The Lyndon Cook
FOOD COMPANY



THE NORN COLLECTION

Good food. Straightforward supply.

Rice / Pasta / Canned foods / Spices / Seasonal fruit

Selected with care. Supplied with purpose.

The Lyndon Cook Food Company brings a practical approach to food supply: well-chosen products, clear specifications and orders planned around the customer.

Our focus is on rice and everyday ingredients, supported by a wider sourcing range of spices and seasonal fruit. We work with customers to agree the product, pack format and delivery requirements before arranging supply.



Thoughtful sourcing

Matching the product to its purpose, from everyday cooking to specialist menus.

Clear specifications

Agreeing the variety, quality parameters and packing requirements before production.

Planned supply

Co-ordinating orders and deliveries around an agreed purchasing programme.



01 / RICE

The staple at the heart of the table.

Everyday white rice and aromatic Basmati, selected around the needs of the kitchen and the customer.

Everyday rice. A world of possibilities.

LONG GRAIN WHITE RICE / LONG GRAIN PARBOILED RICE



454 g / 1 lb **ABOUT 6 PORTIONS***

A practical pack for a family of four, with rice left for another meal.

LONG GRAIN WHITE RICE

A versatile everyday staple for tender rice, family suppers and comforting bowls. Its mild flavour makes room for herbs, spices, vegetables and sauces.

LONG GRAIN PARBOILED RICE

For dishes where distinct grains matter. Parboiled rice generally cooks firmer and holds its shape well - useful for pilafs, rice salads and batch-cooked meals.

One cupboard staple, many tables

Serving inspiration for either variety, with cooking adjusted to the dish. These are suggested uses, not claims of traditional varietal authenticity.

Modern British: chicken, lemon & herb rice bowls; kedgeree.
Italian: insalata di riso (rice salad); vegetable-stuffed peppers.
French: riz pilaf; salade de riz with herbs and vegetables.
Portuguese: arroz de tomate (tomato rice); arroz de ervilhas (pea rice).

Pakistani: matar pulao; chicken pulao; daal chawal.
Greek & Spanish-inspired: lemon-herb rice; tomato and pepper rice.
Chinese-inspired: egg fried rice; chicken and vegetable rice bowls.
Thai-inspired: khao pad-style fried rice; rice served with green curry.

Choose your texture

For separate grains, follow the pack method, avoid overcooking and fluff gently after resting. Extra water and longer cooking can make white rice softer and more cohesive, or take it towards a porridge-style dish. It does **not** become glutinous sticky rice or replace sushi rice. Parboiled rice is generally firmer; final results depend on the variety and cooking method.

From home kitchens to foodservice

454 g pouches | 5 kg and 20 kg options. Larger formats for caterers, community kitchens and care homes. At 75 g dry rice per portion, 5 kg provides about 66 portions and 20 kg about 266. Care-home menus should follow individual dietary needs; ordinary cooked rice is not automatically suitable for swallowing difficulties.

*Based on the British Nutrition Foundation's 75 g adult dry-rice portion: 454 ÷ 75 = 6 portions. Four such portions use 300 g, leaving 154 g uncooked. Appetites, children's portions and the rest of the meal affect servings. Dish photographs are illustrative serving suggestions.

Portions: BNF Rice types & cooking: USA Rice Swallowing: NHS

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AROMATIC VARIETIES

True Basmati, Real Taste.



Super Basmati

Aromatic rice for pulao, pilafs and everyday dishes where fragrance and a light texture matter. An appealing choice for kitchens seeking a traditional Basmati character.

1121 Steam Basmati

Slender grains with an elegant appearance on the plate. Well suited to biryani and rice dishes where grain separation and presentation are priorities.

1121 Sella Basmati

A parboiled Basmati option for catering and batch preparation. Specify the preferred grain appearance and cooking performance as part of the agreed product standard.

EVERYDAY ESSENTIALS

A rice for every requirement.



IRRI 6 White Rice

Straightforward, economical white rice for everyday meals and volume supply. Product specifications and pack formats are agreed to suit each order.

PK-386 Long Grain Rice

A non-Basmati option with slender grains, suited to customers seeking a long-grain presentation for everyday cooking.

IRRI 9 / C9 Rice

A further non-Basmati option within the sourcing range. Grain dimensions, broken content and cooking requirements are confirmed against the customer specification.

100% Broken Rice

Broken-grain rice for applications where a whole-grain appearance is not essential, including porridge-style dishes and selected food-manufacturing uses.



02 / SPICES & SEASONINGS

Small ingredients. A world of flavour.

Kitchen essentials for depth, warmth and character, with formats developed around retail and catering requirements.

THE EVERYDAY COLLECTION

The foundations of flavour.



Ground Cumin

Warm and earthy, for curries, marinades, soups and savoury rice dishes. A useful foundation for spice blends.

Ground Coriander

Gentle citrus notes and a rounded flavour, suited to sauces, vegetable dishes and everyday seasoning.

Ground Ginger

A warming ingredient for baking, sauces and spice blends, offering the convenience of a dry store-cupboard format.

Ground Black Pepper

A familiar finishing spice with a lively bite. For seasoning at the stove, in prepared foods and at the table.

COLOUR AND WARMTH

Character in every spoonful.



Ground Turmeric

An earthy spice with a rich golden colour, used in curries, rice dishes and savoury blends.

Garam Masala

An aromatic spice blend for warmth and depth. The recipe and flavour profile can be specified for the intended dish.

Red Chilli Powder

A versatile source of heat and colour. Agree the required heat level and specification to suit your customers.

Ground Fenugreek

A distinctive, slightly bitter seasoning for carefully balanced curry blends, sauces and marinades.

FINISHING TOUCHES

Balance, brightness and bite.



Curry Powder

A convenient blend for curries, soups and sauces. Choose a flavour profile and heat level suited to the menu.

Dry Mango Powder

Also known as amchur. A tangy seasoning for chutneys, marinades and savoury dishes that benefit from a touch of acidity.

Himalayan Pink Salt

Pink rock salt for everyday seasoning and finishing. Grain size and packing format are agreed to suit the application.

Spice blends and seasonings are supplied to an agreed ingredient and product specification.

THE PASTA COLLECTION

Good food. Shared around the table.

A versatile collection of durum wheat semolina pasta from NORN.



A shape for every supper

At NORN, we believe everyday meals deserve a little care. A simple tomato sauce, a generous baked pasta or a bowl shared with friends can turn familiar ingredients into something worth sitting down for. Our pasta collection brings together long strands, spirals, tubes and smaller shapes, giving cooks room to make each meal their own.

From quick midweek suppers to leisurely weekend lunches, NORN is about choice, ease and the pleasure of bringing people together. Choose your shape, add your favourite ingredients and make yourself at home.

Packaging concepts shown. Serving suggestions are illustrative.

RANGE PORTFOLIO / 250 g PACK CONCEPTS

Everyday favourites

Clear windows celebrate the pasta inside; teal, ivory and copper bring the collection together.



Spaghetti — Long strands for tomato and basil sauce, garlic and olive oil, or a hearty ragù.

Rotini — Spirals for pesto, colourful vegetable sauces and chilled pasta salads.

Elbows — Curved tubes for macaroni cheese, family pasta bakes and comforting soups.

Penne Rigate — Ridged, angled tubes for arrabbiata, creamy sauces and oven-baked dishes.

Vermicelli — Fine strands, shown in short-cut form, for light broths, soups and savoury side dishes.

Durum wheat semolina contains wheat (gluten). Refer to final product labels for ingredients, allergens and cooking instructions.

RANGE PORTFOLIO / 250 g PACK CONCEPTS

More shapes. More possibilities.

Clear windows celebrate the pasta inside; teal, ivory and copper bring the collection together.



Charleston

Curled tube form shown in the source range. A serving idea for cheese sauces and baked pasta.

Tripolini

Name retained from the source portfolio; its pictured shell-like shape needs supplier confirmation.

Thimbles

Small open tubes for vegetable soups, minestrone-style bowls and spoonable pasta dishes.

Sedani Rigati

Short ridged tubes for hearty sauces, vegetables and family pasta bakes.

Shells*

Cupped shapes for sauces, peas and small vegetables, or a warm, comforting pasta bake.

*The two supplied brochures use Tripolini and Shells for similar imagery. Both are retained for review; final shape names and catalogue codes must be confirmed before ordering.

FROM THE CUPBOARD TO THE TABLE

Simple ingredients. Plenty of ideas.



For family kitchens

Build a week of meals around a few favourite shapes: spaghetti with tomato and basil, elbows in a cheese bake, or rotini tossed with vegetables and pesto.

For retailers and trade customers

A coordinated pasta range with clear product names, visible shapes and a consistent NORN identity. The concept range uses 250 g packs, following the supplied portfolio. Enquire about final specifications and supply options.

Prepare to suit the shape

Follow the cooking time on the final pack. Cook in boiling water, stir gently and taste for your preferred texture. Drain and combine with your sauce; exact timings vary by shape and specification.

Let’s bring NORN to your table.

The Lyndon Cook Food Company

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03 / SEASONAL FRUIT

Seasonal colour. Naturally inviting.

Mangoes and citrus selected around variety, maturity and the practical demands of their journey to market.

MANGOES

A taste of the season.



From a simple fruit platter to desserts, smoothies and lassi, mangoes bring colour, fragrance and natural sweetness to the table.

Our sourcing range includes Chaunsa, Langra, Anwar Ratol, Sindhri and Dussehri. Variety, size, maturity and packing are agreed for each programme, with availability dependent on the crop and shipping schedule.

THE MANGO SELECTION

Distinctive varieties. Individual character.



Langra

A green-skinned mango variety selected for its distinctive flavour and eating quality. Suitability for the intended journey and ripening programme is assessed with the supplier.

Chaunsa

An aromatic mango associated with a rich, sweet eating experience. A strong choice for seasonal fruit displays and fresh preparation when selected at the right maturity.

Fruit appearance varies naturally. Each order is agreed against the required variety, grade and condition on arrival.

MORE FROM THE ORCHARD

A considered seasonal selection.



Anwar Ratol

A smaller mango variety valued for its pronounced aroma and sweet flavour. A distinctive addition to a carefully chosen seasonal range.

Sindhri

An elongated mango associated with Sindh, offering an attractive appearance for fruit displays and fresh preparation.

Dussehri

A slender mango variety with an aromatic character. Supplied to an agreed maturity and packing specification.

CITRUS

A brighter seasonal offer.



Fresh citrus brings a welcome combination of colour, juice and lively flavour to retail displays and professional kitchens.

The range includes Kinnow and other citrus traded as Sangtra, Fruiter and Malta. Local trade names can vary: botanical variety, grade, size and origin are confirmed for each order.

THE CITRUS SELECTION

Fresh choices, clearly specified.



Kinnow

An aromatic mandarin hybrid for seasonal fruit programmes. Size, maturity and the intended fresh or juicing use guide selection.

Sangtra

A citrus trade name used in South Asia. The exact variety and required eating characteristics are confirmed when sourcing.

Fruiter

A regional citrus trade description. Fruit size, peel characteristics and the agreed variety are checked for the customer programme.

Malta

An orange trade name used in South Asia. Supply is specified by variety, grade and the intended fresh or juicing application.

The Lyndon Cook
FOOD COMPANY

DISCUSS YOUR REQUIREMENTS



LET'S TALK FOOD.

Your requirements. Our next conversation.

Tell us the product, specification, pack format, volume and delivery schedule you have in mind. We will review the sourcing and supply options with you.

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Range availability is confirmed on enquiry. Packaging shown is illustrative; final artwork and specifications are agreed per order.

The Lyndon Cook
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CANNED FOOD COLLECTION

Norn

EVERYDAY FOOD. WELL CONSIDERED.



Good things.
In easy reach.

Beans, pulses, vegetables and tomatoes.
A considered collection in easy-open cans.

400 ml can format

THE CANNED COLLECTION

Beans for everyday meals.

Two versatile choices for a well-stocked cupboard.



400 ml / EASY-OPEN CAN

Baked Beans

A familiar favourite for breakfasts, jacket potatoes and quick suppers. An easy addition to the everyday cupboard.

TRY WITH

Buttered toast, baked potatoes or a cooked breakfast.



400 ml / EASY-OPEN CAN

Black Beans

A versatile bean for rice bowls, chilli and hearty salads. Brings a satisfying texture to a wide range of dishes.

TRY WITH

Seasoned rice, roasted vegetables or tacos.

THE CANNED COLLECTION

Simple ingredients. Plenty of possibilities.

From colourful salads to warming curries.



400 ml / EASY-OPEN CAN

Broad Beans

A useful addition to vegetable dishes, soups and warm salads. Pair with herbs and a bright dressing for a simple side.

TRY WITH

Lemon, olive oil and fresh herbs.



400 ml / EASY-OPEN CAN

Chickpeas

A cupboard essential for curries, stews, salads and homemade houmous. Easy to work into both familiar meals and new recipes.

TRY WITH

Tomato-based curries, couscous or tahini.

THE CANNED COLLECTION

Make more of the everyday.

Dependable ingredients for hearty, satisfying dishes.



400 ml / EASY-OPEN CAN

Pinto Beans

A practical choice for bean chilli, soups and burrito fillings. Suited to dishes where beans provide substance and texture.

TRY WITH

Spiced rice, roasted peppers or bean mash.



400 ml / EASY-OPEN CAN

Red Kidney Beans

A classic ingredient for chilli and mixed-bean dishes. Their distinctive shape and colour make them a useful staple.

TRY WITH

Chilli, rice dishes or a mixed-bean salad.

THE CANNED COLLECTION

A little variety goes a long way.

Useful staples for sides, soups and everyday cooking.



400 ml / EASY-OPEN CAN

White Kidney Beans

An adaptable choice for soups, casseroles and bean salads. Also useful for blending into dips or a smooth bean mash.

TRY WITH

Rosemary, garlic and slow-cooked vegetables.



400 ml / EASY-OPEN CAN

Green Peas

A familiar vegetable for everyday sides, savoury rice and comforting pies. A simple way to add colour to the plate.

TRY WITH

Mashed potato, savoury pies or vegetable rice.

THE CANNED COLLECTION

Golden additions to the cupboard.

Whole kernels and a creamy corn preparation.



400 ml / EASY-OPEN CAN

Sweetcorn

Golden kernels for salads, jacket-potato fillings, fritters and rice dishes. A versatile addition to everyday meal planning.

TRY WITH

Tuna fillings, colourful salads or vegetable fritters.



400 ml / EASY-OPEN CAN

Creamed Corn

A corn preparation with a creamy texture, suited to chowders, savoury bakes and side dishes. An alternative to whole kernels.

TRY WITH

Corn chowder, savoury baking or a warming side dish.

THE CANNED COLLECTION

Colour for the everyday plate.

Familiar vegetable combinations in an easy-open format.



400 ml / EASY-OPEN CAN

Mixed Vegetables

A convenient combination for soups, pies and quick vegetable sides. Useful when a recipe calls for a selection of vegetables.

TRY WITH

Vegetable soup, pie fillings or savoury rice.



400 ml / EASY-OPEN CAN

Peas & Carrots

A familiar pairing for family meals and everyday sides. Adds contrasting colour and texture to simple dishes.

TRY WITH

Roast dinners, casseroles or a vegetable side.

THE CANNED COLLECTION

Start with tomatoes.

The foundations of sauces, soups and slow-cooked dishes.



400 ml / EASY-OPEN CAN

Whole Peeled Tomatoes

A versatile base for sauces, soups and slow-cooked dishes. Keep whole for texture or break down during cooking.

TRY WITH

Pasta sauces, tomato soup or a rich casserole.



400 ml / EASY-OPEN CAN

San Marzano Tomatoes

Product of Italy. San Marzano tomatoes for tomato-led cooking, presented with a dedicated British English and Italian label.

TRY WITH

A simple tomato sauce with basil and olive oil.

THE COLLECTION AT A GLANCE

Fourteen everyday choices.

One clear identity across the NORN canned-food range.

BRAND	CAN FORMAT	EASY-OPEN LID
NORN	400 ml	Ring-pull

Beans & pulses

Baked Beans / Black Beans / Broad Beans / Chickpeas / Pinto Beans / Red Kidney Beans / White Kidney Beans

Vegetables

Green Peas / Sweetcorn / Creamed Corn / Mixed Vegetables / Peas & Carrots

Tomatoes

Whole Peeled Tomatoes / San Marzano Tomatoes

Ordering the range

Tell us your preferred products, quantities and delivery requirements. Case configurations, product specifications and supply programmes are confirmed with your enquiry.

Part of The Lyndon Cook Food Company



Let's talk about your range.

For product enquiries, commercial discussions and supply requirements, contact our UK office.

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Packaging shown is illustrative. The stated 400 ml refers to the can format; final net contents, drained weights and label details are confirmed against each product specification.