

ELIOR IS COMMITTED TO  
A SUSTAINABLE SUPPLY CHAIN



*Cooking  
with quality local  
produce*

# Tips for buying green and local

## KNOW YOUR GREEN LABELS AND CERTIFICATIONS

As official symbols, these logos help you identify products with certified quality and/or sources (*Institut national de l'origine et de la qualité* and *Agence Bio*).



### **AOP and AOC: Protected/Controlled Designation of Origin**

Products bearing these labels are made, processed, and produced in a specific geographical area with proven, certified expertise.



### **IGP: Protected Geographical Indication**

This label identifies agricultural produce and foodstuffs whose qualities are closely linked to a specific geographical area, which is also where they are made, processed, or produced.



### **Label Rouge**

The *Label Rouge* (Red Label) is an official symbol identifying products of a higher quality.



### **AB: Agriculture Biologique (Organic Farming)**

Guarantees environmentally friendly production methods.

## FIVE APPS FOR EATING GREEN AND LOCAL



**GreenRaid**



**Bienvenue à la ferme  
(Welcome to the farm)**



**BaladOvore**

These apps point you in the direction of local producers (sometimes even providing their location), and can be used to discover some specialties of French cuisine, as well as all of the best deals in your area.



The ***Fruits et Légumes de Saison (Seasonal Fruit and Veg)*** app lets you know which foods are in season every month. Fruit, vegetables, meats, fish, and even cheese! All are listed with their own fact sheet!



The ***La Bio en Poche (Pocket Organics)*** app uses your location to help you find organic shops, restaurants, and other good deals.

Download these apps with your smartphone.



# HOW DOES ELIOR SELECT ITS SUPPLIERS TO COOK GREEN?



## 1. WE SELECT CERTIFIED PRODUCE

We have also decided to supply our restaurants with *Bleu-Blanc-Cœur* products, a certification that promotes sustainable agriculture as part of an environmentally friendly nutritional strategy: fresh pork, fresh poultry, ham, and bread.

In terms of regional produce, we give pride of place to certified produce (AOC/AOP/IGP), in particular for our cheeses. It is a real measure of quality, tradition, and flavour!



## 2. WE TAKE AFFIRMATIVE ACTION FOR ORGANIC PRODUCTS

We have been working with two Organic Farming networks, FNAB (French Organic Farming Federation) and MBIM (Eat Organic Here and Now), since 2009 in an effort to provide more locally sourced organic produce in our restaurants. In 2015, we sealed a new commitment intended to accelerate the registration of local organic producers, thereby structuring the sector.

This means that we are now able to bring you one of the widest ranges of organic products in catering, with more than 1,200 on offer (vegetables, fruit, dairy products, eggs, and meat)!

# HOW DOES ELIOR SELECT ITS SUPPLIERS TO COOK GREEN?



## 3. WE CHOOSE LOCAL WHENEVER POSSIBLE

Today, we are working with more than 11,000 local producers across France, and every year we source more than 100 new small producers, adding them to our network.

In our restaurants, we tell diners about our commitment using awareness-raising campaigns and events that showcase our local producers.

## IN FOCUS: ELIOR SELECTION PRODUCTS



Elior selects the very best products from each of our regions, chosen for their flavour, source, and good producer practices. Depending on seasonal availability these products currently include: Corsican clementines (IGP), French melons, golden delicious apples (green producers), and Cantal Entre-Deux cheese (AOP).

# Each season has its own star produce

— Spring —



## VEGETABLES

Artichoke, asparagus, aubergine, beetroot, carrot, celery, cauliflower, cucumber, courgette, spinach, turnip, peas, leek, radish, lettuce, tomato

## FRUITS

Apricot, banana, blackcurrant, cherry, strawberry, raspberry, melon, blackberry, apple, plum, rhubarb

— Summer —



## VEGETABLES

Artichoke, aubergine, broccoli, cauliflower, cucumber, courgette, fennel, green beans, corn, turnip, potato, pepper, radish, salsify, tomato

## FRUITS

Apricot, almond, banana, blackcurrant, cherry, figs, strawberry, raspberry, red currant, melon, Mirabelle plums, blackberry, blueberry, nectarine, watermelon, peach, pear, apple, plum, grapes

— Autumn —



### VEGETABLES

Artichoke, asparagus, aubergine, beetroot, broccoli, carrot, celery, cauliflower, mushroom, chicory, spinach, fennel, corn, turnip, parsnip, leek, pumpkin, radish, salsify, Jerusalem artichoke.

### FRUITS

Banana, chestnut, lemon, clementine, quince, fig, kiwi, mandarin, Mirabelle plum, blueberry, hazelnut, walnut, orange, pear, apple, plum, grape

— Winter —



### VEGETABLES

Broccoli, carrot, cabbage, cauliflower, crosne, chicory, spinach, turnip, parsnip, leek, pumpkin, salsify, Jerusalem artichoke

### FRUITS

Banana, lemon, clementine, persimmon, kiwi, grapefruit, pear, apple, orange



*We have apples all year!*

# Our seasonal recipes

RECIPES BY SYLVAIN CHEVALIER,  
CULINARY INNOVATION MANAGER AT ELIOR

## *Spring: Apple and beetroot salad*

Serves 6

2 small cooked beetroot  
2 Golden Delicious, Idared,  
or Pink Lady apples  
Juice of 1/2 lemon

1 dessert spoon of grape  
or rapeseed seeds  
Pinch of salt and pepper

### PREPARATION

Peel and finely dice the beetroot.  
Peel and finely dice the apples,  
removing the seeds.  
Drizzle with the lemon juice.  
Mix the apple and beetroot  
together in a large bowl.

Season with salt and pepper.  
Add oil and remaining lemon juice,  
and mix together.  
Leave to rest for a few minutes,  
and then serve.

## *Summer: Watermelon & cucumber smoothie*

Serves 6

Quarter watermelon  
Half a cucumber  
Nutmeg

2 dessert spoons of raspberry  
vinegar  
Half a teaspoon of celery salt

### PREPARATION

Cut the watermelon into large  
cubes, and add to blender.  
Wash the cucumber and cut it  
into quarters, with the skin,  
and remove the seeds.  
Chip the cucumber and add  
to blender with watermelon.

Add the raspberry vinegar and half  
teaspoon of celery salt.  
Blend into a liquid and serve.

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## *Autumn: Parsnip and pear soup*

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### Serves 6

450g of fresh parsnip, peeled,  
and sliced  
2 seasonal pears, peeled and diced  
1 potato, peeled and diced  
1 chopped onion

2 dessert spoons of butter  
1L of vegetable stock  
50cl of full fat crème fraîche  
2 sprigs of flat-leaved parsley  
Pinch of salt and pepper

### PREPARATION

Wash and peel vegetables.  
Melt the butter in a pan  
and brown the onion.  
Add the potato, parsnip, pear,  
stock, salt, and pepper, and cook  
covered for 25 minutes.  
Remove from heat and blend  
until smooth and thick.

Add crème fraîche and heat gently.  
Serve garnished with a few leaves  
of parsley.

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## *Winter: Spiced citrus pumpkin jam*

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### For 12 jars

A 4kg pumpkin  
6 organic oranges  
3 organic lemons  
4 star anise

10 cardamom pods  
1 vanilla pod  
2.5kg of granulated sugar

### PREPARATION

Cut the pumpkin in half and  
remove the seeds, remove  
the skin and then chop the flesh  
into small pieces.  
Cut the oranges and lemons into  
3mm slices, and remove the seeds.  
Steep the fruit in the spices,  
the split vanilla pod, the lemon  
juice and sugar for 12 hours.

Place the mixture in a jam pan,  
adding the rest of the sugar.  
Heat gently for 40 minutes,  
stirring constantly.  
Pour into sterilised jars.  
Close jars and turn them  
upside down.  
Once cool, turn the jars back  
the right way up.



GET MORE SEASONAL RECIPES AT  
[YOUAMIAM.COM/CHEF/ELIOR](http://YOUAMIAM.COM/CHEF/ELIOR)

# A FEW SUSTAINABLE FOOD SUPPLY STATS

30%



The food industry produced **30%** of French greenhouse gas emissions through the transport of food products.



Strawberries imported in winter require **20 times more** energy than those cultivated between May and July in France.

150km



1kg

Producing **1kg of beef** emits as much greenhouse gas as driving **150 kilometres** by car.



In the Greater Paris area, the utilised agricultural area covers **48%** of the land. And yet, only **1%** of food consumed in Paris comes from the local area.