - 1kg pack - 119587

Octopus



Octopus Galician, Double
Sucker, Frozen - 3-4kg each
- 119523

Prawns



Black Tiger Prawns, Frozen
16-20/kg 1kg pack - 119038



King Prawns, peeled &
deveined, IQF
40-55/kg - 116176



Carabineros, Frozen
XL 6-7/kg - 105843
L 12-16/kg - 118289



Wild Argentinian Prawns,
Frozen
20-30/kg - 2kg pack - 117495



No. 1 (18-20/kg)
2kg pack
- 119164
No. 2 (21-35/kg)
2kg pack
- 119165
No. 3 (36-45/kg)
2kg pack
- 118816
Wild Sicilian Prawns, Frozen

fresh fish

We begin our daily sourcing at 4:30am, buying from boats and markets on the south-west coast. We pride ourselves on delivering to you the very best of what each time of year has to offer, taking time to follow nature's natural order. From favourites Cod, Salmon, Bass and Bream, to the more premium Yellowfin Tuna, Fjord Trout and Halibut.

Norwegian Fjord Cod



Norwegian Fjord Cod
4 - 12kg - 110993

Scottish Gigha Halibut



Scottish Gigha Halibut
5 - 9kg - 108436

Salmon



Norwegian Salmon Fillets
1.2 - 1.8kg - 119310



Smoked Var Salmon Long-sliced
1 - 1.3kg - 106199

Tuna



Tuna Loin
2.5 - 4kg - 116347

Norwegian Fjord Trout



Norwegian Fjord Trout
4 - 7kg - 112043

Farmed Bass



Farmed Bass
400g-600 - 121331

Farmed Bream



Bream 'Dorade Royale'
400-600g - 118870

fresh meat

Our Beef, Lamb and Pork all come from the British and Irish countryside with standards of welfare aligned to our beliefs. All our animals are individually graded and measured for fat content and body conformation, not all make the grade, meaning what you receive is nothing but the best.

Beef



Beef Bavette
800g+ - 109891



Beef Cheeks
400 - 600g 106430



Beef Cote de Boeuf
4.5 - 5.5kg - 120458



Beef Fillet
2-3kg - 111830



Beef Onglet
600g+ - 110038



Beef Ribeye Boneless
2.5-3.5kg - 112299



Beef Striploin
10kg - 107510



Aged Beef Sirloin on the Bone
10kg+ - 107247



Beef Striploin Standard
8-11kg - 106957

Pork



Pork Belly
5-6kg - 201154



Pork Chops
224g each - 100227

Lamb



Lamb Shoulders
3-4kg - 115268



Lamb Legs
3-4kg - 112296



Lamb Rump
180-200g portions 11's - 200234

Premium Iberian Pork

Premium quality Iberian Spanish PDO (protected designated origin) pork. Beautifully marbled with a dark coloured flesh and naturally distinct flavour.



Pluma
1-2kg - 114330



Secreto
1.2kg - 121245

fresh poultry

We offer only the finest poultry, drawing from areas renowned for the outstanding quality of its livestock. Free-Range Ducks and Chickens reared in the heart of Devon, Corn-fed Chickens, Quail and Squab Royale from the Loire Valley and from Brittany.

Chicken



Creedy Carver Free Range
Whole Chicken
1.5kg each - 201051



Corn Fed Chicken Whole
1.2 - 1.4kg each - 110240

Poussin



Poussin
450g+ each - 112083



Corn Fed Chicken Supremes,
180-200g each
5's - 200951



Chicken Breast, Boneless,
Skinless, 200-230g each
5kg tub - 114340

Quail



Quality Whole
200g+ each - 112227

Duck



Barbary Duck Breast
360-440g - 2's - 115190



Creedy Carver Free Range
Whole Devon Duck
2kg each - 102253



Creedy Carver Free Range
Devon Duck Legs 500-600g
2's - 115599

Squab Royale



Squab Royale Pigeon 'Anjou'
550-650g each - 105700

Lobster & Monkfish Curry

By **Michael Lynch**, Head Chef,
Bentley's Oyster Bar Grill, London W18 4DG



Thank you to **Michael Lynch**, Head Chef at Bentley's Oyster Bar and Grill in London, for providing us with this superb recipe for our regular article in Restaurant Magazine's 'Talking Fresh' and for allowing us to share it here with you. It is a delicious dish featuring our Canadian Lobsters and illustrates perfectly the wonderful versatility of this most fantastic seafood.

Curry Sauce *Ingredients:*

2 onions diced / 1 stick of lemon grass chopped / 1 lime leaf / 50g ginger finely diced / 2 red chillies finely diced / 2g sea salt / 10ml rapeseed oil / 50g Indian bhuna spice / 2 tins coconut milk / 10 vine tomatoes, blanched, peeled and seeds removed and diced

Spice Bag *Ingredients:*

10 black peppercorns / 6 cardamom pods / 10g coriander seeds tie up in muslin cloth

Method:

- Gently sweat the onions, lemon grass, ginger chilli with the salt for 5 minutes or until soft.
- Add the diced tomatoes and cook for a further 5 minutes.
- Now add the Indian bhuna spice, cook for a further 1 minute then stir in the coconut milk and add the spice bag.
- Bring to a gentle simmer and remove from the heat and leave to infuse.

Garnish *Ingredients:*

Fresh mint picked / chopped coriander / sliced spring onions / Greek yoghurt

Fish *Ingredients:*

2 Canadian lobsters / 4 x 140g portions of monkfish

Method:

- Remove the claws and head from the lobster and split the tail length ways down the middle.
- Blanch the claws for 7 minutes in boiling salted water and remove the meat.
- Take the lobster tails and roast in a pan flesh side down for 1 minute then turn and cook for a further 1 minute shell side down and remove from the pan and set aside.
- Now sear the monkfish in the pan until golden on both sides.
- Place the lobster tails, claws and monkfish into the curry sauce and gently simmer until cooked.
- Serve with infused Himalayan rice and the fresh mint, coriander and spring onion and Greek yoghurt.

Meet our team

Lesley



Sales (Mon-Thu 7am-4pm, Fri 7am-3pm)

Gareth



Ric Head of Sales



Darren



Sales (Mon-Fri 6pm-12 midnight)

Matt



Call us to find out more about our full range of specialist meat, fish and game products. Our dedicated and friendly team have the skill and knowledge to help with all aspects of your requirements.

Keep up-to-date

To receive information and details of our 'specials' subscribe to our daily email communication by visiting www.ritterfresh.co.uk

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