



Sysco®

FOODIE

AT THE HEART OF FOOD & SERVICE™

SPRING 2018

RECIPE BOOK

BEET & CITRUS SALAD

Recipe by **Chef Neil Doherty**
Sysco Corporate

- 3 ea Imperial Fresh Red Beets and Gold Beets, medium, pre-roasted
- 3 ea Ruby Red grapefruit
- 3 ea Imperial Fresh Oranges
- 3 ea blood oranges
- 1 ea Imperial Fresh Lime
- ¼ c Arrezzio Extra Virgin Olive Oil
- 2 T Sysco Imperial Maple Syrup
- 2 T Sysco Imperial Grapefruit juice from pulp
- 1 t Sysco Classic Kosher Salt
- ¼ t Sysco Imperial Black Pepper
- 6 c Imperial Fresh Spring Mix, add beet greens
- ¼ c Sysco Classic Pistachios, coarsely chopped
- 1 c Wholesome Farms Plain Greek Yogurt

FOR GARNISH

thyme leaves, oregano, mint and tarragon

1. Preheat oven to 350° F.
2. Trim beet stems to 1". Gently wash beets and place in an 8" square pan. Add ¼ cup water and cover with aluminum foil. Bake 1 hour and 10 minutes or until tender. Uncover and cool completely (about 30 minutes).
3. Cut a ¼"-thick slice from each end of grapefruit using a sharp, thin-bladed knife. Place flat ends down on a cutting board and remove peel in strips, cutting from top to bottom following the curvature of fruit. Remove any remaining bitter white pith. Holding peeled grapefruit over a bowl, slice between membranes and gently remove whole segments. Reserve ¼ cup juice.
4. For the oranges, blood oranges and lime, repeat process to peel. Slice each into wheels.
5. Whisk together olive oil, syrup, citrus juice, salt and pepper, and the reserved ¼ cup grapefruit juice in a bowl.
6. Peel beets and slice into wedges. Spread Greek yogurt onto a large platter. Arrange spring mix on top of yogurt then top with grapefruit, oranges, blood oranges, lime and beets. Drizzle with vinaigrette and sprinkle with pistachios. Add salt and pepper to taste. Garnish as desired.



BRUSSELS SPROUTS & SWEET POTATO LETTUCE WRAPS

Recipe by **Chef Candace Hilger**
Sysco Eastern Maryland

1½ lbs Brussels sprouts
1 lb Sysco Imperial Petite Sweet Potato Dices
3 T Arrezzo Extra Virgin Olive Oil
½ t Sysco Imperial Sea Salt
1 pinch Sysco Imperial McCormick Black Pepper, freshly ground

ACCOUTREMENTS

¼ c hoisin sauce
½ c crunchy wontons
½ c radish slices
½ c pickled onion
2 ea serrano peppers, sliced
½ c Sysco Classic Peanuts, chopped
12 butterhead lettuce leaves

1. Preheat the oven to 400° F.
2. Cut a thin layer off bottoms of Brussels sprouts and remove any undesirable outer leaves, then cut in half or quarter depending on size. Place on a large baking pan and coat with oil, salt and pepper. Roast for 30 minutes.
3. Add diced sweet potato to baking pan and quickly roast the mix for 5 more minutes.
4. Remove from oven and place roasted Brussels sprouts and sweet potato on a platter and serve with butterhead lettuce leaves as wraps and a buffet of accoutrement toppings.



CRUNCHY KOREAN BROCCOLI

Recipe by **Chef Don Carr**
Sysco Central Texas

FOR THE BROCCOLI

- 6 c Imperial Fresh Broccoli florets
- ¾ c Sysco Classic Corn Starch
- 1¼ t Sysco Classic Baking Powder
- 2 T Sysco Classic Japanese Panko Bread Crumbs
- 1 t salt
- ½ c Sysco Classic Flour
- 1 c ice-cold club soda
- ¼ c Imperial Fresh Scallions, sliced very thin
- ¼ c Imperial Fresh Shredded Carrots
- 1 T Sysco Imperial McCormick Sesame Seeds, toasted

FOR THE SAUCE

- 1 T Imperial Fresh Garlic, minced
- 2 t Sysco Imperial Ginger, minced
- 2 T, 2t tamari (or soy sauce)
- ¼ c gochujang (Korean chile paste)
- 2 T Jade Mountain Rice Vinegar
- 2 T, 1t Sysco Supreme Toasted Sesame Oil
- 2 t Sysco Classic Honey

1. Heat deep fryer to 375° F.
2. Toss the broccoli in ¼ cup of the cornstarch then shake off excess powder.
3. Mix the remaining cornstarch, baking powder, panko, salt and flour together. Add club soda to the cornstarch mixture. Dip the broccoli in the batter mix.
4. Deep-fry broccoli in batches until golden. Set on paper towels to drain.
5. For the sauce, mix all sauce ingredients together to desired consistency. Toss crunchy broccoli with the sauce. Remove broccoli, garnish with shredded carrots, scallions and toasted sesame seeds, and serve.



MADRAS CURRIED CAULIFLOWER WITH MINT, CARROT & RADISH RAITA

1 ea Imperial Fresh Head of Cauliflower, cut into $\frac{3}{4}$ " steaks
1 c Wholesome Farms Plain Whole-milk Yogurt
 $\frac{3}{8}$ c Imperial Fresh Mint, chopped
1 ea serrano chile, seeded, finely chopped
2 T Sysco Imperial Red Onion, finely chopped
1 T fresh lime juice
 $\frac{1}{2}$ c coarsely grated red radishes, plus more for serving
 $\frac{1}{2}$ c coarsely grated orange carrots, plus more for serving
 $\frac{1}{2}$ c Wholesome Farms Butter, clarified
Sysco Classic Kosher Salt
Sysco Imperial Black Pepper
Madras curry powder
Arrezzo Extra Virgin Olive Oil

FOR SERVING

olive oil and fresh cilantro leaves

Recipe by **Chef Neil Doherty**
Sysco Corporate

1. In a large mixing bowl, combine Madras curry spices and the olive oil.
2. Rub mixture into the cauliflower until it's evenly coated with the spice mixture.
3. Heat a large cast-iron skillet over medium-high heat. Add the clarified butter, and then add the sliced cauliflower steak. Cook for 3–4 minutes to get a good char and caramelization on the cauliflower. Cauliflower should be cooked through but still crisp. Remove from the heat.
4. Mix together yogurt, mint, chile, onion and lime juice. Gently fold in radishes; season with salt. Serve raita drizzled on cauliflower steak with oil and topped with cilantro and more grated radish.



CAPRESE BLT ON BUTTERMILK NAAN WITH CARMELIZED ONIONS

Recipe by **Chef Ojan Bagher**
Sysco Houston

- 2 ea Baker's Source Buttermilk Naan with Caramelized Onions
- 1 T Minor's® GreenLeaf™ Basil Pesto
- 1 ea vine-ripened tomato, sliced
- ¼ ea Imperial Fresh Zucchini, sliced and grilled
- ¼ c shredded mozzarella cheese
- ¼ c fresh baby arugula

1. Toast buttermilk naan with caramelized onions in toaster, oven, or on a grill or griddle.
2. Lay naan on work surface, flat side up. Spread pesto on one naan and top with tomato, zucchini, arugula and fresh mozzarella.
3. Top with the second naan and serve.



NEW YORK–STYLE CEMITAS

Recipe by **Chef Paul Deckenbach**
Sysco Metro New York

- 1 ea Block & Barrel Sesame Rolls, scooped
- 4 oz Coleman's Organic chicken breast
- 2 ea eggs, whisked
- ½ c flour
- ¼ c Sysco/FreshPoint Natural Iceberg Lettuce, shredded
- ¼ c Arrezzo Mozzarella Cheese, shredded
- 1 ea Imperial Fresh Tomato, sliced
- 1 ea avocado, sliced
- 1 ea Imperial Fresh Red Onion, chopped
- 1 ea Casa Solana Jalapeño, sliced
- ¼ c refried black beans (or substitute pinto beans)
- House Recipe Hot Sauce
- ½ c Sysco Imperial Mayonnaise
- 1 ea chipotle in adobo sauce
- 1 t lime juice

FOR THE CHICKEN

1. Split and pound the chicken breast until ¼" thin.
2. Dredge chicken in the flour, and then dip in the eggs to coat.
3. Fry on a flattop grill or pan over medium-high heat until golden brown and cooked through, roughly 2 minutes per side.

FOR THE CHIPOTLE MAYO

1. Finely chop a chipotle.
2. Mix chipotle and a dash of the adobo sauce with mayo and lime juice.

To assemble the sandwich, spread beans on the bottom bun and top with red onions, lettuce and tomato. Place one of the breasts on top and add a layer of cheese and a few dashes of hot sauce. Place the other breast on top, then add avocado and sliced jalapeño. Top with bun. Slice in half and serve.



CAULIFLOWER SHAWARMA ON BUTTERMILK NAAN

Recipe by **Chef Ben Groeger**
Sysco Arizona

FOR THE SHAWARMA

- 1 ea Baker's Source Buttermilk Naan with Caramelized Onions
- 1 ea Imperial Fresh Lemon, juiced
- 1 T Imperial Fresh Cilantro, minced
- 1 T sumac
- 2 T d'Allesandro kabsa spice (available on SuppliesOnTheFly.com)
- 3 ea Imperial Fresh Garlic Cloves, chopped
- 4 T Arrezio Extra Virgin Olive Oil
- 1 T water
- 1 ea Imperial Fresh Cauliflower, cut into florets
- 2 T Wholesome Farms Butter, clarified

FOR THE TAHINI

- ½ c tahini
- ¼ c Sysco Imperial Lemon Juice
- 1 ea Imperial Fresh Garlic Clove, minced
- ½ t salt
- 1 T water

FOR GARNISH

- 2 T Arrezio Pine Nuts, toasted
- 1 T pomegranate seeds
- Imperial Fresh Parsley or Cilantro, finely chopped
- ½ ea zest of a lemon

1. In a small bowl, combine ingredients for tahini and set aside until ready to serve.
2. In a large mixing bowl, add spices and the olive oil for the cauliflower and mix until everything is combined. Add cauliflower and toss until it's evenly coated in the spice mixture.
3. Heat a large cast-iron skillet over medium-high heat. Add the clarified butter and then the cauliflower. Get a good char on the cauliflower. You want the cauliflower to be cooked through but still crisp. Remove from the heat.
4. Slice open the naan and stuff with cauliflower, drizzle tahini over top, and garnish with the pomegranates, pine nuts and herbs. Serve immediately.



ITALIAN ROAST BEEF SANDWICH & PARMESAN POTATO FLATS

Recipe by **Chef Thomas Turton**
Sysco Syracuse

1 ea Block & Barrel Hoagie Rolls
6 oz Block & Barrel Roast Beef, thinly sliced
6 oz Sysco Imperial Au Jus Gravy Mix
2 T Block & Barrel Giardiniera Vegetables
5 oz Sysco Imperial Crispy Potato Flats
Parmesan, sprinkled on flats as desired
rosemary, sprinkled on flats as desired

1. Prepare au jus gravy mix according to directions on package.
2. Prepare potato flats by frying to a golden brown in a deep fryer at 350° F.
3. Toast the hoagie rolls on a flattop.
4. Thinly slice the roast beef and dip into au jus to heat.
5. Place roast beef on toasted bread, making sure au jus drips into the bread for flavor.
6. Add giardiniera mix on top of the roast beef.
7. Dip entire sandwich in au jus sauce and plate.
8. Serve with potato flats and small bowl of au jus for dipping.



CHARRED ASPARAGUS & MUSHROOM TACO

Recipe by **Chef Michael Sabatelli**
Swig & Swine | Philadelphia

- 4 T Sysco Classic Vegetable Oil
- ½ c Wholesome Farms Sour Cream
- 2 t fresh juice from 2 Imperial Fresh Limes
- Sysco Classic Kosher Salt to taste
- Sysco Imperial McCormick Black Pepper, freshly ground, to taste
- 2½ lbs asparagus bottoms, trimmed and cut into 1" segments
- ¼ c Monterey Mushrooms® Let's Blend™ Finely Diced Mushrooms
- 24 ea Casa Solana Corn Tortillas, warmed
- ¼ c pickled red onion
- 1 T Casa Solana Cotija Cheese
- 1 ea Sysco Natural Cilantro sprig

FOR GARNISH

- lime wedges
- Sysco Imperial Avocado Ranch or Poblano Jalapeño Ranch

1. Heat 2 tablespoons of oil in a large skillet over high heat until smoking. Add asparagus, season with salt and pepper, and cook without moving until well charred on bottom, about 2 minutes. Toss and repeat, allowing asparagus to char before tossing again. Repeat until all asparagus is charred and softened, 8–10 minutes total. Transfer to a large plate.
2. Add 2 tablespoons of oil to skillet and repeat with mushrooms.
3. Double-stack warm tortillas to make 12 tacos. Divide asparagus and mushroom mixture evenly between tortillas. Top with pickled onions, cheese and cilantro. Drizzle with desired sauce for mild or spicy tacos. Serve immediately with lime wedges.

SMOKED BRISKET TACO

Recipe by **Chef Rodrigo Morales**
Sysco Los Angeles

- 2 oz Block & Barrel BBQ Brisket
- 1 ea Casa Solana 6" Flour Tortillas
- 1 T Casa Solana Avocado Pulp
- 1 t Sysco Pico de Gallo
- ½ t Casa Solana Cotija Cheese
- 1 t lime juice
- salt to taste
- Sysco Imperial Black Pepper to taste
- Imperial Fresh Cilantro, washed and trimmed

FOR GARNISH

- lime wedges
- Sysco Pico de Gallo

1. Place brisket in foil and add a teaspoon of water for moisture. Wrap and reheat until warm.
2. Warm tortilla on flattop or skillet.
3. Mix the avocado pulp, pico de gallo and lime juice to make a guacamole.
4. To assemble the tacos, evenly divide the brisket in warm tortillas and layer with guacamole, cheese and pico de gallo. Serve with lime wedges.

CHARRED ASPARAGUS
& MUSHROOM TACO



SMOKED BRISKET
TACO

PORK GYOZA

Recipe by **Chef Josh Korn**
Sysco Sacramento

- 4 c Sysco Imperial Finely Shredded Cabbage
- 2 T Sysco Classic Vegetable Oil, divided
- 3 Sysco Imperial Green Onions
- 2 Sysco Imperial Cloves Garlic
- 1 T grated ginger
- ½ T Jade Mountain Soy Sauce
- 1 t Sysco Supreme Sesame Oil
- ½ lb Butcher's Block Ground Pork
- 50 gyoza or wonton wrappers
- tamari

1. Sauté the cabbage with 1 tablespoon vegetable oil in a large skillet over medium heat until wilted to half its volume. Transfer the cabbage to a large bowl.
2. Slice the green onions, mince the garlic and grate the ginger. Add the onions, garlic, ginger, soy sauce, sesame oil and ground pork to the bowl with the sautéed cabbage. Mix until it becomes a sticky consistency.
3. Spoon about 1 teaspoon of the pork mixture into the center of a wrapper. Dip a finger in water and wet the outer rim of the wrapper. Fold the wrapper over the filling and pinch the edges to close.
4. When ready to cook the gyoza, heat 1 tablespoon canola or vegetable oil in a non-stick skillet over medium heat. Working in batches, add the gyoza with the seam side up, and fry until the bottom is golden brown and crispy. Using the lid as a shield, pour about ¼ to ½ cup water into the skillet and quickly place the lid on top to contain the steam and splatter. Let the gyoza steam in the skillet for 1 to 2 minutes. Remove the lid and let the gyoza cook for a minute more, or until the bottom is crispy again. Serve hot with tamari.



WIDE AWAKE ACAI BOWL

Recipe by **Chef Raymond Yakelis**
Sysco New Orleans

1 c Silk Almond Milk
1 acai smoothie pack
1 T Sysco Classic Honey
½ ea banana
½ c blueberries
7 ea Sysco Classic Frozen Mango Chunks
7 ea Sysco Classic Frozen Pineapple Chunks
4 ea Sysco Classic Strawberries, frozen

TOPPINGS

½ ea banana, sliced
4 ea strawberries, sliced
¼ c blueberries
¼ c granola with almonds
1 T unsweetened shredded coconut
agave syrup, drizzled
2 T pomegranate seeds
chia seeds, sprinkled on bananas

1. Defrost acai smoothie pack.
2. Add all ingredients into a blender in the order listed.
3. Select “Frozen Yogurt / Ice Cream” option, or blend until smooth and thick.
4. Top with some or all the toppings listed.

