2017 RECIPE BOOK A SIGNATURE TOUCH



THE "UPPER KING" BREAKFAST BOWL





THE "UPPER KING" BREAKFAST BOWL

Recipe by Chef Britney Jerome

Sysco Columbia

Servings

Yields

🖞 Ingredients

12 oz.

☐ Instructions

peeled and diced sweet potato (5290231) In s

- 12 oz. rainbow chard (3821147)
- 4 pecan smoked sausage links (BBRLCLS, 8385555)
- 3 oz. olive oil blend (AREZZIO, 7947967)
- 1 T. minced garlic (SYS NAT, 1821537)
- 2 T. crushed red pepper (IMP/MCC, 9806423)
- 1 ¹/₂ c. prepared chicken broth (SYS IMP, 6213359)
- 2 oz. apple cider vinegar (4045415)
- 8 oz. prepared Sunrise Quinoa Blend (6730396)
- 4 oz. sliced and pickled mini sweet pepper (8024604)
- 4 ea. eggs (WHLFRM, 2105781)
- 4 oz. coarsely grated Manchego (CORZN, 5163208)
- 2 oz. pumpkin pepitas (2409720)

Salt to taste (SYS CLS, 6040760)

Ground black peppercorn to taste (IMP/MCC, 6638878)

In small pot of water, prepare quinoa blend according to package instructions.

Arrange diced sweet potato in a single layer and steam until just tender, careful not to overcook to the point of falling apart. Chill quickly.

Using a sharp knife, remove central ribs from chard. Slice on a bias into 1/3-inch thick pieces and reserve. Gently chop chard leaves into large pieces and set aside.

Grill sausage links until interior temperature reaches 165° F. Allow to rest 2 minutes before slicing.

Toss cooked sweet potato with olive oil, salt and pepper. Set aside.

Heat a sauté pan over medium heat. Add oil, sliced chard ribs and crushed red pepper. Cook for 1 minute. Increase heat to high. Add garlic, vinegar and chicken broth, and cook until liquid is reduced by half. Add chard leaves and season with salt and pepper. Toss until just softened, approximately 1 minute. Cook egg as desired.

Assemble the bowls by mounding Sunrise Quinoa Blend, chard, sweet potatoes and pickled peppers sideby-side. Top each bowl with an egg and sliced sausages. Finish with Manchego and pepitas.



Ҟ Recipe



WHITE MARBLE FARMS BABY BACK RIBS AND SLAW

Recipe by Chef Brett Ryan

Sysco Louisville

☑ Instructions

Ribs

Place brown sugar bourbon seasoning and bourbon sugar into a food processor until consistency reaches a fine powder.

Rub ribs evenly with bacon drippings. Coat with the bourbon spice mixture.

Place ribs in a covered pan and refrigerate overnight.

Preheat grill or smoker to 215–220° F. Place ribs on grill, bone side down, approximately 3 hours. Wrap ribs in foil and grill for 1 ½ hours. Cool in refrigerator when finished.

When ready to serve, grill ribs 4–5 minutes each side. Baste each side with sauce and serve with slaw.

Sauce

In bowl, whisk BBQ sauce and 2 cups sweet chili sauce together.

Slaw

Trim, core and cut pineapple into $^{1\!/_2\text{-}inch}$ slices.

Spray both sides of sliced pineapple with pan spray. Season with ½ tablespoon chipotle cinnamon. Place on grill to mark each side. Cool for 10–15 minutes and dice into quarter inch pieces.

In bowl, mix mayonnaise, 1 cup sweet chili sauce, salt and pepper. Add kale vegetable blend, diced pineapple, chipotle pepper flakes and 1/2 teaspoon chipotle cinnamon seasoning. Mix well.

d Ingredients

Ribs

3 racks	baby back ribs (WHITE MARBLE FARMS, 5876564)
] ¹ / ₂ c.	brown sugar bourbon seasoning (MCCORMICKS, 4201251)
l c.	bourbon smoked sugar (BOURBON BARREL FOODS, 3527551)
¹ ∕₂ c .	bacon drippings (SYS CLS, 5886381)
Sauce	
2 c.	sweet chili sauce (MAEPLOY, 1901992)
-	

2 c. sweet & tangy BBQ sauce (SYS IMP, 5925009)

Slaw

- 1 pineapple (SYS IMP, 7039290)
- 1 T. chipotle cinnamon seasoning (LAWRY'S, 8488150)
- 1 ¹/₂ c. mayonnaise (SYS IMP, 4002416)
- 1 c. sweet chili sauce (MAEPLOY, 1901992)
- ¹/₂ t. salt (SYS CLS, 4002994)
- ¹/₂ t. ground pepper (MCCORMICKS, 5229273)
- 2 lb. kale vegetable mix (APIO, 2388470)
- 1 t. chipotle pepper flakes (MCCORMICKS, 3630425)

Pan spray (SYS IMP, 4003232)





MOJITO LIME ATLANTIC SALMON



Ҟ Recipe



MOJITO LIME ATLANTIC SALMON

Recipe by Chef John Tritone

Sysco Boston

☑ Instructions

Salmon

Season salmon with McCormick Mojito lime seasoning.

Grill salmon medium, approximately 2 minutes each side.

Frittata

Add package of quinoa hash browns to medium bowl. To same bowl, add sliced mushroom blend, diced red bell pepper, diced andouille sausage and ³/₄ quart liquid egg.

Place hash mixture into a well-coated half hotel pan. Slowly pour remaining liquid egg over the top to fill any open gaps. Cover with plastic wrap and foil. Bake for 45 minutes at 350° F. Remove cover and bake for an additional 10 minutes to brown.

Cut frittata into a 5-inch circle, approximately ½-inch thick.

Vegetables

Season asparagus and baby carrots with salt and pepper. Slice in half lengthwise and grill vegetables al dente.

Creamed Corn

Sauté white corn and poblano mixture. Add heavy cream and bring to a simmer. Add to blender and blend until smooth. Season with salt and pepper to taste.

Gremolata

Roughly chop carrot tops and parsley. Toss with lemon and lime zest and season with salt and red pepper flakes.

🖞 Ingredients

Salmon

- 6 oz. Atlantic salmon (PORTFRESH, 2184337)
- ¹/₄ oz. Mojito lime seasoning (MCCORMICKS, 4201285)

Frittata

1 pkg.	quinoa hash browns (PATHLIFE, 4111249 CES)
2 links	andouille sausage, diced ¼" (NCTRYSH, 7723776)
8 oz.	mushroom blend (SYS IMP, 6138929)
2	red bell peppers, diced ¼" (SYS IMP, 1079250)

1 qt. egg liquid (ABBTSFD, 1453859)

Vegetables

- 1 oz. baby carrot with top (0426585)
- 1 oz. asparagus (4418752)

Salt to taste (SYS CLS, 6040760) Pepper to taste

Creamed Corn

2 oz. white corn with poblano peppers (SYS SUP, 3617549)
4 oz. heavy cream (WHLFARM, 4828802)
Salt to taste (SYS CLS, 6040760)

-

Pepper to taste

Gremolata

- 1 T. carrot top (9588849)
- ¹/₂ T. Italian parsley (SYS NAT, 6908172)
- ¹/₄ t. lemon zest (7412596)
- ¹/₄ t. lime zest (1276500)
- Salt to taste (SYS CLS, 6040760)

Pinch of red pepper flakes (MCCORMICKS, 9806423)





Yields

MEDITERRANEAN LAMB TRIO





MEDITERRANEAN LAMB TRIO

Recipe by Chef Mark DeNittis

Sysco Denver

Serving

Yields

💆 Ingredients

Recipe 1

Lamb 2.5 lb.

1 T.

1 t.

☐ Instructions

Lamb

Portion the shawarma blend into 0.66 ounce meatballs. Wrap each mini meatball with zucchini ribbon slice. Place on skewers and refrigerate until time of service.

Salad/Dressing

Combine all ingredients in bowl.

To Plate

Grill, roast or broil the lamb skewer. Place a portion of the chopped Greek salad and feta crumbles in the radicchio. Serve with hummus and tatziki.

coarse kosher salt (SYS CLS, 6040760)

2 t. sweet paprika (CASAPON, 5256698)

lemon zest (SYS IMP, 8412876)

ground cumin (IMP/MCC, 5228713) 2 t.

Zucchini-Wrapped Lamb Doner Kebab

with chopped Greek salad, Tatziki and hummus

ground lamb (SYS IMP, 7639388)

- 1 t. ground cinnamon (IMP/MCC, 5228630)
- ¹/₂ **†**. ground black pepper (IMP/MCC, 5229356)
- 20 thin zucchini slices (4517421)

Salad

- ³/4 C. halved heirloom cherry tomatoes (5661143)
- 1/2 C. finely julienned red onion (SYS IMP, 8877748)
- peeled, seeded and diced cucumber ¹/₂ C. (SYS IMP, 2572273)
- pitted and sliced Kalamata olives 1/4 C. (DIVINA, 7742069)
- sliced California black olives 1/4 C. (SYS OTT, 1286319)
- ¹/4 C. torn parsley (2219111)
- ¹/₂ c. crumbed feta cheese (SYS IMP, 135632)

Dressing

- 6 T. extra virgin olive oil (AREZZIO, 5846714)
- 2 T. red wine vinegar (SYS CLS, 4113056)
- 1 t. Mediterranean oregano (SYS CLS, 3492692)
- 1 t. ground black pepper (IMP/MCC, 5226698)

Salt to taste (SYS CLS, 6040760)

To plate

- 10 chilled, stemmed and halved organic lettuce radicchio (1791680)
- 2 c. hummus (MKZ CLS, 9669151)
- tatziki sour cream sauce (MKZ CLS, 9669136) 2 c.





MEDITERRANEAN LAMB TRIO

Recipe by Chef Mark DeNittis

Sysco Denver

🖵 Ingredients

1 Instructions

Meatballs

Incorporate ground lamb and dry spices well. Portion and weigh out 2 oz. portions. Hand form single serving meatballs. Bake in the oven for 12 minutes at 475° F, or deep fry for 5-7 minutes.

Lavash Cracker

Cut lavash into thin strips. Coat lightly with cooking oil, olive oil or coconut oil. Cook flat or use soup cups to drape over and toast 4-7 minutes for a curled cracker effect.

Tomato and Paprika Concentration

Heat oil over in heavy-bottomed pot over medium heat. Add the shallots to cook until translucent. Add the dry spices and toast lightly. Take off heat and stir in crushed tomatoes.

Place back on medium heat, bring to boil and turn to low. Allow to simmer slowly on low for 60 minutes or more, stirring frequently, until reduced by 25%.

Garbanzo Crumble

Drain and rinse garbanzo beans. Allow to air dry to remove excess moisture.

Using coconut oil, lightly coat the drained, dried garbanzo beans. Sprinkle with sumac.

Place in 375° F oven until lightly browned and crispy all the way through, approximately 30–45 minutes. Remove from the oven and let air dry.

Crush/crumble and store for service to use at time of plating. (Do not refrigerate.)

To Serve

Cook meatballs through. Place tomato concentration on plate. Serve cooked meatball on top of lavash cracker. Garnish with garbanzo crumble and mint chiffonade.

Recipe 2

Chermoula Meatballs with lavash cracker, minted tomato and smoked paprika concentration and roasted sumac garbanzo crumble

Meatballs

- 2.5 lb. ground lamb (SYS IMP, 7639388)
- 1 T. ground cumin (IMP/MCC, 5228713)
- ¹/₂ **T**. ground coriander (IMP/MCC, 5228671)
- 1 t. Hungarian ground sweet paprika (5256698)
- chili powder (IMP/MCC, 5228564) 1 t.
- ¹/2 **†**. ground allspice (IMP/MCC, 5228275)
- ground ginger (IMP/MCC, 5228887) ¹/2 **†**.
- ¹/2 **†**. ground turmeric (IMP/MCC, 5229802)
- ¹/₂ **†**. ground cayenne pepper (IMP/MCC, 5229398)

Lavash Cracker

lea. thawed and cut lavash (8854152)

Tomato and Paprika Concentration

- crushed tomatoes (4030599) ¹/2 qt.
- 1 T. olive oil pomace (AREZZIO, 5847011)
- 1 T. minced shallots (1437565)
- 1/2 T. ground cumin (IMP/MCC, 5228713)
- ¹/₂ **T**. hot red harissa (MINA, 1704517)
- ¹/₂ T. smoked paprika (MC CORM, 5806750)
- ground Korinje cinnamon ¹/2 **†**. (IMP/MCC, 5228630)
- 6 ea. chiffondade mint herb leaves (SYS IMP, 2037109)

Garbanzo Crumble

1 c. garbanzo beans (SYS CLS, 4062337) Coconut oil (2086496) Ground sumac (3895570)





MEDITERRANEAN LAMB TRIO

Recipe by Chef Mark DeNittis

Sysco Denver

🖞 Ingredients

Recipe 3

and naan

Lamb

☑ Instructions

Lamb

Incorporate the ground lamb and the merguez dry spice blend together. Portion into 2 ounce servings. Form round patty. Reserve cheese for time of cooking.

Picked Vegetables

Mix all ingredients and allow to pickle, refrigerated, for up to 12 hours.

Flatbread

Cut into strips, triangles, circles and a variety of other shapes or styles to use as the serving vessel. Lightly coat with cooking oil, vegetable pan spray or coconut oil before toasting or grilling for 2–3 minutes.

To Serve

Grill slider for 4-7 minutes, or bake in a 475° F oven for 8-10 minutes. Place shaved cheese on cooked slider and serve atop toasted or grilled flat bread. Garnish top with pickled vegetables and torn fresh cilantro leaf.

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- 2.5 lb. ground lamb (SYS IMP, 7639388)
- 2.5 T. ground paprika (IMP/MCC, 5229182)

Merguez Lamb Slider with shaved manchego

- 1 T. granulated onion (IMP/MCC, 5229109)
- 1 T. dry cilantro (MC CORM, 5046115)
- 1 t. Mediterranean oregano (SYS CLS, 3492692)
- 1 t. granulated garlic (SYS CLS, 3492836)
- 1 t. ground black pepper (IMP/MCC, 5229356)
- 1 t. ground coriander (IMP/MCC, 5228671)
- ³/₄ t, ground cumin (IMP/MCC, 5228713)
- ³/₄ t. crushed red pepper flakes (IMP/MCC, 5913454)
- 1 t. kosher salt (SYS CLS, 6040760)
- 1/2 lb. shaved manchego cheese (1507789)

Picked Vegetables

- ¹/₂ c. peeled and sliced carrots (SYS CLS, 9588757)
- ¹/₂ c. yellow squash (SYS IMP, 6902399)
- ¹/₂ c. peeled and julienned watermelon radish (9209891)
- ¹/₂ c. anise fennel (1769728)
- 1 c. torn cilantro (2219095)
- 2 T. extra virgin olive oil
- ¹/₄ c. lemon juice (SYS CLS, 2252013)



Yields

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JALAPEÑO CHICKEN AND WAFFLES





JALAPEÑO CHICKEN AND

WAFFLES with Bloody Mary slushy and carrot and parsnip fries

Recipe by Chef Meegan Roberts

Sysco Cleveland



₫ Ingredients

¹/4 C.

1 t.

2

1

1 c.

1/2

1 T.

1 T.

1 oz.

¹/₂ oz.

¹/₂ c.

Chicken and Waffles

jalapeño juice (4006383)

salt (SYS CLS, 6040760)

egg (WHLFCLS, 2105823)

waffle (SYS CLS, 6794028)

tomato (SYS IMP, 1008648)

mayonnaise (SYS IMP, 4002416)

maple syrup (CROWN, 3796970)

flour (SYS CLS, 8378111)

buttermilk (3466323)

chicken thighs (SYS CLS, 7792187)

shredded iceberg lettuce (SYS IMP, 4289641)

PInstructions

Fried Chicken

Strain the juice from the jalapeños and reserve peppers for garnish. Marinate the chicken thighs in the juice for at least 3 hours.

Whisk together buttermilk and eggs. In a separate container, season flour with salt.

Dip chicken into buttermilk. Thoroughly coat with seasoned flour. Heat deep fryer to 350° F. Fry chicken until crisp.

While the chicken is frying, cut the waffle in half and toast. Slice the tomato. Combine the maple syrup and mayo.

Top waffle triangles with tomato, lettuce, maple mayonnaise and fried chicken. Garnish with reserved jalapeno slices and bamboo pick.

Fry the carrot and parsnip fries. Serve immediately with the Bloody Mary Slushy.

Bloody Mary Slushy

Combine Bloody Mary mix, vodka and ice in blender. Pulse until combined. Garnish with pickles and serve immediately.

Fries

6 oz. carrot and parsnip fries (PATHLIFE, 4114290 CES)

Bloody Mary

- 4 oz. Bloody Mary mix (7008641) 1.5 oz. vodka 1 c. crushed ice
- 1 ea. pickle garnish (2668325)

PITA-STYLE SHORT RIB SHAWARMA





PITA-STYLE SHORT RIB SHAWARMA

Recipe by Chef Luigi Tripodi

Sysco Metro New York



Yields

d Ingredients

PInstructions

Beef

Slice short ribs lengthwise, about ½=inch wide. Pound slices until very thin.

Combine garlic, allspice, lime juice, and salt and pepper. Marinate beef for approximately 10 minutes.

Grill on hot charcoals until done. Set aside.

Sauce

Mash garlic and salt together to form a paste. In small bowl, whisk together tahini, lemon juice, yogurt, parsley, cumin and garlic. Keep cool.

Pita

Warm pita on hot charcoal. Julienne tomato and onion.

In small bowl, combine julienned tomato and onion with parsley leaves. Toss with sumac and sea salt.

To serve

Julienne beef and arrange in warmed pita. Add vegetable mixture and drizzle with tahini sauce. Roll pita and wrap with foil. Serve with salad or fried potatoes of your choice.

Sauce

Beef

6 oz.

1

1/4 **†**.

2 T.

1 oz.

¹/₂ c. tahini (ROLAND, 7190418)

Salt to taste (SYS CLS, 6040760)

Pepper to taste (IMP MCK, 5331048)

2 chopped garlic cloves (SYS NAT, 1821537)

boneless cab short ribs (CABBHNP, 3124662)

chopped garlic clove (SYS NAT, 1821537)

allspice (IMP MCK, 5228275)

lime juice (SYS NAT, 3865730)

olive oil (SUPREMA, 5534151)

- ¹/₈ c. lemon juice (SYS NAT, 3865649)
- 3 T. plain yogurt (DESSI, 0358891)
- 1 t. chopped Italian parsley (SYS NAT, 6908172)
- ¹/₂ t. sea salt (MALDEN, 0458275)
- Pinch of cumin (IMP MCK, 5228713)

Pita

2 warm pitas (BBRLCLS, 1662139)
1 beefsteak tomato (SYS CLS, 1763440)
1 oz. fresh Italian parsley (SYS IMP, 6831515)
2 oz. sweet Vidalia onion (GIORGIO, 2561462)
1¹/₄ t. sumac powder (D'ALLAS, 3749722)
Pinch of sea salt (MALDEN, 0458275)



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X Recipe



10/20 dry scallop, sliced in half (PORTICO, 7056724)

finely diced jalapeño (SYS IMP, 1185156)

finely diced red onion (SYS IMP, 1039494)

juiced limes (1276500)

cilantro (SYS IMP, 2219095)

fresh uni tray (2702787)

quartered tomatillos (1008861)

clove finely sliced garlic, toasted

halved avocado (SYS IMP, 1185511)

PORTICO SCALLOP **CEVICHE**

Recipe by Chef John Carriego

Sysco South Florida



Yields

6 ea.

4

1

1

4

1

1

1

1 oz.

Instructions

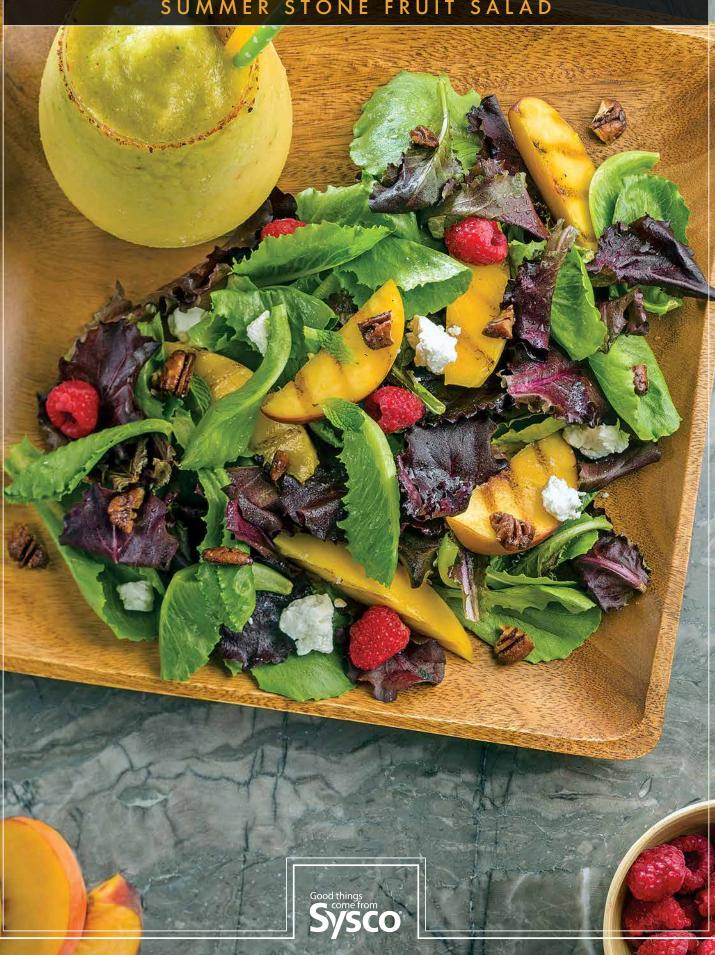
In medium bowl, combine juice of 2 limes, 2 ounces of each pepper, onion and jalapeño. Marinate scallop in mixture for 45 minutes.

In food processor, combine tomatillos, juice of remaining 2 limes, 2 ounces jalapeno and onion, pinch of cilantro and avocado. Pulse for 1 minute. Pass through a fine china cap to form coulis.

Put 2 ounces of coulis on the bottom of the plate. Arrange scallops around the center. Top each scallop with a piece of uni, toasted garlic chip, jalapeño slice and cilantro. Sprinkle with salt.

🖞 Ingredients

SUMMER STONE FRUIT SALAD





SUMMER STONE FRUIT SALAD

Recipe by Chef Robert Root

Sysco Central California



Yields



Servina

d Ingredients

☑ Instructions

Salad

- 1.5 oz. Arcadian lettuce (SYS NAT, 1132022)
- 1 T. packed fresh mint, chiffonade
- (1165859) 5 ea. raspberries (1182336)
- 2 T. candied pecans
- (SYS CLS, 4645396) 3 fresh peach slices (7670203)
- 3 fresh mango slices (1727569)
- 1 T. goat cheese (6268221)
- 1 T. diced cucumber
- (SYS IMP, 7410640)

Vinaigrette

- ¹/₄ c. lime juice (SYS NAT, 3865730)
- 2 T. honey
- 1 t. Dijon mustard
- ¹/₂ t. olive oil blend (0217428)
- 1 t. diced shallots (1977743)
- 1 t. fresh, minced ginger (1008770)
- Salt to taste (SYS CLS, 4002994)

Pepper to taste (MCCORMICKS, 5229273)

Smoothie

1 pkg. mango Bar Fresh (2752063) 3 oz. chopped cucumber (SYS IMP, 7410640) chopped fresh mango (1727569) 3 oz. 5 oz. water $^{1}/_{2}$ lime, juiced (SYS NAT, 3865730) cucumber peel (SYS IMP, 7410640) lea. lea. mango wedge (1727569) 2 mint leaves (1165869) 1 T. tajin

Salad Char peaches and mango on a hot grill until showing grill marks. Toss t

grill until showing grill marks. Toss the lettuce with 2 tablespoons of dressing and half of chiffonade mint. Top with pecans, grilled fruit and goat cheese. Garnish with remaining mint.

Vinaigrette

Combine all ingredients in blender and pulse until smooth.

Smoothie

Add first 4 ingredients to blender and purée until smooth. Wet rim of glass. Dip glass in tajin, pour in smoothie and serve. Garnish with mango, cucumber and mint sprig.





CROQUE-MADAME, FRENCH CUBAN GOURMET GRILLED CHEESE DUO

Recipe by Chef Marcus Means

Sysco Atlanta



Serving

d Ingredients

12-in.

6 oz.

5 oz.

3 oz.

☑ Instructions

Black Forest Ham and Brie Grilled Cheese

Cut rind off brie and mix in food processor until smooth.

Toast and slice baguette horizontally with a serrated bread knife.

To form sandwich, overlap slices of ham and pear on the bottom half of baguette. On the top half, spread brie.

Smoked Salmon and Havarti Dill on Sourdough

Toast bread on hot, buttered surface. Drain and fry capers until crispy.

On one half of sourdough, add havarti and salmon. On the second half, add tomato and fried egg. Top with fried capers.

Smoked Salmon and Havarti Dill on Sourdough

Black Forest Ham and Brie Grilled Cheese

baguette (BKRSIMP, 1213511)

brie (BBRLIMP, 6127591)

sliced ham (BBRLCLS, 3922119)

sliced poached pears (SYS IMP, 6242671)

2 slices	sourdough (BBRLCLS, 4811568)
6 oz.	smoked salmon (PORTPRM, 3352796)
3 oz.	havarti-dill cheese (BBRLIMP, 2393023)
2	eggs (WHLFARM, 3602976)
l oz.	fried capers (INTLIMP, 5535679)
2 slices	tomato (SYSIMP, 1008630)







CURRIED PARSNIP COCONUT BISQUE WITH EGGPLANT SANDWICH

Recipe by Chef Matthew Curmi

Sysco Spokane



🖞 Ingredients

Bisque

6	fresh parsnips (2297265)
3 с.	coconut milk (5101480)
1 oz.	carrot (3877194)
1	green onion (SYS NAT, 7350788)
3 t.	lemon juice (SYS NAT, 0138818)
2 t.	salt (SYS CLS, 6040760)
³ /4 † .	curry powder (IMP/MCC, 5228747)
1 t.	turmeric (IMP/MCC, 5229802)

Harissa

- 4 dried ancho chilies (3881455)
- ¹/₈ t. ground cumin (IMP/MCC, 5228713)
- ¹/₄ t. ground coriander (IMP/MCC, 5228671)
- 1 t. garlic (AREZZIO, 4073342)
- ¹/₄ c. olive oil (AREZZIO, 5934302)
- 1 c. cranberries (SYS IMP, 2527653)
- ¹/₂ t. salt (SYS CLS, 6040760)
- ¹/₂ t. lemon juice (SYS NAT, 0138818)

Sandwich

4	ciabatta buns (2188179)
1/4 C.	olive oil (AREZZIO, 5934302)
2	eggplants (SYS IMP, 1222389)
1/2 † .	salt (SYS CLS, 6040760)
1 c.	flour (SYS CLS, 8379251)
¹ /4 C.	lettuce (SYS NAT, 3680267)

☑ Instructions

Bisque

Peel parsnips and place in pan. Add 1 cup of coconut milk and enough water to cover. Boil until parsnips are well cooked and soft, then drain reserving liquid. Reserve peelings to fry for garnish.

While parsnips cook, julienne carrot and onion and reserve 2 tablespoons of coconut milk for garnish.

In blender, combine parsnips, remaining coconut milk and 2 cups of the cooking liquid. Blend until smooth. Season with 3 teaspoons lemon juice, 2 teaspoons of salt, and curry and turmeric powders. Set aside and keep warm.

Harissa

Add chilies to hot water and let soak for 15 minutes. Remove from water and squeeze out moisture. In food processor, combine chilies and cumin, coriander, garlic, ¼ cup of oil, cranberries, ½ teaspoon of salt, and remaining lemon juice. Purée until smooth and set aside.

Sandwich

Brush the bread with oil and toast lightly.

Peel eggplant and slice into ½-inch slices lengthwise. Season eggplant slices with remaining salt and dredge in flour.

In pan, heat remaining oil. Cook eggplant slices until golden brown, approximately 1 minute each side.

To Serve

Add soup to bowls and garnish with the carrot and green onion. Spread harissa on both sides of the ciabatta add eggplant and lettuce leaves. Top with roasted peppers, raisins, herbs and carrot.



CAJUN TURKEY ROULADE

Recipe by Chef Jody Di Sabantonio

Sysco Nashville





🖞 Ingredients

Turkey

2	raw, boneless turkey breasts (BBRCLS, 4164695)
1.5 lb.	caul pork fat, frozen (3051449)
2 lb.	layflat bacon (373090)
3	6oz. pkgs. boudin link sausages (4903571)
2 c.	coarse Japanese bread crumbs (SYS CLS, 5495460)
¹ / ₂ C.	Creole-style mustard (4006862)
1 T.	gumbo file seasoning (1551510)
1 ½ T.	Cajun seasoning (SYS IMP, 5328194)
1/4 c.	chopped garlic (SYS NAT, 6651020)
2	jumbo red onions (SYS NAT, 8399925)
2	diced green bell peppers (SYS IMP, 6686505)
2	diced red bell peppers (SYS IMP, 1387448)
2 T.	chopped sage (SYS NAT, 2004919)
1 T.	chopped thyme (SYS NAT, 2005262)
2 lb.	100/150ct crawfish tail meat (6417349)
6	XL eggs (WHLFRM, 3602984)
12	whole, peeled garlic (SYS NAT, 6651020)
1 bch.	diced Pascal celery (SYS IMP, 1908300)
4	real aniana (SVS IMP 8200025)

- 4 red onions (SYS IMP, 8399925)
- 6 diced jumbo carrots (SYS CLS, 9588849)

Salt to taste (SYS CLS, 6040760)

Black pepper to taste (SYS IMP, 5229273)

Instructions

Turkey

Remove skin from turkey and reserve. Butterfly turkey and pound to an even thickness. Mix stuffing ingredients. To form roll, lay out the caul fat and top with a layer of bacon followed by a layer of turkey breast.

Portion stuffing mix evenly and place in the center of each roll.

Roll turkey breast up halfway. Using 2 pieces of bacon, seal each side. Using the bottom layer of bacon, wrap over the rolled half and

continue to roll to the end. Wrap the caul fat around to totally encase the breast and hold it in one piece.

In roasting pan coated with oil, sear both roulades until browned. Remove from pan. Add 3 T of fat and cook garlic and vegetables until caramelized. Place roulades on top of vegetables and add 4 cups stock to the pan. Place in 350° F oven and bake until internal temperature reaches 165° F (approximately 25 minutes). Remove the roulades, set aside and keep warm.

Yields



chicken stock

Salt to taste (SYS CLS, 6040760)

bourbon

CAJUN TURKEY ROULADE

Recipe by Chef Jody Di Sabantonio

Sysco Nashville



Yields

d Ingredients

Gravy

4 c.

lc

1/4 C.

2 oz.

2 oz.

☑ Instructions

Gravy

Deglaze roasting pan with bourbon. Add stock and reduce. Thicken with roux. Season with salt and pepper.

Strain and keep warm.

Cranberry relish

2 c. orange juice (SYS IMP, 3865896)

maple syrup (SYS IMP, 6219349)

butter (WHLFRM, 5926910)

flour (SYS CLS, 8378111)

Black pepper to taste (SYS IMP, 5229273)

- 1 lb. dried cranberries (SYS IMP, 8256893)
- ¹/₄ t. fresh sage (SYS NAT, 2004919)
- 3 oz. granulated cane sugar (SYS CLS, 4782694)
- ¹/₂ t. ground cinnamon (SYS CLS, 6639512)

Cranberry relish

Combine all ingredients and cook over medium-low heat until reconstituted. Garnish with fresh chiffonade of basil leaves.



CAJUN TURKEY ROULADE

Recipe by Chef Jody Di Sabantonio

Sysco Nashville



d Ingredients

☑ Instructions

Salad

3 T.rendered duck fat (9530155)1 pkg.salad mix, power blend (3817901)2 T.chopped garlic (SYS NAT, 6651020)1 c .turkey cracklins or pork rindsSalt to taste (SYS CLS, 6040760)Black pepper to taste (SYS IMP, 5229273)

Salad

In large pan, heat duck fat until just smoking. Add power blend and sauté until coated and warm. Season with salt, pepper and garlic. In serving dish, top with cracklins and serve.

Yields

HOLIDAY BREAD PUDDING WITH NUTELLA MINT HOT CHOCOLATE





HOLIDAY BREAD PUDDING WITH NUTELLA MINT HOT CHOCOLATE

Recipe by Chef Roary MacPherson

Sysco St. John's

记 Instructions

Bread Pudding

In a bowl, combine the bread cubes, apples and cranberries. Transfer mixture to a greased 9-inch x 5-inch bread pan.

In a separate bowl, combine the egg yolks, eggs, cream, milk and sugar. Pour over bread mixture.

Place bread pan in a larger baking dish. Fill larger dish with boiling water halfway up the sides. Bake at 350° F until a knife inserted near center comes out clean, approximately 50–55 minutes. Remove from water bath. Cool for 15 minutes.

Cream Sauce

Combine cream and sugar in saucepan. Cook and stir until sugar is dissolved. Remove from the heat. Stir in rum, cinnamon and nutmeg. Serve warm with pudding. Garnish with assorted berries and crushed candy canes.

Hot Chocolate

Heat milk in a quart saucepan over medium heat until just beginning to bubble at edges, approximately 3 minutes. Remove from heat and whisk in remaining ingredients until smooth. Top with whipped cream and seasonal sprinkles. Serve.

d Ingredients

Bread Pudding

8 c.	day-old bread cubes, crust removed (BKRSCLS, 2746519)
2	peeled and chopped medium tart apples (2256238)
¹ / ₂ C.	dried cranberries (SYS SUP, 8256893)
4	egg yolks (WHLFARM, 9997925)
3	eggs (WHLFARM, 9997925)
1 c.	heavy whipping cream (WHLFARM, 6935464)
¹ / ₂ c.	milk (WHLFARM, 2327740)

1 c. sugar (SYS CLS, 4782694)

Cream Sauce

- 1 c. heavy whipping cream (WHLFARM, 6935464)
- 3 T. sugar (SYS CLS, 4782694)
- 1-2 t. Newfoundland Screech Rum

Cinnamon and nutmeg to taste (SYS CLS, 5265451)

Hot Chocolate

- 1 c. milk (WHLFARM, 2327740)
- 3 oz. Nutella (2178139)
- 1 t. chopped mint (1679984)
- 1 T. hazelnut liqueur, such as Frangelico (optional)

Whipped cream for serving (WHLFARM, 6935464)

