

Guinea Fresh



100%
Natural

African

Food Catalogue

MKF Guinea Fresh The Netherlands +31 (0)6 862 375 78 www.guineafreshinternational.com

From the
West Coast of Africa
to your doorstep



MKF Guinea Fresh

Van IJsendijkstraat 403A

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The Netherlands

www.guineafreshinternational.com

Please contact us

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Ready to order?

See tips and info on page 31.

Guinea Fresh

Whole Sale African Food Catalogue



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Oils

100% natural Palm Oil

Also known as · Huile de palme

- Palmolie · Palmöl · Aceite de palma · Olio di palma*
- Natural Red Palm Oil · Toborgee Oil*







Palm Oil 0.5L
OIL1001 · 24x



Palm Oil 1L
OIL1003 · 12x



Palm Oil 1L jar
OIL1002 · 12x



Palm Oil 3L
OIL1004 · 4x



Palm Oil 3L jar
OIL1009 · 4x



Palm Oil 4.5L
OIL1005 · 4x



Palm Oil 5L
OIL1006 · 4x



Toborgee Oil 3L
OIL1007 · 4x



Shea Butter 10kg
OIL1008 · 1x



Shea Butter 250g
OIL1010 · 30x

Ready to order?

See tips and info
on page 31

Order your desired quantity

Product 1kg - content

PC0000 · 4x

product code per box

Palm Oil

One of the most desired oils in the world, palm oil is a vegetable oil extracted from the fruits of the oil palm.

This versatile oil is a key ingredient in many delicious foods.

Our Guinea Fresh palm oil is ethically sourced, fresh from the palm trees of West Africa to the palm of your hand.



SS

Dried



Natural dried African foods

- Fonio • Thiakry • Bissap Hibiscus • Potato • Baobab
- Cassava • Bouillie de Mais Porridge
- Bouillie de Sorgho Porridge • Bouillie de Riz Rice Porridge
- Rice Powder • Egusi • Peanut Butter • Peanut Powder
- Attieke • Banku Mix • Plantain Fufu • Gari
- Pounded Yam Fufu • Cocoyam • Palm Cream
- Pearl Millet Flour • Tamarind





Fonio 400g
DRD6001 · 40x



Fonio 400g jar
DRD6002 · 24x



Fonio 850g
DRD6003 · 12x



Fonio 2.5kg
DRD6004 · 4x



Fonio Pre-cooked 500g
DRD6053 · 24x



Fonio Pre-cooked 780g
DRD6059 · 12x



Fonio Pre-cooked 1.5kg
DRD6060 · 6x



Thiakry 350g
DRD6005 · 24x



Thiakry 700g
DRD6006 · 12x



Thiakry 1.5kg
DRD6007 · 6x



Bissap Hibiscus 100g
DRD6008 · 40x



Bissap Hibiscus 300g
DRD6062 · ??x



White Hibiscus Bissap Wonjo 80g
DRD6055 · 40x



Baobab Fruit 300g
DRD6010 · 12x



Baobab Powder 200g
DRD6011 · 24x



Cassava Flour 800g
DRD6012 · 20x



Pearl Millet Flour 500g
DRD6051 · 40x



Rice Powder 500g
DRD6024 · 30x



Bouillie de Maïs Porridge 350g
DRD6014 · 24x



Bouillie de Maïs Porridge 650g
DRD6015 · 12x



Bouillie de Maïs Porridge 1.5kg
DRD6016 · 6x



Bouillie de Sorgho Porridge 350g
DRD6018 · 24x



Bouillie de Sorgho Porridge 650g
DRD6019 · 12x



Bouillie de Sorgho Porridge 1.5kg
DRD6020 · 6x



Bouillie de Riz Rice Porridge 350g
DRD6021 · 24x



Bouillie de Riz Rice Porridge 650g
DRD6022 · 12x



Bouillie de Riz Rice Porridge 1.5kg
DRD6023 · 6x



Dried, Ground & Whole Egusi seeds



Egusi Whole 100g
DRD6025 · 100x



Egusi Whole 250g
DRD6026 · 24x



Egusi Whole 400g
DRD6027 · 12x



Egusi Ground 100g
DRD6028 · 100x



Egusi Ground 250g
DRD6029 · 24x



Egusi Ground 400g
DRD6030 · 12x



Peanut Powder 400g
DRD6031 · 12x



Peanut Butter 500g
DRD6032 · 24x



Peanut Butter 1kg
DRD6033 · 12x



Peanut Butter 2kg
DRD6034 · 6x



Peanut Grilled 350g
DRD6035 · 24x

Fine & Sugar Free

- Peanut Butter · Pâte D'arachide Naturelle
- Natuurlijke Pindakaas · Natürliches Erdnussbutter
- Pasta De Maní Natural · Arachidi Naturale Pasta
- Peanut Powder · Grilled Peanuts

100% Natural



Banku Mix



Banku Mix 1kg
DRD6040 · 20x



Plantain Fufu



Plantain Fufu 700g
DRD6041 · 12x

Plantain Fufu



Plantain Fufu 1.5kg
DRD6042 · 6x

Gari



Gari 1kg
DRD6043 · 20x

Gari



Gari 2kg
DRD6044 · 10x

Yam Flour



Yam Flour 700g
DRD6045 · 12x

Yam Flour



Yam Flour 1.5kg
DRD6046 · 6x

Cocoyam Flour



Cocoyam Flour 700g
DRD6047 · 12x

Cocoyam Flour



Cocoyam Flour 1.5kg
DRD6048 · 6x

Palm Cream



Palm Cream 400g
DRD6049 · 24x

Palm Cream



Palm Cream 800g
DRD6050 · 12x



Potato Leaves Dried 80g
DRD6009 · 24x



Cassava Leaves Powder 80g
DRD6013 · 100x



Attiéke Dried 400g
DRD6038 · 24x



Attiéke Dried 800g
DRD6039 · 12x



Tamarind 200g
DRD6052 · 40x



vto 250g
DRD6054 · 24x



Tola Powder 50g
DRD6017 · 100x



Tola Powder 340g
DRD6056 · 24x



Tola Whole 340g
DRD6057 · 24x



Dried Snail 100g
DRD6058 · 100x



Dried Khankaliba leaves 80g
DRD6061 · ??x





Herbs



& Spices

- Dried, powdered or whole spices
- Chilli Pepper · Sumbala Dawadawa
- Aubergine Ketele · Selim Pepper
- Okra Powder







Chilli Pepper Dried Whole 100g
HAS4001 · 24x



Chilli Pepper Dried Powder 100g
HAS4002 · 50x



Chilli Pepper Dried Powder 240g
HAS4010 · 24x



Sumbala Dawadawa Powder 80g
HAS4003 · 100x



Sumbala Dawadawa Powder 270g
HAS4004 · 24x



Sumbala Dawadawa Whole 100g
HAS4005 · 100x



Sumbala Dawadawa Whole 270g
HAS4006 · 24x



Dried Aubergine Ketele 100g
HAS4007 · 24x



Dried Aubergine Ketele 160g
HAS4009 · 24x



Selim Pepper 200g
HAS4008 · 24x



Sesame Seed 350g
HAS4011 · 24x



Dried Ginger 100g
HAS4012 · 100x



Okra Powder 80g
HAS4013 · 100x



Okra Powder 160g
HAS4014 · 24x

Add a little spice to your life

Cayenne peppers

A fairly hot pepper with a slight citrus twist, these dried **chilli peppers** are the perfect addition to make a meal POP with flavor. This chilli is used in hot sauces and soups but is also a key ingredient in Piri Piri sauce.

Sumbala seeds

Sumbala (a.k.a dawadawa) is an aromatic seasoning widely used in soups and stews across West Africa. This flavor enhancer is made from seeds extracted from the African locust bean.

Bitter aubergine

Ketele, also known as dried aubergine, is dried to perfection. It is highly absorbant and gives food a little bite. Ketele is a versatile ingredient, used in fried rice, baked goods, stews, and soups. When preparing it with a meal, it can also be steamed or grilled.

Selim peppers

A popular ingredient to season fish and peppery soups and stews, the **Selim pepper** is a cherished spice in West Africa. It's used in a similar way to black pepper. It boasts a distinct smoky and musky taste, which makes it a great seasoning to add a little heat.







Cooled

Cooled or frozen -18°C ***

- Attieke • Cassava Leaves • Ginger • Placari
- Potato Leaves • Molokhia • Ngai Ngai • Cassava Dough
- Corn Dough Paste • Banku Mix • Snail • Sliced Okra
- Habanero Pepper • Palm Cream



& Frozen





Attieke 500g
CAF0001 · 20x



Attieke 1kg
CAF0002 · 10x



Cassava Leaves 500g
CAF0003 · 30x



Cassava Leaves 1kg
CAF0004 · 15x



Ginger 500g
CAF0005 · 30x



Placali 500g
CAF0006 · 30x



Placali 1kg
CAF0007 · 15x



Potato Leaves 500g
CAF0008 · 24x



Molokhia 500g
CAF0009 · 24x



Ngai Ngai 500g
CAF0010 · 30x



Cassava Dough 1kg
CAF0011 · 24x



Cassava Dough 2kg
CAF0012 · 12x



Corn Dough Paste 1kg
CAF0013 · 24x



Corn Dough Paste 2kg
CAF0014 · 12x



Banku Mix 1kg
CAF0015 · 24x



Banku Mix 2kg
CAF0016 · 12x



Snail with shell 10kg
CAF0017 · 1x



Snail without shell 10kg
CAF0018 · 1x



Sliced Okra 500g
CAF0019 · 24x



Sliced Okra 1kg
CAF0020 · 12x



Habanero Pepper 200g
CAF0021 · 30x



Habanero Pepper 400g
CAF0022 · 24x



Palm Cream 1kg
CAF0023 · 10x



Bitter Leaves 500g
CAF0024 · 24x



Aubergine 500g
CAF0025 · 24x





Fish

Freezer fresh or dried fish & seafood

- Krofish Sanfi • Bonga • Mackerel Atlantic • Mackerel Shortbodied
- Blue Mackerel • Talapia Black • Talapia Red
- Catfish Fresh • Hardhead Catfish • Catfish • Snapper Red
- Prawn • Cassava Fish • Barracuda • Giant Mud Crab • Sea Snail





Dried Powder
Krofish Sanfi
prawn



50g

Krofish Sanfi Dried Powder 50g
FIS3001 · 100x

Dried Whole
Krofish Sanfi
prawn



50g

Krofish Sanfi Dried Whole 50g
FIS3002 · 100x



Bonga Dried Fillet 100g
FIS3003 · 100x



Bonga Dried Fillet 6kg
FIS3004 · 1x



Bonga Dried Powder 50g
FIS3005 · 100x



Bonga Dried Powder 215g
FIS3006 · 24x



Mackerel Atlantic 5kg
FIS3007 · 1x



Mackerel Shortbodied 5kg
FIS3008 · 1x



Blue Mackerel 5kg
FIS3009 · 1x



Tilapia Black 5kg
FIS3010 · 1x



Tilapia Red 5kg
FIS3011 · 1x



Catfish Fresh 5kg
FIS3012 · 1x



Hardhead Catfish Dried 5kg
FIS3013 · 1x



Catfish Dried 5kg
FIS3018 · 1x



Snapper Red 5kg
FIS3014 · 1x



Prawn 5kg
FIS3015 · 1x



Cassava Fish 5kg
FIS3016 · 1x



Barracuda 5kg
FIS3017 · 1x



Giant Mud Crab 5kg
FIS3019 · 1x

Dried **Sea Snail**

240g

Sea Snail Dried 240g
FIS3020 · 24x



100%
Natural

*Products from
the West coast of Africa
to your doorstep*



How to place an order

1. Select the products you want

Browse through this brochure or our website guineafreshinternational.com to find the products that you want to order.

Choose your desired quantities. You can call or email us to request an order, or request an order directly from our website.

2. Request a proforma invoice

Once you request for a proforma invoice, we will evaluate your order.

3. We email you the proforma invoice

We will make a proforma invoice with prices and delivery details and email it to you within 1 or 2 working days.

4. Review and approve the order

You can view your proforma invoice in your email. From here, you can approve it or ask us to adjust it.

5. We make an invoice and plan delivery

Once you're happy and approve the proforma, we send an invoice and your order and delivery is planned.

6. You get notified of delivery

You will be notified once the delivery is planned and on the way.

See all our products in this brochure or listed online. All pictures are examples, packaging may vary.

www.guineafreshinternational.com

Order your desired quantity

Product 1kg - content

PC0000 · 4x

product code per box

How long are the delivery times?

Delivery time is largely dependent on where you are and how much you order. On average, it can take between 1-2 weeks. Our goal is to prioritize deliveries for large orders as soon as possible. For smaller orders, we may batch your order with other orders to be delivered nearby. Of course, if you need your order delivered urgently, please let us know and we can make an arrangement.

What are the delivery fees?

The delivery fees vary based on several factors including order value, order size, and your location. They may be subject to change over time due to changes in costs of fuel and transport.

We will inform you about the delivery fees in the proforma invoice after you request an order.

If you prefer to pick up your order, please let us know.

You're also always welcome to pick up your orders from our warehouse in Purmerend, the Netherlands at your convenience.





Guinea Fresh

About Guinea Fresh

We bring delicious, exotic flavors from West Africa to Europe and North America. MKF Guinea Fresh is a wholesaler based in Purmerend, the Netherlands. F. Sheriff Import was founded in 2008 by Fatu Sheriff, a woman of West African descent, to share the flavors of her homeland with Europe.

As a family owned business our compagny values take great inspiration from our cultural background.

Over the years the company has blossomed with the support of friends, family, and mentors. We believe in the importance of relationships and community. We aim to build strong, long-lasting relationships with our partners and customers.

Our purpose is to share our food and culture with everyone interested in West African cuisine, regardless of their background. After all, food is one of the best ways we can learn from other cultures.

The kitchen and dining habits of a culture contain rich insights about how people survive, manifest their creativity, and show affection. We want to contribute to this global journey by bringing West African cuisine to the forefront of the world.

Our products have become an integral part of everyday life. Some products, like palm oil and shea butter, are ingredients that make up a large portion of consumables we've come to know, love, and use all the time. Their quality and versatility make these products the real good stuff.

The future is red, yellow, and green

MKF Guinea Fresh is expanding. With a growing team, we are ready to increase our presence in Europe, North America, and beyond. We currently supply products to more than 200 businesses of all sizes. MKF Guinea Fresh is the proud owner of the brand Guinea Fresh. Under this brand, we source the best quality products from local African farmers – including dried products, oils, frozen products and fish.

Meet the Guinea Fresh Family

Our brand is deeply rooted in the power of family. MKF Guinea Fresh was named after **Mussa, Kande**, and their daughter, **Fatu**. As her husband's health was declining, Kande encouraged Fatu to start a business to support her family. Kande loved her country and dearly wished to express her gratitude by elevating its status in the world. Fortunately, Fatu is a determined, intelligent, and hard working force of nature. With the little capital they had, they worked hard to build trust within the community, to grow the business, and to support the family. It is thanks to them that we are here today.

Family and community are important in our culture. We want to make everyone feel welcome and supported, and give back to others when we can. Today, we are active in our community in Guinea by building homes and factories, not only providing jobs but also empowering women to work. Our team has grown tremendously over the years but we are always grateful to our roots. Thank you for everything, **Mussa and Kande**. Rest in peace. We miss you and hope to make you proud.



Meet your
contacts



Fatu Sheriff

Owner & Founder

The Commander & Chief

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Madingo, WA dialects

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Oils



See page 6

Palm Oil

OIL1001	0.5L	24x
OIL1002	1L jar	12x
OIL1003	1L	12x
OIL1004	3L	4x
OIL1009	3L jar	4x
OIL1005	4.5L	4x
OIL1006	5L	4x

Toborgee Oil

OIL1007	3L	4x
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Shea Butter

OIL1008	10kg	1x
OIL1010	250g	30x

Dried



See page 10-15

Fonio

DRD6001	400g	40x
DRD6002	400g jar	24x
DRD6003	850g	12x
DRD6004	2.5kg	4x

Fonio Pre-cooked

DRD6053	500g	24x
DRD6059	780g	12X
DRD6060	1.5kg	6x

Thiakry

DRD6005	350g	24x
DRD6006	700g	12x
DRD6007	1.5kg	6x

Bissap Hibiscus

DRD6008	100g	40x
DRD6062	300g	??x

White Hibiscus Bissap Wonjo

DRD6055	80g	40x
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Potato Leaves Dried

DRD6009	80g	24x
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Baobab Fruit

DRD6010	300g	12x
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Baobab Powder

DRD6011	200g	24x
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Cassava Flour

DRD6012	800g	20x
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Cassava Leaves Powder

DRD6013	80g	100x
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Bouillie de Mais Porridge

DRD6014	350g	24x
DRD6015	650g	12x
DRD6016	1.5kg	6x

Bouillie de Sorgho Porridge

DRD6018	350g	24x
DRD6019	650g	12x
DRD6020	1.5kg	6x

Bouillie de Riz Rice Porridge

DRD6021	350g	24x
DRD6022	650g	12x
DRD6023	1.5kg	6x

Rice Powder

DRD6024	500g	30x
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Egusi Whole

DRD6025	100g	100x
DRD6026	250g	24x
DRD6027	400g	12x

Egusi Ground

DRD6028	100g	100x
DRD6029	250g	24x
DRD6030	400g	12x

Peanut Powder

DRD6031	400g	12x
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Peanut Butter

DRD6032	500g	24x
DRD6033	1kg	12x
DRD6034	2kg	6x

Peanut Grilled

DRD6035	350g	24x
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Attieke Dried

DRD6038	400g	24x
DRD6039	800g	12x

Banku Mix

DRD6040	1kg	20x
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Plantain Fufu

DRD6041	700g	12x
DRD6042	1.5kg	6x

Gari

DRD6043	1kg	20x
DRD6044	2kg	10x

Yam Flour

DRD6045	700g	12x
DRD6046	1.5kg	6x

Cocoyam Flour

DRD6047	700g	12x
DRD6048	1.5kg	6x

Palm Cream

DRD6049	400g	24x
DRD6050	800g	12x

Pearl Millet Flour

DRD6051	500g	40x
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Tamarind

DRD6052	200g	40x
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Annatto

DRD6054	250g	24x
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Tola Powder

DRD6017	50g	100x
DRD6056	340g	24x

Tola Whole

DRD6057	340g	24x
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Dried Snail

DRD6058	100g	100x
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Dried Khankaliba leaves

DRD6061	80g	??x
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Herbs & Spices



See page 19

Chilli Pepper Dried Whole

HAS4001	100g	24x
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Chilli Pepper Dried Powder

HAS4002	100g	50x
HAS4010	240g	24x

Sumbala Dawadawa Powder

HAS4003	80g	100x
HAS4004	270g	24x

Sumbala Dawadawa Whole

HAS4005	100g	100x
HAS4006	270g	24x

Dried Aubergine Ketele

HAS4007	100g	24x
HAS4009	160g	24x

Selim Pepper

HAS4008	200g	24x
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Sesame Seed

HAS4011	350g	24x
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Dried Ginger

HAS4012	100g	100x
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Okra Powder

HAS4013	80g	100x
HAS4014	160g	24x

Cooled & Frozen



See page 24-25

Attieke

CAF0001	500g	20x
CAF0002	1kg	10x

Cassava Leaves

CAF0003	500g	30x
CAF0004	1kg	15x

Ginger

CAF0005	500g	30x
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Placari

CAF0006	500g	30x
CAF0007	1kg	15x

Potato Leaves

CAF0008	500g	24x
---------	------	-----

Molokhia

CAF0009	500g	24x
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Ngai Ngai

CAF0010	500g	30x
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Cassava Dough

CAF0011	1kg	14x
CAF0012	2kg	7x

Corn Dough Paste

CAF0013	1kg	14x
CAF0014	2kg	7x

Banku Mix

CAF0015	1kg	14x
CAF0016	2kg	7x

Snail with shell

CAF0017	10kg	1x
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Snail without shell

CAF0018	10kg	1x
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Sliced Okra

CAF0019	500g	24x
CAF0020	1kg	12x

Habanero Pepper

CAF0021	200g	30x
CAF0022	400g	24x

Palm Cream

CAF0023	1kg	10x
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Bitter Leaves

CAF0024	500g	24x
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Aubergine

CAF0025	500g	24x
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Fish



See page 28-29

Krofish Sanfi Dried Powder

FIS3001	50g	100x
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Krofish Sanfi Dried Whole

FIS3002	50g	100x
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Bonga Dried Fillet

FIS3003	100g	100x
FIS3004	6kg	1x

Bonga Dried Powder

FIS3005	50g	100x
FIS3006	215g	24x

Mackerel Atlantic

FIS3007	5kg	1x
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Mackerel Shortbodied

FIS3008	5kg	1x
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Blue Mackerel

FIS3009	5kg	1x
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Talapia Black

FIS3010	5kg	1x
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Talapia Red

FIS3011	5kg	1x
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Catfish Fresh

FIS3012	5kg	1x
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Hardhead Catfish Dried

FIS3013	5kg	1x
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Catfish Dried

FIS3018	5kg	1x
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Snapper Red

FIS3014	5kg	1x
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Prawn

FIS3015	5kg	1x
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Cassava Fish

FIS3016	5kg	1x
---------	-----	----

Barracuda

FIS3017	5kg	1x
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Giant Mud Crab

FIS3019	5kg	1x
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Sea Snail Dried

FIS3020	240g	24x
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*Family is
important*

*Work hard
and smart*

*Appreciate
the good things
of your roots*

**Guinea
Fresh**

MKF Guinea Fresh Multiservices International B.V.

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Guinea Fresh