

**What Does
Snacking 2.0
Look Like?**

**PatisFrance
Nuts**

Recipes



Instagram

PatisFrance_Export_Officiel

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WHAT DOES **SNACKING 2.0** LOOK LIKE? A HEALTHIER, MORE PRACTICAL AND MORE MOBILE OFFER

With the increase in the speed of people's lifestyles and the reduction in time set aside for meals, the food consumption habits of French people have changed over recent years. So, when it comes to lunch, more and more people tend to "eat on the go". Given this context, fast food outlets have multiplied and bakeries in particular have diversified the range of fast food that they provide.

In 2017 in France, 2.4 billion sandwiches were sold. A practical and tasty option which offsets the fall in consumption of bread in the traditional way.

In fact, although in 2012 60% of people over 65 years old ate bread with every meal, the same only applied to 25% of 18-24-year olds*.

Alongside this, another trend can be observed, that of healthy, vegetable based and organic fast food, and as with most sectors of the food market, it is this "healthy" range that has seen the most growth.

“ At every time of day snacking takes on a different dimension ”

Nevertheless, French people remain genuine gourmets and snacking does not begin and end with the midday meal. Whether it is healthy, a rich treat or simply practical, according to a study**, snacking takes on a different dimension depending on the time of day. While pleasure is clearly the essential factor at any time of day, it is particularly the case for snacking during the evening. Morning and afternoon snacks, on the other hand, are more often chosen for practical reasons or on the basis of healthiness.

It is therefore unsurprising to see new "finger food" products appearing in shops – food specially designed for people to eat using their hands, sometimes while on the go. ▶

* Sondage OpinionWay (France).

** Etude #MIAM 2017 Food empowerment de Kantar Worldpanel.



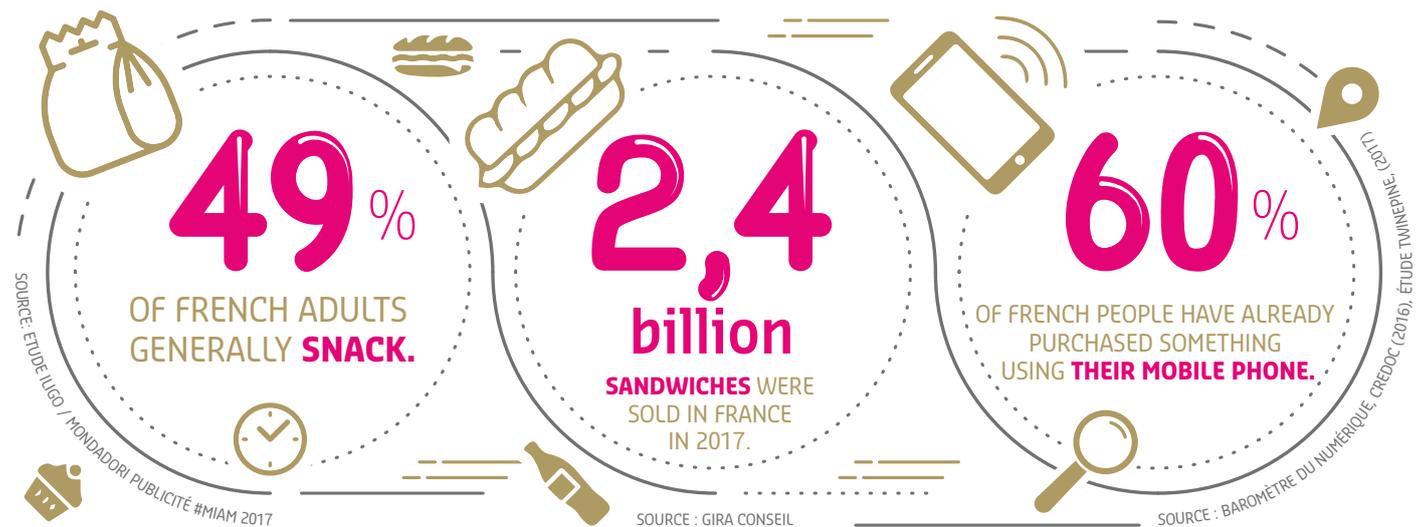
Trend

Finally, the digital environment is revolutionising distribution, which is good news for both customers and retailers. Many bakery chains now provide an option for customers to reserve and pay for a product online before visiting the shop to pick up their product. This system allows bakeries to manage their customer flow while also avoiding overproduction and therefore food wastage.

It is therefore a comprehensive revolution that seems to be taking place in our bakeries!



INTERESTING STATISTICS:



PATISFRANCE NUTS, WELL-HARNESSED EXPERTISE

Since 1946, we have been making nut products in our factory in Charmes, in the Vosges region. Historical expertise that is preserved and handed down by our local team, which focuses on the quality of the products as well as the production process. Ultimately, these high standards are reflected in exceptional products with optimum quality. Ideal for meeting your requirements by allowing you to make really delicious cakes and pastries featuring a range of varied textures. But also in perfect accordance with what your customers are looking for, given the ever-increasing awareness of the impact of food on people's health.

Within its wide range of products, PatisFrance supplies almonds, hazelnuts, pistachios and walnuts, available in different forms (unprocessed, powdered, blanched, whole...) and packages.



CHARACTERISTICS

- Selection of nuts picked when they are perfectly ripe, graded, sorted and processed
- French production on our site in Charmes, in the Vosges region
- Processing site has BRC and IFS certification
- Packages from 1kg to 25kg (Pistachio: 1kg packet - Walnuts: 1.8kg and 2kg boxes - Pine nuts: 1kg packet)



BENEFITS FOR YOU

- Nuts allow you to produce creations featuring a wide variety of textures
- A wide choice of nuts and formats



ADVANTAGES FOR CONSUMERS

- Source of nutritional benefits: Rich in oils and proteins, nuts can satisfy a person's daily energy requirements.
- Most of them are chock-full of mono-unsaturated fats, including omega and Vitamin E
- Low glycaemic index, actually helpful for a number of diets
- A range of shapes, textures, colours and tastes means that nuts enhance anything they are added to

Product Zoom



ALMONDS

Rich in proteins, fats, minerals and Vitamin E, almonds are exceptionally healthy and are used in many pastry and cake preparations. Our almonds are rigorously selected by us. They are then processed into several different forms in our factory.



GRATED COCONUT

Coming from Sri Lanka or the Philippines, our finely grated coconut is ideal for pastry and cake-making thanks to its very fine grain size and its beautiful white colour. Coconut is rich in fibre, provides the body with both protection and energy and contains a great deal of vitamins and minerals.



HAZELNUTS

Generally harvested in August and September, hazelnuts are particularly rich in fats, minerals and trace elements. They are also a source of calcium and iron. Much sought after for chocolate products, hazelnuts are used in several sweet pastry and cake preparations, notably in powdered form. Our hazelnuts are picked when they are fully ripe and then graded, sorted and processed in our factory.



WALNUTS

PatisFrance selects its "Extra" Class large walnut pieces and walnut halves from some of the best sources available. They provide a maximum of flavours when added to breads and an extra delicious touch to your cakes as well as to your chocolates.



PINE NUTS

Harvested in autumn, pine nuts are just as delicious in desserts as they are in savoury preparations. They come from China or the Mediterranean basin and they have excellent nutritional qualities as well as containing a high level of phosphorus. In order to preserve them, remember to keep pine nuts in a cool place and in an airtight container. Because we source our pine nuts from two places, we can provide you with a full range in terms of flavour, size and colour.



PISTACHIO

The fruit of the pistachio tree is rich in fibre, iron, magnesium and Vitamin E. It is also recognised for its role in protecting the cardiovascular system thanks to a high proportion of fats and mono-unsaturated fatty acids. Our pistachios are sorted, graded, shelled, chopped, powdered or cut into sticks so that we can provide you with this high-quality product in the form you require. With their recognised benefits, their bright colour and very distinctive taste, pistachios will go well with all of your creations and recipes: macarons, frangipane, pear tarts, marquises, Florentine biscuits...

Recipe

FEEL GOOD

By: Eric ROGARD

Quantity: around 40 bars

SWEET PASTRY

Flour	250g
Butter	125g
Eggs	50g
Icing sugar	125g
Sliced Hazelnuts PatisFrance	50g
Cranberries	50g

Cream the butter with the icing sugar and the sliced hazelnuts. Add the eggs, flour and cranberries then mix together without overworking the mixture. Spread in a 2mm-thick layer and cut out rectangles of 3 x 9cm. Cook at 160°C for around 18 minutes.

GANACHE

Dark Chocolate 64% PatisFrance	470g
Patiscrem PatisFrance	270g
Inverted sugar syrup	100g
Unsalted butter	100g
Sorbitol	25 g

Make a ganache then pour into a 30 x 40cm tin. Allow it to crystallise at 16°C for 24 hours. Cut out rectangles of 3 x 9cm.

FLORENTINE BISCUIT

Paloma Florex PatisFrance	300g
Sliced Hazelnuts PatisFrance	250g
Cranberries	50 g

Mix the ingredients together then spread over a Silpat® baking sheet in a 30 x 40cm frame. Cook at 200°C for around 10 minutes. As soon as you remove it from the oven, cut into rectangles of 2.5 x 8.5cm.

ASSEMBLY AND PRESENTATION

Place the ganache between two biscuits. Cover with Dark Chocolate 64% PatisFrance and place a Florentine biscuit on top before crystallisation.



Recipe

SMALL ALMOND SABLÉ

By Eric Rogard

Quantity: around 100 biscuits

SABLÉ MIXTURE

Butter	380g
Icing sugar	150g
Fleur de sel	3g
Egg whites	50g
Flour	450g
Powdered Almonds PatisFrance	100g
Whole Blanched Almonds PatisFrance	As required

Mix all of the ingredients together in a food processor.
Using a star tip, pipe the mixture out then place a
blanched almond on top of each biscuit. Cook at 160°C
for around 12 minutes.

ASSEMBLY AND PRESENTATION:

After cooking, dip the sablé biscuit into some tempered
Dark Chocolate 64% PatisFrance.

