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**PRESS RELEASE  
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**Around the world in one shop at La Marina Foods**

Imagine having just about any type of ingredient – no matter how rare or specialised – at your fingertips, whenever you want to cook with it. The ultimate dream come true for die-hard foodies is not as far-fetched as you think.

La Marina Foods, supplier of rare delicacies and everyday essentials, is a foodie paradise in the middle of Johannesburg. Owner, Kirsten Jooste, stocks only the finest produce and works with some of the best agents, both locally and internationally – and will source any product which you can't find in store. La Marina is renowned for its seafood – sustainable where possible – and offers services including filleting and portioning fish, cleaning calamari and shucking oysters. One of their bestsellers is world-famous Loch Duart Scottish Salmon. But you can also choose things like Mauritian seabass or Portuguese sardines. There's even Alaskan crab and swordfish carpaccio.

La Marina stocks a vast range of local and international cheeses and cold meats such as Serrano and Iberico ham, kudu carpaccio and smoked crocodile, guinea fowl and springbok sirloin. Local favourites like the Rio Largo Olive Oil from the Cape – the 2010 SA Olive Awards Double Gold winner – also fly off the shelf.

The best of France makes an appearance with foie gros, frog's legs, truffles, whole rabbit; even French Coquelet. Or choose from the scrumptious deli items such as Greek dolmades, haloumi, sundried tomatoes and Italian artichokes.

La Marina also stocks rare items including Beluga caviar, morels and Umami paste, a 'flavour bomb' which adds depth to any dish. "Many of our customers have travelled the world and know good quality when they see it," says Kirsten. Now, you don't have to travel half way around the world to get your foodie fix.

Call La Marina on 011 608 3277 or visit [www.lamarinafoods.co.za](http://www.lamarinafoods.co.za).

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