

THE PARSNIPSHIP

Pioneering Vegetarian Producers

Wholesale product guide



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The Parsnipship produces and sells unique and original **Vegetarian & Vegan food** in Wales, using locally sourced seasonal ingredients.

We can supply your business or event with the finest quality, unique and great tasting products, such as pies, bakes, crumbles and burgers.

Why cater for vegetarians?

- The meat-free and free from food markets are booming – now valued at £949m for 2012
- 3% of adults are vegetarian (not eating fish), which amounts to over 1.8m individuals, according to the Vegetarian Society
- 38% of Britains have brought vegetarian food
- 76% of vegetarians aren't happy with the choice available to them in fast food restaurants
- Vegetarian and vegan food is healthy and a rapidly expanding trend



Mushroom Bourguignon Pie

**A twist on the classic French dish and it's in a Pie!
(Vegan)**

Serving suggestion: buttery or olive oil mash and green beans

Bake for 20 mins at 180°C. Use within 10 days / freeze on day of purchase & cook from frozen for 25-30 mins at 180°C

Ingredients: [garlic](#), [mushrooms](#), [porcini](#), [Puy lentils](#), [red wine](#), [salt & pepper](#), [tomato puree](#), [tomatoes](#), [vegan bouillon](#), [water](#)



Shropshire Blue Cheese and Spinach Cake

A melting, warm and fragrant punch of cheese all the way from Shropshire!

Serving suggestion: wonderful with simply steamed purple sprouting broccoli

Reheat for 15- 20 mins at 180°C. Use within 10 days /freeze on day of purchase & cook from frozen for 25-30 mins at 180°C

Ingredients: [mozzarella](#), [Potato](#), [salt & pepper](#), [Shropshire blue](#), [spinach](#)



Roasted Butternut Squash Lasagne

**Sage glazed Butternut with a rich ragu of soya, lentils
& tomato and cheddar béchamel**

Serving suggestion: Simply lemon & virgin olive oil
dressed rocket leaves

Reheat for 15-20 minutes at 180°C. Use within 10 days /
freeze on day of purchase & cook from frozen for 25-30
mins at 180°C

Ingredients: [Bechamél Sauce](#), [Roasted Butternut](#), [Sage](#),
[Soya](#)



The Mexican Pie

A fiery chilli pie with a ‘kicking’ paprika crust

Serving suggestion: Sautéed potatoes with lime crème fraichè or soya yoghurt

This product contains gluten & soya

Reheat for 15-20 minutes at 180°C. Use within 10 days or freeze on day of purchase & cook from frozen at 180°C for approx. 30 mins

Ingredients: [cayenne pepper](#), [ground cumin](#), [kidney beans](#), [onions](#), [paprika](#), [pepper](#), [salt](#), [self-raising flour](#), [soya mince](#), [tomato puree](#), [tomatoes](#), [vegetable suet](#), [water](#)



Indian Summer Pie

A lightly Spiced fusion of butternut squash, chickpeas & coconut with a punchy toasted cumin seed pastry (Vegan)

Serving suggestion: Pan-fried broccoli stem with ginger, chilli & Lime

This product contains gluten.

Reheat for 15-20 minutes at 180°C. Keep refrigerated or freeze on day of purchase & cook from frozen at 180°C for approx. 30 mins.

Ingredients: [butternut squash](#), [chick peas](#), [creamed coconut](#), [cumin seeds](#), [Indian spices](#), [salt & pepper](#), [self-raising flour](#), [tomatoes](#), [turmeric](#), [vegetable suet](#), [water](#)



The Glamorgan Crumble

The original blend of leeks & mature cheddar...it's no longer just a sausage!

Serving suggestion: Bake with mustard & lime alongside a puree of mint, broad beans & peas

This product contains gluten, soya & milk

Reheat for 15-20 minutes at 180°C. Use within 10 days or freeze on day of purchase & cook from frozen at 180°C for approx. 30 mins

Ingredients: [breadcrumbs](#), [carrots](#), [Leeks](#), [mature cheddar cheese](#), [olive oil](#), [salt & pepper](#)



Beetroot Bomb

A depth charge of sweet colourful beetroot, carrot & toasted cumin seeds (Vegan)

Serving suggestion: griddle and serve with Horseradish & Leaves

This product contains gluten

Reheat for 15-20 minutes at 180°C or press gently into a burger shape & pan-fry .Use within 2 days or freeze on day of purchase & cook from frozen at 180°C for approx. 30 mins

Ingredients: [beetroot](#), [breadcrumbs](#), [carrot](#), [cumin seeds](#)



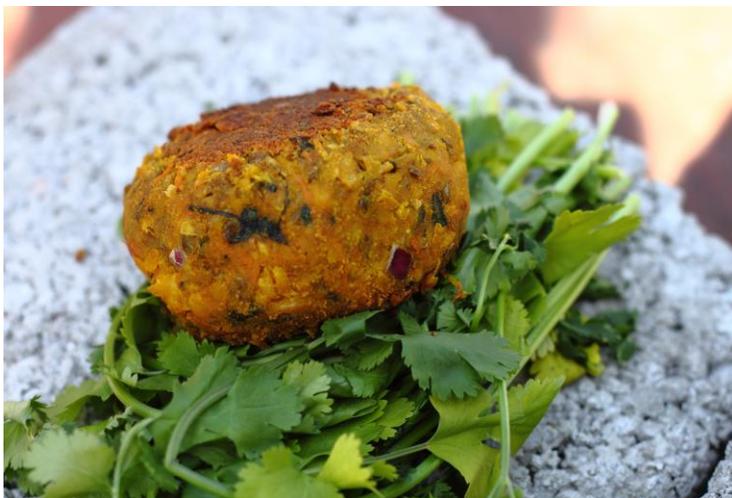
Breazy Peazy Pie

A Marriage of Soft Brie, Peas & Lemon with Nettle Leaf Pastry This product contains gluten & milk.

Serving suggestion: Great with Pembrokeshire new potatoes and steamed asparagus.

Reheat for 15-20 minutes at 180°C. Keep refrigerated or freeze on day of purchase & cook from frozen at 180°C for approx. 30 mins.

Ingredients: [brie](#), [lemon juice](#), [lemon zest](#), [milk](#), [nettle leaf](#), [peas](#), [plain flour](#), [salt & pepper](#), [self-raising flour](#), [vegetable oil](#), [vegetable suet](#), [water](#)



Tandoori Chickpea and Lentil Burger

Full of Punchy Indian Flavours (Vegan)

Great with a good squeeze of lime, served with crème fraîche or vegan sour cream and salad, or in a sourdough roll.

Bake for 15-20 mins at 180°C or pan fry gently for a few of mins on each side. Use within 10 days / freeze on day of purchase and cook from frozen for 25-30 mins at 180°C

Ingredients: [carrots](#), [chickpeas](#), [coriander](#), [Leeks](#), [lemon](#), [Puy lentils](#), [red onion](#), [salt](#), [tandoori spices](#)



Mushroom and Nut Roast

Crumbling Texture of Wild Mushrooms and Nuts
(Vegan)

Serving suggestion: Enjoy with a red wine jus as part of a Sunday Roast

Reheat for 15-20 minutes at 180°C. Use within 10 days of purchase / cook from frozen for 25-30 mins at 180°C

Ingredients: [breadcrumbs](#), [carrot](#), [mixed herbs](#), [mixed nuts](#), [salt & pepper](#), [soy sauce](#), [wild mushrooms](#)

Additional information

**All our products are made in Wales by The Parsnipship Ltd,
Ogmore Vale, CF32 7AX.**

**Allergy advice: Our kitchen uses ingredients that contain nuts,
celery & mustard.**

Please contact us for price and supply information.