

FJNEED FOODS LTD FINE FOOD SINCE 1973

Needs News

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Market Report by Paul Need

Dear all, what can I say the mozzarella pricing is falling for November, this is down to lack of interest in natural cheese because of high pricing, Cheddar will probably follow mozzarella but not until New Year because stocks are still tight. Going into the first quarter of 2018 we will see pressure put on all types of natural cheese as milk volumes will be higher next year. As we all know this market is very difficult to predict but rest assured we will be watching the market very closely.

If you require further information please do not hesitate to contact me or the team.



**GET CHEESY
THIS AUTUMN**



Pumpkin, spinach and feta quiche

1 Pampas Shortcrust Pastry Case, 1 tbs olive oil
1 onion, 1 clove garlic, 1 tsp fresh rosemary, 2 cups
baby spinach, Black pepper, 100g roasted pumpkin,
cut into 3cm pieces, 100g feta cheese, 1/4 cup char-
grilled capsicum, 3 eggs, 1/3 cup cream, 2 tbs parmesan
cheese (see notes)

• Step 1

Preheat oven to 180c. Place case on an oven
tray (do not remove foil). Bake 10 minutes.

• Step 2

Heat olive oil in a frying pan - medium heat.
Add onion, garlic, rosemary, spinach and pep-
per and stir for 1 minute.

• Step 3

Place onion mixture, pumpkin, feta and cap-
sicum on base of pastry case. Place eggs and
cream in a bowl and whisk. Pour into pastry
case. Sprinkle with Parmesan cheese & Bake
25 minutes or until set.

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