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Kootenay Kitchen - 250-447-9263

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Regions Supplied: All of BC

Company Notes:

Family-run, home-based, artisan specialty food producers. We are committed to certified organic principles. Our passion is producing food that is both delicious and nutritious.

Products Available:

Vege Pata Jalapeno - Year Round

Sold retail in 190 g vacuum packed units, but available in larger quantities for food service needs. 84% certified organic; certified VEGAN; using extra virgin olive oil. We process small batches by hand, in our artisan-sized commercial kitchen; using organically grown ingredients, with sources as close to home as possible. Jalapeno and habanero peppers are added for a sparkling twist to conventional flavoured pate. Though VEGAN, our pate is loved by carnivores! All original recipes.

Goma - Fall Spring Summer Winter Year Round

Same recipe as the Sea Vegetable Gomashio, except with no sea salt in the recipe. This savoury sprinkle is good on all the foods listed above, and since it is not salted, it is also great on desserts like ice cream and puddings. Original recipe.

Sea Vegetable Gomashio - Fall Spring Summer Winter Year Round

Less sea salt, with the addition of kelp and dulse and a splash of tamari. Get the added nutrition of the sea veggies and less salt for those wishing to reduce salt in their diet. Original recipe. All our gomashios are certified by PACS #16-243.

Traditional Gomashio - Year Round

Traditional Gomashio sold retail in 170 g units. Also available in 1 kg bags for food service needs. A time-honoured Japanese condiment, Gomashio is roasted and ground sesame seed. 100% certified organic, certified VEGAN. Sprinkle on rice/grains, potatoes, popcorn, corn on the cob, salads, subs, soups, in salad dressings.

Vege Pate Curry - Fall Spring Summer Winter Year Round

Pate with a wonderful curry flavour, but with no heat. Our pate can be eaten as a sandwich spread. Several coffee shops use it as a quick vegetarian menu option, in a bunwich, or used as a VEGAN filling for sausage rolls with puff pastry, or simply served with crackers as an appy.

Vege Pate Herb - Year Round

Sold retail in 190 g vacuum-packed units, but available in larger quantities for food service needs. 84% certified organic; certified VEGAN. Made with extra virgin olive oil. We process small batches by hand, in our artisan-sized commercial kitchen; using organically grown ingredients with sources as close to home as possible.