

THE P. GUINTRAND JARS COLLECTION SAVOURY LINE

PREPARED DISHES FROM THE SOUTH



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

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PREPARED DISHES FROM THE SOUTH

FRIED EGGPLANTS IN TOMATO SAUCE

Definition: a Mediterranean classic prepared with eggplants and tomatoes from the South of France. The eggplants are trimmed, washed, then cut into big pieces and fried in sunflower oil. They come in a tomato coulis prepared with olive oil, browned onions, a hint of garlic, and fresh parsley.

Production period: From July to October.

Product appearance: big pieces of beige to dark brown eggplants mixed in the bright red tomato coulis

Nutrient value/100 g: Energy KJ/Kcal: 439.6/105.8

FORMAT	PACKING				PALETTISATION			
	VOLUME (ml)	TOTAL NET WEIGHT (kg)	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	EUR - PALLET 800x1200 (th. cm)
Jar	580	510	340x170x128	8	6,5	864	108	9
							12	135
							700	4
							3443545876001	

dotted with dark green parsley sprigs and small ivory white fragments of garlic.

Ingredients: eggplants (58%), tomatoes (28%), onions (3%), fresh parsley, olive oil (1%), salt, sugar, garlic, modified cornstarch, acidifying agent: citric acid (E330), spices.

Instructions and suggestions for use: serve cold in summer to accompany barbecue-grilled meats. You can also serve at room temperature or

heated according to taste or the season, in a conventional oven or microwave, as your main dish.

Internal pressure: - 500 to - 600 mb.

pH: from 4.2 to 4.4.

Refractometric dry residue: from 13° to 14°.

Stability: pasteurised (*1).

Allergens: none.

Fat: 8.09 g Saturated: 0.89 g Carbohydrate: 7.3 g Sugars: 3.69 g Protein: 1 g Sodium: 0.730 g



BOHEMIENNE COMTADINE

Definition: preparation made with eggplants and tomatoes from the South of France that have been selected, washed, then trimmed before 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 eggplants and tomato in a smooth blend of their cooking juices and oil. The onions and chopped parsley are distinguishable.

Nutrient value/100 g: Energy KJ/Kcal: 238.8/57.1

Jar	580	520	340x170x128	8	6,5	864	108	9	12	135	700	4	3443545870009
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Ingredients: eggplants (44%), tomatoes (39%), onions (8%), olive oil (3%), 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 reci-

pe 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 (*1).

Allergens: celery.

Fat: 3.26 g Saturated: 0.38 g Carbohydrate: 6.08 g Sugars: 3.72 g Protein: 0.88 g Sodium: 0.525 g



FRIED ZUCCHINIS IN TOMATO SAUCE

Definition: typical Provençal recipe made with fresh zucchinis from the South of France that are trimmed, washed, cut into big pieces or thin slices, and fried in sunflower oil. They come in a tomato coulis prepared with olive oil, browned onions, a hint of garlic, and fresh parsley.

Production period: from July to October.

Nutrient value/100 g: Energy KJ/Kcal: 262.4/62.7

Jar	580	510	340x170x128	8	6,5	864	108	9	12	135	700	4	3443545877008
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Product appearance: big pieces or thin slices of light to dark green zucchinis in a beautiful red tomato coulis.

Ingredients: zucchinis (58%), tomatoes (25%), onions (5%), aromatics, olive oil (1%), salt, sugar, modified cornstarch, acidifying agent: citric acid (E330), spices.

Instructions and suggestions for use: in summer, serve cold with barbecue-grilled meats.

Depending on preference or season, serve at room

temperature or heat in a conventional oven or microwave as a main dish.

Internal pressure: - 500 to - 600 mb.

pH: 4.2 to 4.4.

Refractometric dry residue: from 9° to 10°

Stability: pasteurised (*1).

Allergens: none.

Fat: 3.21 g Saturated: 0.41 g Carbohydrate: 7.00 g Sugars: 4.44 g Protein: 1.5 g Sodium: 0.9 g



SAUTÉED ZUCCHINIS IN CREAM SAUCE

Definition: innovative recipe made with fresh zucchinis from the South of France that are trimmed, rinsed, and finely diced into cubes. They are then gently cooked in cream, butter, and Emmental cheese. The mixture is accented with a hint of garlic and fresh parsley.

Production period: from July to October.

Nutrient value/100 g: Energy KJ/Kcal: 302.3/72.6

Jar	580	520	340x170x128	8	6,5	864	108	9	12	135	700	4	3443545875004
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Product appearance: the light cream and butter sauce is speckled with the light and darker greens of the small zucchinis cubes. Also noticeable, the dark green parsley sprigs and the finely chopped white garlic. A melt-in-your-mouth texture.

Ingredients: zucchinis (83%), cream (5%), Emmental cheese, parsley, butter, garlic, modified cornstarch, salt, acidifying agent: citric acid

(E330), spices.

Instructions and suggestions for use: simply heat in a conventional oven or microwave and savour.

Internal pressure: - 500 to - 600 mb.

pH: 5.1 to 5.3.

Refractometric dry residue: from 8° to 9°.

Stability: sterilised (*2).

Allergens: cream, Emmental cheese, butter.

Fat: 5.12 g Saturated: 2.9 g Carbohydrate: 4.39 g Sugars: 2.87 g Protein: 2.25 g Sodium: 0.750 g



*1: 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.

*2: 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, irradiated products, and nanomaterials.

PREPARED DISHES FROM THE SOUTH

SAUTÉED ZUCCHINIS IN TOMATO SAUCE

Definition: Provençal dish made with fresh zucchinis from the South of France. They are trimmed, washed, and finely diced into cubes then cooked in olive oil with tomatoes, garlic, and fresh parsley.

Production period: from July to October.

Product appearance: small light and dark green pieces of courgette are combined in a smooth red-orange tomato sauce. The preparation is dotted with the green and white

specks of fresh parsley sprigs and finely minced garlic. Melt-in-your-mouth, fruity taste.

Ingredients: zucchinis (68%), tomatoes (20%), olive oil (4%), aromatics, salt, modified cornstarch, sugar, acidifying agent: citric acid (E330), spices.

Instructions and suggestions for use: depending on preference or the season, heat or warm in a conventional oven or microwave as a main dish. Otherwise, a perfect accompaniment for

grilled, roasted, or pan-fried meats and poultry. For a new taste experience, drizzle their pan juices over your sautéed zucchinis in tomato sauce.

Internal pressure: - 500 to - 600 mb.

pH: 5 to 5.2.

Refractometric dry residue: from 7° to 8°.

Stability: pasteurised.



Nutrient value/100 g: Energy KJ/Kcal: 306.5/73.7 Fat: 5.38 g Saturated: 0.76 g Carbohydrate: 5.1 g Sugars: 4.79 g Protein: 1.25 g Sodium: 0.92 g

FRITA

Definition: preparation made with fresh tomatoes from Provence that have been selected, washed, trimmed, and seeded; peeled fresh onions; and fresh green and red bell peppers that have been trimmed, washed, and seeded. The ingredients are simmered with herbs and spices.

Production period: August and September

Product appearance: this red-orange tomato preparation is fairly thick with chunks of fresh tomato, small pieces of fresh onion, fresh green and red bell peppers, all from Provence or the Mediterranean, and a little oil. The ingredients are simmered with herbs and spices for a very distinctive exotic taste. Odour and flavour are both straightforward and characteristic.

Ingredients: tomatoes (61%), green and red bell peppers (25%), onions (7%), sunflower oil, modified cornstarch, olive oil (1%), sugar, salt, aromatics, spices.

Instructions and suggestions for use: heat in a saucepan over low heat and serve with roasted, pan-fried, or grilled rabbit, poultry, or meats along with their cooking juices. Add to butter-scrambled eggs, eventually alongside thin slices of cured ham. Or serve warm with fried or grilled fish. As a cold or slightly chilled starter to a summer meal. It can

also be used to prepare the delicious flaky turnovers called "coka".

Internal pressure: - 200 to - 400 mb.

pH: 4.2 to 4.4.

Refractometric dry residue: from 10° to 11°.

Stability: pasteurised.



Nutrient value/100 g: Energy KJ/Kcal: 270.5/64.7 Fat: 3.58 g Saturated: 0.41 g Carbohydrate: 6.9 g Sugars: 4.08 g Protein: 1.19 g Sodium: 0.730 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 (44%), green and red bell peppers (34%), onions (15%), sunflower oil, olive oil (1%), 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 pre-

ferred. 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.



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

PEPPERS IN OLIVE OIL WITH GARLIC

Definition: these preserves are prepared using fresh bell peppers that have been washed, cored, split, seeded, and cut into strips. We add garlic, salt, citric acid and cover with olive oil. All the ingredients are placed in sealed jars before being pasteurised.

Production period: August and September

Product appearance: the bell peppers are cut into approximately 12 mm strips of varying length, the garlic is minced (approximately 2 to 3 mm) to impart a subtle flavour.

Colour: bright red bell peppers contrast with the white pieces of garlic. Some production runs can associate green and red bell peppers in the same jar. The golden, clear, and bright oil that completely covers the bell peppers contributes to product appeal through the jar.

Consistency: soft and smooth.

Flavour: characteristic of the bell pepper. The flavour of the garlic is subtle.

Ingredients: bell peppers (80%), olive oil (16%),

garlic (2%), salt, acidifying agent: citric acid (E330).

Instructions and suggestions for use: as a topping for pizza and salads or as a filling in hot or cold sandwiches. Serve on canapés with cocktails or as an accompaniment for grilled meat.

Internal pressure: - 50 to -150 mb.

pH: 4 to 4.2.

Stability: pasteurised.



Nutrient value/100 g: Energy KJ/Kcal: 447.5/107.9 Fat: 8.98 g Saturated: 1.3 g Carbohydrate: 5.9 g Sugars: 3.06 g Protein: 0.88 g Sodium: 0.58 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.

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PREPARED DISHES FROM THE SOUTH

TOMATO PULP WITH BASIL

Definition: preparation made with fresh tomatoes from Provence that have been selected, washed, trimmed, peeled, and seeded. These tomatoes are transformed into small cubes and combined with a light puree. This preparation is flavoured with a sprig of fresh basil, giving it a very pleasant taste. It is used as a base for any food preparation involving tomatoes.

Production period: July - August - September

Product appearance: fairly thick, homogeneous, and very red tomato preparation consisting of small pieces of peeled tomato combined with a light puree. A good size sprig of fresh basil adds flavour to the product. Straightforward odour and

flavour characteristic of an excellent tomato and basil-scented preparation.

Ingredients: tomatoes (98%), salt, basil (1%).

Instructions and suggestions for use: this fresh tomato pulp is essential for tomato-based sauces, such as Bolognese or Napolitana sauce, pizza sauce, etc. Perfect as a base for your own preparations with the added benefit of the aroma and flavour of fresh basil from Provence.

Internal pressure: -200 to -300 mb.

pH: between 3.8 and 4.4.

Refractometric dry residue: between 10° and 12°.

Colours (Munsell): approximately 80% red, 15% orange, 5% grey + black (as a guide).

Stability: Pasteurised.

Allergens: none.

Nutrient value/100 g: Energy KJ/Kcal: 154.1/36.4 Fat: 0.32 g Saturated: 0 g Carbohydrate: 7.1 g Sugars: 5.95 g Protein: 1.31 g Sodium: 0.9749 g



RATATOUILLE NICOISE

Definition: preparation made from fresh tomatoes, eggplants, zucchinis, 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 tomato, eggplants, zucchinis and bell peppers in a smooth blend of their cooking juices and oil. The onions, chopped parsley, and aromatics are distinguishable.

Ingredients: tomatoes (40%), eggplants (18%), zucchinis (18%), green and red bell peppers (8%), onions (6%), sunflower oil, olive oil (1%), sugar, salt, modified cornstarch, aromatics (including celery), spices, acidifying agent: citric acid (E330).

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: 0.45 g Carbohydrate: 7 g Sugars: 4.19 g Protein: 1 g Sodium: 0.85 g



SAUCE PIZZA-PRÊT®

Definition: ready-to-serve pizza sauce. Prepared with olive oil and fresh high-summer tomatoes from Provence.

Production period: July - August - September

Product appearance: fairly thick, red-orange prepared tomato sauce with small pieces of peeled tomatoes combined with a light puree and small fragments of onions and aromatics. The preparation is enhanced by the subtle lustre of the oil.

Odour and flavour characteristic of an excellently prepared sauce.

Ingredients: tomatoes (88%), onions (5%), sugar, olive oil (1%), sunflower oil, modified cornstarch, salt, aromatics, spices.

Instructions and suggestions for use: no pre-heating required, simply spread the Pizza-Prêt® sauce on the dough. Garnish to taste with black

olives, anchovy fillets, cheese, or ham and bake in a hot oven.

Internal pressure: -200 to -300 mb.

pH: between 3.8 and 4.2.

Refractometric dry residue: between 10° and 12°.

Stability: pasteurised.

Allergens: none.

Nutrient value/100 g: Energy KJ/Kcal: 259.9/62 Fat: 2.77 g Saturated: 0.3 g Carbohydrate: 7.9 g Sugars: 5.14 g Protein: 1.38 g Sodium: 0.830 g



SAUCE PROVENÇALE

Definition: ready-to-serve sauce to complement all of your dishes with an authentic touch of Provence. Made with olive oil and fresh, high-summer tomatoes from Provence.

Production period: July - August - September

Product appearance: fairly thick, red-orange tomato sauce with small pieces of peeled tomatoes combined with a light puree and small fragments of onions and aromatics. The olive oil gives the preparation a subtle and appealing lustre. Carefully simmered, normally spiced, with distinctive aromas.

Odour and flavour characteristic of an excellently prepared sauce.

Ingredients: tomatoes (80%), onions (13%), sunflower oil, sugar, olive oil (1%), salt, modified cornstarch, aromatics (including celery), and spices.

Instructions and suggestions for use: once heated, our Provençal sauce will elevate pasta and rice dishes, meat, and fish. To pleasantly enhance the flavour of a ratatouille, a bohémienne (eggplants and tomato casserole), or stuffed tomatoes,

etc. try adding one tablespoon per portion or serve cold on toasted bread at cocktails.

Internal pressure: -200 to -300 mb.

pH: between 3.8 and 4.2.

Refractometric dry residue: between 10° and 12°.

Stability: pasteurised.

Allergens: celery.

Nutrient value/100 g: Energy KJ/Kcal: 309.9/74.1 Fat: 4.12 g Saturated: 0.5 g Carbohydrate: 8.1 g Sugars: 5.64 g Protein: 1.13 g Sodium: 0.86 g

