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Introduction

The colder months are on there way again and with them come all the hearty comfort food that we at **bj's foods** love to produce over these cooler days. To help you temp you into our new gourmet treats we are redoing the existing menus to including some new items as well as a host of the favourites that always get asked for function to function.

Besides the new menus we have been very busy over the last few months with Christmas orders and events going right up to the day as well as many yearly events coming back again.

In the upcoming months we will also be updating the **website** to include some more click through pages, a new blog section, more testimonials from clients, event spaces available for client functions as well as a monthly recipe file for all to make and comment upon. We hope that you all have the time to have a quick look when it comes out online later in 2010.

Once again **bj's foods** hopes you enjoy the information in this issue of the Redpot Foods Newsletter including the latest events and news, another quick recipe for the cooler winter months, a bit about the charities that we help, bits and pieces about our web site update, some of our upcoming events, plus the Asia Food Fair that we just attended. As always, if you have any comments or queries, please just shoot them through.

Latest News & Upcoming Events

Some of the latest news and upcoming events bj's foods have undertaken over the 2009-2010 summer season include:

- Catering again for the 2009-2010 'Moonlight Cinema' season at the Powerhouse in New Farm Park;
- Backstage crew and artist catering for 6 music festivals over the December to February period;
- Renovating part of the **bj's foods** kitchen to accommodate a further 3 work stations and sandwich preparation area;
- Being able to be part of 10 families Christmases by providing their Christmas foods delivered to their door on Christmas Eve and Christmas Day 2009;
- Implementing the Brisbane City Council's new Food Safety Program mandatory for all catering businesses;
- Providing a new range of Redpot Foods to a selection of local Southside cafes including jams, relishes and marmalades;
- Providing the daily rolls, wraps and sandwiches requirements for the **Campos Coffee** outlets in Brisbane;
- Catering the inaugural Darren George's Fishing Celebration in remembrance of the son of the owner of Brisbane's famous IL Centro restaurant (Andy Georges) who passed away after a 3 year battle to cancer; and
- Numerous private client events booked through the early months of the year as well as a host of planned events into the winter season of 2010.



New Menu & Web Site Update – Coming Soon

Over the next few months a range of new menus will be trialed and released for all clients to try at their planned events later in 2010 and into the new year. Menus will focus on the South East Qld's seasonal produce, reflect the favourites that are always asked for as well as a host of new and different hors d'oeuvres right through to BBQ's and sit down meals.

The **bj's foods** web site (www.bjsfoods.com) has been up and running now for 4 years with all the company's menus and information at hand. To help new and existing clients find the information they are after quicker a revised format will be developed with new click through's to menu's, easier to find reviews from clients, a blog to be able to see what clients are discussing, a new monthly recipe file, food and gourmet links we like as well as the event spaces we have used and can access for all your events.

Once completed, we will send out a reminder to all to have a quick browse through it all for your comments and feedback. We hope that you will find it full of new products and information for all your catering requirements.

Charity Events & Sponsorship

Throughout 2009 **bj's foods** supported a handful of charities in their catering and fundraising needs. The charities that we support include: AEIOU – Children with Autism, Youngcare – young adults with high service needs, Olivia's lunch at Mater Children's, and Ronald McDonald House – children with cancer. What **bj's foods** has supplied over the last few months included donated dinners raffled at event fundraisers and our continued support through provision of discounted catering requirements.

For the RBH Ronald McDonald House at Herston **bj's foods** was able to help provide Christmas dinner delivered hot on the 25th for all the families staying at the accommodation. Christmas dinner was baked meats, roasted vegetables, salads, and of course individual plum puddings with custard and cream. By all accounts the Christmas catering was a great seasonal hit for all that attended.

In 2010 and onwards **bj's foods** will again support these causes to the best of our abilities.

Music Season Comes Again

bj's foods once again had the privilege of helping a range of promoters provide the ever important catering and event riders for a range of festivals and concerts over summer. Festivals we catered for include: Good Vibrations (5th year of backstage catering for Merivale's summer concert series), Future Music Festival – this year in the rain and 10cms of mud, Sunset Sounds over two nights at the Riverstage, plus the 70's crooner Boz Scaggs + Mic Fleetwood and the reggae Raggamuffin Tour for Andrew McManus Presents. All were a great time for crew and artists alike.

Catering for the Good Vibrations summer concert series was once again held at the Gold Coast Parklands (same locations as the Big Day Out) with catering increased this year from event day through to 3 days of crew catering pre event. **bj's foods** provided 3 hot meals a day (plus the countless liters of coffee daily) to all site crew as well as event day being 350 meals for all crew and artists + 200 delivery meals.

Asia Food Fair

We were lucky enough to be able to attend the 2010 Asia Food Fair in Singapore in April. We spent three days wondering through 10 halls of food, equipment, supplier upon supplier of interesting and new age food and beverage machinery + the possibility to sampling the local street hawker centers such as Newton's Circus and Little India.

From the fair we have brought back some great new ideas that will be used in the upcoming menus later in 2010 – wait and see.

Recipe File – Poached Salmon

This Redpot Foods recipe file is from our travels earlier in the month. This simple salmon recipe is easy to prepare and good for a mid week dinner.

Ingredients (Serves 4):

- 4 x 150 gram skinless salmon fillets;
- 1L of chicken or vegetable stock (shop bought or homemade);
- 50g cubed vegetables (carrot | baby leek | white onion | new potatoes | celery)
- 1 bay leaf
- ½ bunch coriander
- ½ bunch flat leaf parsley
- 1 red chili seeded and diced
- Zest of ½ lemon
- White pepper corns
- Sea salt + pepper to taste
- Extra virgin olive oil for finishing

Method:

1. Place all cubed vegetables, chicken stock, white pepper corns, chili, and bay leaf in large pot to boil over high heat;
2. Once boiling, let simmer for 15 to 20 minutes or until vegetables are tender;
3. Cut and dice finely together parley and coriander for finishing;

4. After broth has simmered add salmon fillets for approximately 5 minutes or until cooked (will be a beautiful pink inside and out of fillet);
5. Take salmon fillets out once cooked to liking – rest to side;
6. Ladle cooked broth into 4 shallow soup bowls for serving – not to deep;
7. Place cooked fillet on top of broth;
8. Garnish salmon and broth with diced parsley and coriander, lemon zest & sea salt flakes (to taste);
9. Drizzle olive oil over salmon fillet just prior to service; and
10. Enjoy with friends.

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asia food fair