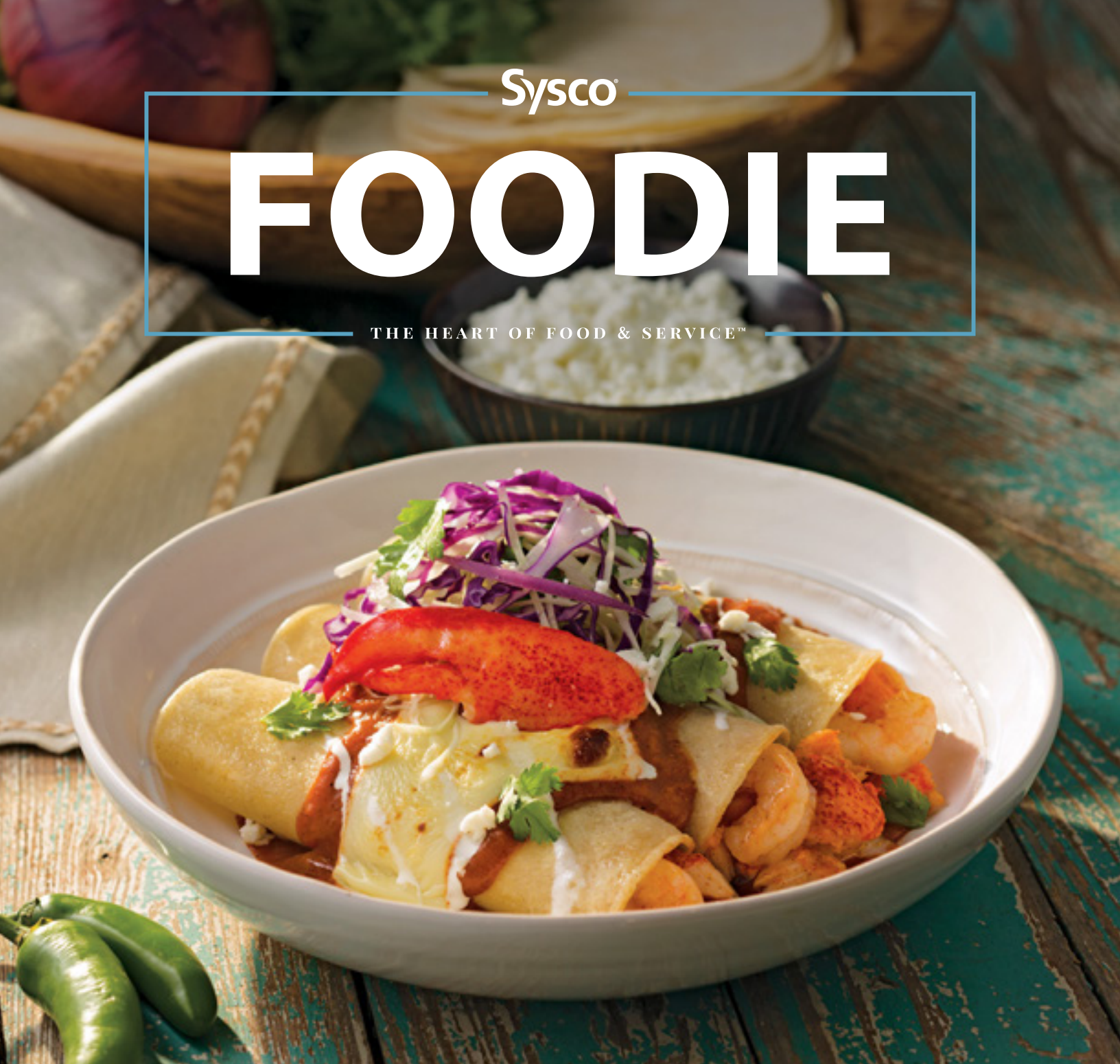


Sysco

FOODIE

THE HEART OF FOOD & SERVICE™



WINTER 2017

RECIPE BOOK



LOBSTER MAC & CHEESE

Recipe by **Chef John Tritone**

Sysco Boston

1 oz Wholesome Farms Unsalted European Butter (3030117)
 1 ½ oz Block & Barrel Smoked Gouda Cheese (2393049)
 1 ½ oz Wholesome Farms Heavy Cream (6935464)
 4 oz Portico Prime Lobster Meat (1488418)
 1 oz House Recipe New England Oyster Crackers (2466902)
 1 oz Arrezzio Olive Oil/Canola Blend, 75/25 (6332845)
 3 oz Pasta LaBella Ziti (4862835)
 ½ oz Sysco Imperial Jumbo Red Onion (1094663)
 Sysco Natural Green Onion for garnish (7350788)

Boil pasta until slightly firm, drain and place in ice bath. Drain again and toss with a small amount of olive oil. Reserve. Shred Gouda cheese on a fine box grater and reserve. For crust, toss crushed oyster crackers with melted butter and brown in the oven until crispy, approximately 3 minutes at 350° F.

Slice red onion and sauté until caramelized. Add pasta to the pan and heat for 30 seconds. Then add heavy cream and shredded Gouda. Gently stir over medium heat until a sauce is formed. Add all lobster meat except for the claw. In a separate pan, gently poach lobster claw meat in butter until heated through. Adjust sauce thickness by reducing cream or adding water to thin. Add salt to taste. Place pasta in a bowl and top with toasted breading. Garnish with poached lobster claw and thinly sliced green onion. Serve immediately.

SPICY LEMON PEPPER RUB

Recipe by **National Fisheries Institute**

- ¼ c Sysco Imperial McCormick Lemon Pepper Seasoning (4935755)
- 1 T Sysco Imperial McCormick Chili Powder (5136957)
- 1 T Sysco Imperial McCormick Ground Cumin (5228713)
- 1 T Sysco Imperial McCormick Ground Coriander (5228671)
- 1 ½ t BakerSource Light Brown Sugar (1854694)
- ½ t Sysco Imperial McCormick Coarse Sea Salt (1508581)
- ½ t Sysco Imperial McCormick Red Pepper Flakes (9806423)
- 1 ¼ t Sysco Imperial McCormick Ground Black Pepper (9806415)

Mix all ingredients together and store in a dry, airtight container.
Use this rub liberally to add a zesty citrus kick to shrimp, fish, pork or chicken.



SEAFOOD ENCHILADAS

Recipe by **Chef Benjamin Udave**
Sysco Los Angeles

- 3 oz lobster meat (9363763)
- 12 ea Portico Bounty Cooked Shrimp, 100/150-count (1344803)
- 3 ea Casa Solana 6-inch Corn Tortillas (5250485)
- 3 oz Casa Solana American Cheese (2188233)
- 3 oz Casa Solana Enchilada Sauce (7039365)
- 1 oz Wholesome Farms Salted Butter (5925987)
- 1 oz Sysco Imperial Shredded Cabbage (7779911)
- 1 oz Sysco Imperial Red Onion (1039494)
- 1 oz Sysco Imperial Cilantro Dressing (9591264)
- 1 pinch fresh micro mint (9744293)
- 1 T Pica y Salpica Crema Mexicana (4434795)

Warm lobster meat and shrimp in butter and enchilada sauce. Warm tortillas and fill with seafood mix, cheese and fresh onion. Top with warm enchilada sauce and cheese; then use a torch to brûlée the top until cheese melts and browns slightly. Garnish with cabbage and onion; top with micro mint and drizzle with crema.



FABULOUS FISH TACOS

Sysco Signature Recipe

- 3 c Wholesome Farms Classic Sour Cream (5020193)
- ¾ c Sysco Natural Lime Juice (3865730)
- 2 t Sysco Classic Hot Sauce (5728191)
- 5 lbs Portico Simply Cod Fillets (6790398)
- 1 qt Sysco Classic Yellow Cornmeal (4692893)
- 1 ½ t Sysco McCormick Ground Ancho Chile Powder (0321596)
- 2 ½ t Sysco Classic Kosher Salt (6040760)
- 2 t Sysco McCormick Ground Black Pepper (6639827)
- 8 ea Sysco Classic Eggs (2105823)
- 1 c Sysco Classic Flour (8378111)
- 2 c Sysco Classic Vegetable Oil (7626013)
- 48 ea Casa Solana Corn Tortillas, 6-inch (5250485)
- 3 qt Sysco Imperial Shredded Red Cabbage (1221654)
- 1 ½ qt crumbled queso fresco (0110619)
- 1 qt Sysco Natural Cilantro (2219095)
- lime wedges for garnish (1276500)

Combine sour cream, lime juice and hot sauce; cover and refrigerate up to three days.

Pat fish dry with paper towels. In wide, shallow container, combine cornmeal, chile powder, salt, pepper. Whisk eggs in a second wide, shallow container. Place flour in third shallow container. Dry fish in flour, then dip fish in eggs, allowing excess to drip off. Next, dredge in cornmeal mixture, turning to coat both sides and patting so mixture adheres. Place on parchment-lined sheet tray.

For each order, heat oil over high to medium-high heat. Cook fish pieces until golden brown and internal temperature reaches 145° F, turning once. Heat 2 tortillas and evenly fill with cabbage, fish, sour cream mixture, queso and cilantro; serve with lime wedge.

Yields 24 servings.



HOT CRAB, SPINACH AND ARTICHOKE DIP

Sysco Signature Recipe

18 oz	Sysco Imperial Cream Cheese, softened (1012566)
1 ½ c	Wholesome Farms Classic Heavy Cream (4828802)
1 T	Sysco Natural Garlic Cloves, minced (1821537)
42 oz	Arrezzio Artichoke Hearts, quartered, drained and chopped (7950082)
30 oz	Sysco Classic Frozen Chopped Spinach (1038686)
3 ea	Arrezzio Roasted Red Peppers, chopped (9122128)
¾ c	Arrezzio Parmesan & Romano Cheese Blend (4061547)
2 T	Sysco Natural Lemon Juice (3865649)
1 ½ t	Sysco Classic Salt (6040760)
½ t	Sysco Imperial McCormick Ground Black Pepper (6639827)
2 ¼ lbs	Portico Bounty Crab Blend (2558914)

In large saucepot, cook cream cheese, cream and garlic over medium heat until mixture is smooth (whisk constantly). Remove from heat. Stir in artichoke hearts, spinach, red peppers, grated cheese, lemon juice, salt and black pepper. Fold in crabmeat. Transfer dip to a small baking dish, cover and refrigerate.

To serve, bake at 375° F until top is lightly browned and internal temperature reaches 165° F. Serve with crackers, toasted baguette slices or tortilla chips.

Yields 24 servings.



MISO SEARED POLLOCK & CRAB SHIITAKE FLAN

Recipe by **Chef Shannon Newman**
Sysco Corporate

36 oz Portico Simply Pollock (1578285)
9 oz Portico Bounty Ultimate Sushi Crab (2558914)
5 ea Wholesome Farms Classic Eggs (2105823)
10 oz Wholesome Farms Classic Heavy Whipping Cream (4828802)
2 c shiitake mushrooms (8882276)
1 ½ T International Supreme Garlic Oil (9190620)
1 ½ T Sysco Natural Shallot (1473206)
2 T Sysco Natural Green Onion (7350788)
9 oz dashi broth
10 g wasabi micro greens (3997396)
6 T pickled radish and carrot (6210710)
3 T white or yellow miso (6275531)
3 T soy sauce (4005567)

Marinate 12 3-oz medallions of pollock in miso for 4 hours. Preheat oven to 325° F. Sauté finely diced shallots and shiitake mushrooms in 1 T oil until tender; let cool. Mix 5 eggs with 10 oz of heavy cream and ½ T remaining oil. Fold in scallions and cooled mushroom mixture.

Spray 6 small ceramic cups with pan coating and line with 1 ½ pieces of crab. Then pour mixture into cups evenly. Bake at 325° F for 20–25 minutes until set.

Sear pollock in a hot pan until caramelized.

To plate, carefully run a knife around the edge of the cup to remove flan and place on dish. Shingle pollock on flan, add dashi broth, garnish with pickled vegetables and top with wasabi greens.



STEAK & GORGONZOLA FLATBREAD

Recipe by Saputo Culinary Team

1 ea	Block & Barrel Square Flatbread (3436870)
1 T	Arrezzio Extra Virgin Olive Oil (5846714)
1 ea	garlic clove, fresh
4 oz	prime skirt steak, cooked medium, sliced
½ c	Riserva Shredded Mozzarella Cheese (2856108)
¼ c	onions, sliced and caramelized
¼ c	tomatoes, sliced
¼ c	Arrezzio Gorgonzola Cheese, crumbled (8495412)
⅓ c	scallion, sliced thin

Preheat oven to 450° F. Lightly brush flatbread with olive oil, then rub lightly crushed garlic clove over oiled bread for flavor. Top flatbread with sliced steak, cheese, onions, tomatoes and gorgonzola crumbles. Place in oven and bake for 5-10 minutes, or until cheese is melted and bubbly. Remove from oven and top with sliced scallions. Slice into strips and serve immediately.



CROWD-PLEASING THREE-CHEESE PIZZA

Recipe by Saputo Culinary Team

14 oz Arrezzio Pizza Dough Ball (4857322)
3 oz Arrezzio Pizza Sauce w/Oil (6181093)
2 c Riserva Shredded Mozzarella Cheese (2856108)
½ c Arrezzio Asiago Cheese (1956804)
½ c Arrezzio Gorgonzola Cheese (0698118)
sea salt to taste

Preheat oven to 450° F. Roll pizza dough to one-quarter inch or thinner. Place dough on baking sheet or pizza stone and par-cook for 2 minutes to allow dough to set. Pull dough from the oven and top with pizza sauce and mozzarella cheese. Bake for another 8–12 minutes or until pizza reaches desired doneness. Remove from oven and top with Asiago, crumbled gorgonzola and sea salt, distributing evenly. Slice and serve immediately.



GOURMET GRILLED CHEESE DUO

Recipe by **Chef Marcus Means**
Sysco Atlanta

Black Forest Ham and Brie Grilled Cheese

12-in BakerSource Imperial Baguette (1213511)
6 oz Block & Barrel Classic Sliced Ham (3922119)
5 oz Block & Barrel Imperial Brie (6127591)
3 oz Sysco Imperial Poached Pears (6242671)

Cut rind off brie and mix in food processor until smooth. Slice and toast baguette horizontally with a serrated bread knife. To build sandwich, overlap slices of ham and pear on bottom half of baguette. Spread brie on top half.

Smoked Salmon and Havarti Dill on Sourdough

2 slices Block & Barrel Classic Sourdough (4811568)
6 oz Portico Prime Smoked Salmon (3352796)
3 oz Block & Barrel Imperial Havarti-Dill Cheese (2393023)
1 ea Wholesome Farms Egg (3602976)
1 oz Sysco Imperial Capers, fried (5535679)
2 ea Sysco Imperial Tomato, sliced (1008630)

Toast bread on hot, buttered surface. Drain capers and fry until crispy. On one half of sourdough, add havarti and salmon. Add tomato and fried egg on the second half. Top with fried capers.



CURRIED PARSNIP COCONUT BISQUE WITH EGGPLANT SANDWICH

Recipe by **Chef Matthew Curmi**
Sysco Spokane

Bisque

- 6 fresh parsnips (2297265)
- 3 c coconut milk (5101480)
- 1 oz carrot (3877194)
- 1 Sysco Natural Green Onion (7350788)
- 3 t Sysco Natural Lemon Juice (0138818)
- 2 t Sysco Classic Salt (6040760)
- ¾ t Sysco Imperial McCormick Curry Powder (5228747)
- 1 t Sysco Imperial McCormick Turmeric (5229802)

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. Drain and reserve liquid. Reserve peelings to fry for garnish. While parsnips cook, julienne carrot and green onion for garnish. Reserve 2 T of coconut milk for garnish.

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

Harissa

- 4 dried ancho chiles (3881455)
- ⅛ t Sysco Imperial McCormick Ground Cumin (5228713)
- ¼ t Sysco Imperial McCormick Ground Coriander (5228671)
- 1 t Arrezio Garlic (4073342)
- ¼ c Arrezio Olive Oil (5934302)
- 1 c Sysco Imperial Cranberries (2527653)
- ½ t Sysco Classic Salt (6040760)
- ½ t Sysco Natural Lemon Juice (0138818)

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

Sandwich

- 1 ea ciabatta buns (2188179)
- ¼ c Arrezio Olive Oil (5934302)
- 2 ea Sysco Imperial Eggplants (1222389)
- ½ t Sysco Classic Salt (6040760)
- 1 c Sysco Classic Flour (8379251)
- ¼ c Sysco Natural Lettuce (3680267)

Brush bread with oil and toast lightly. Peel eggplant and cut into ½-inch slices lengthwise. Season eggplant with remaining salt and dredge in flour. In pan, heat remaining oil. Cook eggplant slices until golden brown, approximately 1 minute each side.

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



SALMON BLT

Sysco Signature Recipe

1 ea	Portico Simply Salmon, 4 oz portion (8496069)
2 ea	Strips of Smoked Layflat Bacon (1359405)
1 ea	Sysco Imperial Vine-Ripened Tomato (1008648)
2 ea	Hydroponic Bibb Lettuce Leaves (1505361)
1 T	Sysco International Imperial Capers, nonpareil (5535687)
2 ea	Block & Barrel Wheatberry Bread Slices (6536118)
3 ea	asparagus stalks, fresh (4418752)
2 oz	Wholesome Farms Unsalted Butter (5926910)
½ ea	fresh jalapeño, roasted (1346485)
½ c	Sysco Imperial Mayonnaise (4002416)
1 T	Sysco Natural Fresh Peeled Garlic, chopped (1821537)
½ c	Sysco Natural Fresh Cilantro (2219095)
1 oz	Sysco Natural Ultra Premium Pasteurized Lime Juice (3865730)

Butterfly salmon and season with salt and pepper. Pan-sear quickly to medium doneness. Place cilantro, mayo, garlic, fresh lime juice and ½ of the roasted jalapeño into a blender, blend until creamy. Taste and adjust seasoning. Butter bread slices and toast to golden. Cook bacon until crisp.

Blanch asparagus and then slice in half lengthwise, season with salt. Slice tomato into five equal slices. Spread a light layer of aioli onto toast. For best results, layer ingredients in this order: lettuce, tomato, salmon, asparagus, bacon, lettuce. Skewer and cut on the diagonal. Garnish with pan-fried capers.



WINTER GREENS SALAD WITH WARM BACON DRESSING

Recipe by **Chef Jennifer Kagy**
Sysco Cincinnati

2 lbs Kale Salad Crunch Mix (3984475)
6 oz Sysco Classic Layflat Bacon (5886393)
6 oz red onion (6660252)
8 oz Arrezzio White Balsamic Vinegar (7013162)
2 ½ oz Sysco Classic Extra Fine Granulated Cane Sugar (5934302)
1 oz Arrezzio Olive Oil, 80/20 Blend (5934302)
6 oz Sysco Imperial Dried Cranberries (7102403)
8 oz large glazed pecan pieces (3463423)
salt and pepper to taste

Chop bacon and thinly slice red onion. Set aside. Sauté bacon in olive oil over medium-high heat until fat is rendered out and bacon is crisp. Turn off heat. Add vinegar and stir. Then add red onions and sugar; stir until sugar is dissolved and onions are a bright pink. Taste and adjust seasoning to appropriate tartness. Add more sugar if too tart. Use salt and pepper to taste. Add greens and cranberries and toss until well coated. Garnish with pecans and serve.

Tip: For an added pop of color, garnish with pomegranate seeds.



ROASTED WINTER VEGETABLE SALAD WITH MAPLE CITRUS DRESSING

Sysco Signature Recipe

- 3 c roasted butternut squash, 1" dice (4629374)
- 2 c roasted pumpkin, 1" dice (5310756)
- 2 c roasted acorn squash, skin on, 1" dice (1008614)
- 2 c Sysco Imperial Carrots, ¼" rounds, roasted (3879962)
- 3 c Sysco Imperial Leeks, halved, sliced thick, roasted (308161)
- 3 c Sysco Imperial Red Apples, 2" dice, roasted (2795896)
- 4 c Sysco Natural Lettuce, Fresh Arcadian Harvest (4417830)
- 1 c Sysco Imperial Maple Syrup, 55% blend (6219349)
- ½ c Sysco Natural Ultra-Premium Lime Juice (3865730)
- 1 t fresh serrano pepper, seeded and diced (1453661)
- ½ c Sysco Natural Cilantro, chopped (2219095)
- 1 c Sysco Classic Homestyle Seasoned Croutons (3917309)
- 1 c pomegranate seeds (2858704)

Mix all ingredients together and combine well. When plating, take the lettuce and line the outer edge of the serving plate to create a border edge. Mound the remainder of the salad in the center of the plate and serve.



ORANGE, BEET & GOAT CHEESE SALAD

Recipe by **Tony Avasakdi**
Ventura

Salad

- ½ c Sysco Imperial Roasted Beets, quartered (4424729)
- 2 c arugula
- ¼ c orange segments
- 4 T Block & Barrel Imperial Goat Cheese Crumbles (6268221)
- ¼ c heirloom cherry tomatoes (5661143)
- 2 ½ oz turmeric crema dressing (see recipe)

Add all ingredients to a bowl, reserving half of the goat cheese for garnish. Toss with turmeric crema dressing to coat. Sprinkle with reserved goat cheese and serve.

Turmeric Crema Dressing

- 1 c Pica y Salpica Crema Mexicana (4434795)
- 1 T Sysco Imperial McCormick Turmeric (5229802)
- 1T Sysco Natural Lime Juice (3865730)
- ½ t Sysco Natural Minced Ginger (91008770)
- ¼ t orange zest
- ¼ t lime zest
- 2 T Arrezzo Extra Virgin Olive Oil (5846714)
- ½ t Sysco Imperial McCormick Black Pepper (6639827)
- pinch Sysco Classic Kosher Salt (6040760)

Combine all ingredients and mix well. Chill before serving.

Tip: This dressing also makes a wonderful marinade for meat or seafood.



BROWNIE BAKED ALASKA

Recipe by **Chef Greg Meeker**, Sysco Seattle
Chef Dimitri Ponomarchuk, Continental Mills

1 ea	6 lb box BakerSource Fudge Brownie Mix (5913058)
2 ½ c	water
1 gal	Wholesome Farms Vanilla Bean Ice Cream (2256998)
1 gal	strawberry sorbet
1 gal	meringue, prepared

Place water and brownie mix in mixer bowl. Using paddle attachment, mix on low for 30 seconds. Scrape bowl and paddle. Continue to mix on low for 30 more seconds. Pour batter into greased full sheet pan. For convection ovens, bake at 300° F for 25–30 minutes; for standard oven, bake at 350° F for 25–30 minutes. Allow brownies to cool. Cut six rounds using a 10" ring mold. Place one brownie round in a mold (ring-mold or spring-form). Next, add a layer of ice cream. Then add a layer of sorbet. Freeze until hard. To assemble, remove cake from mold and cut into desired portions. Using a pastry bag with a star tip, cover each portion with meringue. Toast meringue with a torch or salamander broiler before serving.



MEDITERRANEAN BEET DIP

Recipe by **Love Beets**
Sysco Supplier

- ½ c Wholesome Farms Plain Greek yogurt (4360901)
- 8.8 oz Sysco Imperial Beets (6920326)
- 5 ea garlic cloves
- 1 ea fresh jalapeño
- 2 t Sysco Classic Honey (4361432)
- 2 t za'atar seasoning
- ½ t sea salt (6920326)
- 2 t Sysco Classic Cider Vinegar (6674220)
- 2 T feta cheese (0135632)
- 3 T pepitas (pumpkin seeds)

Cut top off whole head of garlic; drizzle with olive oil and wrap in foil. Roast at 375° F for 40–50 minutes. Cut jalapeño in half length-wise; remove seeds and ribs. Place cut side down on a baking sheet and roast at 375° F for 8–10 minutes (until skin browns and begins to bubble). After ingredients have cooled, finely dice jalapeños and peel five cloves of garlic.

Combine all ingredients in a food processor and blend until smooth, scraping sides if necessary. Sprinkle with feta cheese and pepitas, then serve with pita triangles or crackers.

