



THIS ISSUF





DEPARTMENTS

2 WORLD OF SYSCO

Learn how Sysco's fresh dairy maintains the highest safety standards in the industry and why Cargill has been our primary ground beef supplier for more than 15 years.

10 CULINARY TRENDS

Get expert tips on how to measure and reduce food waste in your operation and see how to add profit to your french fry plate.

27 OPERATIONS

Find the inspiration you need to do grab-and-go breakfast right, and check our holiday prep guide to get organized before the rush.

28 RECIPES

Everything you need to bring the vibrant dishes on these pages to life.

32 BACK OF OUR HOUSE

In Las Vegas, Chef Brian Littlejohn works with a team of experts to guide a diverse group of customers to success.

FEATURES

12 Rise and Dine

The most important meal of the day is stretching its legs. Breakfast classics take on new life with innovative twists.

20 Thrill of the Grill

Today's diners expect more from their burgers-especially when they are paying a premium. Ethnic flavors, artisan cheeses and even colorful bunless bowls have entered the burger orbit.

24 Chill Out

When the mercury rises, stock your menu with irresistible chilled desserts, from ice cream sandwiches to novelty shakes.

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supplies Inthefly.com

Fresh Honest Dairy

Eggs, butter, milk—these are all key ingredients in the commercial kitchen. When it comes to fresh dairy, Sysco's **Wholesome Farms** brand offers quality, consistency and safety you can count on. Backed by Sysco's quality assurance team, the largest in the industry, your fresh dairy—from milk, cream and eggs to ice cream and sour cream—comes with a guarantee of the highest safety standards.

Sysco's end-to-end refrigerated supply chain means all items are shipped and delivered cold from start to finish. This includes being transported in trucks outfitted with time temperature recorders to ensure the temperature never rises above 40 degrees, which means the products maintain the best flavor.

When you order from Wholesome Farms, key products, including milk and shell eggs, are sourced from a trusted community of farmers and packaged within 72 hours of leaving the farm. With only clean and pure ingredients and no added hormones or antibiotics, Wholesome Farms allows you to worry less about your dairy supply so you can focus more on running your business.





Cargill[®]

LOCATION Minneapolis, MN CATEGORY Agricultural Products KNOWN FOR

Quality Ground Beef

SUPPLIER PROFILE

Cargill

Founded in 1865, Cargill has grown from a grain-storage business to a multinational giant, providing the world with agricultural goods and products. It also supplies the high-quality ground beef for Sysco's Fire River Farms brand, including bulk grind and patties, fresh as well as frozen. Cargill is the exclusive supplier for **Fire River Farms Imperial Natural Grass-Fed Ground Beef**, which currently comes in frozen patties and will soon be available in fresh bulk to meet growing demand.

Constant Innovation

"Cargill has been producing Fire River Farms ground beef for more than 15 years," says Travis Vest, Corporate Account Manager at Cargill. "And we will continue to invest in our relationship with Sysco. We have recently added a specialist to our team who concentrates on nothing but ground beef products." While more midrange restaurants are embracing fresh patties in place of frozen when making burgers these days, "it doesn't need to be an either/or proposition," says Tony Neuman, Customer Marketing Manager at Cargill. There is a time and a place for both, according to Neuman. Frozen patties can reduce waste and the chances for spoilage. Sysco's patties are flash-frozen at the height of freshness to preserve the quality and taste.

Our Safety Commitment

When it comes to ground beef, safety and quality are the primary focus for both Cargill and Sysco. All Cargill and Sysco trucks that transport fresh meat are equipped with time temperature recorders that certify the temperature "never goes above 40 degrees, and the cold chain is maintained from when the beef leaves Cargill's dock until it reaches your back door," says Yale Lary, Quality Assurance Department PQM (Product Quality Management) Manager at Sysco. "Cargill is helping us to be a leader in the industry for food safety," says Lary. "Cargill micro-tests all of our ground beef and has state-of-the-art traceability systems so if they have to pull back a product, they know exactly where everything is before it even reaches the customer," says Lary. Beyond their top-level safety and cold-chain controls, however, says Lary, "They are early adopters of technology, such as an online quality verification system, and they are constantly innovating and developing new products and ingredients that bring quality and value to the customer. They even helped Sysco develop our own proprietary beef blends, including our preseasoned beef patties."

When you place a sizzling burger on a bun or serve your signature sliders to a diner, you need to feel confident in the meat's safety and quality, as well as its great, consistent taste. Cargill and Sysco have combined forces to make Fire River Farms the best on the market.



Savor the Moment

Citavo, Sysco's coffee and tea brand, has some exciting changes in store that will be all the buzz this year. In addition to a logo and packaging makeover, the Citavo brand, known for its robust selection of coffees, cocoas and cappuccinos, now includes hot and iced teas. From early morning until late into the night, Citavo beverages will have your customers savoring the moment with every sip.

Brewed beverages are profitable menu drivers that go beyond what's in the cup to deliver comforting sensory experiences. On average, consumers savored three cups of coffee a day this past year, with consumers ages 18 to 34 spearheading growth in the category, according to Technomic. Iced tea is another favorite, with 25 percent of foodservice consumers ordering it daily.

Tea Up

The Citavo line now includes a wide range of iced and hot teas to add to your menu. More consumers are choosing hot and iced teas over sugary carbonated beverages for their halo of health, their glow of globalism and potential for endless personalization. Add flavored iced teas like **Citavo Imperial Raspberry** or hot teas such as **Citavo Imperial Green Tea** as healthier choices for during or after the meal. Use **Citavo Imperial Black Unsweetened Iced Tea** as a blank canvas for creations that mix mashed fresh fruit and herbs, such as mango, peach, mint or basil.

The Big Chill

Cold brew is one of the fastest-growing beverage categories on the market, with growth approaching 50 percent last year, according to Datassential. Our **Citavo Imperial Cold Brew Concentrate** makes it easy to embrace the trend. Conveniently packaged in resealable, shelf-stable compact cartons, Citavo Cold Brew just requires the addition of water, meaning you can serve it to guests on demand or prepare a batch in the morning for the entire day. Although cold brew by itself can be priced at a premium, you can realize an even greater profit when you add custom flavorings such as vanilla, mocha, caramel and hazelnut.

Crafted With Care

If you are looking for a coffee with consistently great flavor, Citavo offers a choice of top-quality brews you can count on. From **Citavo Imperial 100% Colombian** to **French Roast** and **Kona Blend Coffees**, all Citavo coffees and teas are overseen by Sysco's Quality Assurance team, the largest in the industry, to guarantee transparency, safety and the best-tasting beverage experience. In addition, Sysco has its own Master Cupper, who samples each batch to ensure every brew is up to par.

Sysco also offers sustainably sourced coffees that benefit the environment and positively impact small family-owned farms. Grown, sourced and roasted with care and attention, these include products such as **Citavo Supreme Single-Origin Guatemala Blend** and **Costa Rica Blend**, as well as **Certified Organic Dark Roast**.

New Look, Same Great Taste

As Citavo unveils new packaging to reflect a more modern aesthetic, its commitment to the time-honored tradition of quality and expertly grown coffees and teas remains steadfast. No matter what kind of operation you run, Citavo's coffees, hot and iced teas and cocoas have a place on your menu.

Ask your Marketing Associate about Citavo products that are right for your operation.

Sysco Brand QA Promise Our Sysco Brand products meet the most exacting standards for safety, reliability and quality. All Sysco brands are backed by the largest Quality Assurance team in the industry.



FRESH new look, SAME great brands

You may notice that our brands look a little different. Driven by our companywide commitment to more sustainable operations, and new FDA regulations on clear and clean labeling, our products' packaging now features a fresh new look. Rest assured that no matter what changes on the outside, the quality and consistency you've come to rely on remain the same.







CUSTOMER PROFILE Firefly Grill

Effingham, Illinois

In a small town in Central Illinois, **Firefly Grill** has become a destination for food lovers from far and wide. We caught up with chef/ owner **Niall Campbell** to learn more about his hospitality and farm-fresh cooking. If you had to describe Firefly Grill in just a few words, what would they be? Eclectic, high-end, global comfort food.

How did the restaurant get started?

I've worked in restaurants since I was 15, starting as a dishwasher. I worked all over— I'd be in the Caribbean in winter and spend summers in Maine. I was helping friends open a restaurant in Vieques, Puerto Rico, when I met my wife, Kristie.

Kristie's dad is from this little town in Illinois called Effingham. We met some developers from there who were interested in opening a nice restaurant in the town, which at the time had mostly chains. When we got the offer to open in Effingham, we thought we would do it for a short time and then move on. But we fell in love with living here. It's a great town, and we have a 300-square-foot restaurant with an



firefly grill



attached farm, 200 miles south of Chicago. We opened in 2006 and slowly became a destination restaurant. We've created a pretty good following.

Tell us about the farm that's attached to the restaurant.

Originally, we had about 2,500 square feet of fertile land. It has grown to 46,000 square feet, providing 60 to 70 percent of our produce from April to October. At first, I thought, as long as we can grow our own herbs, that will be great. Then we added tomatoes; we have 32 different varieties. Now we grow eggplants, jalapenos, squash, squash blossoms—it runs the gamut.

What are some of your signature dishes?

The beauty of being an independent restaurant is that we can follow the seasons and be very fluid with what produce is available at the time. The menu might change once a week or five times in a week. In summer, we take the squash blossoms we grow and stuff them with goat cheese and herbs, and lightly batter and fry them. And our steaks are just unbelievable, from our New York strip to the prime rib. Customers come in and rave about our filets, and we take a lot of pride in that.

What items do you source from Sysco?

We buy our romaine and iceberg lettuces, our onions, celery and carrots. Our fish sea bass, salmon. And that great steak 1 was telling you about, the Certified Angus Beef.® Our Sysco rep took us up there. Sysco understands what 1 am trying to do. They're looking for what works best for me and my business. It's not always about the price point for me; it's about the quality of the product.

How has Sysco been an integral partner in your success?

I asked for total transparency with Sysco, and it was given to me. Their automated online ordering also helps with that transparency, and especially accountability. Sysco keeps us informed about how things are moving—they give us the higher-level view—in the world of food, and I appreciate that.

What are your plans for the future?

Last year, we bought an additional 14 acres of property that we plan to use as an event space for weddings and corporate parties. We will probably build that out in the next five years. That, plus our farm, gives us plenty of space to grow.

To read more Customer Profiles, click here.



Chill out during summer with



Available Packages: 375ml (Still & Sparkling), 500ml (Still & Sparkling), 800ml (Still & Sparkling), 850ml (Still Only)



Available Packages: 20oz, 700ml, 1L



Available Packages: Glacier Cherry, Glacier Freeze, Lemon Lime & Orange 20oz

PLEASE CONTACT YOUR LOCAL SYSCO MARKETING ASSOCIATE FOR ORDERING AND PRICING ON ANY OF THE ABOVE ITEMS

Actual product availability in markets may vary and is dependent on local restrictions

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Fighting Hunger, Sharing Strength

Food isn't just our business. At Sysco, it's also our passion and our purpose as we fight to put an end to hunger. Sysco is committed to helping the millions of Americans who struggle with food insecurity and hunger, providing both financial and volunteer resources to local organizations. We currently allocate 75 percent of our community donations and volunteer activities toward hunger relief, and as part of our 2025 Corporate Social Responsibility Goals, we plan to donate 200 million meals and \$50 million dedicated toward alleviating hunger and food insecurity in the communities we serve.

One of the ways Sysco is working to end hunger is through our long-standing partnership with **Share Our Strength**. For nearly two decades, Sysco has partnered with the nonprofit organization dedicated to ending hunger and poverty in the United States and abroad, including key support for its **No Kid Hungry** campaign, which focuses on ending childhood hunger in the U.S. And for the past seven years, Sysco has proudly served as National Co-Presenting Sponsor of **Taste of the Nation**, an annual culinary event series benefiting No Kid Hungry. Created in 1988 by Share Our Strength Co-Founders Billy and Debbie Shore, Taste of the Nation is one of the longest-running culinary events in the country and has raised more than \$100 million to end childhood hunger. The events take place in 20 cities annually, and each one features dozens of celebrated local chefs, mixologists and sommeliers serving savory and sweet tastings for attendees.

The importance of Sysco's partnership with this series is recognized not only by the local communities in which the events take place but also across Share Our Strength, according to Debbie Shore:

Sysco's incredible support makes Taste of the Nation possible. We are incredibly grateful for their passion, commitment and partnership, and look forward to continuing to work together to make great strides in ending childhood hunger across the United States.

One in six children in America struggles with hunger, but the No Kid Hungry campaign aims to change that. Since the campaign's launch, over a billion meals have been served to kids across the country, thanks in large part to partners like Sysco.

The No Kid Hungry campaign helps schools make breakfast part of the school day to reach more kids facing hunger in the classroom, expands programs that serve kids meals during the summer break and after the school day ends and teaches families to stretch their food dollars and cook healthy meals through nutrition education programs.

Sysco extends its support of No Kid Hungry beyond dollars with in-kind product donations and employee volunteerism. Together, we can make a difference in a child's life, one meal at a time.

Check to see if there's a Taste of the Nation event coming to a city near you at NoKidHungry.org/Taste.



CULINARY TRENDS

The Versatile French Fry

Eaten by themselves, **french fries** are a crispy, savory treat. But when dressed with the right seasonings and paired with a tangy sauce or dip, what was once a simple, inexpensive side or appetizer becomes an elevated taste sensation.

Coated for Crunch

"One reason our **Sysco Imperial Ultimate Crisp** and **Sysco Imperial Phantom Fries** are hugely popular across the board is their menu versatility," says Jim Mosley, Product Manager at Sysco. Both the Ultimate Crisp and the Skin-On Phantom (used in the Peri Peri Fries, shown here) have a special coating that retains crispness. This has a wide range of benefits, whether you want your fries to cling to a sauce or to each other as part of a loaded fry concept, poutine or nacho build. It is especially helpful if fries make up part of your takeout or delivery menu and need to maintain their crunch on the ride home.

Dressed to Thrill

According to Bruce Barnes, Menu Consultant at Sysco, more operators are pairing the humble fry with upscale dipping sauces and exotic spice blends or seasoned salts. "Harissa fries, chipotle fries ... you can get a couple dollars more per serving as an appetizer or a side when you add the right seasonings," Barnes says. "It's super-easy, and because the french fry is an inexpensive product, the margins are great."

Drizzle fries with fresh herbs and feta cheese for a halo of freshness and health. Use them as a blank canvas for ethnic flavors, such as West African, Greek or Japanese; go upscale with black truffle salt or turn up the heat with a squeeze of **Mike's Hot Honey** or a dusting of **Frank's RedHot® Dry Seasoning**, a Sysco-exclusive product.

Fries on Top

Different Sysco fry products, such as our Sysco Imperial Potato Chip Skin-On Recipe Choice and Sysco Imperial Waffle Fries, can also be used in a wide variety of applications, adding crunch on top of salads and even burgers. Fries also make a great soup topper, providing both texture and a bit of hearty flavor.

Ask your Marketing Associate about Sysco's wide range of fry options and applications.



Find recipes for Furi Furi Fries (center) and Peri Peri Fries (right) on **SyscoFoodie.com**.



Students in a Chartwells Higher Ed teaching kitchen with Waste Warrior Chef Jet.

Rethink Food Waste

Tracking, using the right tools and a change in mindset can help reduce food waste in any operation.

As 40 percent of the world's food goes uneaten, and 52 million tons of food are sent to landfills annually in the U.S. alone, operators have both a challenge and an opportunity. By measuring and reducing waste, restaurateurs can save money and help save the planet.

Measure and Track

To reduce food waste, you need to know how much of your weekly food order is going unused. From there you can measure how each change you make to manage waste affects that number. Start by using inventory management technology to keep track.

We spoke with trained chef and Waste Warrior Andrew Greene, M.B.A., CCC, the Purchasing Manager at Chartwells Higher Ed, about why curtailing food waste is partly a matter of mindset. To start. says Greene, "Food waste is not waste until it's wasted. The amount of food we serve each day is massive, and it's a great responsibility." Greene and his colleagues track every pea and potato through customized production and waste software. Yet, he says, technology is not the key. "Empower and educate your staff to manage waste," he says, "and ask yourself what you can do to contribute, for

example, by visiting **StopFood-WasteDay.com** to take the pledge and become a Waste Warrior."

A Waste-Not State of Mind

Start with the basics, like using smaller plates for portion control, for example. Also, it has been shown that people waste less food in an all-you-can-eat environment when they have to carry their own plates, so consider ditching the trays, as Chartwells Higher Ed has done. Chartwells Higher Ed has done. Chartwells provides kitchen staff with tools like tomato sharks to get each bit of a tomato, and they use ingredients such as red bliss potatoes, which don't need to be peeled. Greene also believes trends like root-to-stem cooking are positive and here to stay. But most important, he says, is to impart knowledge and connect downstream users with the entire food supply chain, from farmers to truck drivers. Once each person understands where a tomato comes from and all the work that goes into getting it to the plate, they won't want to waste any part of it.

Moving the Needle

Food waste is an ethical. economic and environmental issue. By measuring results, taking practical steps and sharing knowledge, you can achieve significant reductions in food waste. "At Chartwells Higher Ed," says Greene, "we're lucky to be led and empowered by our VP of Sustainability and Culinary Services, Laura Lapp, and inspired by our CEO, Lisa McEuen, who always expects us to 'be brilliant at the basics.' We will continue to move the needle forward on food waste and other sustainable innovations each and every day."



Add profit to the plate when you put a fresh twist on breakfast classics.

> Hatch Chile Crab Cake Wafflewich With Green Tomato Fries

Waffles, grits and Benedicts are standards on the breakfast menu.

Waffles, rits and licts are andards bicts are upping their game, using high-end ingredients and technical prowess to make these once-modest dishes sing. What can operators do to elevate their own breakfast dishes from satisfactory to extraordinary?

Set Your Plate Apart

"Most customers are looking for plates that go the extra mile," says Chef Brian Dorsey, Culinary Consultant at Sysco Denver. "When you add something to a plate, don't just do it because it looks pretty, but because it pulls the dish together, making it more flavorful and visually appealing." For example, the Lemon and Thai Basil Blueberry Waffles (next page), made with **Sysco Classic Blueberry Muffin Batter**, are topped with homemade preserves to more fully develop the blueberry flavor. The Thai basil, meanwhile, is an unexpected counterpoint. "It's all about layering the flavors in interesting ways," Dorsey says.

You can also elevate a dish by adding unusual, exotic or luxurious ingredients to

Cheesy Grits With Pulled Pork & Spring Vegetables

Find recipes for these dishes on pages 28–30. the mix. Avocado toast is a simple concept, but one that continues to be reinvented by chefs—and enjoyed by diners—all across North America. Here, we've added not only rich smoked salmon to our Whipped Avocado Toast but also a hint of salty prosciutto to further set it apart.

Rethink Waffles

Waffles are perennially popular. But instead of topping them with the classics and stopping there, consider using them as the basis for a deluxe breakfast sandwich, as we've done with the Crab Cake Wafflewich. Not only does this plate reinvent the breakfast sandwich concept, but like the avocado toast, it also takes advantage of the current seafood trend, which is gracing breakfast menus across the country. Whether you mix smoked salmon or crabmeat into scrambled eggs or use smoked trout or lobster in a deluxe Benedict, seafood is a surefire way to elevate a morning dish and add value to the plate.

Whipped Avocado Toast With Smoked Salmon and a Mango Bellini

A Healthy Margin

Many people think breakfast is a lowmargin daypart. "The bills may be small, but the margins are usually high because the ingredient costs are so low," says Bruce Barnes, Sysco Menu Consultant. Eggs cost less than half as much as most proteins. Batter-based dishes "cost little but seem elegant when you dress them up," Barnes says. "Just go easy with steak and eggs or you'll miss out on the benefits."

Braised Short Rib Eggs Benedict With Cheesy Grits

Another great idea for remaking the waffle—and layering flavors—is to stuff ingredients inside the batter before cooking instead of, and in addition to, placing them on top. This can be done using speedscratch ingredients such as blueberry muffin batter, or simply by adding the flavorings of your choice to **Sysco Classic Waffle and Pancake Batter**.

Be a Champion of Breakfast

Whether you serve retro pancakes with a twist, or protein power bowls, morning service has become a complex but profitable daypart. So profitable, in fact, that breakfast has eased into the afternoon, and brunch has quietly crept from weekends to Friday and then Thursday. "If I were advising someone about starting up a breakfast operation, I would say offer clean, appealing plates of food made from fresh ingredients," says Dorsey. "You need great service and an inviting atmosphere. And finally, give people a reason to come back."

Find recipes for these dishes on pages 28–30.

Strawberry Almond Cornbread Waffles

LAU Sysco hawaii Serves 4

- cups Corn Muffin Mix
 Canola oil spray
 cup almond butter, roo
- temperature 2 fresh strawberries, sliced 2 cups Wholesome Farms Impe-

Basil Blueberry

- 2 cups Wholesome Farms Impe rial Greek Vanilla Yogurt
- 2 cup strawberry ming 4 cup sliced almonds
- ² cup sliced almonds

Follow the directions to prepare the corn muffin mix. Preheat the waffle iron and coat it with oil spray. Spoon about 2 ounces of corn muffin mix onto the hot waffle iron and bake until golden-brown. Once you've made 8 waffles, spread almond butter on half of them. For each serving, place 3 strawberry slices on the almond butter and sandwich with another waffle. Top with ¹/₄ cup of Greek yogurt, strawberry filling and sliced almonds.



What's Cooking Across the Country

We've canvassed Sysco chefs across the country to learn about intriguing regional **breakfast trends**, from hyperlocal ingredients to protein power bowls.



1 Hyperlocal Ingredients CHEF JAY MARSHALL SYSCO SAN FRANCISCO

"The Bay Area is unique in that consumers are looking for the most local and sustainable ingredients they can get. In terms of breakfast dishes, you see a lot of standards, but with every ingredient and farm called out on the menu. For example, you'll see French toast made from local sourdough bread, or eggs and bacon made from farm-fresh eggs and cruelty-free bacon, served with organic orange juice. To meet that need, at Sysco San Francisco we stock all kinds of local products, and produce grown in the Salinas Valley."



2 Elevated Breakfast Classics CHEF BRIAN DORSEY SYSCO DENVER

"A lot of diners are looking for the classics, like pancakes and biscuits and gravy, but with an elevated twist. Instead of plain hollandaise on a Benedict, you see chipotle hollandaise. Instead of pork bacon, you see lamb bacon. I'm seeing places serve sous-vide eggs and meats, or use chimichurri or clarified butter in scrambled eggs. They take the high-level techniques and ingredients of dinner prep and use them for breakfast with a premium price."



3 Liquid Breakfast CHEF JAVIER U. LOPEZ SYSCO HOUSTON

"In Houston, I see a lot of plant-based juices and fruit smoothies with a yogurt base. Coffee drinks are also big, and at brunch, diners often order coffee cocktails with a shot of alcohol. Weekend brunch is a social gathering; it's a way of life here. I've even created my own brunch cocktail that combines tequila and espresso with frothy milk, called the Texicana Cappuccino. It sets the tone for the rest of the day."



4 Artisanal Bacon by Itself CHEF JAHNA GEORGE SYSCO LOUISVILLE

"Breakfast is big in Louisville. Everything from stuffed omelets to customized coldbrew coffee is just taking off. But the trend I'm seeing the most is bacon served by itself as an appetizer or side. Chefs are taking good-quality thick-cut bacon, like **Sysco Reliance Hickory Smoked 7/9** or **Classic Cold-Smoked**, and serving it candied or spiced with jalapeno or cayenne. It's a tasty bite before your main breakfast."



5 Breakfast Power Bowls

CHEF ALEJANDRO WINZER SYSCO SOUTHWESTERN ONTARIO

"The minimum wage in Ontario is high, so it's

important for operators to do a high volume if you're going to serve breakfast. Tim Hortons serves all-day breakfast, and I've seen others following suit. Diners are looking for healthy menu items-things like cleanlabel jams with no sugar added, or meats with no hormones or filler. Breakfast power bowls are especially popular. They usually combine high-protein grains like quinoa, kamut or millet with fruits and vegetables like avocado, kiwi and mango."



<mark>6</mark> Pancakes With Appeal

CHEF WILLIAM BROOKS SYSCO CONNECTICUT

"Millennials have changed the way we eat. They want bold flavors and an unorthodox mix of ingredients, like spicy walnut carrot cake pancakes or a slab of braised pork belly on a waffle. Omelets are getting more interesting, too, with pork carnitas instead of your standard ham and cheese. And breakfast sandwiches are changing, too: Instead of ham and bacon I see them filled with smoked brisket or seafood. And you can use **Baker's Source Caramelized Onion Naan** for bread in place of an English muffin."



7 Instagram-Worthy Brunch Dishes

CHEF BONNIE RAY Sysco charlotte

"The so-called Brunch Bill, which came out in summer of 2017, allowed alcohol sales to begin at 10 a.m. instead of noon on Sundays, and that kicked the Charlotte brunch scene into high gear. The thing I see most is Instagrammable dishes. It's pushing operators to go over the top. One local restaurant offers a bloody mary with a Monte Cristo sandwich perched on top for brunch. It's camera-friendly, plus you can charge \$12.95."

FUTURE WATCH

Back to Bread

This may be the year carbs make a comeback. There will always be a small percentage of people who simply cannot eat wheat gluten because they have celiac disease or an allergy, and a larger percentage who just prefer not to. But bread and pastries and pancakes are too fundamental to our cuisine to ever give up. Look for more operators, and especially breakfast and brunch places, to embrace the bread basket, offering more in the way of artisanal fresh-baked goods of all kinds, from slow-rise bread to homemade doughnuts.

Get Up and Go!

BREAKFAST TO-GO is gaining ground. About a third of all consumers, including 45 percent of millennials, want meals they can pack and take with them, according to Technomic's *Breakfast Consumer Trend Report*. Many breakfast eaters in a hurry are choosing egg sandwiches, grain and protein bowls and juices and smoothies for an easy morning meal. For operators who want to get in on the grab-and-go game, the right packaging can be as important as the right product. **Sysco's Earth Plus, Classic** and **Trendz** paper and plastic to-go containers are a great place to start.

Ask your Marketing Associate about Sysco's assortment of environmentally friendly disposable products.

Sysco Imperial Yogurt Parfait Muffins

Grab-and-Go Goodies

Sysco's Baker's Source line of baked goods offers a variety of tasty morning snacks. Sysco Imperial Yogurt Parfait Muffins can be customized with toppings such as fruit or whipped cream. These thaw-and-serve items save time and labor in the kitchen, and come already packaged in elegant brown paper tulip wrapping.

Smoothies To-Go

Fruit-based juices and smoothies are always popular and convenient to carry. Offer a creamy smoothie like the one shown here, made with grilled pineapple, sweetened with **Sysco Classic Honey** and thickened with **Wholesome Farms Cream**. Serve in a convenient to-go cup made by **Earth Plus**.

A Pie in the Hand

Spanish empanadas make a perfect start to the day. Simply roll out a premade dough and fill it with your choice of meat and vegetables. Fry or bake, and package in grease-resistant **Sysco Trendz Sandwich Bags** or **Earth Plus Microwaveable Boxes**, both made from recyclable paper.

Grilled Pineapple Cream Smoothie

Beyond Protein Breakfast Bowl in a two-compartment box made by Inno-Pak. Find recipes for these dishes on **SyscoFoodie.com**.

Bacon, Egg and Cheddar Empanadas; Beyond Sausage[®], Tofu and Plantain Empanadas and Spanish Omelet Hand Pie

Thrill of the Grill

Chefs go over the top with a new generation of gourmet burgers.

Summer Haze Burger With Lemon-Thyme Fries

69% of consumers eat beef at least once a week, with burgers and steaks leading the way. —Technomic

20 SYSCOFOODIE.com



Find recipes for

these dishes

on pages 30-31.

Kimchi

Burger

With

KIMCHI BURGER

CHEF CHRIS VOMUND SYSCO ST. LOUIS SERVES 1

BURGER

- 1 Fire River Farms Imperial Homestyle Choice Fresh 80/20 Beef Patty
- 1 Sysco Classic Gourmet Yellow Hamburger 4-inch Bun

KIMCHI SLAW

- 8 cups Aprio Kale Fresh Vegetable Blend
 - 3 Tbsp. Korean gochujang chili paste
 - 2 tsp. fish sauce
 - 2 Tbsp. Huy Fong Chili Garlic sauce
 - 1 Tbsp. fresh ginger, minced
 - 3 Tbsp. Sysco Classic Pure Clover Grade A Honey1 Tbsp. Sysco Supreme
 - Seasoned Rice Vinegar
 - 1 Tbsp. kosher salt and freshly ground black pepper to taste

GARLIC SERRANO AIOLI

- 1 cup Sysco Classic Extra Heavy Duty Banquet Mayonnaise
- 1 cup Kogi BBQ Serrano Chili Sauce

HOISIN AGRODOLCE

- 5 Tbsp. Koon Chun Hoisin Sauce2 Tbsp. Sysco Supreme
 - Seasoned Rice Vinegar

FOR THE KIMCHI SLAW

Mix together the kale blend, gochujang, fish sauce, chili garlic sauce, ginger, honey, vinegar and salt and pepper. Work the mixture together with your hands until the kale mix is evenly coated. Combine mayonnaise and serrano chili sauce and set aside.

FOR THE HOISIN AGRODOLCE

In a small jar, combine hoisin sauce and rice vinegar; shake until well-mixed.

FOR THE BURGER

Season the burger patty with salt and pepper; place on a hot grill and cook to desired doneness. While the burger is cooking, lightly oil or butter the bun and toast until golden. Top with Kimchi Slaw and drizzle with Hoisin Agrodolce. Serve with Bulgogi Fries (recipe on page 30) and Garlic Serrano Aioli.

HE HAMBURGER is becoming bigger, busier and more gourmet. While a chuck-blend patty topped with American cheese will always be popular, it is being overtaken by fancier fare. With an array of interesting flavors and ingredients, these new burgers attract a wider swath of consumers and demand a higher price point. At Sysco, we have everything you need to build the best burger, plus inspiration for that additional zing.

Patties With Purpose

To make a great burger, start with the right patty. Sysco's **Fire River Farms** brand offers a wide variety of fresh and frozen patties in every size, from 8-ounce rounds down to 2-ounce sliders. "The trend for independent operators is to move toward fresh patties," says Clayton Irwin, Beef Category Manager at Sysco. With Sysco's fresh ground beef's extended shelf life and our unbeatable quality assurance standards (see page 3), frozen is no longer a food safety necessity. "But frozen still has its place," says Irwin. Sysco's frozen patties are individually quick-frozen to eliminate flavor degradation and waffle-scored for better airflow and a faster cook time—a key factor for operators who do a high-volume business.

The Meat of the Matter

Recently, more operators have begun to use more high-end and mixed meats in burgers. "Consumers will pay a small upcharge for grass-fed or Certified Angus Beef® burgers, and a larger one for something like wagyu beef," says Bruce Barnes, Menu Consultant at Sysco. Sysco offers a range of primal-specific cuts and blends, from chuck and sirloin to specialty meats such as Sysco's **Fire River Farms Natural Imperial Grass-Fed Beef**, **Fire River Certified Angus Beef**[®] and a three-way blend made up of chuck, brisket and sirloin.

Savor the Flavors

While many diners still enjoy a simple burger, others expect and want more especially if they are paying a premium. Toppers like house-made kimchi, pickled vegetables, a fried egg, **Sysco Pica y Salpica Chicharrón** and **Sysco Classic Onion Rings** add spice, flavor and crunch to the mix. Artisanal cheeses such as local goat or Gouda pair well with different varieties of meats like ground lamb and pork. Consumers expect distinctive flavors and a distinctive look, too, in their burgers. The right bun can provide both. Sysco's **Baker's Source Challah Bun** has an undertone of sweetness and a golden-brown woven top. **Baker's Source Hawaiian Brioche Buns** come in regular and slider size and include real pineapple chunks. Sysco's popular **Baker's Source Potato Bun** uses potato starch for a softer, lighter texture.

According to Bruce Barnes, consumers appreciate a variety of burgers to choose from, but it's best not to have too many items in any one category. Consider offering one nonmeat option and one nonbun option, for example, says Barnes. And include a build-your-own burger, too. That

> Pimiento Cheese Burger With Sysco Imperial Waffle Fries

Find recipes for these dishes on pages 30-31.

ROTIP

Use a 7-ounce patty for the same standard bun coverage as an 8-ounce patty. You can charge the same amount for the burger and save money on each unit.

ORCO WITHOUT

Gluten-free and low-carb diets have driven burgers out of the traditional bun and into the embrace of lettuce leaves and other alternatives. Now with the rise of the burger bowl, patties can cozy up to a colorful array of vegetables, as well as beans and grains—or even rest on a bed of french fries.

Pepper Jack Juicy Lucy Burger Bowl

> Brussels and Burger Power Bowl With Turkey or Beef

Sweeten your summer menu with these blissful ice cream treats.

Ice Cream Cookie Sandwiches

Sweet Potato Bubble Waffle With Cinnamon Ice Cream and Strawberry Bacon Drizzle WHEN TEMPERATURES RISE, diners seek out delectable chilled desserts. From the nostalgic taste of an ice cream sandwich to a milkshake made with leftover pie, we have cool recipes to fit right into your summer menu.

We all remember the hot lazy days of childhood when we would chase after the neighborhood ice cream man in his musical truck. Bring a little bit of that summertime fun and flavor to your menu this season. No one will want to skip dessert when it includes these frozen treats.

Between Two Cookies

These fun and delicious ice cream sandwiches use Baker's Source Classic Chocolate Chip, Peanut Butter and Sugar Cookies as the bookends for Wholesome Farms Vanilla, Strawberry and Chocolate Ice Cream. The cookies, which start as labor-saving thaw-and-serve discs, allow for endless customization. The peanut butter cookies are packed with real peanut slivers, while the sugar cookie has a rich buttery taste. The chocolate chip cookie is one of Sysco's most popular desserts on the market. Once you're done shaping the sandwich, dip it in melted chocolate and decorate the outside with rainbow sprinkles, crumbled cookies or M&M's Minis.

A Dazzling Combination

Waffles are all the rage right now. You can stuff them with sweet and savory ingredients at breakfast and then use that same **Sysco Classic Belgian Waffle Mix** to make a delicious bed for a chilled dessert. In this recipe, the chef has added mashed sweet potato to the waffle mix to create sweet potato waffles and topped them with **Wholesome Farms Vanilla Ice Cream** flavored with cinnamon. He then combined strawberry preserves with hot bacon drippings and drizzled it on top for a sweet and savory dish worthy of Instagram.

There's a Pie in My Shake

Not sure what to do with that leftover Key lime pie—or any pie, for that matter? Whiz it up in a blender with several scoops of **Wholesome Farms Vanilla Ice Cream** to make a rich milkshake. Top it with accents that complement the original flavors, such as shaved lime zest and smashed graham cracker crumbs. Add a shot of alcohol to make a grown-up version.

Key Lime Pie Milkshake

> Find recipes for these dishes on page 31.

CREATE FIRST IMPRESSIONS IMPRESSIONS THAT LAST LET US POSITION YOUR MENU FOR PROFIT

Your menu is your restaurant's most valuable asset. It influences customers, spotlights signature dishes and elevates your brand. Is your menu telling the right story?

Drawing on Sysco's 25 years of menu expertise, Sysco Menu Services will customize your menu with services designed to ensure that your brand story is told in a way that's marketable – and profitable.

OUR SERVICES INCLUDE:

MENU ANALYSIS AND ENGINEERING CUSTOM MENU DESIGN

EXCLUSIVE SELF-SERVICE TOOL

COME TO NRA 2019 VISIT SYSCO AT BOOTH #4454 SOUTH HALL



Two skewers of shrimp brushed with a buttery garlic glaze for extra flavor. Served with your choice of two sides.

SHRIMP SCAMPI sh shrimp sautéed in olive oil, ter and garlic, with white wine

Barden salad. SM Barden salad. SM CRAB LINGUMI ALFREDO Sweet, tender crabmeat in our creamy Barlic Parmesan sauce served over linguini.

LOBSTER AND STEAK
 LOBSTER AND STEAK
 Daired with a rock lobster tail.
 Top it off with mashed potatoes
 and an extra address of your choice.
 MIXED GRILL
Wood-grilled sea scallops and a

MILLU UNILL Wood-grilled sea scallops and a jumbo shrimp skewer with butter sauce and your choice of sirloin or salmon. Served with choice of side. SNOW CRAB LEDS We served

We serve our wild-caught snow crab legs with your choice of two sides.



Your Holiday-Planning Checklist

SuppliesOnTheFly.com can help you get ahead of the game by preparing for fall and winter events now so you won't be caught off guard later.



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IN JUNE

IN MAY

Inspect your tools and equipment, from small to large.

Make sure to inspect tools and equipment—especially before a high-volume season:

- Are your ice machines working?
- Is your walk-in holding temperature properly?
- Are your thermometers in working order?
- Do you have the right food storage?

Consult with the experts: "We have product specialists, who can help you find the right product to fit your needs, and equipment specialists who can outfit your entire kitchen," says Wendy Abney, Vice President of Merchandising for **SuppliesOnTheFly.com**, Sysco's supplies and equipment online channel.

Start on menus; order necessary equipment.

Summer is the time to begin preparing your menus for fall and winter holidays. Sysco can help with menu planning as well as supplies. Think of menus that will work well for banquets and large crowds, such as premade single-bite appetizers and desserts, and of dishes that are popular in the fall and winter, such as soups, stews and braised meats. For those events where holding food temperature will be critical, be sure to order the right equipment. Abney recommends the Sterno SpeedHeat, a new flameless warming product that travels well. For help with planning menus, ask your Marketing Associate about Menu Consulting Services available through your local Sysco company.

IN JULY

Stock up on table settings and disposables.

You'll want to create special table settings and a festive atmosphere for holiday parties. Invest in table settings such as attractive eco-friendly disposable plates made by Eco-Products. A lot of items break over the summer. as well. so it's a great time to restock glassware. Consider freshening up the waitstaff's apparel for big events. Scaling up on the atmosphere and apparel "allows you to upcharge the food that you're serving because you're putting on a better presentation," Abney says.



IN AUGUS

Think ahead; prepare for lastminute surprises.

"It's good to think ahead and to order ahead—even if you use delayed delivery—because you don't want the event to arrive and find you're not prepared," Abney says. Take an inventory of table settings, including:

- plates
- tablecloths
- glasses
- stands
- sugar holders

• salt and pepper shakers Be sure you have enough buffet equipment, including serving baskets and tongs. No matter how well you plan, there will be last-minute surprises. But don't worry: "You can order something on SuppliesOnThe-Fly.com and get it in a couple of days," says Abney. Nonetheless, it's best to prepare ahead.

Talk to your Marketing Associate about your Holiday prep needs, and the full catalog of products from SuppliesOnTheFly.com.



Hatch Chile Crab Cake Wafflewich With Green Tomato Fries

CHEF JAVIER U. LOPEZ SYSCO HOUSTON SERVES 4

BLUE CORN WAFFLES

- ½ cup blue corn flour
- ¼ cup all-purpose flour
- 1½ tsp. baking powder
- $\frac{1}{2}$ tsp. Sysco Classic Kosher Salt
- ¼ tsp. black pepper
- 1 large egg
- 5 oz. Wholesome Farms Whole Milk
- 1 oz. Wholesome Farms Unsalted Butter, melted
- 1 jalapeno chile, diced
- ¼ cup cilantro, chopped
- 4 oz. Casa Solana Imperial Pepper Jack Cheese, shredded
- 1 Then Miller Lland
- 1 Tbsp. Mike's Hot Honey

4 large red radicchio leaves

SUNNY SIDE-UP EGG

Canola oil as needed 4 Wholesome Farms Classic Shell Eggs Kosher salt

BLACKENED CRAB CAKE

- Canola oil as needed
- 4 3-oz. Portico Imperial Jalapeno and Hatch Green Chili Crab Cakes

NAPA SLAW

- 2 oz. napa cabbage Juice of ½ lemon Sysco Classic Kosher Salt
- 1/2 Tbsp. Louisiana Remoulade Sauce

GREEN TOMATO FRIES

- 4 green tomatoes Sysco Classic Kosher Salt
- 1½ Tbsp. Imperial McCormick Cajun Seasoning
 4 oz. all-purpose flour
- 4 02. all-pulpose noul
 34 cup Wholesome Farms Buttermilk
- ³/₄ cup Sysco Classic Cornmeal

TURMERIC GARLIC AIOLI

- ¹⁄₂ cup Sysco Imperial Mayonnaise
- 1 tsp. Imperial McCormick Turmeric Powder
- 1 clove garlic, finely chopped

Juice of 1 lemon

 ½ tsp. Sysco Classic Kosher Salt
 ¼ tsp. freshly ground Imperial McCormick Black Pepper

FOR THE BLUE CORN WAFFLES

Preheat the waffle iron. In a mixing bowl, combine the flours, baking powder, salt and pepper, and mix well. In another bowl, combine egg, milk and butter and whisk them well. Then add the remaining ingredients and combine. Add the wet ingredients to the dry ingredients and mix well. Pour 2 ounces of batter into the center of the waffle iron and cook for about 3 minutes. Hold the waffles until ready to build the sandwiches.

FOR THE SUNNY SIDE EGG

Heat the oil in a nonstick skillet over low heat until slightly shimmering. Crack an egg into a small ramekin and slowly add it to the skillet; repeat with the other eggs, adding them to the other side of the skillet. Cover with a tight lid and cook, uninterrupted, until the whites are completely set but the yolks are still runny, 2 to 2 ½ minutes. Slide the eggs out of the skillet onto a plate and season with salt to taste.

FOR THE BLACKENED CRAB CAKE

Heat a skillet over medium-low heat, add oil and sear the crab cake on both sides. (You might need to flatten it with a metal spatula.) Cook until the internal temperature reaches 165 degrees, about 2 minutes per side. Remove crab cake from skillet; hold warm until plating.

FOR THE NAPA SLAW

Place Napa cabbage in a mixing bowl along with the lemon juice, salt and remoulade sauce. Mix well and reserve until plating.

FOR THE GREEN TOMATO FRIES

Slice tomatoes into "petals," leaving the core intact; then cut the petals into sticks and place them in a mixing bowl. Season with salt and Cajun seasoning. Add the flour and mix well. Dip tomato pieces into the buttermilk and then into the cornmeal. Place them in a deep-fryer heated to 350 degrees and fry until golden-brown, about 3 minutes. Remove and hold until plating.

FOR THE AIOLI

In a bowl, whisk together mayonnaise, turmeric, garlic, lemon juice, salt and pepper.

FOR PLATING

In the center of a plate, place one waffle lined with radicchio, the egg and then the crab cake, followed by the Napa slaw. Lastly, crown with another waffle and place a bamboo pick to hold it all together. The pick also breaks the yolk for final presentation. Garnish with green tomato fries and serve with the aioli on the side.

Greek-Style Fries

SYSCO CORPORATE CULINARY TEAM SERVES 4

- 24 oz. Sysco Imperial Thick-Cut
- Fries 3 Tbsp. olive oil
- 3 Tbsp. chopped parsley
- 3 Tbsp. chopped oregano
- 2 Tbsp. chopped mint
- Salt and freshly ground pepper
- ½ cup crumbled feta cheese
- ¼ cup chopped green onions
- 1½ Tbsp. lemon zest

Fry the french fries according to package directions and then drain. Toss the hot fries with the olive oil, parsley, oregano, mint, salt and pepper. Serve warm, topped with the crumbled feta, green onions and lemon zest.

Whipped Avocado Toast With Smoked Salmon CHEF JAHNA GEORGE SYSCO LOUISVILLE SERVES 1 TO 2

WHIPPED AVOCADO SPREAD

- 16 oz. Anchor Chef Heavy Ultra High Temperature cream
 1 Tbsp. fresh lemon juice
- 5.29 oz. package Boursin Garlic & Fine Herbs Cheese
 - ½ tray Hass fresh avocado chunk, pulp packaged pouch

1 tsp. kosher salt

TOAST AND EGGS

- 2 slices jalapeno cornbread loaf
 2 large Wholesome Farms
- Classic Shell Eggs
- 5 oz. sliced Smoked Portico Atlantic Salmon Fillet
- 2 slices Coliseum domestic prosciutto
- 1 tsp. nonpareil capers
- ½ oz. micro greens
 ½ oz. Imperial Fresh Red Radish Ministicks

MANGO BELLINI

- 1 pouch mango smoothie
- 5 oz. Champagne
- 1 tsp. Lyons sauce assortment
- 1 tsp. sugar, for rim garnish

FOR THE WHIPPED AVOCADO SPREAD

Put heavy cream in a mixing bowl and mix on medium speed for 3 to 4 minutes. Add lemon juice and Boursin cheese and continue to whip until the ingredients are thoroughly combined and whipped, about 3 minutes longer. Remove the mixture from the mixer, fold in the avocado pulp and salt, making sure not to fully incorporate; there should be swirls of green and white. Chill, covered, until ready to use.

FOR THE TOAST AND EGGS

Toast jalapeno cornbread slices on a grill for 10 to 15 seconds and set aside. Poach eggs in boiling water for about 3 minutes. Top each slice of cornbread with 2 ounces of the whipped avocado spread. Add 2.5 ounces of the sliced salmon on top of the whipped spread. Deep-fry the prosciutto slices for 30 seconds, drain and place I slice on top of each toast along with a poach egg. Garnish with capers, micro greens and radish sticks.

FOR THE MANGO BELLINI

Pour the mango smoothie pouch into a blender. Add the Champagne and blend for 20 to 30 seconds until smooth. Garnish a glass with any flavor from the Lyons assortment (we recommend blackberry) by squeezing a little around the rim, then press into the granulated sugar.

Braised Short Rib Eggs Benedict With Cheesy Grits

CHEF BRIAN DORSEY SYSCO DENVER SERVES 8

- 2 Ibs. Butcher's Block Beef Short Ribs Kosher salt and freshly ground
- black pepper 1/2 cup olive oil, divided
- 4 cups jumbo yellow onions, roughly chopped
- cups celery, roughly chopped 4
- 4 cups carrots, roughly chopped
- 3 cloves garlic, roughly chopped
- 1/2 oz. fresh minced rosemary
- 1/2 oz. fresh minced thyme
- 64 oz. Burgundy cooking wine
- 3/4 cup Savory Creation beef broth concentrate reconstituted with 1 gallon water

CREAMY GRITS

- 4 cups chicken broth
- 1 cup quick grits
- 1 cup Wholesome Farms Heavy Cream
- 1/2 tsp. Sysco Classic Kosher Salt tsp. Imperial McCormick 1/2
- Freshly Ground Black Pepper
- 1/2 cup all-purpose flour

SALSA VERDE

- 6 cloves Imperial Fresh Garlic, peeled
- 2¹/₂ cups Imperial Fresh Cilantro
- 1/2 Casa Solana Imperial Avocado 2 Imperial Fresh Jalapeno
- Chiles, deep fried ¹/₂ cup Imperial Fresh Spinach
- 1/4 cup Sysco Classic Salad Oil
- 1 cup water
- Salt and freshly ground black pepper to taste
- 8 large Wholesome Farms **Classic Shell Eggs**
- 1/2 cup Mexican crema 1/2 cup freshly grated queso fresco Micro cilantro, for garnish

FOR THE BRAISED SHORT RIBS

Cut the chuck muscle into 6-ounce cubed portions. (You should get about 8 pieces per 2-muscle package.) Heavily season the meat with salt and pepper. Add 1/4 cup of olive oil to a large rondeau set to medium-high heat. Add the seasoned meat and sear well on all sides. Then remove the meat and set aside. Add the onion, celery, carrots and garlic to the same rondeau with the additional 1/4 cup

of olive oil. Season the vegetables lightly with salt and pepper and sweat over medium heat for 15 minutes. Add the beef back to the pot with the vegetables. Add the rosemary and thyme, the Burgundy and the reconstituted beef broth and bring to a boil. Cover with parchment paper and aluminum foil to seal. Place in a 300-degree oven for 6 hours.

FOR THE SALSA VERDE

In a food processor, combine all the ingredients and blend until smooth.

FOR THE CREAMY GRITS

Bring chicken broth to a rapid boil in a heavy saucepan and slowly stir in the grits. Simmer, covered, for 5 to 7 minutes, or until thickened, stirring occasionally. Remove from the heat. Stir in the heavy cream and season with salt and pepper. Pour the grits into a shallow container to let them set up. Once the grits are firm and cool, cut them into desired shapes and dredge in flour, shaking off excess. Deep-fry in a fryer set at 350 degrees for 1 to 2 minutes. Remove and let drain on paper towels. Reserve for plating.

In a saucepan, bring 2 to 3 inches water to a boil; reduce to a simmer. Break a cold egg into a custard cup or small glass bowl. Holding the cup close to the water's surface, carefully pour the egg into water. Repeat with another egg. (Be sure to use a large enough pan so the eggs don't touch.) Cook uncovered for 3 to 5 minutes or until whites and yolks are firm and not runny. Remove eggs with a slotted spoon.

To plate, place 2 grit cakes on the center of each plate. Shred the beef (reserve and discard the vegetables) and distribute it on top of each cake evenly. Place a poached egg on each stack. Ladle 2 ounces salsa verde over each egg. Add 1 tablespoon of crema to each stack. Garnish with queso fresco and micro-cilantro.

Cheesv Grits With Pulled Pork & **Spring Vegetables** CHEF BRIAN DORSEY SYSCO DENVER SERVES 4

CAROLINA JUS

- cup Cattlemen's Carolina Gold Tangy BBQ sauce
- 1⁄4 cup apple juice
- 1/4 cup apple cider vinegar
- 1 Tbsp. brown sugar Tbsp. whole grain mustard 1
- tsp. Imperial McCormick Paprika
- 1/2 tsp. Worcestershire sauce 1/2 tsp. Imperial McCormick
- Cayenne Pepper Sysco Classic Salt to taste

CHEESY GRITS WITH

- PULLED PORK
 - 3 cups chicken stock
 - cup quick grits 1
 - cup Wholesome Farms Heavy Cream 1 cup Haystack Mountain goat
 - cheese
 - tsp. Sysco Classic Kosher Salt 1
 - 8 oz. Butcher's Block Pulled Pork
 - Tbsp. white vinegar 2
 - qt. simmering water 1 Wholesome Farms Classic 4 Shell Fggs

SPRING VEGETABLES

- 1 oz. fava beans, blanched and peeled
- 1 oz. fresh English peas
- 2 oz. shaved fennel
- 1 quick-pickled shallot A few fresh mint sprigs, chopped A few fresh micro pea shoots
- Olive oil to taste Juice of 1 lemon

FOR THE CAROLINA JUS

Add all ingredients into a medium saucepan and whisk gently to incorporate. Cook on medium heat for 15 to 20 minutes to reduce. Set aside and cool.

FOR THE CHEESY GRITS

Bring chicken stock to a rapid boil in a heavy saucepan and gently stir in grits. Simmer, covered, 5 to 7 minutes or until thickened, stirring occasionally. Remove from heat and slowly stir in heavy cream and goat cheese. Season with salt and pepper. Reserve for plating.

On a flattop, heat the pulled pork until the edges are crisp

and the meat is heated through. While the pork is heating, pour the vinegar into the quart of simmering water and swirl the water. Add salt, crack the egg into a separate bowl and then gently tip it into the simmering water. Let the egg cook until the white is set and the yolk is soft, around 3 minutes. Remove with slotted spoon and drain on paper towels.

FOR THE SPRING VEGETABLES

In a mixing bowl, combine fava beans, peas, shaved fennel, shallots, mint and pea shoots. Drizzle herb oil and lemon juice and toss until coated.

To serve, divide grits into four dishes. Place pulled pork on top of the grits. Dress with the Carolina Jus. Divide dressed vegetables among the four dishes equally.

Lemon and Thai **Basil Blueberry** Waffles

CHEF IACOUELINE LAU SYSCO HAWAII **SERVES 4**

WILD BLUEBERRY PRESERVES

- 3 cups Sysco Imperial Crushed
- Wild Maine Blueberries 3
- cups sugar tsp. ground cinnamon
- 1/4 1/4 tsp salt
- Juice of 1/2 lemon

WAFFLES

- Canola oil spray, as needed
- 8 oz. Baker's Source Scoop and Bake Blueberry Muffin Batter
- 1 cup Wholesome Farms Cream Cheese, cut into ½-inch dice (12 pieces)
- ¼ cup wild blueberry preserves
- 2 Tbsp. Thai basil leaves
- 3∕⊿ cup crème fraiche
- 3 Tbsp.honey
- Juice and zest of 1 lemon

FOR BLUEBERRY PRESERVES

Combine the berries and sugar in a medium saucepan over high heat. Cook, stirring frequently, until the berries begin to simmer. Stir in the cinnamon, salt and lemon juice and bring to a boil. Cook for approximately 30 minutes, until jam has thickened. Set aside to cool.

FOR THE WAFFLES

Preheat the waffle iron. Spray the iron with oil before scooping muffin batter. Scoop about 2 ounces into center of waffle iron. Add two small pieces of the cream cheese to the waffle. Close waffle iron and bake until golden-brown. Create a sandwich using two blueberry waffles. Spread blueberry preserves on one of the waffles and sprinkle a pinch of chopped Thai basil on top. Sandwich them together. Combine crème fraiche, honey, lemon juice and lemon zest and set aside. Serve waffles warm with a side of lemon crème fraiche.

Pepper Jack Juicy Lucy Burger Bowl CHEF AMY ELLIOTT

SYSCO MINNESOTA Serves 4

QUICK PICKLED VEGGIES

- 1 cup red cabbage, chopped
- 1 cup shredded carrots
- 1 cup thinly sliced cucumbers
- 12 oz. ginger beer
 12 oz. rice vinegar

JUICY LUCY BURGER BOWL

- 4 cups tricolored quinoa
- 3/4 cup olive oil
- cup red Hatch chiles
 Tbsp. micro cilantro, chopped Salt as needed
- 4 5.3-oz. Fire River Farms 81/19 Chuck Angus Ground Beef Patties
- 4 Tbsp. Arrezzio Imperial Parmesan Cheese, grated
- 2 tsp. Sysco Classic Kosher Salt
- 8 slices Block and Barrel Classic Pepper Jack Cheese, cut in ¼-inch slices
- 2 cups fresh corn kernels
- 12 shishito peppers
- 4 oz. arugula
- Corn shoot micro greens for garnish

FOR THE QUICK-PICKLED VEGGIES

Let the vegetables sit in the pickling solution for at least an hour or up to 7 days, chilled.

In separate containers, pickle the red cabbage, carrots and cucumbers. Heat 50 percent vinegar and 50 percent ginger beer solution, pour over the vegetables, submerge and cover tightly.

FOR THE JUICY LUCY BURGER BOWL

Place the quinoa in a fine-mesh strainer; rinse under running water and drain. Heat ¼ cup of olive oil in a small saucepan over medium-high heat until shimmering. Add the drained quinoa and cook, stirring constantly, about 2 minutes. Add 8 cups water and bring to a rolling boil. Lower the heat and cook, covered, for 15 minutes. Once the quinoa is cooked, add the Hatch chiles and chopped cilantro. Season with salt to taste. Set aside.

In a small bowl, combine the beef, Parmesan cheese and salt. Divide into 8 patties. On 4 of the patties, place the pepper jack cheese, then the remaining 4 patties on top of them. Close the burgers at the seams. Preheat a pan over medium-high heat. Add the burgers, cover and cook 6 to 8 minutes or until internal temperature reaches 165 degrees.

In a dry sauté pan over high heat, roast the corn kernels. Season with salt and set aside. In the same sauté pan, add ¼ cup oil. Heat to shimmering, then add shishito peppers, turning until slightly blistered. Set aside.

To assemble: Drizzle arugula with ¼ cup oil and salt to taste. Place in a serving bowl. Top with quinoa, corn, shishito peppers, carrots, cucumbers and red cabbage. Cut stuffed patties in half and place in the center of the bowl. Garnish with corn shoots.

Summer Haze Burger With Lemon-Thyme Fries

CHEF AMY ELLIOTT SYSCO MINNESOTA SERVES 4

- 4 5.3-oz. Fire River Farms Natural Imperial Grass-Fed Beef Patties Salt to taste
- 4 Baker's Source Classic Brioche Buns

- 2 Tbsp. Kewpie Mayo
- 1 cup roasted red pepper fillets, rinsed and julienned
- 1 oz. crunchy romaine lettuce
- 1 oz. fresh arugula
- 8 oz. Purple Haze goat cheese (or other local cheese)
- $1\,{}^{l\!\prime}_{\!2}$ $\,$ Ibs. Sysco Classic French Fries
- 2 Tbsp. lemon juice powder
- 2 Tbsp. fresh parsley, chopped
- 2 tsp. fresh thyme, chopped

Preheat grill to medium-high heat. Liberally season both sides of the burgers with salt. Lightly butter the cut side of each bun, and add to grill until just toasted. On the base of the buns, add mayo, julienned red peppers, romaine lettuce and arugula. On the top buns, smear goat cheese.

Place the burgers on the grill and cook for 3 minutes on each side, making sure the center is cooked. Remove from heat and place atop the buns.

Deep-fry the french fries in a 350-degree fryer. Remove and let drain. Toss with lemon juice powder, parsely, thyme and salt to taste. Serve with the burger.

Bulgogi Fries

CHEF CHRIS VOMUND SYSCO ST. LOUIS SERVES 1

- 4 oz. Sysco Imperial Phantom
- Plus Skin-On Potato Fry 1 tsp. D'Allesandro Seasoning Bulgogi Seasoning

Cook fries for 4 minutes in 350-degree fryer. Remove from fryer and drain. Sprinkle with bulgogi seasoning.

Cuban Burger

CHEF DOUGLAS SISK SYSCO SOUTH FLORIDA SERVES 1

- 1 5.33-oz. Fire River Farms Beef Burger Patty
- 1½ oz. Block & Barrel Swiss Cheese Salt and freshly ground black pepper to taste
- 1 oz. Sysco Imperial Mayonnaise
- 2 oz. whole-grain mustard
- 1 4.5-inch Baker's Source Brioche Bun
- 1 oz. Butcher's Block Cooked Pork Loin, shaved
- 2 oz. Block & Barrel Sliced Ham

4 dill pickle slices

Grill burger to desired doneness, melting cheese on top of the patty, and season on both sides with salt and pepper. Set aside and keep warm. Combine mayonnaise and mustard and smear on bottom bun.

Place the burger on the bottom bun and shingle cooked pork loin on top. Pile on the sliced ham and top with pickles. Place the top bun on the burger and press in a panini press, if available, for 1 to 2 minutes.

Brussels and Burger Power Bowl CHEF KELLY BEAN SYSCO NASHVILLE SERVES 1

- 4 oz. Brussels sprouts Olive oil, as needed
- 4 cup Path of Life 5 Grain Blend
- 2 Divina Hot Pickled okra
- Fire River Farms Imperial Chuck Beef Patty or Ground Turkey Patty Salt and freshly ground black
- pepper to taste 2 oz. Imperial Fresh Arcadian Lettuce Mix
- 2 oz. Imperial Fresh Heirloom Mix Tomatoes, sliced
- 1 oz. pickled red onions
- 1/2 tsp. Sriracha Sauce
- ¼ tsp. Mike's Hot Honey

Slice Brussels sprouts and blanch them in boiling water for 2 minutes. Then place them in ice water to shock and set aside. Once chilled, drain the Brussels sprouts on a paper towel. Heat a dry pan and add a drizzle of olive oil. Cook the Brussels sprouts until slightly browned.

Thaw the 5 Grain Blend and place in a bowl. Slice the okra into thin strips and combine with the grain blend.

Season the patty liberally with a good amount of salt and pepper. Cook on a grill or in a frying pan until the internal temperature reaches 160 degrees. Place the Arcadian Lettuce Mix in a bowl with the tomato slices on top. Place the grain mixture and Brussels sprouts in the bowl and top with cooked burger and pickled onions. Finish it off with a splash of sriracha and hot honey.

Nashville "Hot Bacon" Pimiento Cheese Burger

CHEF KELLY BEAN SYSCO NASHVILLE SERVES 1

NASHVILLE HOT BACON

- ¹ cup light brown sugar1 Tbsp. Imperial McCormick
- Cayenne Pepper 1 tsp. Imperial McCormick Smoked Paprika
- 1 tsp. kosher salt
- 12 slices Sysco Supreme Cold-Smoked Thick-Cut Bacon

PIMIENTO CHEESE BURGER

- 1 Fire River Classic Chuck-Brisket-Sirloin Blend Smash Burger Patty Salt and freshly ground black pepper
- 1/2 tsp. Sysco Imperial Mayonnaise
- 1 tsp. Dromedary diced pimientos
- 1 oz. Block & Barrel Shredded Sharp Cheddar Cheese
- 1 tsp. Sriracha Sauce ¹/₂ cup Baker's Source Classic All-Purpose Flour
- 2 ½-inch slices green tomato
- 1 Wholesome Farms egg, beaten
- ³/₄ cup panko breadcrumbs1 4.25-inch Baker's Source
- Classic Challah Bun 2 slices Sysco Supreme Cold-
- Smoked Thick-Cut Bacon
- 4 Schwartz spicy pickle chips

FOR THE NASHVILLE HOT BACON

In a bowl, combine brown sugar, cayenne, paprika and salt. Lay the bacon on a sheet pan lined with parchment and coat the bacon on one side with the hot mixture. Bake in a 360-degree oven until crispy and drain.

FOR THE BURGER

Season the patty liberally with salt and pepper and cook in a skillet or on a flattop until it reaches desired doneness. Combine the mayonnaise, pimientos, cheddar and sriracha and let chill. Season the flour with salt and pepper. Dredge tomatoes in flour, then in the beaten egg, then in the panko. Cook the breaded tomatoes in a 350-degree deep fryer for 1 to 2 minutes, turning once.

To build the burger, toast the bun. Then layer with the patty, pimiento cheese, hot bacon and pickles. Serve with the fried green tomatoes.

Ice Cream Cookie Sandwiches

CHEF CATHERINE ANNE ALBERT SYSCO MEMPHIS SERVES 3

- 2 Baker's Source Classic Chocolate Chip Cookies (frozen discs)
- 2 Baker's Source Classic Peanut Butter Cookies (frozen discs)
- 2 Baker's Source Classic Sugar Cookies (frozen discs)
- 3 oz. Wholesome Farms Classic
 Vanilla Ice Cream
- 3 oz. Wholesome Farms Classic Chocolate Ice Cream
- 3 oz. Wholesome Farms Classic Strawberry Ice Cream
- 2 cups chocolate chips Sprinkles for garnish

Bake the cookies according to package directions and place them in freezer to cool. Using a 3-ounce scoop, place 1 scoop of ice cream between 2 chilled cookies and press them together to form a sandwich. Place the cookies in the freezer.

Melt the chocolate chips in a double boiler. Once the chocolate is melted, remove cookie sandwiches from the freezer and dip into the melted chocolate as desired. Decorate by rolling the wet chocolate parts in sprinkles, crushed cookies or candy, then chill until ready to serve.

Sweet Potato Bubble Waffle With Cinnamon Ice Cream and Strawberry Bacon Drizzle

CHEF BRYAN HUDSON Sysco Raleigh Serves 4

SWEET POTATO WAFFLE

 cup praline pecans
 cup Sysco Classic Mashed Sweet Potato

- 1 cup water
- 2 cups Baker's Source Complete Belgian Waffle Mix
- ½ tsp. Imperial McCormick Ground Cinnamon Pinch of Sysco Classic Kosher Salt

CINNAMON ICE CREAM

- ½ tsp. Imperial McCormick Ground Cinnamon
 ½ cup Sysco Classic Granulated
- Sugar 4 cup water
- 2 cups Wholesome Farms
- Imperial Vanilla Ice Cream

STRAWBERRY BACON DRIZZLE

- 1 cup Sysco Classic Strawberry Preserves
- 2 Tbsp. bacon drippings
- 4 cup hot water
- ¹/₂ tsp. Sysco Classic Kosher Salt

FOR PLATING

- 1 cup Imperial Fresh Strawberries, cleaned and quartered
- 1 cup Wholesome Farms Extra-Creamy Whipped Topping (optional) Extra whole pralines

FOR THE WAFFLE

Preheat a waffle iron. Chop praline pecans in a food processor (keeping some whole to garnish at the end) until finely ground. In a medium bowl, whisk sweet potato and 1/2 cup water until thoroughly combined. In a separate large bowl, whisk the waffle mix, cinnamon, ground pecans and salt together to remove clumps. Add the sweet potato mixture to the dry ingredients. Add the remaining water to thin out the mixture as needed. Whisk until ribbons can be seen when lifting the batter up with the whisk. Evenly drizzle 1 cup waffle batter (depending on the iron used) onto the hot waffle iron. Close the iron and cook 3 to 5 minutes. Remove waffle and keep warm for service.

FOR THE CINNAMON ICE CREAM

In a small saucepan, combine the cinnamon, sugar and water and bring to a simmer until sugar is dissolved. Let cool. Place the ice cream in a mixing bowl and refrigerate for 10 to 15 minutes, or until workable. Quickly fold half of the cinnamon simple syrup into the ice cream; return ice cream to freezer for at least 2 hours.

FOR THE STRAWBERRY BACON DRIZZLE

In a blender, combine all ingredients and process until smooth. Allow to cool.

Place the hot waffle on a plate with some of the fresh strawberries in the middle. Place a 4-ounce scoop of cinnamon ice cream on top and coat the ice cream with some of the strawberry-bacon drizzle. Drizzle the remaining half of the cinnamon simple syrup over the dessert and top with whipped cream, whole pralines and remaining quartered strawberries, if desired.

Key Lime Pie Milkshake

CHEF ERIC STREETS SYSCO JACKSONVILLE SERVES 2

- 2 slices Key lime pie
- 3 scoops Wholesome Farms Imperial Vanilla Ice Cream
- 2 cups Wholesome Farms Whole Milk
- 3 oz. Wholesome Farms Whipped Cream
- 2 Tbsp. graham cracker crumbs
- 2 tsp. lime zest

In a stainless steel shaker, combine pie slices, ice cream and milk. Blend in a shake machine for 45 seconds, until smooth. Pour into tall chilled glasses and top with whipped cream, graham cracker crumbs and lime zest. Add a shot of your favorite liqueur, if you wish, to turn this into a grown-up treat.

BACK OF OUR



Chef Brian Littlejohn Culinary Consultant, Sysco Las Vegas

Community Focused

C hef Brian Littlejohn discovered his passion for cooking while working at a breakfast joint in his hometown of Las Vegas. He started at the egg station, making omelets. "One of the best positions for a cook to start is in breakfast," Littlejohn says. "You learn the speed and organization it requires to make multiple dishes. I'd make 12 omelets for 12 different tables."

As a Culinary Consultant at Sysco Las Vegas, Littlejohn has taken those early lessons about efficiency and quality—and the diverse early experience of working in hotel dining rooms, steak houses and fine dining establishments—and put them to good use. He now enjoys helping customers tackle complex challenges. "I wanted to learn different cuisines, and that's been a good fit for Sysco because we help a huge variety of customers with many different issues."

Customers Run the Gamut

Littlejohn's team members put their diverse insights and experience to use when running Sysco's Business Reviews. Customers that come in can range from a gas station that serves hot dogs to a fine-dining operation at a Four Seasons hotel, according to Littlejohn, and the scope of what his team can do is wide. We want customers to feel comfortable with the process and excited about what we can accomplish together.

Every customer has its challenges and goals and requires a unique approach. Led by the director of business resources, Littlejohn's team includes experts such as a Hispanic specialist and a Center of the Plate specialist who help give each customer a personalized experience.

"When a customer comes in, we put together a menu, talk about products and show what Sysco can do for them," Littlejohn says. "We're not pushing them to buy anything. We want them to see different products and taste without pressure. We want them to feel comfortable with the process and excited about what we can accomplish together."

Hands-on Guidance

Whether it's teaching an operator how to run specials, reduce waste, implement a new cooking technique or even nail down a basic one like flipping an egg (he says the trick is to practice flipping a piece of toast), Littlejohn finds it rewarding to help all kinds of customers improve their business and increase profits. "I get to do something a little different every day," he says.

Community Impact

Littlejohn's culinary impact extends to the community, too. Recently, he participated in M.E.N.U.S., a charity fundraiser and auction. The event, sponsored in part by Sysco Las Vegas, raises money for Nevada high school students with culinary passions. One bidder won the chance to cook a seven-course meal with Littlejohn. "This is when I get to have fun, be creative and show people what Sysco can do," he says.



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Miss Vickie's® Kettle Cooked Farmhouse White Cheddar Potato Chips	64-1.375 oz	00028400668330	7021374
Miss Vickie's® Kettle Cooked Sour Cream N Herb Potato Chips	64-1.375 oz	00028400154352	5217284
Miss Vickie's® Kettle Cooked Variety Pack Mix (30 count)	2-41.25 oz	00028400168663	5241101

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