

sun harvest

FOOD MAGAZINE



NO. 27 • SEPTEMBER 2024



BRIGHTON Interview with Istvan from The Better Half Pub

LATEST NEWS IN BRIGHTON

The freshest updates from the Brighton food scene delivered to your doorstep.

OUR STORY AND PRODUCTS

Discover our team, stay up to date with the best offers, and explore new arrivals!

SEASONAL RECIPES

Eating healthy has never been this easy with our tested recipes for busy people.



WWW.SUNHARVESTLTD.CO.UK



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Established in 2007

We are your local produce distributor, based in the heart of Brighton, providing excellent quality fruit, vegetables and other cooking essentials. Established in 2007, we at Sun Harvest have focused on serving our customers with an exceptional personal service which is very hard to find these days. Being located in the heart of Brighton, we have a great stretch out to our customers in Sussex and beyond.

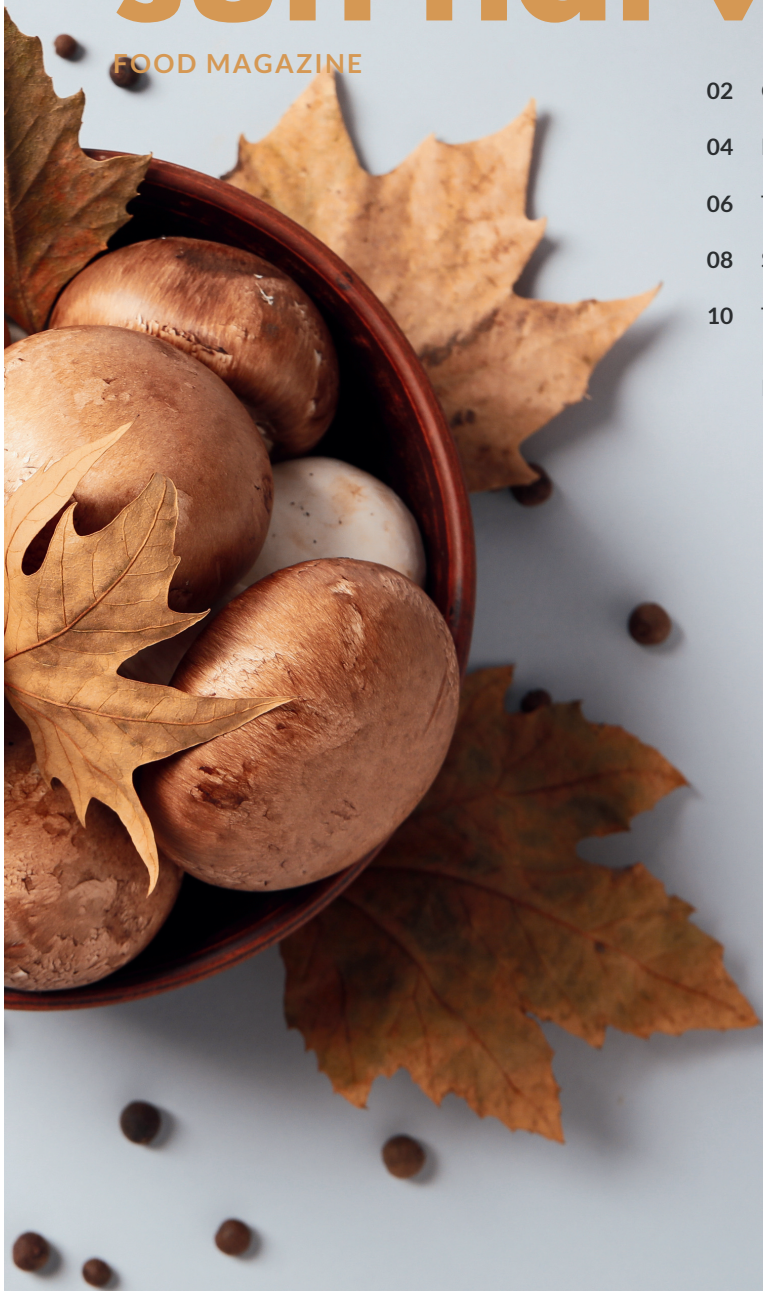
Fresh produce and other cooking essentials

Our team of drivers and office personnel partner together in order to supply a vast range of fresh produce and other cooking essentials. We understand busy business life, and know the importance of having what you want, when you need it - which is why we believe having a relational based partnership is the key to your satisfaction and success.

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Istvan's Signature
Pear Salad



APIARY

50 Norfolk Square, Brighton BN1 2PA

Apiary is a unique all-day cafe and bar in Brighton, inspired by bees, honey, and everything from the hive.

Run by two passionate beekeepers, the love for bees and honey shines through in the venue's decor, menu, and ambience.

The cafe & bar offers a range of quality cocktails, excellent wine selections, and a tempting menu of dishes made with locally sourced honey and hive-inspired ingredients.

Whether you're looking for your new go-to coffee hang-out, a relaxing spot for lunch, a cozy place to enjoy a cocktail or glass of wine in the evening, or a venue for a special celebration, Apiary is the perfect choice.



EL BOLILLO

60 Church Rd, Hove BN3 2FP

The meaning of El Bolillo: Mexican street slang for "the white boy," is a nod to a British chef opening a casual taqueria on the main drag in Hove.

The result is a Michelin-trained master captivated by Mexico City's vibrant street food, bringing a playful, reimagined version to the coast. Expect food with the minimalistic swagger of fine dining and flavours reminiscent of your favourite late-night guilty pleasure.

Enjoy punchy cocktails with the sass of an elevated speakeasy, and a wine list where you don't have to pretend to be an expert. This new restaurant will blend the city's brutalist architecture with raw textures, creating an elegant and casual neighbourhood setting.

THE COAL SHED

Clarence House, 30-31
North St, Brighton BN1 1EB

The Coal Shed Brighton is a food and drink destination for lovers of live fire-cooking, remarkable wines, and expertly made cocktails. The restaurant has a standalone cocktail bar reserved for walk-ins, a 140 seat restaurant and three private dining rooms.

The menu is simple: the highest quality ingredients, sourced as locally as possible, and expertly cooked over fire.



MOGUMOGU

81 London Rd, Brighton
BN1 4JF

Mogumogu is a cozy café-style restaurant offering authentic Japanese home-cooked dishes such as donburi (rice bowls), karaage chicken, tempura, and takoyaki. Alongside our food menu, we serve specialty coffee,

tea, and drinks like matcha lattes and single-origin chocolate.

We also offer in-house homemade desserts like Milky Cat Pudding and Matcha Basque Cheesecake.



PEARLY COW

124 Kings Rd, Brighton
BN1 2FY

Experience the taste of the wild, a unique freshness that defines Britain's rich landscape. The Pearly Cow team is dedicated to honouring the abundance of local herds, breeds, crops, and catches that embody the flavour of the region. They source only the finest, most natural ingredients from both land and sea.

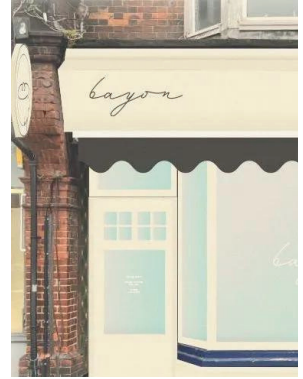


BAYON BAKERY

11 Hove Park Villas, Hove
BN3 6HP

Launched in September 2024, Bayon Bakery is set to become a cherished addition to Hove. Positioned over the footbridge directly behind Hove station, this neighbourhood bakehouse promises good coffee, good vibes, and a place where everyone knows your name.

The brainchild of Amber Sterck, founder of Oeuf in Hove, Bayon Bakery embodies the philosophy of *'Simple pleasures done well'*.



EXCLUSIVE

THE BETTER HALF PUB

Istvan,
Chef at The Better Half Pub

THE BETTER HALF PUB
1 HOVE PL,
HOVE, BN3 2RG
01273 983655
WWW.THEBETTERHALFPUB.COM

Photo Credit: The Better Half Pub

How did you become a chef at Better Half?

BH was my local pub. At the time, I was working in an office, and for years we used to come here to celebrate every occasion. When the chef left, a friend sent me the advert for the position, and I decided I was ready to return to the kitchen.

How did you learn to cook?

It's quite complicated. Originally, I have a diploma in acting, but I burnt out and left that idea as soon as I finished studying. However, I always enjoyed cooking. One of my friends owns a franchise in Hungary—an Italian restaurant—so I started as a pizza chef, and then the staff trained me to do more. I later went to Bologna and fell in love

with the food. At that time, many of my friends owned restaurants, and they taught me how to make fresh pasta and artisan pizzas, which sparked my interest further.

Tell us about your food experiences on your trips.

Starting in Hungary, we ate chicken feet in broth. My friend filmed me eating chicken feet and couldn't bear to watch! Iceland was a very different experience. I wanted to try various foods but didn't realise I'd be served puffin and whale. However, I really enjoyed fried cod mashed into potatoes with greens and tomatoes. This became my signature dish at BH—croquettes with cod. I always reinterpret things I try in my own way.



Top 5 strangest things you've eaten:

- Hungarian stew with every part of the hen, including testicles and comb
- Chicken feet
- Vietnamese rice snake wine
- Whale
- Puffin

Do you take inspiration from local ingredients?

I love discovering things I never had while growing up.

My favourite is piccalilli. I made a piccalilli mash for sausages, and I also love black pudding. One of my best dishes is Scotch eggs with black pudding. Fish and chips, nice and simple. I'm also a big fan of Cumberland sausages.

Has Sun Harvest met any specific or seasonal requirements for your restaurant's produce needs?

Sun Harvest always helps us keep up with the market, and the website is handy for seeing the full range they offer. So far, we've been able to order all the seasonal produce we needed for our menus.



How would you describe your experience working with Sun Harvest as your fresh produce supplier?

Our experience with Sun Harvest has been great. The delivery guys are friendly and helpful, and the produce always arrives in excellent condition.

How does Sun Harvest contribute to your ability to maintain consistency in the dishes you serve?

Their communication and customer service have improved a lot. Ordering on the website helps us maintain predictable spending each week. I also appreciate the quick solutions if any problem arises. Sun Harvest helps us to run a smooth business.

When you're not cooking at The Better Half, what do you like to cook for yourself at home?

I don't eat at home at all. If I'm doing anything it's an omelette, but I always go out with my friends.

Where do you see yourself in 5 years?

Out of the kitchen!

SPECIAL OFFERS - SPECIAL OFFERS - SPECIAL OFFERS - SPECIAL OFFERS

October

Available from
01/10 - 31/10/2024

Pomace Oil 5 ltr

£14.99

Yamas Halloumi
10x250g



£20.99

November

Available from
01/11 - 30/11/2024

Sterling chopped
tomato 6x2.5kg



£16.99

Sterling White Wine
vinegar 5 ltr

£2.99

All products are subject to availability.
All offers in this promotion are while stock lasts.

December

Available from
01/12 - 31/12/2024

Jus Roll Puff Pastry
1.5kg

£2.99

Greek Feta HOTOS
900g



£8.55

Bestseller Sausages

Best Butchers Cumberland 6's
1.5kg x 8 £59.55

Best Butchers Pork Sausage 8's
1.5kg x 8 £59.55

Best Butcher Cumberland 8's
908g x 10 £47.20

Delenco Pork 8's
4.54kg £11.05

Penny Lane HERB Sausage 8's
4.54kg £13.99

Vegetable Sausages
50g x 48 £17.45



CATERING & NEW PRODUCTS

Containers

Container Rectangular
2ltr, 4ltr

Container Rectangular
Lids 2ltr, 4ltr

Container Square
10ltr

Bags

Kraft brown Bags
without handles: Small,
Medium, Large

Kraft brown Bags with
handles: Small, Medium,
Large

Cups&Lids

Coffee cups lids sip thru
8oz, 10-16oz, 12-16-
20oz

Colour: white

Compostable coffee
cups: 8oz, 12oz, 16oz,
Colour: brown

Frozen Diced Mango
1kg £4.79



Almonds Blanched
1kg £12.95

Golden Swan Garlic
Flakes Dehydrated
1kg £14.95

Sliced Beetroot in Water
6x2.9kg £25.9

Diced Beetroot in Water
6x2.9kg £25.9



Pastry Filo AuBledor
470g £2.89

Milk 2Ltr Blue Milk
(Whole Milk) from
Northiam Dairy

Milk 2 ltr Green top
(Semi-skimmed milk)
from Northiam Dairy





CHEF ISTVAN'S SIGNATURE RECIPE

Pear Salad


Ingredients (serves two):

- 1 pear peeled
- 200 g caster sugar
- 300 ml water
- mixed leaf salad
- 1 carrot peeled and diced
- 1 beetroot peeled and diced
- handful of walnut crushed
- 125g blue cheese
- 200 ml mixed berry juice
- 2 large portobello mushrooms
- olive oil
- balsamic vinegar
- salt
- pepper
- sumac

Method:

1. Peel all the fruit and vegetables
2. Put the water, sugar and pear into a saucepan and braise until soft. Takes about 30 minutes.
3. Dice all the vegetables and roast them at 180°C for about 60 mins alongside the sliced portobello mushrooms.
4. Meanwhile braising and roasting put the mixed berry juice on medium heat and reduce the liquid by 3rd, it should look like a glaze.
5. Once it's done put it in a jar and add some balsamic vinegar, olive oil, salt and pepper. Enclose it with a lid and shake it well to turn it into a vinaigrette. Once it's done set it on the side.
6. In a big mixing bowl mix all the salad ingredients.
top the salad mix with blue cheese crumble, and crushed walnuts, mixed with the vinaigrette.
Plate it on two plates, cut the pear in half and cut slices from the top to the bottom, dust the outside of the pears with sumac and decorate the top of the salad with it.

Order all the ingredients today!



On the website, please click on the WhatsApp icon and send us a message to request login details to our website if you have not already registered with Sun Harvest.

RESTAURANT HIGHLIGHT

LATINOAMÉRICA

36 Church Rd, Hove BN3 2FN

The owner and his team take pride in sharing authentic Argentine cuisine, famous for its world-renowned beef. The unique taste and tenderness come from the lush pastures of Las Pampas. Our menu reflects Argentina's blend of indigenous and Mediterranean influences, shaped by Italian and Spanish immigrants.

Upstairs, a private dining room for up to 28 guests makes this the perfect venue for group events.

Argentina is the world's fifth-largest wine producer, and at LatinoAmérica, we offer an exceptional range from South America, specialising in Malbec – a true taste of the region, distilled into every glass.





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Quarter of A5 page £45

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Full A5 page £150

Full Back page £175



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