



> the **berry** best!  
*frozen berry product guide*



The sweet flavor, bright colors and unique textures of fresh berries can *dress up any dish* while adding healthful nutrients. Now you ask, are the benefits of frozen berries the same? The answer is **YES!** There are actually **MORE advantages** to using fresh frozen berries for foodservice. Most importantly, the freezing process does not compromise the flavor or integrity of their healthy attributes, and other benefits include:

- > Ready When You Are
- > Easy to Store
- > Consistently Priced
- > Practical (Reduced Waste)
- > Quick and Easy to Prepare

Sysco's individually quick frozen or "**IQF**" berries as they are commonly referred to, are flash-frozen within several hours of coming off the field and have *no sugar added*. Because of this process, we can offer premium berries all year-round that *always taste in season*. Explore this guide to find out more about the many benefits and uses of frozen berries!



### Quality Assured – From Fresh to Finish

With our cold chain management process, *Sysco guarantees maximum freshness* by constantly monitoring temperatures as our fresh berries move from the field into the freezing process, and then eventually onto your customer's plates.

Sysco follows strict cold chain management guidelines that ensure our customers have the  *freshest and safest berries*  possible by the time they reach your kitchen. We keep all of our berries in the *correct temperature zones* along their journeys from near and far, guaranteeing that you are getting the *best quality berries* that will last as long as possible.

To many in the food industry, our efforts may seem extreme, even obsessive. To us, it's all in a day's work. Because at Sysco, our QA Department is *dedicated to one mission*: to deliver great products that meet the most stringent standards in terms of quality, safety and consistency.

## what's inside!

- 4 **Frozen Strawberries**  
*Whole Wheat Strawberry Crepes*  
*Homemade Strawberry Ice Cream*
- 6 **Frozen Blueberries**  
*Blueberry Crumble Pie Flurry*  
*Balsamic-Honey Roast Pork Loin with Fresh Berries*
- 8 **Frozen Raspberries**  
*Raspberry-Nut Butter*  
*Make Your Own Jam*
- 9 **Frozen Mixed Berries**
- 10 **Frozen Blackberries, Boysenberries & Cranberries**  
*5-Minute Cranberry-Orange Relish*  
*Make Your Own Ice Cubes*

*\* Items colored red are recipes*

### Success begins with the right ingredients!

Get in touch with a Sysco Representative to order your good things today! *Scan the QR code* below with your mobile device for more details.



# Are You in the Smoothie Business Yet?

Smoothie popularity is on the rise. In recent years, the U.S. smoothie market has brought in **over \$2 billion in sales**. From a quick cold beverage to a **healthy meal replacement**, smoothies will positively expand your menu. And, as healthy food trends grow, so does the desire for **healthier alternatives** in the beverage category. Sysco frozen berries can be the main ingredient in your new smoothie enterprise!



## Mix and Match Smoothies

Mix and match ingredients to produce a well-rounded nutritious fruit beverage that bursts with flavor.

### Choose your berries

1



Strawberries



Blueberries



Raspberries



Cranberries



Mixed Berries



Boysenberries



Blackberries

### Pick your mix-ins

2



Ice



Milk



Yogurt



Ice Cream



Water



Green Tea



Juice

### Add nutrients

3



Kale



Flaxseeds



Tofu



Ginger



Mint



Wheat Germ



Almonds

### Blend! Blend! Blend!

Blenders are an essential tool when it comes to creating a super smoothie. Visit [SuppliesOnTheFly.com](http://SuppliesOnTheFly.com) to view our wide assortment or try our suggestions below.



#### Good: HBB908



- > 3/8 HP motor
- > 44 oz. polycarbonate container
- > 2 speed motor, high and low
- > Stainless steel blades

#### Better: WAR-HGB140



- > Heavy-duty 1 HP motor
- > 64 oz. unbreakable polycarbonate container with sure-grip handle
- > Exclusive one piece stainless steel cutting blade holds up under continued use

#### Best: VIT-5028



- > 2 peak HP motor
- > 64 oz. high-impact polycarbonate container
- > Electronic acceleration tool
- > Pulse control
- > Automatic shut off



# Frozen Strawberries

Fresh frozen strawberries are *widely appreciated* for their pleasing aroma, bright red color, juicy texture and sweetness. Use Sysco frozen strawberries to turn your dishes into a *work of art*.

Strawberries will *add color and familiar flavor* to a variety of meals like yogurt parfaits, cheesecakes, ice cream, beverages and more!

Strawberry flavor has always been *hugely popular*. Sysco makes it easy to enhance your dishes with this popular berry by offering various frozen formats like *whole, sliced, diced, and bits & pieces*. The *versatility* of strawberries is almost as great as their taste! In a study done by Technomic, strawberry remains the *most popular mixer for adult beverages*. Frozen strawberries are easily blended into smoothies, or can be crushed and added as a garnish. Or, turn them into a purée to add flavor to a fizzy drink or cocktail.

## Did You Know...

- > One serving of strawberries gives you half the daily requirement of vitamin C.
- > Strawberries are packed with antioxidants. Some antioxidants increase after the freezing process, making frozen strawberries more beneficial than fresh strawberries.
- > Strawberries are believed to contain high levels of nitrate and help to reduce the risk of heart disease and certain cancers.





## Whole Wheat Strawberry Crepes

**Yield: 20 servings**

- 5 quarts frozen strawberries, thawed and sliced
- 1¾ cups plus 2 tablespoons granulated sugar
- 10 large eggs
- 5 cups whole milk
- 5 tablespoons unsalted butter, melted
- 1½ tablespoons pure vanilla extract
- 3¾ cups whole wheat flour
- 1¼ cups all-purpose flour
- 2½ teaspoons baking powder
- ½ teaspoon plus ⅛ teaspoon salt
- Vegetable oil
- Chocolate syrup, whipped cream, chopped toasted pecans and sliced strawberries (optional)

**1.** In bowl, toss strawberries and 1¼ cups sugar. Cover and refrigerate at least 1 hour or up to 2 days.

**2.** In separate bowl, whisk together eggs, milk, melted butter and vanilla extract. In third bowl, whisk together flours, baking powder, salt and remaining ½ cup plus 2 tablespoons sugar. Whisk flour mixture into egg mixture, whisking until smooth. Cover and refrigerate at least 15 minutes or up to 1 day.

**3.** To prepare crepes, whisk batter. Heat 8-inch crepe pan or sauté pan over medium heat; lightly coat pan with oil. When pan is hot, ladle ¼ cup batter into center of pan and quickly tilt pan to evenly coat bottom of pan with batter; batter should set immediately and form tiny bubbles. Cook 1½ minutes or until bottom of crepe is lightly browned and top looks dry; carefully flip crepe. Cook 1 minute or until bottom is lightly browned.

**4.** Serve crepes filled with strawberry mixture with toppings of choice.



## Usage With a Twist: Strawberry Ice Cream



## Homemade Strawberry Ice Cream

**Yield: about 4½ quarts**

- 2 quarts frozen strawberries, thawed and finely chopped
- 3¾ cups granulated sugar
- 3 tablespoons fresh lemon juice
- 1½ tablespoons vanilla extract
- 3/8 teaspoon salt
- 1½ quarts whole milk
- 3 cups heavy cream

In large bowl, combine strawberries, sugar, lemon juice, vanilla extract and salt. Refrigerate 30 minutes. Stir milk and cream into berry mixture until well combined. Transfer berry mixture to ice cream maker and churn as manufacturer directs until mixture is thickened to soft serve consistency. Transfer ice cream to hotel pan; cover and freeze up to 3 days.







## Did You Know...

- > Blueberries are a good source of vitamin C, potassium, phosphorus and iron.
- > Blueberries contain more disease-fighting antioxidants than almost any other fruit or vegetable.
- > If you dust blueberries with flour just before you add them to a batter they will not sink to the bottom of the pan.



# Frozen Blueberries

Blueberries have one of the *highest antioxidant levels* among all fruits, vegetables, spices and seasonings. For a new twist, use fresh frozen blueberries as an entrée topper. Adding frozen berries to your menu *allows for an upcharge* and they're great for sweetening and adding color to the center of the plate dishes. Blueberries will *differentiate your entrée from competitors*, plus they're *packed with nutrients* your guests will adore!

## Blueberry Crumble Pie Flurry

**Yield: 16 servings**

- 4 ounces butter, diced
- 1¼ cups packed light brown sugar
- ½ cup all-purpose flour
- 2 teaspoons ground cinnamon
- 1½ cups crushed ginger snaps
- ¼ cup fresh lemon juice
- 2 tablespoons cornstarch
- 4½ cups frozen blueberries
- 2½ quarts vanilla ice cream
- 1 cup whole milk

**1.** In medium bowl, with hands, mix butter, ¼ cup brown sugar, flour and 1 teaspoon cinnamon just until combined. Add ginger snaps and mix until combined. Spread ginger snap mixture in single layer on parchment-lined sheet tray. Bake at 350° for 20 minutes or until lightly browned; cool. Store in airtight container up to 5 days. Makes about 3 cups.

**2.** In saucepot, whisk together lemon juice, cornstarch, and remaining 1 cup brown sugar and 1 teaspoon cinnamon. Add blueberries and cook over medium heat 4 to 5 minutes or until blueberries start to break open and mixture thickens, stirring occasionally. Cover and refrigerate at least 30 minutes or up to 3 days. Makes about 3½ cups.

**3.** For each Flurry: In blender, purée about ¾ cup ice cream, 1 tablespoon milk and 2 tablespoons blueberry mixture until smooth. Fold in 2 tablespoons ginger snap mixture and 1½ tablespoons blueberry mixture. Spoon into a glass and sprinkle with 1 tablespoon ginger snap mixture.







## Balsamic-Honey Roast Pork Loin with Fresh Berries

**Yield: 24 servings**

- 2 tablespoons kosher salt
- 1 tablespoon ground black pepper
- 1½ teaspoons garlic powder
- 12 pounds center-cut pork loin
- 42 ounces less-sodium beef broth
- 9 sprigs fresh thyme
- 24 ounces balsamic vinegar
- 1½ cups honey
- 3 tablespoons cornstarch
- 3 tablespoons water
- 3 quarts frozen assorted berries, thawed

**1.** Combine salt, pepper and garlic powder. Place pork in hotel pan; rub pork with seasoning mixture. Roast pork at 450° for 45 minutes or until outside is browned. Add broth and thyme sprigs to pan; tightly cover with aluminum foil. Reduce heat to 325°; continue roasting pork until internal temperature reaches 145°. Let stand 15 minutes; slice and hold.

**2.** Add vinegar and honey to drippings; heat to simmering over medium heat. Simmer 15 minutes. Combine cornstarch and water; add to pan and heat to boiling. Strain sauce, if desired, and hold. Makes about 1½ quarts..

**3.** Serve pork topped with berries along with sauce.





Usage With a Twist:  
Raspberry Nut Butter



Raspberry-Nut Butter

Yield: about 1 quart

- 1 pound unsalted butter, softened
- 1 cup shelled walnuts, toasted and chopped
- 1 cup raspberry jam (see chart below)

Beat butter on high speed with mixer until light and fluffy. Reduce speed to medium; add jam and beat until combined. Add nuts and beat until combined. Cover and refrigerate up to 1 week. Allow chilled butter to stand at room temperature 30 minutes to soften slightly before serving.

**Chef Tip**  
Raspberry-Nut Butter also adds a nice touch to French toast, pancakes, waffles and other quick breads.



Frozen Raspberries

Raspberries have been used for *various purposes* since ancient times. They grow in many different parts of the globe, but the U.S. is the *world's third largest producer*. Raspberries continue to rank as the *third most popular berry*, right after strawberries and blueberries. Raspberries come in a variety of colors – red, black, purple and yellow and make *an excellent addition* to salads, sauces or beverages.



Make Your Own Berry Jam

Each jam recipe makes about 4 cups, enough to fill four (8-ounce) plastic freezer jars with lids.

In 4-quart saucepan, with fork or potato masher, mash berries until crushed but slightly chunky. Stir in pectin and heat to boiling over high heat, stirring constantly. Add sugar and heat to boiling, stirring constantly. Boil 1 minute, stirring constantly. Remove from heat. With large spoon, skim off and discard foam from top of jam. Cool jam to room temperature.

With ladle, transfer jam to jars and tightly secure lids. Refrigerate at least 6 hours or up to 2 weeks, or freeze up to 2 months.



Homemade Jam Recipes

Jam	Prep/Cook	Fruit Mixture
3-Berry	10 minutes plus cooling and chilling/ 8 minutes	1½ cups thawed frozen blackberries (9 ounces) 1 cup thawed frozen blueberries (6 ounces) 6 ounces thawed and sliced frozen strawberries, hulled (1 cup)
Raspberry	5 minutes plus cooling and chilling/ 8 minutes	1 quart frozen raspberries, thawed
Strawberry	15 minutes plus cooling and chilling/ 8 minutes	4 cups thawed and sliced frozen strawberries



# Frozen Mixed Berries


Berry flavors complement each other by adding a *variety of colors, textures and tastes*. We encourage you to try mixed berries in a cobbler, as a salad ingredient, in smoothies, jam, sauces, or let them stand on their own as a *healthy dessert* offering.



## Did You Know...

- > Mixed berries are a great way to add a medley of flavors and colors to tarts, cakes, smoothies, parfaits, cobblers and salads.
- > Berries accounted for \$3 billion in sales last year in the U.S.
- > Only 5% of berries are grown organically in the U.S.



	Powdered Fruit Pectin	Sugar
	3 tablespoons	2 cups plus 2 tablespoons
	3 tablespoons	2¾ cups
	3 tablespoons	2 cups plus 2 tablespoons





### Did You Know...

- > The dark blue color of the blackberry is an indicator of high antioxidant levels.
- > Blackberries are known by a variety of names including: brambleberries, bramble, dewberry and thimbleberry.
- > When the leaves of a blackberry plant are used in tea, help mask the bitter taste with honey or another form of sweetener.



## Frozen Blackberries

Rich in *fiber and antioxidants*, blackberries are known for their earthy, wine-like taste and are a perfect addition to most any dish. We recommend using Sysco frozen blackberries in pies, muffins and jams or add their *sweet-tart flavor* to salads and smoothies.



## Frozen Boysenberries

Boysenberries are a *cross between multiple berries* – the European raspberry, a common blackberry, an American dewberry and a loganberry. Combined, these berries create the boysenberry which is characterized by its *soft texture*, thin skin, and sweet-tart flavor. Mature boysenberries tend to leak juice and begin to decay within a few days of harvest. *Freezing the berry* is important for preserving its freshness for your customers.





# Frozen Cranberries

There is no other fruit in the world that has played such a key role in *holiday culture*. The cranberry's unique *health benefits* and refreshing, tart taste put it in a league of its own. They *add a sweet burst to quick breads* like muffins, pancakes and waffles. Or, try stirring them into applesauce or tossing them into cobblers and crisps. Do not thaw frozen cranberries, just rinse with cold water and drain.



## 5-Minute Cranberry-Orange Relish

**Yield: 8 cups**

- 2¼ quarts frozen cranberries, rinsed and drained
- 3 cups orange marmalade
- 1½ cups packed light brown sugar
- 2 tablespoons orange zest
- 1½ teaspoons ground allspice

In food processor, pulse all ingredients until cranberries are finely chopped. Cover and refrigerate at least 3 hours or up to 3 days.

## Usage With a Twist: Make Your Own Ice Cubes



frozen berries  
juice or flavored sparkling water  
silicone ice cube trays

1. Drop berries into ice cube trays.
2. Top with juice or flavored water .
3. Freeze.







## *Why frozen berries?*

- > They're always in season and ready when you are!
- > Picked at the peak of ripeness, freezing locks in natural nutrients.
- > Portion control is easy, only use what is needed with no waste.
- > Adding them to your menu allows for an upcharge.
- > Menu upcharge = profitability
- > They differentiate your entrées from those of your competitors.
- > Desserts and entrées become signature items with a berry topping.
- > They add color and flavor for any holiday. Try cranberry dressing around Thanksgiving or use berries to brighten a patriotic 4th of July dish.

Good things  
come from  
**Sysco**®



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