

Sysco

# FOODIE

AT THE HEART OF FOOD & SERVICE™



FALL 2017

# RECIPE BOOK

# PB&J PORK BELLY

Recipe by **Sysco National Restaurant Association  
Culinary Team**

- 2 lb cooked pork belly, 1" x 2" cubes (3648957)
- ¼ c Sysco Classic Peanuts, roughly chopped (9541772)

## **Peanut Hot Sauce**

- 3 c Sysco Classic Peanut Butter (4009189)
- 4 c Sysco Classic Hot Sauce (5728191)
- 2 c Sysco Classic Clover Honey (4361432)
- ½ c Jade Mountain Soy Sauce (3252400)

## **Grape Jelly-Ginger Drizzle**

- 3 c Sysco Classic Grape Jelly (4184461)
- 2 T Sysco Imperial Grated Fresh Ginger (1185545)

## **For the sauce**

Combine peanut butter, hot sauce, honey and soy sauce in a blender and blend until smooth. Wrap airtight and store at room temperature.

## **For the drizzle**

Combine grape jelly and ginger in a blender and blend for 60 seconds. Reserve.

## **For the pork belly**

For a single portion, fry six 1" x 2" pork belly cubes. Toss with 1 cup of peanut hot sauce. Plate and drizzle with grape jelly-ginger and top with crushed peanuts to finish.





# PORK GYOZA

Recipe by **Chef Josh Korn**  
Sysco Sacramento

4 c Sysco Imperial Finely Shredded Cabbage (7630551)  
2 T Sysco Classic Vegetable Oil, divided (4119061)  
3 Sysco Imperial Green Onions (7350788)  
2 Sysco Imperial Cloves Garlic (1821537)  
1 T grated ginger (1184902)  
½ T Jade Mountain Soy Sauce (3252400)  
1 t Sysco Supreme Sesame Oil (4086260)  
½ lb Butcher's Block Ground Pork (5807662)  
50 gyoza or wonton wrappers (7923446)  
tamari (7007790)

Sauté the cabbage with 1 T vegetable oil in a large skillet over medium heat until wilted to half its volume. Transfer the cabbage to a large bowl.

Slice the green onions, mince the garlic and grate the ginger. Add the onions, garlic, ginger, soy sauce, sesame oil and ground pork to the bowl with the sautéed cabbage. Mix until it becomes a sticky consistency.

Spoon about 1 t of the pork mixture into the center of a wrapper. Dip a finger in water and wet the outer rim of the wrapper. Fold the wrapper over the filling and pinch the edges to close.

When ready to cook the gyoza, heat 1 T canola or vegetable oil in a non-stick skillet over medium heat. Working in batches, add the gyoza with the seam side up, and fry until the bottom is golden brown and crispy. Using the lid as a shield, pour about ¼ to ½ cup water into the skillet and quickly place the lid on top to contain the steam and splatter. Let the gyoza steam in the skillet for 1 to 2 minutes. Remove the lid and let the gyoza cook for a minute more, or until the bottom is crispy again. Serve hot with tamari.





# CARROT AND PARSNIP STREET FRIES TOPPED WITH KIMCHI

Recipe by **Chef Shannon Newman**  
Sysco Corporate

- 6 oz Pathlife Carrot and Parsnip Fries (4114290)
- 1 ea napa cabbage, cut into 1" squares (1873421)
- 1 T Sysco Imperial McCormick Sea Salt (1508599)
- 8 ea radishes, grated (1000355)
- 1 ea green jalapeño, sliced (7468853)
- 1 ea red jalapeño, sliced (1473198)
- 2 ea Sysco Imperial Carrots, 1" square and 1/8" thick to match cabbage (3879962)
- 4 ea Sysco Imperial Scallions, shredded (7350788)

## Kimchi paste

- 3 ea Sysco Imperial Garlic Cloves, minced (1821537)
- 2 T fresh ginger, grated (1184902)
- 2 T Fish Sauce (1686601)
- 2 T Sriracha (7997208)
- 1 t Baker's Source Classic Brown sugar (1854926)
- 3 T Sysco International Specialties Rice Vinegar (4086195)

Place cabbage squares into stainless steel bowl and mix with 1 T sea salt, let sit for 1 hour. After 1 hour rinse the cabbage, then pat dry with a towel. In a stainless steel bowl mix the cabbage, radishes, jalapeños, carrots and scallions.

## For the kimchi paste

Blend garlic, ginger, fish sauce, Sriracha, brown sugar and rice vinegar in a stainless steel bowl to make the kimchi paste.

Toss all items with the kimchi paste. Pack into a large jar, seal and let ferment overnight at room temperature, then refrigerate. Good for two weeks, improves with age.





# SPICY KOREAN QUINOA BOWL

Recipe by **Cujean Lee**  
Sysco Cutting Edge Solutions

2 t Sysco Supreme Toasted Sesame Oil (4086260)  
 ½ t freshly grated ginger (1184902)  
 1 t Sysco Imperial Minced Garlic (1821537)  
 2 c Path of Life Korean BBQ Quinoa (4438956)  
 1 c kimchi, chopped  
 2 t kimchi juice  
 2 t tamari (7007790)  
 2 c Sysco Imperial Kale, finely chopped (1985274)  
 2 Wholesome Farms Eggs (2105849)  
 ¼ c sliced green onions for garnish (optional)  
 fresh ground pepper for garnish (optional)

Heat the oil in a large skillet, add ginger and garlic, and quickly toss. Add the CES Korean BBQ Quinoa and heat thoroughly. Stir in kimchi juice and tamari.

In a separate skillet, cook the eggs sunny side up.

Steam kale until soft, season with salt and pepper. Assemble the bowls, dividing the quinoa, kimchi and kale evenly.



# CHOCOLATE CHERRY PARFAIT

## Sysco Signature Recipe

- 1 c Sysco Supreme Cherries (1236245)
- 1 t Sysco Reliance Lemon Zest (2252054)
- 2 t Baker's Source Classic Brown Sugar (1854926)
- ½ c Sysco Classic Granola (7713381)
- 1 c Wholesome Farms Vanilla Greek Yogurt (4360901)
- 2 oz bittersweet chocolate, chopped (3035328)
- chocolate curls, garnish
- fresh cherries on stem, garnish (1281674)

Place cherries, lemon zest and brown sugar in a small stainless steel saucepan. Place on low heat and simmer 20 minutes. Remove and let cool.

Layer parfait with cherries, granola and chocolate chunks, then yogurt. Repeat process to fill glass. Top with chocolate curls and fresh cherries as garnish.

**TIP:** Let chocolate warm slightly at room temperature and use potato peeler to make curls.







# VIETNAMESE BREAKFAST BAO

Recipe by **Chef Neil Doherty**  
Sysco Corporate

## For the dough

- 2 c Sysco Classic Self Rising Flour (4014585)
- 1 c Wholesome Farms Milk (2327740)
- ½ c Sysco Classic Sugar (5087572)
- 1 T Sysco Classic Vegetable Oil (4119061)
- 12 ea liner pan paper, cut into 3" x 3" squares (5974290)

## For the fresh Chinese sausage

- 1 lb Butcher's Block Ground Pork (5807662)
- 1 t Sysco Classic Kosher Salt (6040760)
- 1 t Sysco Imperial McCormick Red Pepper Flakes (9806423)
- 1 t Sichuan Pepper (3825090)
- 1 T Sysco Classic Sugar (5087572)
- 1 T Kikkoman Soy Sauce (4005567)
- 1 T Sysco International Specialties Seasoned Rice Wine Vinegar (4546826)
- 1 T Sysco Imperial Chopped Green Onion (optional) (7350788)

## For the dough

Mix together self rising flour, milk, sugar and vegetable oil. Cover with a damp cheese cloth or towel for 30 minutes until dough has risen.

Once dough has about doubled in size, knead dough and divide into 12 equal parts. Roll each part into a ball and flatten to create a circle about 4 inches. Place bao over parchment paper square and steam for 15–20 minutes.

## For the fresh Chinese sausage

Mix all ingredients together beating with wooden spoon to form a well bound sausage. Portion into 1 ½ oz sausage patties.

Brown sausage patty with a blend of sesame oil and vegetable oil until cooked through.

Take steamed bao, place sausage and egg on one side. Fold over and serve with sriracha on the side.

# VIETNAMESE-STYLE ICED COFFEE

Recipe by **Chef Neil Doherty**  
Sysco Corporate

- 1–2 T Casa Solana Sweetened Condensed Milk (9312596)
- ¾ c Citavo Strong Brewed Coffee (7545553)
- milk or half & half to taste
- enough ice to fill a tall glass

Fill sweetened condensed milk into a tall glass and top with ice.

Pour in strong coffee and stir vigorously to combine and cool the coffee.

Add (dairy-free) milk or half & half to taste.





Vietnamese-style  
Iced Coffee



Vietnamese  
Breakfast Bao



# BULGOGI SLIDERS AND SKEWERS

Recipe by **Chef Paul Fripp**  
Sysco Gulf Coast Florida

## Bulgogi Sliders

- 1 lb Butcher's Block Thinly Sliced Beef Sirloin (7915529)
- 3 T Kikkoman Soy Sauce (40055670)
- 2 T Baker's Source Brown Sugar (1854694)
- 2 T Kikkoman Mirin (7640097)
- 1 T fresh ginger, minced (1008770)
- 2 ea garlic cloves, minced
- ½ c pineapple, chopped (1454974)
- 1 t Simply Organic Chili Flakes or Korean Chili Powder (5437617)
- 1 T Sysco Supreme Sesame Oil (4086260)
- Sysco Imperial McCormick Sesame Seeds (2473132)
- bibb lettuce leaves (5551908)

## Pickled vegetables

- daikon radish
- rice wine vinegar
- carrots
- garlic
- cucumbers
- red radish
- salt
- chili flakes (optional)
- jalapeños (optional)
- cilantro (optional)

## For the bulgogi

Place sirloin in freezer for 30 minutes to firm up a bit to make slicing easier. Slice strips of sirloin and place in a hotel pan.

To make the marinade, blend soy sauce, brown sugar, mirin, ginger, garlic, pineapple, chili flakes and oil. Pour over sliced sirloin and refrigerate for 2 hours.

## For the sliders

Take half the meat and sear in a skillet with a little oil. Garnish with toasted sesame seeds. Place in a slider bun with cucumbers, pickled vegetables, and sriracha or gochujang aioli.

## For the skewers

Thread the remaining meat on pre-soaked skewers (in water overnight). Grill or sear. Serve in lettuce leaves with pickled vegetables, sriracha aioli and kecap manis (Indonesian sweet soy sauce).

## For the pickled vegetables

Using a mandolin, julienne daikon radish and carrots, then thinly sliced cucumbers and red radish. Season with salt, seasoned rice wine vinegar and garlic. Add chili flakes, sliced jalapeños and cilantro for garnish if desired.



A photograph of Korean-style food items arranged on a rustic wooden cutting board. On the left, three bulgogi sliders are shown, each with a wooden skewer through the top. The sliders are made with soft, golden-brown buns and filled with marinated beef strips, sliced cucumbers, and a mix of shredded carrots and radishes. To the right, two bulgogi skewers are displayed. Each skewer has several pieces of marinated beef and is topped with a fresh salad of shredded purple cabbage, carrots, and radishes, all nestled within a large, light-green lettuce leaf. The background is dark and out of focus, emphasizing the food in the foreground.

**BULGOGI  
SLIDERS**

**BULGOGI  
SKEWERS**



# ESQUITES (MEXICAN STREET CORN)

Recipe by **Chef Armando Pomaes**  
Sysco New Mexico

- 4 ea corn on the cob,  
silk and husk removed (7869047)
- 2 c Sysco Classic Chicken Stock (2906028)
- 1 t Sysco Classic Salt (6040760)
- 2 oz Wholesome Farms Butter (1295213)
- 3 oz Pica y Salpica Crema (4434801)
- 1 T Casa Solana Cotija (2370153)
- ½ t Tajín (4292528)
- 1 lime (1048313)

Remove corn from the cob using a sharp knife. Boil corn in chicken stock until tender. Stir in butter and season with salt. With a slotted spoon fill glasses with corn. Top with crema, Cotija, Tajín and a wedge of lime. Squeeze lime and stir in all ingredients before eating.





# PUMPKIN AUTUMN PROTEIN SMOOTHIE

## Sysco Signature Recipe

½ c	Wholesome Farms Milk (2327740)
1 ea	Sysco Reliance Banana, frozen (7284664)
¼ t	Sysco Imperial McCormick Ground Cinnamon (5228606)
¼ t	Sysco Imperial McCormick Allspice (5228275)
2 T	Sysco Imperial Pure Maple Syrup (6219349)
2 T	Pea Protein Powder (4389635)
1 c	ice
⅔ c	Sysco Imperial Pumpkin Puree (4111498)

Place all of the ingredients in the blender in the order listed. Blend on high for at least 3 minutes or until smooth. Scrape the sides of the blender as needed.

**TIP:** Add more milk to thin out if it is too thick. Add a couple more ice cubes for a thicker texture, if desired.

