



OCHIL FOODS

Serving Scotland's Chefs

As Scotland's leading speciality food service company, Ochil Foods enables the country's most celebrated chefs to source the best ingredients Scotland and the rest of the world has to offer.

 07301 055789 / 01764 662 502

 angela@ochilfoods.co.uk / sales@ochilfoods.co.uk

 Unit 2a-2b Lawgrove Place, Inveralmond Estate, Perth, PH1 3ED

Wholefoods for Winter

Nourishing, Comforting & Easy on Your Budget

January often arrives with good intentions with healthier eating, more balance, a fresh start top of the list. But in the depths of winter, “healthy” doesn’t need to mean cold salads or deprivation. It means **real, whole ingredients** cooked slowly, warmly and generously.

Wholefoods are one of the simplest ways to reset eating habits and refresh your menu while allowing your customers to still enjoying deeply comforting food. Think beans, grains, vegetables, nuts, herbs and good-quality stocks – ingredients that are minimally processed, naturally nourishing and endlessly versatile.

At Ochil Foods, we’ve tagged our wholefood range to make it easier to build menus around ingredients that support energy, digestion and long-term wellbeing, without sacrificing flavour or satisfaction.

Why wholefoods work so well in winter

They keep you fuller for longer

Wholefoods are rich in fibre, complex carbohydrates and plant proteins, helping to stabilise blood sugar and avoid the energy crashes that come with ultra-processed foods.

They suit slow, warming cooking

Soups, stews, braises, bakes and risottos all rely on humble whole ingredients. Beans, pulses and grains improve with time, soaking up flavour and creating naturally comforting textures.

They’re flexible and cost-effective

A pantry built around dried beans, lentils, rice, oats, nuts and spices allows you to create multiple dishes from the same core ingredients and are ideal for winter menus and tighter margins.

They don’t feel like “diet food”

This is food with substance: rich stocks, aromatic spices, creamy grains, roasted vegetables and satisfying crunch from nuts and seeds.

Winter Bean & Root Vegetable Stew

Wholefoods used:

Cannellini beans, borlotti beans, black beans, carrots, onions, herbs, vegetable or chicken stock if desired.

A deeply nourishing, slow-simmered stew packed with fibre and flavour. Use a mix of dried beans soaked overnight, cooked gently with root vegetables, garlic, bay and thyme. Finish with good olive oil and cracked black pepper.

Why it works:

High in plant protein and fibre, naturally gluten-free, and perfect for batch cooking.

Creamy Wholegrain Risotto with Mushrooms & Herbs

Wholefoods used:

Aged organic Carnaroli rice, mushrooms, onions, garlic, herbs, quality stock

Carnaroli rice produces a naturally creamy texture without cream. Cook slowly with stock, mushrooms and herbs, finishing with olive oil or a little butter if not vegan specifically.

Why it works:

Comforting, warming and satisfying, while still light enough for a “reset” meal.

Lentil, Tomato & Warming Spice Soup

Wholefoods used:

Red or brown lentils, tomatoes, onions, garlic, cumin, coriander, vegetable stock

A winter staple. Lentils cook quickly and create body without blending. Gentle spices add warmth rather than heat.

Why it works:

Fast, affordable, filling and ideal for lunch menus or grab-and-go portions.

Oven-Baked Oat & Nut Crumble (Low Sugar)

Wholefoods used:

Jumbo oats, almonds, dried fruit, spices

Use oats, chopped nuts and warming spices like cinnamon or anise to create a lightly sweet crumble topping. Serve with baked apples or pears.

Why it works:

A comforting dessert that still feels aligned with healthier January habits.

Roasted Vegetable, Bean & Seed Grain Bowl (Warm)

Wholefoods used:

Butter beans, seasonal vegetables, seeds, herbs, grains

Roast vegetables until caramelised, toss with warm beans, cooked grains and toasted seeds. Finish with lemon and olive oil.

Why it works:

A flexible base dish that can be adapted for menus, meal prep or specials boards.

AMBIENT

RIC04	Acquerello Aged Organic Carnaroli Rice	Box (2.5kg)
PAS30	Fregola Toasted	Each (1kg)
RIC01	Rice - Arborio	Each (1kg)
RIC03	Rice - Red Camargue	Each (1kg)
RIC11	Rice - Wild Black	Bag (1kg)

BEANS & PULSES

PUL35	Beans - Black	Tin (400g)
PUL01	Beans - Borlotti	Each (1kg)
PUL03	Beans - Butter Dried	Each (1kg)
PUL04	Beans - Cannellini Dried	Each (1kg)
PUL15	Beans - Kidney Red	Tin (800g)
PUL31	Buckwheat Roasted Grains	Bag (1kg)
PUL23	Butter Beans	Tin (400g)
PUL21	Butter Beans	Tin (800g)
PUL24	Cannellini White Beans	Tin (800g)
PUL16	Chickpeas	Tin (800g)
PUL05	Chickpeas - Dried	Each (1kg)
PUL06	Couscous	Each (1kg)
PUL07	Flageolet Beans	Each (1kg)
PUL25	Freekeh - Green Wheat	Each (1kg)
PUL08	Haricot Blanc Beans	Each (1kg)
PUL11	Lentils - De Puy	Each (1kg)
PUL12	Lentils - Red	Pack (1kg)
PUL09	Pearl Barley	Each (1kg)
PUL26	Peas - Yellow Split	Each (2kg)
PUL10	Polenta	Each (1kg)
PUL22	Popcorn - Kernels	Each (1kg)
PUL27	Quinoa - Black	Each (1kg)
PUL29	Quinoa - Red	Bag (1kg)
PUL19	Quinoa - White	Packet (1Kg)
PUL17	Spelt Grain	Pack (1kg)
PUL14	Split Peas - Green	Packet (2kg)
PUL20	Tonka Beans	Pack (250g)

CHOCOLATE

CHO43	Chocolate Tree Dark Peru Selva 70% Organic	Each (1kg)
CHO62	Dark Chocolate Satilia - 62% Valrhona	Box (12kg)

FLOUR, OATS & PASTRY

PAT44	Crackers - Crispbread Mix Peters Yard	Box (12 x 105g)
FLO31	Marriage Dark Rye Flour	Sack (16kg)
FLO47	Marriage Light Rye Flour	Sack (16kg)
FLO20	Marriage Moulsham Seeded Brown Flour	Bag (16kg)
FLO16	Marriage Royal Canadian Brown Bread Flour	Sack (16kg)
FLO11	Marriage Very Strong Wholemeal Flour	Bag (1.5kg)
FLO38	Marriage Wheatcraft Malted	Bag (16kg)
FLO37	Marriage Wholemeal Vienna	Bag (16kg)
PAT21	Oatcakes Cocktail	Bag (60)
FLO02	Wheat - Bulgar	Bag (1kg)
FLO39	Yeast - Dry	Each (500g)
FLO13	Yeast - Fresh	Block (1kg)

FRUIT & VEGETABLES

FRU08	Apricots - Dried	Each (1kg)
VEG48	Beetroot Powder	Tub (500g)
TRU11	Cepes/Porcini Whole Plantin	Jar (125g)
FRU40	Cranberries - Dried	Bag (1kg)
FRU81	Currants	Each (1kg)
FRU53	Freeze Dried Raspberries	Each (100g)
VEG28	Juice - Beetroot	Bottle (1L)
VEG29	Juice - Carrot	Bottle (1L)
FRU74	Laprig Valley Apple Juice	Box (12 x 700ml)
TRU12	Mushrooms Cepes/Porcini Powder	Tub (125g)
VEG09	Mushrooms - Forest Mix Dried	Tub (500g)
VEG10	Mushrooms - Girolle Dried	Pack (125g)
TRU13	Mushrooms - Morels	Tub (50g)
FRU11	Pears - Whole Baby	Tin (425ml)
FRU23	Prunes Ashlock Pitted	Each (1kg)
FRU24	Raisins	Each (1kg)
FRU25	Raisins - Golden	Each (1kg)
VEG11	Shiitake Mushrooms (Dried)	Tub (500g)
FRU32	Sultanas	Each (1kg)
TRU04	Truffles - Peelings	Tin (55g)
TRU03	Truffle Whole Summer	Jar (30g)

HERBS & SPICES

SPI34	Aniseed Stars	Pack (150g)
PEP21	Black Peppercorn	Each (1kg)
SAL12	Blackthorn Sea Salt	Tub (1.4kg)
SPI06	Caraway Seeds	Pack (250g)
SPI56	Cardamom - Ground	Tin (250g)
SPI07	Cardamon Pods	Pack (200g)
PEP04	Cayenne Pepper	Pack (250g)
SPI09	Chilli Flakes	Pack (350g)
SPI10	Chilli Powder	Pack (400g)
SPI01	Chinese Five Spice	Pack (250g)
SPI11	Cinnamon - Ground	Pack (200g)
SPI12	Cinnamon Quills	Pack (50g)
SPI57	Cloves - Ground	Each (250g)
SPI13	Cloves - Whole	Pack (200g)
SPI16	Cumin Ground Jeera	Pack (250g)
SPI44	Curry Leaves	Pack (50g)
SAL13	Dorset Salt - Oak Smoked Sea Flakes	500g
SAL02	Dorset Salt - Sea Salt Natural Flakes	Tub (1kg)
SPI03	Dried Bay Leaves	Pack (30g)
SPI19	Garam Masala	Pack (250g)
SPI51	Garlic - Black	Tub (150g)
SPI50	Garlic Powder	Tub (500g)
SPI21	Ginger - Ground	Pack (250g)
SPI46	Ginger - Minced	Jar (326g)
SPI23	Juniper Berries	Pack (200g)
SPI25	Mixed Spice	Pack (250g)
SPI27	Nutmeg - Ground	Pack (250g)
SPI28	Nutmeg - Whole	Tin (200g)
HER01	Oregano (Dried)	Tub (150g)
PEP22	Pepper - Black (Cracked)	Each (1kg)
PEP02	Pepper - Black (Ground)	Pack (1kg)
PEP07	Peppercorn - Pink Whole	Tin (200g)
PEP09	Peppercorn - White Whole	Pack (250g)
PEP08	Pepper - White (Ground)	Each (1kg)
SAL03	Pink Salt	Box (500g)
SPI42	Saffron Powder	Packet (1g)
SPI32	Saffron - Strands	Box (1g)
SPI36	Tahini	Tub (900g)
SPI37	Tandoori Masala	Pack (400g)
SPI38	Turmeric (Ground)	Pack (250g)

NUTS & SEEDS

NUT24	Almonds - Smoked	Each (1kg)
NUT01	Almonds - Whole Blanched	Each (1kg)
NUT04	Cashew Nuts	Each (1kg)
PEP13	Celery Seeds	Tin (250g)
NUT05	Chestnuts - Peeled (Vacuum Pack)	Pack (500g)
PUL33	Chia Seeds	Each (1kg)
ORI03	Coconut - Cream	Block (200g)
NUT23	Coconut Flakes Toasted	Each (1kg)
SEE13	Coriander Seeds	Bag (750g)
SEE14	Cumin Seeds	Pack (1kg)
SEE15	Fennel - Seeds	Each (1kg)
SEE06	Fenugreek Seeds	Tub (250g)
NUT07	Hazelnuts Blanched	Each (1kg)
NUT08	Hazelnuts Raw Whole Dry	Each (1kg)
NUT20	Macadamia Nuts	Each (1kg)
SPI55	Mustard Seeds - Brown	Each (250g)
SPI26	Mustard Seeds - Yellow	Pack (250g)
VEG54	Nocellara Olives Whole Green	Tub (3kg)
NUT02	Nuts - Almonds Flaked	Each (1kg)
NUT03	Nuts - Almonds Ground	Each (1kg)
VEG13	Olives Black Pitted NDW	Tin (2kg)
VEG31	Olives - Gordal Pitted In Brine	Tin (4.25kg)
VEG65	Olives Gordal Pitted Spicy Picante	Tin (4.25kg)
VEG30	Olives Greek Mix Pitted	Tub (3kg)
VEG14	Olives Green Pitted NDW	Tin (2kg)
VEG61	Olives - Kalamata Pitted	Tin (2kg)
SPI04	Onion Seeds - Black	Pack (250g)
NUT21	Peanuts - Blanched	Each (1kg)
NUT09	Pecan Nuts	Each (1kg)
NUT10	Pine Nut Kernels	Each (1kg)
NUT12	Pistachios - Green Skinless Iranian	Each (1kg)
NUT11	Pistachios - Shelled	Each (1kg)
SEE12	Poppy Seeds	Each (1kg)
SEE03	Pumpkin Seeds	Pack (1kg)
ORI02	Sesame Seeds - Black	Pack (250g)
SPI58	Sesame Seeds - Black	Tub (550g)
SEE11	Sesame Seeds - White	Each (1kg)
SEE05	Sunflower Seeds	Pack (1kg)

OILS

OIL30	Oil - Coconut	Bottle (500ml)
OIL02	Oil - Extra Virgin Olive	Each (5L)

PATISSERIE

HON04	Scottish Flower Honey	Jar (340g)
HON05	Scottish Heather Honey	Jar (340g)
ING04	Vanilla Pods	Each (10)
ING05	Vanilla Pods	Packet (100g)

WORLD FOODS

ORI09	Kaffir Lime Leaves	Pack (10g)
ORI39	Mugi Miso	Pack (500g)
PRES33	Peanut Butter	Jar (340g)
ORI17	Pepper - Szechuan	Each (220g)
ORI27	Seaweed - Nori Sushi Sheets	Packet (10 x 25g)
ORI31	Tamarind	Pack (200g)