



21st Century Ingredients for 21st Century Chefs

Product List 2015



About Us

Fundamentally Sustainable Food was developed Jane Dick and Sue Whiting. We supply only high quality sustainably produced foods to skilled professional chefs. Joined recently by Nic James as Business Manager, the whole team is dedicated to excellence.

For Fundamentally Fungus we grow high quality, speciality cultivated mushrooms and we work directly with other growers. Launched in 1999, Fundamentally Fungus is the leading, nationwide independent specialist mushroom supplier to many Michelin Star and AA rosette awarded chefs who insist on consistently high quality. Around 40% of all our new customers come from referrals. We don't advertise or use distributors so you may not have heard of us.

Despite choosing never to provide mushrooms picked from the wild, we have many very loyal chef customers and it is a joy for us to see young men (and more and more young women) really grasp the opportunities available in this hospitality industry, rising through the ranks becoming head chefs, often becoming parents, sometimes becoming famous too. We all enjoy our business and we like our customers, and we are easy to deal with.

In 2014 we decided to formalise our commitment to sustainability by launching a sister brand Fundamentally Fish, supplying only sustainably farmed high quality fish direct from the growers. And more sustainable products are coming soon.

Why use cultivated mushrooms?

In short because they offer a high quality, consistent, sustainable and traceable alternative to mushrooms taken from the wild. The year round international wild mushroom trade is unregulated and wild stocks are in danger from over-exploitation of a free resource.

Fundamentally Fungus differs from other suppliers as we are specialist growers and work directly with other growers so that we can offer the widest range available consistently all year round. This way we have very short supply chains which mean the freshest mushrooms possible. Our four growing rooms ensure that we are able to supply mushrooms which would otherwise be unavailable or difficult to grow. Far from being the out of season fallback for wild, these are a range of superb quality, fresh and interesting mushrooms for the modern chef.

Why use sustainable fish?

Fish farming has come of age. Lessons learned from past mistakes, new technology and practices mean some farmed fish are now not only sustainable but are high quality premium products fit for the best restaurants.

Fundamentally Fish are supplied directly from passionate inspirational pioneer growers who raise these incredible fish using ground breaking techniques from egg to full grown fish ready for harvesting. Fundamentally will only work with growers who have a strong focus on quality and compassion. These fish are handled with great care and dignity through every stage of their lives and the quality is evident when it reaches the plate. We supply our customers directly from our EU registered premises. We do not use wholesalers or third parties.

Our Fungi



Eryngii or King Oyster

These big flavour mushrooms have been developed for cultivation from the wild “pleurotus eryngii” which is only found in the Mediterranean region. They have quickly gained popularity throughout the world with Korean growers masters of the techniques.

Fundamentally Fungus also grow organic Eryngii using a block system with a different strain, which has a more delicate flavour. This also means we can provide a whole range of sizes according to what your dish requires. Available in a wide range to sizes from small to large (3cm to 10cm), these mushrooms have thick meaty white stem, beautiful upward flowing gills and a fawn coloured cap. A robust mushroom with a delicate sweet flavour.



Abalone

This mushroom has only been commercially available for a few years and Fundamentally Fungus are the first to introduce it. It has quickly become very popular.

Each mushrooms is spectacularly large and weigh typically around 150-200g They have a raw texture similar to puffballs. Robust and can sliced to size. When cooked it has the silky texture similar to ceps. It is sweetish but very savoury at the same time and will take on a lovely golden colour. Sliced thinly, seasoned and cooked at high heat the flavour is reminiscent of bacon.



White and Golden Enoki

Just like white and brown mushrooms, white and golden Enoki are the same species but different colours. This is a mushroom which would never be picked wild as they are so small and fragile that they would shrivel before you got them home. White enoki have been cultivated for decades now and are a huge volume everyday mushroom in Asia where they are often eaten raw. Golden

Enoki. Small golden bursts of flavour and colour. Uniform tiny heads with a fresh, sweet flavour. Can be eaten raw or just cooked to add interest. A crisp and fresh texture with a piquant finish.



Horse

A close cousin of the White and Chestnut mushroom but with a really interesting sweetish, almond almost aniseed taste. Delicious both raw and cooked. Sautéed they take on a lovely golden colour and retain their interesting cobb shape. They are picked before the caps open for best flavour. These mushrooms work particularly well pickled and we try to pick out the smallest ones if that's what you're doing.

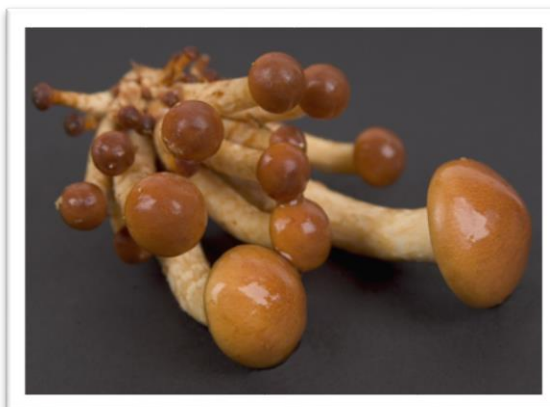


Maitake - Hen of the Woods

Not to be confused with Chicken of the Woods. Can be found wild in the UK but is rare and so should not be picked. Rich dark feathery fronds with pale underside, overlapping each other to a beautiful cascade of wavy feathers.

Fragrance is like ground coffee but with a peppery and intensely flavoursome taste that really packs a punch. The complex two stage

cultivation process is tricky but Fundamentally Fungus works with expert growers for this one. To make sure it is generally available all year round.



Nameko - Butterscotch

Exclusively grown by Fundamentally Food here in Stockbridge, these little mushrooms look a little like honey fungus but actually a different species and a real gourmet mushroom.

They are a lovely golden, toffee colour with a sweet, nutty flavour. Once cooked these little mushrooms hold their colour and shape well, so they make a great impression on plate.



Oyster, grey

Oyster mushrooms so called because of the shape and size of the cap. A good value but interesting mushroom, now mostly grown in Poland and Hungary. The flavour is subtle and they will take on other flavours readily. Delicate and velvety, slightly peppery taste when eaten raw.



Oyster yellow

These yellow varieties are smaller and more delicate than their grey relatives. They hold their colour best when steamed but are also delicious raw with a peppery taste. Can be used instead of expensive shoots or flowers as an attractive garnish to dishes.



Pom Pom (Lions Mane or Monkey Head)

Pom Poms don't look like typical mushrooms as they don't have a cap or a stem. Organically grown these look a bit like a tight sponge. They are widely use in Asia for stocks and soups when dried for that big savoury umami flavour. We supply fresh and their mild, sweet flavour is best brought out when cooked at high heat or

roasted. This may be found in the UK wild but it is an endangered species on the red list and should never be picked.



Shiitake

Our organically grown Shiitake is a different beast altogether from the Chinese variety which is most widely sold in the UK. It is very fresh and still has those delicate aromatics present.

Dark spotty cap and succulent ivory flesh it has a definite but still delicate mushroom flavour with a long finish on the taste. These

mushrooms have fresh springy yet firm texture.

They can be eaten raw and have a light garlicky after taste. These are the most widely consumed mushrooms in the world. Chinese people have been cultivating these for more than 1000 years.



Shimeji Brown

Barely seen 10 years ago these have become very popular with chefs. As tiny individual mushrooms growers cultivate them to produce small bunches. The individual mushrooms have small caps a thinnish stems. Their brown speckled caps look pretty and they have a crisp texture and a slightly herby flavour when cooked.



Shimeji White

Coming along after the brown variety, these have also become very popular with chefs. They grow in delicate bunches and the individual mushrooms have small caps a thinnish stems. They are similar in texture and flavour to their brown cousins, but the almost pure white stems and caps add drama to a dish.



Velvet Cap - Piopinni

The Italians call it piopinni or 'little nails' which describes the tiny mushrooms just as they emerge. We call it velvet cap for the caps' dark velvety appearance. Rarely sold through wholesalers because if not absolutely fresh, the heads fall off – so we grow them here in Stockbridge.

These pretty and delicate mushrooms have an interesting peppery flavour which is mild yet works particularly well pickled to make an interesting flavour and texture.

These pretty and delicate mushrooms have



Wood blewits - Pied Bleu or Blue Feet

Only a handful of growers produce these unusual looking blue mushrooms. We source them from caves in Northern France where the temperature is a constant 12-14°C. This means they are slower growing and more flavoursome.

Beautiful lilac-blue legs with rounded caps and a firm texture, the flavour is both fruity and nutty and quite intense. We sort these mushrooms to a number of sizes depending on what your dish requires.

Beautiful lilac-blue legs with rounded caps



Chestnut & Portabella

We supply Hampshire grown brown (chestnut) mushrooms which are freshly picked and in our chill store within hours. They have a fresh nutty taste and are great for breakfasts. We think the closed cup stage is best as flesh is still lovely and firm.

Our Fish



Raising Sterling White Halibut

Magnus Skretting and his team at Sterling White Halibut Tm are one of few pioneering companies to embark on the long term and risky process of farming Atlantic Halibut.

Atlantic halibut is endangered in the wild on both sides of the Atlantic due to their very slow growth and depletion from previous overfishing and now at risk from trawler bycatch. There is clearly a strong conservation reason as well as a commercial one to try to develop farming methods for these creatures.

Using the very best modern methods which avoid the problems encountered by salmon farming, the process is sustainable. Research scientists and fish biologists together with the fish farmers have succeeded over the last 10 years to overcome many of the obstacles to breeding, rearing and developing sustainable feed sources.

The halibut are raised from eggs to adults over 5 years by Sterling White Halibut in the clear, clean waters of Ryfylke Fjord, Norway. A perfect place to raise halibut. The fjord is 200 meters deep, with just the right current to keep the fish active, and the pens go down to 70 meters to the deep and the dark – just how halibut love it -they suffer from sunburn in shallow water. Of course, as flat fish they need to lie on the bottom between meals so Magnus and his team train them as juveniles to lie on a system of suspended shelving.

Naturally the penthouse will be on the bottom...

They are mostly females (the males don't grow beyond 3kg) and much loved by the team who monitor them closely at all stages on CCTV. It takes 5 years to grow them to 4-5 kgs in weight compared to beef cattle who must be killed at 2 years old so it is a very long, expensive and capital intensive process, but one which yields magnificent high quality fish.

Fundamentally Fish supplies fresh Sterling White Halibut directly to chefs – no wholesalers.



Open Blue Cobia (*Rachycentron canadum*)

Open Blue, founded by Brian O’Hanlon, is a pioneering company dedicated to developing open ocean sustainable fish farming technology. Fish are raised from egg to adult in 1-2 years in the southern Caribbean Sea.

This is an exciting new venture producing an exceptionally high quality fish new to the UK. Cobia is already successful in US and Japan and is appreciated for sashimi grade quality. Cobia are sustainably produced alternatives to premium fish such as Chilean Seabass, Sablefish, Yellowtail and White Tuna.

Open Blue have the largest deep water farm in the world which has neutral environmental impact. The fish are grown 12 km offshore at 100meters + depth in a low intensity closed net system, which has 97.5% water to 2.5% fish biomass ensuring clean, healthy, Cobia fish. Open ocean currents of 1.5 – 2 knots provides clean water which is free from parasites & ensures muscular flesh development in the fish. No pesticides are used.

They are harvested by slowly raising the deep water cages to the surface. Fish are sucked out gently in flowing water into a well boat (which carries water tanks). They are taken to a holding tank where they rest and are fasted to clear the guts.

Killed humanely when in a calm state by electrostunning, they are bled and gutted immediately. This way of handling minimises stress, which delays the onset and depth of rigor mortis and results, just like meat, in a more tender, cleaner and tastier product.

They are immediately put into ice slurry chilled to 0 to 1 deg C, and then held on ice. This slows the growth of bacteria causing spoilage and delays the natural enzymatic breakdown of the flesh. Microbiology and taste test results by independent parties have shown that if kept correctly in ice, bacterial counts do not start to climb until 18 days after harvest.

Supplied directly to Fundamentally Fish who have full traceability and are EU registered for fishery products. There are no wholesalers involved in the chain.



American Signal Crayfish from UK rivers and lakes (Available April to September)

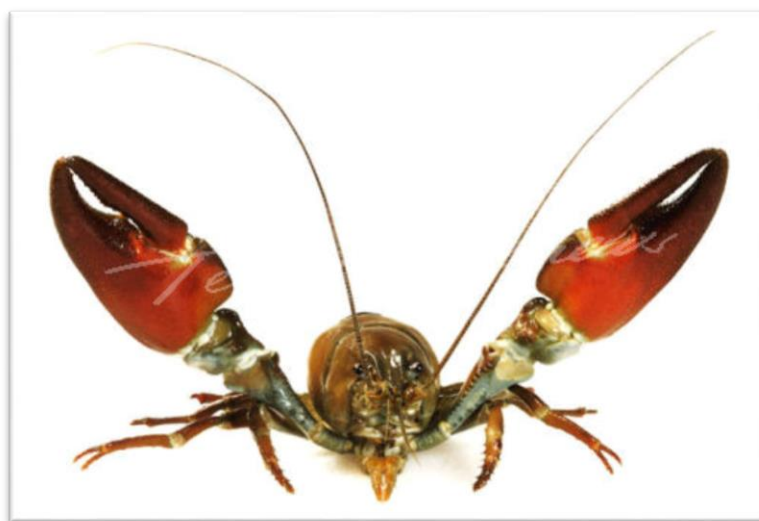
Our native British freshwater crayfish populations in rivers and lakes are being decimated by the American Signal Crayfish. Not only do they devour the much smaller native white crayfish, they also carry a disease that infects them. And unlike the natives, they also burrow into riverbanks causing collapse. Unwelcome guests indeed.

In 2008 Matt Thompson of the Cotswold Crayfish Company set about removing them from where they are not wanted to where they are... in the cooking pot.

They sell and hire otter safe traps, they work with landowners whose waterways are affected and have a network of experienced, licenced trappers. They also have a cleaning and grading facility on the River Kennet in Berkshire as well as a new state of the art processing facility in Oxfordshire to offer long life cooked crayfish.

There is much scientific debate about whether or not removing crayfish by trapping has any significant impact on populations. Crayfish are carnivores and cannibalistic. Some experts believe is that removing only large specimens simply allows the smaller ones to survive and thrive rather than being eaten so resulting in increased populations, others that taking mature breeding crayfish may help control populations. It is policy of the Crayfish Company, and it is very important, that trappers also take smaller ones which are graded out and disposed of.

Fundamentally Fish is working with Matt and his team and look forward to offering these tasty seasonal crustaceans, both live and cooked and directly to our customers from late spring onwards.



Delivery

We deliver into Central London and parts of the Home Counties by chiller van (please contact us for exact details). Orders under £30.00 in value may carry a small delivery charge.

All other areas are delivered by next day courier (available Tuesday to Friday). No minimum order value.

Up to 900g of product - £3.30 by Royal Mail

1-25kg Next day by 5pm - £7.95 + VAT

1-25kg Next day by Noon - £10.00 + VAT

Let's Talk

Please get in touch with any orders, general enquiries etc using the details below....

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By Email Hello@Fundamentally.net

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